When Simple Orthopaedic Problems Become Complex:  
*Anticipating Sabotage*  
Derek Donegan, MD; Daniel Horwitz, MD; Program Chairs  
Samir Mehta, MD, President

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**CME Mission Statement**

This course is designed for practicing orthopaedic surgeons, orthopaedic residents and fellows, and medical students who plan to specialize in the practice of orthopaedic surgery. The need for this program arose from the responses from previous course evaluations.

**Educational Objectives**

Upon completion of this course, the participant should be able to:

- Identify common orthopaedic problems managed by orthopaedic surgeons.
- Recognize common pitfalls while managing these common orthopaedic problems.
- Identify techniques to avoid falling into these common pitfalls.
- Discuss solutions when these common pitfalls occur.

**Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Orthopaedic Surgeons and the Pennsylvania Orthopaedic Society. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of 10.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Faculty List & Disclosure**

A complete listing of faculty is included in this program. Any and all faculty disclosures will be provided in the final program which will be available at the course to all meeting attendees.

**Disclaimer**

The material presented in this continuing medical education program is being made available by the American Academy of Orthopaedic Surgeons and the Pennsylvania Orthopaedic Society (POS) for educational purposes only. The material is not intended to represent the only, nor necessarily the best, methods or procedures appropriate for the medical situation discussed, but rather is intended to present an approach, view statement, or opinion of the authors or presenters, which may be helpful, or of interest, to other practitioners.
### PROGRAM

**Friday, April 8, 2016**

6:30-7:15am  Registration • Continental Breakfast

7:15-7:30am  **WELCOME**
  *Samir Mehta, MD*

**ANNOUNCEMENTS**
  *Derek Donegan, MD*

### Session I  SPOR T S MEDICINE

**Moderator:**  *David Yucha, MD*

7:30–7:40am  ACL Hell — The Murphy’s Law Revision Case  
  *David Yucha, MD*

7:40–7:50am  Avoiding Trouble in ACL Reconstruction  
  *Robert Gallo, MD*

7:50–8:05am  **DISCUSSION**

8:05–8:15am  MPFL Reconstruction, Easy to Get In Trouble  
  *Joshua Port, MD*

8:15–8:25am  Avoiding Pitfalls in Arthroscopic Anterior Shoulder Stabilization  
  *Aman Dhawan, MD*

8:25–8:40am  **DISCUSSION**

8:40–8:50am  The Multiply Operated on ACL Knee  
  *Dov Bader, MD*

8:50–9:00am  Rotator Cuff Repair Complications  
  *Gabriel Lewullis, MD*

9:00–9:15am  **DISCUSSION**

9:15–9:45am  **MORNING BREAK / VISIT EXHIBITS**

### Session II  ARTHROPLASTY — HIP

**Moderator:**  *Neil Sheth, MD*

9:45–9:55am  Reaming the Acetabulum—Staying Out of Trouble  
  *Roshan Shah, MD*

9:55–10:05am  The Dorr A Femur in Primary THA – Don’t Pot Your Stem  
  *Brian Klatt, MD*

10:05–10:20am  **DISCUSSION**
10:20-10:35am The Osteoporotic Femur in Primary THA – Tips and Tricks for using a Wagner Stem  
*Thomas Muzzonigro, MD*

10:35–10:50am The Osteoporotic Femur in Primary THA – Tips and Tricks for Cementing a Stem  
*Neil Sheth, MD*

10:50-11:00am DISCUSSION

### Session III  HIP FRACTURES

**Moderator:**  
*J. Spence Reid, MD*

11:00-11:10am Multi-trauma with Displaced Femoral Neck Fracture: ORIF vs THA  
*Charles Davis III, MD, Ph.D.*

11:10-11:20am Complex Peritrochanteric Fracture: Nail vs Plate, Supine vs Lateral Position  
*Henry Boateng, MD*

11:20-11:50am Evolution of Femoral Neck Fracture Treatment  
*Kenneth Koval, MD*

11:50am-12:00pm DISCUSSION

12:00-1:30pm OrthoPAC Update  
*Patrick Smith, MD*

Global Health Talk -- Sustainable Orthopaedic Surgery in Sub-Saharan Africa  
*Neil Sheth, MD*

### Session IV  ANKLE FRACTURES

**Moderator:**  
*Lisa Blackrick, MD*

1:30–1:40pm Diabetic Ankle Fractures  
*Dane Wukich, MD*

1:40–1:50pm Syndesmotic Injuries  
*Andrew Evans, MD*

1:50-2:05pm DISCUSSION

2:05-2:15pm Posterior Malleolar Ankle Fractures  
*Gregory Altman, MD*

2:15–2:25pm Distal Fibula Fractures  
*Ryan Flanigan, MD*

2:25-2:45pm DISCUSSION

2:45-3:30pm AFTERNOON BREAK / VISIT EXHIBITS
### Session V  PELVIS / SPINE

**Moderator:** Michael Gratch, MD  

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<tr>
<th>Time</th>
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<tr>
<td>3:30-3:40pm</td>
<td>Avoiding Complications in Discetomies</td>
<td>Victor Hsu, MD</td>
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<td>3:40-3:50pm</td>
<td>Pelvic Fractures: Success to Failure to Success</td>
<td>Matthew Craig, MD, MS</td>
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<td>3:50-4:00pm</td>
<td>Non-op Pelvic Ring turned Operative</td>
<td>Derek Donegan, MD</td>
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<td>4:00–4:15pm</td>
<td>DISCUSSION</td>
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<td>4:15-4:25pm</td>
<td>Business Meeting &amp; Wrap-up for day 1</td>
<td>Samir Mehta, MD</td>
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**SATURDAY, April 9, 2016**

7:00-7:30am  Registration/Continental Breakfast  
7:30-7:35am  **ANNOUNCEMENTS**  

**Derek Donegan, MD**

### Session VI  ARTHROPLASTY — KNEE

**Moderator:** Brian Klatt, MD  

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<tr>
<th>Time</th>
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<tr>
<td>7:35-7:45am</td>
<td>Soft Tissue Balancing in a Valgus TKA</td>
<td>Neil Sheth, MD</td>
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<td>7:45-7:55am</td>
<td>Doing a Primary TKA after Subchondroplasty</td>
<td>TJ Sauber, MD</td>
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<td>7:55-8:10am</td>
<td>DISCUSSION</td>
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<td>8:10-8:20am</td>
<td>Getting on the Right Track with your Patella</td>
<td>Robert Good, MD</td>
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<td>8:20-8:30am</td>
<td>Managing the Extension Gap</td>
<td>Charles Davis III, MD, Ph.D.</td>
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<td>DISCUSSION</td>
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SESSION VII  FELLOW/RESIDENT PRESENTATIONS

Moderator: Derek Donegan, MD

9:00-9:10am How Does Physician Attire Influence Patient Perceptions in the Outpatient Orthopedic Surgery Setting?
John Jennings, MD

9:10-9:20am Temperature Measurements and Performance Assessment of External Fixation Screws in a Novel Porcine Model
Adam Lee, MD

9:20-9:30am The Impact of Surgical Technique on Operative and Quality of Life Measures After Primary Total Hip Arthroplasty
Udai Sibia, MD, MBA

9:30-9:45am Q&A

9:45-10:00am Resident/Fellow Winner Announcement

10:00-10:45am MORNING BREAK / VISIT EXHIBITS

SESSION VIII  NAILING LONG BONES

Moderator: Christopher Haydel, MD

10:45-10:55am IM Nailing of Subtrochanteric Femur Fracture
Samir Mehta, MD

10:55-11:05am IM Nailing of Proximal Third Tibia Fractures
Saqib Rehman, MD

11:05-11:15am DISCUSSION

11:15-11:25am IM Nailing of Distal Third Tibia Fractures
Michael Principe, DO

11:25-11:35am Correction of Rotational Deformities of the Femur
Christopher Haydel, MD

11:35-11:45am DISCUSSION

11:45am-12:00pm Wrap-up –Final Thoughts
Samir Mehta, MD

Thank you for your participation.
Meeting Adjourned!
Program Chairs

Derek Donegan, MD
Assistant Professor of Orthopaedic Surgery, Division of Orthopedic Trauma, University of Pennsylvania, Philadelphia, PA

Daniel Horwitz, MD
Chief Orthopaedic Trauma, Geisinger Health System, Danville, PA

Guest Faculty

Kenneth Koval, MD
Professor, Department of Orthopaedics, Orlando Health, Orlando, FL

Neil Sheth, MD
Assistant Professor of Orthopaedic Surgery; Chief of Arthroplasty, Philadelphia VA Medical Center; Site Director of Arthroplasty Fellowship Pennsylvania Hospital; Senior Fellow – Leonard Davis Institute; University of Pennsylvania, Philadelphia, PA

Invited Faculty

Gregory Altman, MD
Associate Professor, Orthopaedic Surgery, Temple University College of Medicine; Vice Chairman, Department of Orthopaedic Surgery, Allegheny General Hospital, Pittsburgh, PA

Dov Bader, MD
Assistant Professor, Penn State Sports Medicine & Orthopaedics, Penn State Hershey, Department Orthopaedics, State College, PA

Lisa Blackrick, MD
Assistant Professor, Orthopaedic Surgery, University of Pittsburgh Medical Center, Pittsburgh, PA

Henry Boateng, MD
Orthopaedic Surgeon, Penn State Hershey Medical Center, Hershey, PA

Matthew Craig, MD, MS
Clinical Assistant Professor of Orthopaedic Surgery, Temple University School of Medicine, The Rothman Institute, Abington Memorial Hospital, Philadelphia, PA

Charles Davis III, MD, Ph.D.
Chief Hip and Knee Arthroplasty Division, Professor of Orthopaedics and Rehabilitation, Penn State Hershey Medical Center, Hershey, PA

Aman Dhawan, MD
Assistant Professor, Department of Orthopaedics and Rehabilitation, Penn State Hershey Medical Center, Penn State College of Medicine, Hershey, PA

Andrew Evans, MD
Assistant Professor of Orthopedic Surgery, Division of Orthopedic Traumatology, University of Pittsburgh Medical Center, Pittsburgh, PA

Ryan Flanigan, MD
Attending Staff, Foot & Ankle, Excela Health Orthopedics and Sports Medicine, North Huntingdon, PA

Robert Gallo, MD
Associate Professor Sports Medicine, Orthopaedic Surgery, Milton Hershey Medical Center, Penn State College of Medicine, Hershey, PA

Robert Good, MD
Clinical Associate Professor Orthopaedic Surgery, Sidney Kimmel Medical College, Thomas Jefferson University, The Rothman Institute, Philadelphia, PA

Michael Gratch, MD
Orthopaedic Spine Surgeon, The Rothman Institute, Philadelphia, PA
Christopher Haydel, MD  
Assistant Professor of Orthopaedic Surgery and Sports Medicine, Associate Program Director, Orthopaedic Surgery Residency, Temple University School of Medicine, Temple University Hospital, Philadelphia, PA

Victor Hsu, MD  
Clinical Assistant Professor, Temple and Drexel University School of Medicine, Spine Surgeon, The Rothman Institute, Philadelphia, PA

Brian Klatt, MD  
Assistant Professor Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine, Pittsburgh, PA

Gabriel Lewullis, MD  
Clinical Associate, University of Pennsylvania Orthopaedics, Dover, DE

Samir Mehta, MD  
POS President, 2016; Chief, Orthopaedic Trauma & Fracture Service , University of Pennsylvania, Philadelphia, PA

Thomas Muzzonigro, MD  
Director of Orthopaedic Services, Butler Health System; Partner, Tri Rivers Musculoskeletal Centers, Pittsburgh, PA

Joshua Port, MD  
Clinical Assistant Professor of Orthopedics, University of Pittsburgh School of Medicine; Head Team Physician for the Altoona Curve, AA Baseball affiliate of the Pittsburgh Pirates; Director of Sports Medicine University Orthopedics Center, Altoona, PA

Michael Principe, DO  
Orthopedic Traumatologist, Christiana Hospital, Delaware Orthopaedic Specialists, Newark, DE

Saqib Rehman, MD  
Director of Orthopaedic Trauma, Associate Professor of Orthopaedic Surgery, Temple University Hospital, Philadelphia, PA

J. Spence Reid, MD  
Professor, Chief of Orthopaedic Trauma, Penn State Hershey Medical Center, Hershey, PA

TJ Sauber, MD  
Clinical Professor, Drexel University, Allegheny Health Network, Pittsburgh, PA

Roshan Shah, MD  
Assistant Professor, Orthopaedic Surgery, Columbia University, NY

Patrick Smith, MD  
Clinical Instructor, Three Rivers Orthopaedics, UPMC-St. Margaret’s Hospital, Pittsburgh, PA

Dane Wukich, MD  
Professor, Orthopaedic Surgery, Chief, Division of Foot and Ankle Surgery Professor, Rehabilitation Science and Technology Medical Director, UPMC Mercy Center for Healing and Amputation Prevention & Comprehensive Foot and Ankle Center Mercy Health Center, Pittsburgh, PA

David Yucha, MD  
Orthopaedic Surgeon, Premier Orthopaedics & Sports Medicine, Upland, PA

Fellow / Resident Speakers

John Jennings, MD  
Resident, Department of Orthopaedic Surgery, Temple University Hospital, Philadelphia, PA

Adam Lee, MD  
Resident, Department of Orthopaedic Surgery, Geisinger Medical Center, Danville, PA

Udai Sibia, MD, MBA  
Research Fellow, Department or Orthopaedic Sugery, Anne Arundel Medical Center, Annapolis, MD
HOTEL INFORMATION

Boca Raton Resort and Club, A Waldorf Astoria Resort redefines luxury and fun in south Florida.

Nestled in a Mediterranean inspired historic village and just a few steps from the stunning south Florida coastline, Boca Raton Resort and Club, A Waldorf Astoria Resort is your luxurious home away from home. Many of our charming and sophisticated guest rooms come with a view of the Atlantic Ocean, Intercoastal Waterway, or the marina, and all guest rooms offer the latest amenities for your comfort. As a guest of the resort, you also have access to the Boca Beach Club. This dual access to both properties provides an array of fun activities for guests of all ages!

Please register on line through the POS website www.paorthosociety.org to make your reservations for The Boca Raton Resort and Club. When making your reservations, be certain to identify yourself as part of the Pennsylvania Orthopaedic Society 2016 Spring Meeting block. The daily room rate for the POS room block is $300. Valet only parking.

A limited number of rooms are available at the POS group rate. Reservations must be made by March 7, 2016 to receive the POS rate. Check in available after 4:00pm / check-out 11:00am.

PLEASE MAKE YOUR RESERVATIONS EARLY.
EVENT INFORMATION

POS Welcome Reception
Cloister Garden
Thursday, April 7, 6:00 –7:30pm
Come mingle with family, colleagues, and friends at the POS Welcome Reception. Complimentary drinks and hors d’oeuvres will be served. Open to all attendees and a guest.

Exhibitor information on our website:
www.paorthosociety.org
# PHYSICIAN REGISTRATION

Pennsylvania Orthopaedic Society 2016 Spring Scientific Meeting  
*When Simple Orthopaedic Problems Become Complex: Anticipating Sabotage*  
April 8-9, 2016  
Boca Raton Resort & Club, Boca Raton, FL

Register by March 7th and save $75.  
You can also register online at [www.paorthosociety.org](http://www.paorthosociety.org)

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**Registration fee includes** admission to scientific sessions, continental breakfasts, lunch, refreshment breaks, exhibit hall, and Thursday Welcome Reception (attendee and one guest).

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<td>Member</td>
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<td>Allied Health Professional</td>
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**Thursday Welcome Reception** (attendee & one guest) @ no charge  
(number) ________

Payment Method (Please check appropriate box):  
☑ CHECK enclosed made payable to **POS**  
☑ CREDIT CARD: _____ AMEX _____ VISA _____ MC  
Card Number: ________________

Exp Date: _____________ Card Verification Number: ________________

Signature: __________________________

Please mail this form with payment to: Susan Sands  
Pennsylvania Orthopaedic Society – 510 N. 3rd St., 3rd Fl., Harrisburg, PA 17101  
Phone: 717-909-8901 – Fax: 717-909-8906 – susan@paorthosociety.orgg

**Cancellation Policy**  
There will be a $100 processing fee for cancellations received before March 7, 2016.

**Refunds will NOT be granted for cancellations received on or after March 7, 2016.**
UPCOMING POS MEETINGS

October 13-14, 2016
Fall Scientific Meeting
The Future of Orthopaedics: Patients, Providers, Preservation & Passion
Fairmont, Pittsburgh, PA

May 11-12, 2017
Spring Scientific Meeting
TBD
Bayfront Convention Center, Erie, PA

October 26-27, 2017
Fall Scientific Meeting
TBD
The Penn Stater, State College, PA