



2013
AOAO
AMERICAN OSTEOPATHIC
ACADEMY OF ORTHOPEDICS

ANNUAL MEETING

October 17 - 19, 2013

Sheraton San Diego Hotel & Marina • San Diego, CA



Educational Objective

The goal of this year's program is to provide orthopedic surgeons with an update on current techniques and controversies in orthopedics. Leaders in the field will debate and discuss selected topics so that practicing orthopedists will have knowledge to further develop their skills.

Upon completion of this conference, participants will have learned:

- To be more familiar with current techniques and controversies in orthopedics;
- To better understand the indications, techniques, complications and outcomes of various surgical procedures within their specialty.

Statement of Need

Responses from our prior conferences identify the need for a greater understanding of specific aspects of orthopedic surgery within the specialties of Shoulder and Elbow, Trauma, Hand, Sports, Pediatrics, Spine, Foot and Ankle and Adult Reconstructive and Arthritis. In addition, a session has been added to address the U.S. Food & Drug Administration's recent requirements for physicians who prescribe opioid analgesics. This activity is intended to be fully compliant with the ER/LA Opioid Analgesics REMS education requirements issued by the U.S. Food & Drug Administration.



MEETING INFORMATION

AOAO
AMERICAN OSTEOPATHIC
ACADEMY OF ORTHOPEDICS

Building for the Future Through Orthopedic Basics

AOAO Mission Statement

The American Osteopathic Academy of Orthopedics (AOAO) facilitates the finest training and continuous development of Osteopathic Orthopedic Surgeons to positively improve the care, healing and quality of life of patients.

Target Audience

This activity is intended for osteopathic surgeons in the field of orthopedics, orthopedic residents, allied health and any physician interested in the practice of orthopedics.

Educational Objective

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Goals of the Conference

Through lectures, panels, case discussions, and question/answer sessions, the goals of this conference are:

- To offer a diversified program of continuing education for practicing orthopedic surgeons;
- To keep orthopedic surgeons and other interested physicians and health care professionals informed of recent developments, techniques and advances in orthopedics.

Statement of Need

Responses from our prior conferences identify the need for a greater understanding of specific aspects of orthopedic surgery within the specialties of Shoulder and Elbow, Trauma, Hand, Sports, Pediatrics, Spine, Foot and Ankle and Adult Reconstructive and Arthritis. In addition, a session has been added to address the U.S. Food & Drug Administration's recent requirements for physicians who prescribe opioid analgesics. This activity is intended to be fully compliant with the ER/LA Opioid Analgesics REMS education requirements issued by the U.S. Food & Drug Administration.

Accreditation

The American Osteopathic Academy of Orthopedics has requested that the AOA Council on Continuing Medical Education approve this program for 23 hours of AOA Category 1-A CME credits. Approval is currently pending.

New This Year – Awards Ceremony and Cocktail Reception

Awards will be given during a special ceremony on Thursday, October 17, 2013 at 4:30 pm, a cocktail reception will immediately follow from 5:30 pm to 7:00 pm. There is no additional fee for registrants to attend, but space is limited. If you plan to attend, please check the box provided on the registration form. Business attire is required.

MEETING OBJECTIVES

THURSDAY, OCTOBER 17, 2013

CO*RE REMS

This three hour session provides three hours of AOA Category 1-A CME credit. A Risk Evaluation and Mitigation Strategy (REMS) is a risk management program required by the U.S. Food and Drug Administration (FDA) to ensure that the benefits of a drug outweigh its risks.

This education activity is presented by the American Osteopathic Association (AOA), a member of the Collaborative on REMS Education (CO*RE), ten interdisciplinary organizations working together to improve pain management and prevent adverse outcomes. This activity is supported by an independent educational grant from the ER/LA Opioid Analgesics REMS Program Companies (RPC). Please see www.er-la-opioidREMS.com for a listing of the member companies. This activity is intended to be fully compliant with the ER/LA Opioid Analgesics REMS education requirements issued by the U.S. Food & Drug Administration.

At the conclusion of this program, participants should be able to:

- Describe appropriate patient assessment for treatment with ER/LA opioid analgesics, evaluating risks and potential benefits of ER/LA therapy, as well as possible misuse;
- Apply proper methods to initiate therapy, modify dose, and discontinue use of ER/LA opioid analgesics, applying best practices including accurate dosing and conversion techniques, as well as appropriate discontinuation strategies;
- Demonstrate accurate knowledge about how to manage ongoing therapy with ER/LA opioid analgesics and properly use evidence-based tools while assessing for adverse effects;
- Employ methods to counsel patients and caregivers about the safe use of ER/LA opioid analgesics, including proper storage and disposal;
- Review/assess general and product-specific drug information concerning ER/LA opioid analgesics and identifying potential adverse effects of ER/LA opioids.

Residents and Fellows Session

This session does not qualify for specialty credits.

Upon completion of this session, the participants will have learned new research in multiple areas of Orthopedic Surgery, presented by Orthopedic Residents and Fellows in training. The material will include new concepts in patient care, new surgical techniques, and new methods of rehabilitation.

The participants will also learn by the presentation of research papers, how current methods of care have been shown to be either successful or unsuccessful in improvement of patient care.

An additional feature of this session will be commentary by experienced Orthopedic Surgeons, with special expertise in the subspecialty area of presentation, who will give insight into the value of the material presented.

As a result of learning this material, participants will be able to provide improved care for their patients.

Pediatric Session

Pediatric Orthopedics from Head to Toe: What you need to know

Upon completion of this session, the participant will have learned new techniques in treating pediatric clavicle and shoulder, humerus and elbow, forearm, wrist, hand, spine, pelvis and hip, femur, knee, tibia, ankle and foot conditions that are relevant to the general practitioner or non-pediatric trained orthopedic surgeon.

MEETING OBJECTIVES

FRIDAY, OCTOBER 18, 2013

Leadership Skills for Residents

This session does not qualify for CME or specialty credits.

Senior residents play a critical role in the education of residents, interns, and medical students. Developing effective leadership and teaching skills is an essential part of an orthopedic surgery residency education program. This workshop will provide residents with the techniques and strategies to manage the clinical team in the OR, on hospital wards and in the ambulatory setting.

At the conclusion of this program, participants will be able to:

- Describe techniques to provide critical instructive feedback to residents, interns and students.
 - Explain seven behavioral elements of professionalism and how to be a positive role model.
 - Describe the Resident as TEAM LEADER model for clinical teaching.
 - Explain how to avoid 10 common pitfalls of lecturing and make excellent presentations.
 - Describe the responsibilities and duties of Chief Residents and how to develop a good working relationship with your Program Director.
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Teaching and Evaluating Residents Using the Milestones

This session does not qualify for CME or specialty credits.

Recent developments in orthopedic surgery residency education include the use of performance-based Milestones to evaluate residents. The 16 Milestones for orthopedic surgery describe the medical knowledge and patient care skills needed to demonstrate clinical competence. This workshop will provide program directors and trainers with tools and strategies to teach and evaluate residents.

At the conclusion of this program, the participants will be able to:

- Describe the 16 Milestones for Orthopedic Surgery residents.
 - Explain the 5-Step Learning Curve and how to use it to assess a resident's competence.
 - Describe three teaching strategies to use in the OR.
 - Explain how to incorporate the Milestones into the formal evaluation of residents.
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Foot and Ankle Session

Upon completion of this session, the participants will be able to:

- Utilize new treatment options in forefoot deformity, arthritis of the foot and ankle, fractures of the foot and ankle and tendon disorders of the foot and ankle;
 - Identify new surgical techniques for soft tissue tumors/lesions of the foot and ankle;
 - Determine the role of PRP in foot and ankle conditions; and
 - Identify new techniques for cartilage implantation (Options) for talar dome defects as well as explain the role of gastroc recession in foot and ankle conditions;
 - Understand the indications, surgical implantation technique, and potential complications regarding total ankle replacement.
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Spine Session

Upon completion of this session, participants will have learned new techniques in the treatment and management of cervical and lumbar spine complications. They will also have learned the outcome of fusions vs. decompression and the myths and reality of spinal injections.

MEETING OBJECTIVES

Hand Session

Upon completion of this session, participants will have learned the latest treatments and surgical techniques in TFCC peripheral tear, entrapment neuropathy of the ulnar nerve at the elbow, chronic lateral epicondylitis, and proximal pole and scaphoid waist nonunions.

Trauma Session

Upon completion of this session, the participants will have learned the latest techniques in managing and treating hip fractures, the latest techniques in determining whether arthroplasty or hemiarthroplasty are best options for femora neck fractures and the use of balloon reduction in extremity trauma.

SATURDAY, OCTOBER 19, 2013

General Session

Upon completion of this session, the participants will have learned the latest techniques in managing current osteoporosis treatment options, the latest issues in community orthopedic care, treatment options for femoral neck and distal radius fracture management and treatment options for intertrochanteric hip.

ARAS Session

Improve Your Arthritis / Arthroplasty Practice NOW!

Upon completion of this session, participants will be able to immediately enhance their clinical practice and patient outcomes by:

- Discussing modern surgical sterility techniques and joint infection prevention;
 - Reviewing evolving trends in DVT prophylaxis;
 - Diagnosing and evaluating hip pain;
 - Treating subchondral bone edema in early OA;
 - Learning a new in-office test for TJA infection; and
 - Understanding the latest surgical and treatment techniques in TJA and cementless TKA.
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Sports Session

Upon completion of this session, the participants will have learned:

- New techniques in the management of spinal injuries in sport;
 - Current trends in ACL Reconstruction;
 - New treatments for cartilage problems in the athlete;
 - How to identify and treat disorders associated with the thrower's shoulder;
 - To evaluate and manage humeral head bone deficiencies associated with shoulder instability;
 - Current concepts in the surgical treatment of rotator cuff tears and
 - The impact of musculoskeletal ultrasound on the sports orthopedist.
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Shoulder and Elbow Session

Upon completion of this session, participants will have learned:

- Current concepts in treating proximal humerus fractures and biceps pathology,
- Latest surgical techniques relating to modularity and metal-backed glenoids, and
- Treatment options for ulnar collateral ligament injuries and posterolateral rotatory instability.

KEYNOTE SPEAKER

Sgt. Matt Eversmann

Dedication, Pride, and Commitment: The Story of Black Hawk Down

First Sergeant Matt Eversmann (Ret.) is a testament to the true nature of war and heroism. He is immortalized in the epic film *Black Hawk Down* and the 2004 book *The Battle of Mogadishu*, which tell the heroic story of a group of elite United States soldiers sent to Somalia in 1993 as part of a United Nations peacekeeping operation.



Eversmann retired from the Army as an Infantry Company First Sergeant after 20 years of service. He continues to serve others as the vice president of operations at Innovative Wellness Solutions. Eversmann is co-author of *The Battle of Mogadishu* (2004).

Eversmann's courage and patriotism are unmatched, and he has received many military decorations, including the Army Service Ribbon, the National Defense Service Ribbon, eight Army Achievement medals, and four Army Commendation medals.

***Hear Sgt. Eversmann's speech on
Thursday, October 17 from 7:00-8:00 am!***

WEDNESDAY, OCTOBER 16, 2013

3:00 - 5:30 pm **Pre-Registration**

THURSDAY, OCTOBER 17, 2013

6:00 - 7:00 am **Continental Breakfast**

11:30 am - 12:30 pm **Lunch with Exhibitors**

4:30 - 5:30 pm **Awards Ceremony**

5:30 - 7:00 pm **NEW THIS YEAR - Cocktail Reception Honoring Award Recipients**

7:00 - 8:00 am – Keynote Speech

Dedication, Pride, and Commitment: The Story of Black Hawk Down – Sgt. Matt Eversmann

8:00 - 8:30 am **Coffee Break**

8:30 - 11:30 am **CO*RE REMS** – TBA
See description under Meeting Objectives

Residents and Fellows Session

George Zimmerman, DO, FAOA - Moderator

12:30 - 4:00 pm **Scientific Paper Presentations**

Pediatrics Session

John A. Schlechter, DO - Moderator

Pediatric Orthopedics from Head to Toe What You Need to Know

12:30 - 12:35 pm **Welcome and Introductions** – John A. Schlechter, DO

12:35 - 12:55 pm **Clavicle and Shoulder** – Eric W. Edmonds, MD

12:55 - 1:15 pm **Humerus and Elbow** – John A. Schlechter, DO

1:15 - 1:40 pm **Forearm, Wrist, Hand** – Daniel K. Ruggles, DO

1:40 - 1:50 pm **Questions and Discussion** – Faculty Panel

1:50 - 2:10 pm **Coffee Break with Exhibitors**

2:10 - 2:30 pm **Spine** – Burt Yaszay, MD

2:30 - 2:50 pm **Pelvis and Hip** – Francois D. Lalonde, MD

2:50 - 3:10 pm **Femur** – Daniel K. Ruggles, DO

3:10 - 3:30 pm **Knee** – John A. Schlechter, DO

3:30 - 3:50 pm **Tibia, Ankle and Foot** – Francois D. Lalonde, MD

3:50 - 4:00 pm **Questions and Discussion** – Faculty Panel

FRIDAY, OCTOBER 18, 2013

6:00 - 7:00 am **Continental Breakfast with Exhibitors**

11:30 am - 12:30 pm **Lunch with Exhibitors**

Senior Resident Track

7:00 - 11:00 am **Leadership Skills for Residents** – Franklin J. Medio, PhD;
Wade Faerber, DO, FAOA

12:30 - 2:30 pm Teaching and Evaluating Residents using the Milestones
– Wade Faerber, DO, FAOAO; Franklin J. Medio, PhD

Foot and Ankle Session

William E. Saar, DO - Moderator

Orthopedic foot and ankle surgery for the general orthoped - Should it stay or should it go?

- 7:00 - 7:05 am Welcome and Introductions** – William E. Saar, DO - Moderator
- 7:05 - 7:25 am Forefoot Deformity** – Mark A. Krahe, DO
- 7:25 - 7:45 am Arthritis of the Foot and Ankle** – Premjit S. Deol, DO
- 7:45 - 8:05 am Fractures (Trauma) of the Foot and Ankle** – David E. Karges, DO
- 8:05 - 8:25 am Tendon Disorders of the Foot and Ankle** – Warren S. Taranow, DO
- 8:25 - 8:45 am Soft Tissue Tumors/Lesions of the Foot and Ankle**
– Scott A. Nemeck, DO
- 8:45 - 9:05 am Panel Discussion, Questions and Answers**
- 9:05 - 9:30 am Coffee Break with Exhibitors**

Current Concepts in Foot and Ankle Surgery

- 9:30 - 9:55 am The Role of PRP in Foot and Ankle** – William E. Saar, DO
 - 9:55 - 10:20 am Current State of Total Ankle Arthroplasty**
– Terrence M. Philbin, DO, FAOAO
 - 10:20 - 10:45 am Cartilage Implantation (Options) for Talar Dome Defects**
– Bret Smith, DO
 - 10:45 - 11:10 am The Role of Gastroc Recession in Foot/Ankle**
– Robert S. Marsh, DO
 - 11:10 - 11:30 am Panel Discussion, Questions and Answers**
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Spine Session

Juan S. Dinkins, DO, MS - Moderator

- 7:00 - 7:05 am Welcome and Introductions** – Juan S. Dinkins, DO, MS
- 7:05 - 7:30 am To Fuse or Not to Fuse** – John D. Spears, DO
- 7:30 - 8:00 am Outcome of Fusions vs. Decompression**
– William A. Earman, DO, FAOAO
- 8:00 - 8:30 am Spinal Injections Myths and Reality** – Richard A. Scott, DO, FAOAO
- 8:30 - 8:50 am Panel Discussion**
- 8:50 - 9:20 am Coffee Break with Exhibitors**
- 9:20 - 9:50 am Cervical Spine Indications and Complications**
– Daniel J. Brandenstein, DO
- 9:50 - 10:20 am Lumbar Spine Indications and Complications** – Ali Mortazavi, DO
- 10:20 - 10:50 am Clinical Outcomes of Standalone ALIF's** – Troy Morrison, DO
- 10:50 - 11:20 am Panel Discussion**
- 11:20 - 11:30 am Questions and Answers**

Hand Session

John A. Pasquella, DO - Moderator

12:30 - 12:35 pm **Welcome and Introductions** – John A. Pasquella, DO

TFCC Peripheral Tear (Acute)

12:35 - 12:55 pm **Arthroscopic Soft Tissue Repair** – Matthew T. Weichbrodt, DO

12:55 - 1:15 pm **Open Repair** – Jason A. Nydick, DO

Entrapment Neuropathy of the Ulnar Nerve at the Elbow

1:15 - 1:35 pm **In Situ Release** – Brian A. Chalkin, DO

1:35 - 1:55 pm **Ulnar Nerve Transposition** – Nader Paksima, DO, MPH, FAOAO

1:55 - 2:20 pm **Panel Discussion**

2:20 - 2:50 pm **Coffee Break with Exhibitors**

Chronic Lateral Epicondylitis

2:50 - 3:10 pm **Standard Open Technique** – Edward J. Armbruster, DO

3:10 - 3:30 pm **Arthroscopic Treatment** – H. Brent Bamberger, DO, FAOAO

Proximal Pole and Scaphoid Waist Nonunions (with early AVN on MRI)

3:30 - 3:50 pm **Nonvascularized Bone Graft** – Steven J. Heithoff, DO, FAOAO

3:50 - 4:10 pm **Vascularized Bone Graft** – Paul J. Chubb, DO

4:10 - 4:35 pm **Panel Discussion**

4:35 - 5:00 pm **Question and Answer**

Trauma Session

James M. Jackman, DO - Moderator

12:30 - 12:35 pm **Welcome and Introduction** – James M. Jackman, DO

12:35 - 1:00 pm **Hip Fracture Management** – James M. Jackman, DO

1:00 - 1:25 pm **Total Hip Arthroplasty vs. Hemiarthroplasty for Femoral Neck Fractures** – Eric M. Lindvall, DO

1:25 - 1:50 pm **Periprosthetic Fractures** – Troy R. Caron, DO

1:50 - 2:15 pm **Distal Femur Fractures** – Damion Walker, DO

2:15 - 2:40 pm **Panel Discussion, Q & A**

2:40 - 3:10 pm **Coffee Break with Exhibitors**

3:10 - 3:35 pm **Geriatric Acetabulum Fractures** – James M. Jackman, DO

3:35 - 4:00 pm **Subtrochanteric Femur Fractures** – Eric M. Lindvall, DO

4:00 - 4:25 pm **Use of Balloon Reduction in Extremity Trauma** – Troy R. Caron, DO

4:25 - 4:50 pm **Immediate Management of Talus Fractures and Late Treatment Options to the Failed ORIF** – David E. Karges, DO

4:50 - 5:25 pm **Panel Discussion/Q & A**

SATURDAY, OCTOBER 19, 2013

6:00 - 7:00 am	Continental Breakfast
11:30 am - 1:00 pm	Lunch on Own

General Session

Saila Patel, DO - Moderator

7:00 - 7:05 am	Welcome and Introduction – Saila Patel, DO
7:05 - 7:30 am	Geriatric Fracture Program – Saila Patel, DO
7:30 - 7:55 am	Contemporary Osteoporosis Management – TBD
7:55 - 8:20 am	Defensive Medicine in Orthopedics – TBD
8:20 - 8:45 am	Reaching a New Level in Community Orthopedic Care – Saila Patel, DO
8:45 - 9:05 am	Panel Discussion/Q & A
9:05 - 9:35 am	Coffee Break
9:35 - 10:00 am	Femoral Neck Fracture Management – Efrain Paz, Jr., DO
10:00 - 10:25 am	Old vs. New - Treatment of Intertrochanteric Hip Fractures – Bradley A. Jelen, DO, FAOAO
10:25 - 10:50 am	Distal Radius Fracture Management – TBD
10:50 - 11:15 am	Postgraduate Training Advances – Sean McMillan, DO
11:15 - 11:30 am	Panel Discussion/Q & A

Adult Reconstructive and Arthritis Surgery Session

Todd D. Schwartz, DO - Moderator

Improve Your Arthritis/Arthroplasty Practice NOW!

7:00 - 7:05 am	Welcome and Introduction – Todd D. Schwartz, DO
7:05 - 7:30 am	Surgical Sterility and Joint Infection Prevention – Jon E. Minter, DO, FAOAO
7:30 - 7:55 am	Evolving Trends in DVT Prophylaxis, the Aspirin Revival – Adam S. Rosen, DO
7:55 - 8:20 am	Diagnosis and Evaluation of the Pre-Arthritic Hip Diseases – Todd D. Schwartz, DO
8:20 - 8:45 am	Subchondroplasty – Treating Subchondral Bone Edema in Early OA – Todd D. Schwartz, DO
8:45 - 9:05 am	Panel Discussion
9:05 - 9:35 am	Coffee Break
9:35 - 10:00 am	TJA - Rapid Recovery with Modern Pain Protocols – Adam S. Rosen, DO
10:00 - 10:25 am	Detect TJA Infection Immediately in the Office, with Synovasure – Todd D. Schwartz, DO

10:25 - 10:50 am	Cementless TKA: The future arrives – Shawn M. Brubaker, DO, FAOAO
10:50 - 11:15 am	The Not So Bright Future: Recent innovation with inferior outcomes – Jon E. Minter, DO, FAOAO
11:15 - 11:30 am	Panel Discussion, Question and Answer, Case Review

Sports Medicine Session

Damion J. Valletta, DO - Moderator

1:00 - 1:05 pm	Welcome and Introduction – Damion J. Valletta, DO
1:05 - 1:30 pm	Management of Spinal Injuries in Sport: Stingers to Spine Boarding – Shawn M. Henry, DO
1:30 - 1:55 pm	Current Trends in ACL Reconstruction: An Evolution of Techniques – Arthur R. Bartolozzi, MD
1:55 - 2:20 pm	Cartilage Problems in the Athlete – Bert R. Mandelbaum, MD
2:20 - 2:45 pm	The Thrower's Shoulder – Craig D. Morgan, MD
2:45 - 3:00 pm	Question and Answer
3:00 - 3:30 pm	Coffee Break
3:30 - 3:55 pm	Evaluation and Management of Humeral Head Bone Deficiencies Associated with Shoulder Instability – Brent Hansen, DO
3:55 - 4:20 pm	Shoulder Instability and Labral Pathology: Working around the clock – Christopher Dewing, MD
4:20 - 4:45 pm	Current Concepts in the Surgical Treatment of Rotator Cuff Tears – Tal David, MD
4:45 - 5:10 pm	Musculoskeletal Ultrasound for the Sports Orthopedist – Ben Dubois, MD
5:10 - 5:30 pm	Question and Answer

Shoulder and Elbow Session

David C. Harkins, DO - Moderator

1:00 - 1:05 pm	Welcome and Introduction – David C. Harkins, DO
1:05 - 1:35 pm	AC Joint Reconstruction – David A. Coons, DO
1:35 - 2:05 pm	Modularity and Metal-backed Glenoids – Paul Patterson, MD
2:05 - 2:35 pm	What now? Massive Irreparable Rotator Cuff Tears in Patients – Steven P. Niergarth, DO
2:35 - 3:05 pm	Panel Discussion/Question and Answer
3:05 - 3:35 pm	Coffee Break
3:35 - 4:00 pm	Bony Bankart and the Unstable Shoulder – Sean McMillan, DO
4:00 - 4:25 pm	Biceps Pathology, Current Concepts – Jeffrey C. Easom, DO
4:25 - 4:50 pm	Ulnar Collateral Ligament Injuries – Steven Johnson, DO
4:50 - 5:15 pm	Posterolateral Rotatory Instability – David C. Angelillo, DO