Current Trends in Orthopaedics:

How to Adjust in a Changing Environment
Current Trends in Orthopaedics:
How to Adjust in a Changing Environment

John Lubahn, MD; Craig Mauro, MD, Program Chairs
Patrick Smith, MD, President

CME Mission Statement
This course is designed for practicing orthopedic surgeons, orthopedic residents and fellows, and medical students who plan to specialize in the practice of orthopedic 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:

• Discuss current research and outcomes data which supports contemporary scientific treatment for concussions and traumatic brain injuries.
• List state regulations which impact interscholastic athletics with respect to concussion diagnoses.
• Describe the application of biologics and stem cells in orthopedic medicine.
• Explain emerging uses for cannabis.
• Expand and improve techniques for performing total joint replacement and hip arthroscopy.
• Recognize the high points and pitfalls of contractual and other arrangements affecting hospital system relations, physician employment, and patient access to care.
• Identify trending modes of academic practice including clinical science and graduate medical and business education.
• Discuss pending state legislation which may help or hurt the delivery of medical care to Pennsylvania residents.
• Apply new techniques in spinal, hand, and foot/ankle surgery.

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 10.75 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

Thursday, May 11, 2017

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

7:15-7:30am  WELCOME
Patrick Smith, MD

ANNOUNCEMENTS
John Lubahn, MD, Craig Mauro, MD

Session I  BUSINESS OF ORTHOPEDIC MEDICINE I

Moderator:  Macalus Hogan, MD

7:30–7:45 am  Navigating Physician Industry Relationships. Staying in Bounds
Barrett Woods, MD

7:45–8:00 am  Implementation of MACRA in the Orthopedic Practice
Greg Gallant, MD

8:00–8:15 am  Access to Orthopedic Care for the Adult Patient under the Patient
Protection Affordable Care Act: a Regional Survey Study
Taylor Paziuk, BS

8:15–8:25 am  DISCUSSION

8:25–8:40 am  Engineering Your Hospital Joint Program to Achieve Shorter Stays
Andrew Star, MD

8:40–8:55 am  Total Joint Replacement in the Ambulatory Surgery setting — the
Initial Experience at the Advanced Center for Surgery.
Josh Port, MD

8:55–9:10 am  Hospital Service Line Model
Vincent Silvaggio, MD

9:10–9:20 am  DISCUSSION

9:20–9:50 am  BREAK/ Visit Exhibits

Session II  CONCUSSION UPDATE

Moderator:  Joseph Maroon, MD

9:50–10:05 am  Biomechanical Considerations of Sport Related Concussion
Wayne Sebastianelli, MD

10:05–10:20 am  Sports Related Concussion: Evidence Based Assessment and
Management
Jonathan French, MD

10:20–10:30 am  Pennsylvania’s “Sit-Out” & “Return to Play” Regulations and Other
Concussion Policies
Brian Simmons, Esq.

10:30–10:40 am  DISCUSSION
### Session III  
**BIOLOGICS PLUS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:40–10:50 am</td>
<td>Ortho Biologics: The Basics 2017</td>
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<tr>
<td></td>
<td><strong>James Bradley, MD</strong></td>
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<tr>
<td>10:50–11:00 am</td>
<td>Stem Cell Application in Orthopedics</td>
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<td><strong>James Voos, MD</strong></td>
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<tr>
<td>11:00–11:10 am</td>
<td>Antibiotic Primer for Orthopedic Surgeons: Mechanisms of Action</td>
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<td></td>
<td><strong>Guy Lee, MD</strong></td>
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<tr>
<td>11:10–11:20 am</td>
<td>DISCUSSION</td>
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<tr>
<td>11:20–11:30 am</td>
<td>Current Status of Cannabidiol (CBD) as an Anti-inflammatory, Anxiolytic</td>
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<td><strong>Joseph Maroon, MD</strong></td>
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<td>11:30–11:40 am</td>
<td>Medical Marijuana: the State's Perspective</td>
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<td><strong>Lawrence Clark, JD, John Collins, MBA</strong></td>
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<td>11:40–11:50 am</td>
<td>Opioid Prescribing Study: the Procedural Impact on an Orthopedic Specialty System</td>
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<td><strong>Meghan McNelly, PharmD, MHA</strong></td>
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<tr>
<td>11:50–12:00 am</td>
<td>DISCUSSION</td>
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<tr>
<td>12:00–1:30 pm</td>
<td>LUNCH</td>
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### Session IV  
**BUSINESS OF ORTHOPEDIC MEDICINE II**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:30–1:40 pm</td>
<td>Malpractice Update for 2017: Has Anything Changed?</td>
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<tr>
<td></td>
<td><strong>Guy Lee, MD</strong></td>
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<tr>
<td>1:40–1:50 pm</td>
<td>Contracts: the Business of Being an Employed Physician</td>
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<td><strong>Michael Wiethorn, Esq.</strong></td>
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<td>1:50–2:00 pm</td>
<td>Trends and Predictions in Health Care for the Year Ahead</td>
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<td><strong>Jonathan Garino, MD</strong></td>
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<td>2:00–2:10 pm</td>
<td>DISCUSSION</td>
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<tr>
<td>2:10–2:20 pm</td>
<td>Early Career Development: Challenge and Opportunity in Academic Practice</td>
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<td></td>
<td><strong>Eric Kropf, MD</strong></td>
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<td>2:20–2:30 pm</td>
<td>The Clinician Scientist in Modern Orthopaedic Surgery</td>
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<td><strong>Kurt Weiss, MD</strong></td>
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<td>2:30–2:40 pm</td>
<td>Graduate Medical Education in Current Times</td>
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<td></td>
<td><strong>Macalus Hogan, MD</strong></td>
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<tr>
<td>2:40–2:50 pm</td>
<td>DISCUSSION</td>
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<tr>
<td>2:50–3:20 pm</td>
<td>BREAK/ Visit Exhibits</td>
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</tbody>
</table>
### Session V  
**FELLOW / RESIDENT PRESENTATIONS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>3:20–3:30 pm</td>
<td>Surgical Efficiency of Anterior Cruciate Ligament Reconstruction in Hospital Operating Room</td>
<td>Nathan Patrick, MD</td>
</tr>
<tr>
<td>3:30–3:40 pm</td>
<td>Single Sport Specialization in Youth Sports: A Survey of 3,090 High School, Collegiate, and Professional Athletes</td>
<td>Patrick Buckley, MD</td>
</tr>
<tr>
<td>3:40–3:50 pm</td>
<td>Does Patient Education Prior to Arthroscopic Rotator Cuff Repair Decrease Narcotic Consumption? A Randomized Prospective Study</td>
<td>Danielle Weekes, MD</td>
</tr>
<tr>
<td>3:50–4:00 pm</td>
<td>Patient Comprehension and Compliance to Post-Operative Pain Regimens in Orthopaedic Trauma</td>
<td>Anup Gangavalli, MD</td>
</tr>
<tr>
<td>4:00–4:10 pm</td>
<td>DISCUSSION</td>
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<tr>
<td>4:10–4:20 pm</td>
<td>The Relative Effect of Exposure Control on Radiation Dose to Vital Organs in Patients Undergoing Total Hip Arthroplasty</td>
<td>Katharine Harper, MD</td>
</tr>
<tr>
<td>4:20–4:30 pm</td>
<td>Medialization of Lag Screw in Cephalomedullary Nailing of Hip Fractures: An Uncommon Mechanism for Failure</td>
<td>Ryan Vellinga, MD</td>
</tr>
<tr>
<td>4:30–4:40 pm</td>
<td>Retrograde Hindfoot Fusion Nail without Joint Preparation Successfully Salvages the Limbs of Minimally Mobile Geriatrics after Major Ankle Trauma</td>
<td>Mitchell Fourman, MD</td>
</tr>
<tr>
<td>4:40–4:50 pm</td>
<td>Ultrasound measurement of the cross-sectional area of the median nerve: the effect of teaching on measurement accuracy</td>
<td>Mitchell Fourman, MD</td>
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<tr>
<td>4:50–5:00 pm</td>
<td>DISCUSSION</td>
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**FRIDAY, May 12, 2017**

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>6:45–7:25 am</td>
<td>Registration/Continental Breakfast</td>
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</tr>
<tr>
<td>7:25–7:30 am</td>
<td>ANOUNCEMENTS</td>
<td>John Lubahn, MD, Craig Mauro, MD</td>
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### Session VI  
**SPINE / EXTREMITY / TIME INNOVATIONS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>7:30–7:40 am</td>
<td>Advances in Neuromodulation for the Treatment of Spine Pain and Complex Regional Pain Syndrome</td>
<td>David Provenzano, MD</td>
</tr>
<tr>
<td>7:40–7:50 am</td>
<td>Robots in Lumbar Spine</td>
<td>Michael Gratch, MD</td>
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<tr>
<td>7:50–8:00 am</td>
<td>DISCUSSION</td>
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<tr>
<td>8:00–8:10 am</td>
<td>TDABC: Time Derived Average Based Cost</td>
<td>Mark Knaub, MD</td>
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<tr>
<td>Time</td>
<td>Event</td>
<td>Speaker</td>
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<tr>
<td>8:10–8:20 am</td>
<td>Technology Update: Foot and Ankle Surgery</td>
<td>Alex Kline, MD</td>
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<tr>
<td>8:20–8:30 am</td>
<td>DISCUSSION</td>
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<tr>
<td>8:30–8:40 am</td>
<td>Management of Ulnar Sided Wrist Pain</td>
<td>Robert Goitz, MD</td>
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<tr>
<td>8:40–8:50 am</td>
<td>Atypical Peripheral Neuropathies</td>
<td>John Lubahn, MD</td>
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<tr>
<td>8:50–9:00 am</td>
<td>Pediatric Motocross Fractures</td>
<td>Scott Sorenson, MD</td>
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<tr>
<td>9:00–9:10 am</td>
<td>DISCUSSION</td>
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<tr>
<td>9:10–9:45 am</td>
<td>BREAK/ Visit Exhibits</td>
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</table>

**SESSION VII  ADVOCACY AND OTHER UPDATES**

**Moderator:** Meredith Osterman, MD

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45–9:55 am</td>
<td>Challenges Faced by the Female Orthopedic Surgeon</td>
<td>Meredith Osterman, MD</td>
</tr>
<tr>
<td>9:55–10:05 am</td>
<td>Scaphoid Fractures</td>
<td>Patrick Williams, DO</td>
</tr>
<tr>
<td>10:05–10:15 am</td>
<td>DISCUSSION</td>
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<tr>
<td>10:15–10:35 am</td>
<td>Legislative and Political Advocacy Update</td>
<td>Patrick Smith, MD</td>
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<tr>
<td>10:35–10:45 am</td>
<td>Society Business Meeting</td>
<td>Patrick Smith, MD</td>
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**SESSION VIII  TOTAL JOINTS**

**Moderator:** Brian Klatt, MD

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:45–10:55 am</td>
<td>Total Joints: My Experience</td>
<td>Gary Cortina, MD</td>
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<tr>
<td>10:55–11:05 am</td>
<td>Advances in Joint Replacement—Are they really Advances and is the Bang Worth the Buck?</td>
<td>Brian Klatt, MD</td>
</tr>
<tr>
<td>11:05–11:15 am</td>
<td>Hip Arthroscopy—How much Arthritis is Too Much</td>
<td>Craig Mauro, MD</td>
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<tr>
<td>11:15–11:25 am</td>
<td>DISCUSSION</td>
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<tr>
<td>11:25–11:35 am</td>
<td>Advantages and Disadvantages of Modularity in Total Hip Arthroplasty</td>
<td>Edward McClain, MD</td>
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<tr>
<td>11:35–11:45 am</td>
<td>Improving Quality in Joint Replacement by Optimizing Patient Health</td>
<td>Brian Klatt, MD</td>
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<tr>
<td>11:45–11:55 am</td>
<td>DISCUSSION</td>
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</tbody>
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*Meeting Adjourned*
Guest Faculty

Joseph Maroon
Clinical Professor and Vice Chairman, Department of Neurosurgery, Heindl Scholar in Neuroscience, University of Pittsburgh Medical Center, Pittsburgh, PA

David Provenzano, MD
President, Pain Diagnostics and Interventional Care, Pittsburgh, PA

Robert Smith
Captain, US Navy, Special Assistant to Chief of Naval Personnel

James Voos, MD
Head Team Physician, Cleveland Browns, UH Cleveland Medical Center, Division Chief, Sports Medicine, UH Cleveland Medical Center, Associate Professor, Orthopaedics, CWRU School of Medicine, Medical Director, Sports Medicine Institute, University Hospitals, Cleveland, OH

Invited Faculty

James Bradley, MD
Clinical Professor, Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine, Pittsburgh, PA

Lawrence M. Clark, JD, LL.M, MPH
Deputy Director, Policy and Field Operations, PA Department of Health, Office of Medical Marijuana, Harrisburg, PA

John J. Collins, MBA, R.T.(R)(N), CNMT
Director, PA Department of Health, Office of Medical Marijuana, Harrisburg, PA

Gary Cortina, MD
Hamot Orthopedics - University of Pittsburgh Medical Center, Erie, PA

Jonathan French, PsyD
Neuropsychologist, Assistant Professor of Orthopaedic Surgery, UPMC Sports Medicine Concussion Program, Pittsburgh, PA

Gregory Gallant, MD, MBA
Rothman Institute, Philadelphia, PA

Jonathan Garino, MD, MBA
Premier Orthopedics, Malvern, PA

Robert Goitz, MD
Professor, Orthopaedic Surgery; Plastic Surgery and Bioengineering; Chief, Hand & Upper Extremity Surgery; Department of Orthopaedic Surgery, University of Pittsburgh Medical Center

Michael Gratch, MD
Rothman Institute, Philadelphia, PA

Macalus Hogan, MD
Assistant Professor of Orthopaedic Surgery Division of Foot and Ankle Surgery, Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine, Pittsburgh PA

Brian A. Klatt, MD
Assistant Professor, Joint Reconstruction, Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine

Alex Kline, MD
Clinical Assistant Professor, University of Pittsburgh School of Medicine, Pittsburgh, PA

Mark Knaub, MD
Assistant Professor, Director, Orthopaedic Spine Surgery, Associate Director, Spine Center, Penn State Health System, Milton S. Hershey Medical Center, Hershey, PA

Eric Kropf, MD
Associate Professor and Chair, Orthopedic Surgery and Sports Medicine, Director, Resident Education and Research, Temple University, Philadelphia, PA

Guy Lee
Rothman Institute, Abington Jefferson Health Senior Surgeon, Spinal Surgery, Clinical Assistant Professor, Temple University School of Medicine, Department of Orthopaedic Surgery, Philadelphia, PA

John Lubahn, MD
Program Director, Hamot Orthopaedic Residency and Hand Fellowship, University of Pittsburgh Medical Center, Erie, PA
Craig Mauro, MD
Clinical Assistant Professor; Associate Program Director, Orthopaedic Sports Medicine Fellowship, University of Pittsburgh Medical Center

Edward McClain, MD
Clinical Instructor, Department of Orthopaedic Surgery, University of Pittsburgh, School of Medicine, Pittsburgh, PA

Meghan McNelly, Pharm.D., M.H.A.
Director of Pharmacy, OSS Health, York, PA

Meredith Osterman, MD
The Philadelphia Hand Center, Philadelphia, PA

Taylor Paziuk, BS
Resident, Department of Orthopaedic Surgery, University of Pittsburgh Medical Center, 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

Wayne Sebastianelli, MD
Associate Dean for Clinical Affairs, University Park Regional Campus; Kalenak Professor in Orthopaedics; Medical Director, Penn State Sports Medicine, State College, PA

Vincent Silvaggio, MD
Clinical Assistant Professor, Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine, Pittsburgh, PA

Brian Simmons, Esq.
Shareholder, Buchannon Ingersoll Rooney, PC, Pittsburgh, PA

Patrick Smith, MD
Clinical Instructor, Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine, Pittsburgh, PA

Scott Sorenson, MD
Assistant Professor, Pediatric Orthopaedic Surgery, Penn State Health System, Milton S. Hershey Medical Center, Hershey, PA

Andrew Star, MD
Medical Director, Orthopaedic & Spine Institute, Chief, Division of Orthopaedic Surgery, Abington Hospital, Rothman Institute, Philadelphia, PA

Kurt Weiss, MD
Assistant Professor, Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine, Pittsburgh, PA

Michael Wiethorn, Esq.
Partner, Fox Rothschild, LLC, Pittsburgh, PA

Patrick Williams, DO
Orthopedic and Sports Medicine of Erie, Erie, PA

Barrett Woods, MD
Assistant Professor Orthopaedic and Neurological Spinal Surgery, Rothman Institute, Thomas Jefferson University, Philadelphia, PA

Resident Speakers

Patrick Buckley, MD
Resident, Rothman Insitute, Thomas Jefferson University Hospital, Philadelphia, PA

Mitchell Fourman, MD
Resident, Department of Orthopaedic Surgery, University of Pittsburgh Medical Center, Pittsburgh, PA

Anup Gangavalli, MD
Resident, Department of Orthopaedic Surgery, St. Luke's University Health Network, Bethlehem, PA

Katharine Harper, MD
Resident, Department of Orthopaedic Surgery, Temple University Hospital, Philadelphia, PA

Nathan Patrick, MD
Resident, Department of Orthopaedic Surgery, PennState Hershey Medical Center, Hershey, PA

Ryan Vellinga, MD
Resident, Department of Orthopaedic Surgery, Hamot, University of Pittsburgh Medical Center, Erie, PA

Danielle Weekes, MD
Resident, Rothman Insitute, Thomas Jefferson University Hospital, Philadelphia, PA
HOTEL INFORMATION

Sheraton Erie Bayfront Hotel is the very first waterfront hotel located near the heart of Erie’s Bayfront Marina District. The Bayfront Convention Center is nestled between the Sheraton and the Marriot Courtyard, connected by a sky bridge to the Sheraton and a covered side walk to the Courtyard.

Resting in Lake Erie, The Sheraton, Bayfront Convention Center, and Courtyard provide sweeping views of the Lake Erie’s Presque Isle Bay. One cannot be closer to the waterfront than here. The Convention Center has floor to ceiling windows for a clear view of the bay. The Courtyard includes an infinity pool and fitness center for your enjoyment.

Please make your reservations online through the POS website www.paorthosociety.org/event-2189290 or by calling the The Sheraton Erie Bayfront Hotel at 888-627-8094. When making reservations, be certain to identify yourself as part of the Pennsylvania Orthopaedic Society Spring Meeting group. The daily room rate for POS attendees is $179. Parking is $12/night. Check in is 3:00 pm; check out is noon.

A limited number of rooms are available at the POS group rate. To receive the POS rate, reservations must be made by April 14.

PLEASE MAKE YOUR RESERVATIONS EARLY.
EVENT INFORMATION

**POS Welcome Reception**
*Wednesday, May 10, 6:00 –7:30 pm*
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 one guest.

**Victorian Princess Cruise**
*Thursday, May 11, 6:30 pm*
Enjoy an evening dinner cruise in the beautiful Presque Isle Bay aboard a three-level paddlewheeler, the Victorian Princess. Hear firsthand about the brave missions of a Navy Seal – Captain Robert Smith, Special Assistant to Chief of Naval Personnel – as you dine in this unique setting. $60 per person.

**Whispering Woods Golf Outing**
*Friday, May 12, 1:00 pm*
Play your best golf while your senses experience the wandering streams, tall trees, soothing waterfalls, and rolling terrain of northwestern Pennsylvania. Whispering Woods Golf Club is Erie’s Choice Award Winner of the Erie Times News for seven consecutive years through 2016. Cost: $50 per player.
Pennsylvania Orthopaedic Society 2017 Spring Scientific Meeting
Current Trends in Orthopaedics: How to Adjust in a Changing Environment
May 11-12, 2017
Bayfront Convention Center, Erie, PA

Register before April 15 and save $75.
You can also register online at www.paorthosociety.org

Last Name: __________________________ Title: __________________________
First Name: __________________________
Office Address: __________________________
City: __________________________ State: _______ Zip: __________________________
Email: __________________________
Office Phone: __________________________
Office Contact: __________________________

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

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<tr>
<th>Before April 15</th>
<th>On or After April 15</th>
<th>Amount Paid</th>
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<tr>
<td>Member</td>
<td>$450</td>
<td>$525</td>
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<tr>
<td>Non-Member</td>
<td>$550</td>
<td>$625</td>
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<td>Resident/Fellow</td>
<td>$125</td>
<td>$200</td>
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<tr>
<td>Allied Health Professional</td>
<td>$175</td>
<td>$250</td>
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Wednesday Welcome Reception
(attendee & one guest) @ no charge
(number) _____ $____0____

Thursday Victorian Princess Cruise
$60 per person
(number) _____ $_______

Friday Whispering Woods Golf Outing
$50 per person
(number) _____ $_______

Payment Method

- [] 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: Maher Bigley
Pennsylvania Orthopaedic Society, 510 N. 3rd St., 3rd Fl., Harrisburg, PA 17101
Phone: 717-909-8901 – Fax: 717-909-8906 – Maher@paorthosociety.org

Cancellation Policy
There will be a $100 processing fee for cancellations received before April 14, 2017.

Refunds will NOT be granted for cancellations received on or after April 14, 2017.
UPCOMING POS MEETINGS

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

Spring Scientific Meeting 2018
Dates TBD
Charleston, SC

October 23-28, 2018
Fall Scientific Meeting
The Hotel Hershey, Hershey, PA