

Saturday, March 16, 2019
Venetian/Sands Expo
Palazzo Ballroom F
7:00 am – 3:15 pm

AANA | ARTHROSCOPY ASSOCIATION
OF NORTH AMERICA

AOSSM
American Orthopaedic Society
for Sports Medicine

**Arthroscopy Association of North America/
 American Orthopaedic Society for Sports
 Medicine**

General Information

Description

Despite continuous advances, musculoskeletal disorders and injuries are on the rise. While some areas require further research to improve outcomes, other areas have established best-practice patterns, but struggle with implementation. Orthopaedic Surgeons are a critical part of the team leading the way to address these issues.

Education is key to improvements in musculoskeletal care. The AANA/AOSSM Specialty Day 2019 program will feature didactic presentations that provide opportunities to share important research findings and serve as a review of core musculoskeletal topics, highlighting the latest advances and reinforce time-tested tools aimed at preventing and addressing musculoskeletal care while providing face-to-face networking opportunities.

Target Audience

This program is designed for Orthopaedic Surgeons, physicians, and allied health professionals in the field of sports medicine or related fields of practice and who may desire to improve their arthroscopic knowledge, competence, performance, and patient outcomes.

Program

The Arthroscopy Association of North America (AANA) and American Orthopaedic Society for Sports Medicine (AOSSM) attest that the people responsible for the development of this educational activity did so independently and were not influenced by commercial supporters.

Educational Objectives

Upon completion of this educational activity, learners should be able to:

- Implement an effective evaluation algorithm, based on recent research, for musculoskeletal and medical sports medicine conditions through an arthroscopic surgery lens.
- Assess and apply surgical and non-surgical treatment recommendations and rehabilitation protocols for the diagnosis and clinical management of joint disorders in athletes.
- Review and implement new minimally invasive techniques for the management of shoulder, knee and hip pathology.

Accreditation

Continuing Medical Education Credits

The American Orthopaedic Society for Sports Medicine (AOSSM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The AOSSM designates this live activity for a maximum of **7.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Credit For Athletic Trainers

The American Orthopaedic Society for Sports Medicine (AOSSM) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

This program is eligible for a maximum of **7.50 Category A hours/CEUs**. ATs should claim only those hours actually spent in the educational program.

Disclosure Statement

In accordance with the guidelines of the ACCME, it is the policy of the AOSSM that faculty and planners disclose to the learners all financial relationships during

the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing healthcare goods and services consumed by, or used on, patients). Any and all disclosures will be provided in the final program that is distributed at the meeting. In accordance with AOSSM policy, faculty participation is predicated upon timely submission and review of AOSSM disclosures. Non-compliance results in faculty being stricken from the program.

Disclaimer

The material presented in this continuing medical education program is being made available by ANNA and AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed, but rather it is intended to present an approach, view, statement, or opinion of the faculty which may be helpful to others who face similar situations. Neither the content (whether written or oral) of any course, seminar, or other presentation in the program, nor the use of specific product in conjunction therewith, nor the exhibition of any materials by any parties coincident with the program should be construed as indicating endorsement or approval of the views presented, the products used, or the materials exhibited by AOSSM or its Committees, Commission or Affiliates. AOSSM makes no statements, representations, or warranties (whether written or oral) regarding the Food and Drug Administration (FDA) status of any product used or referred to in conjunction with any course, seminar, or other presentation being made available as part of this course. Faculty members shall have sole responsibility to inform attendees of the FDA status of each product that is used in conjunction with any course, seminar, or presentation and whether such use of the product is in compliance with FDA regulations.

Program Committee Leadership

Kevin F. Bonner, MD; AANA Education Chair

Matthew T. Provencher, MD; AOSSM Program Chair

7:00 am – 7:05 am

Welcome

Louis F. McIntyre, MD

AANA President

Neal S. ElAttrache, MD

AOSSM President

7:05 am – 8:15 am

Session I: Shoulder Instability/Labrum

Moderators:

Jo A. Hannafin, MD, PhD

Brian R. Waterman, MD

Paper 01

7:05 am – 7:10 am

Minority Patients Have a Higher Number of Shoulder Dislocations and More Frequent Cartilage Lesions: Data from the MOON – Shoulder Instability Group
*Carolyn M. Hettrich, MD, MPH¹,
 Anthony J. Zacharias, MD², Shannon Ortiz³, Kevin J. Cronin, MD², Shoulder Group MOON³, Brian R. Wolf, MD, MS⁴,
 Cale A. Jacobs, PhD². ¹Kentucky Clinic, Lexington, KY, ²University of Kentucky, Lexington, KY, ³University of Iowa, Iowa City, IA, ⁴University of Iowa Hospitals and Clinics, Iowa City, IA.*

Paper 02		8:41 am – 8:47 am	Subpectoral Biceps Tenodesis <i>Nikhil N. Verma, MD</i>
7:10 am – 7:15 am	Arthroscopic Soft Tissue Stabilization for Traumatic Anterior Shoulder Instability in Elite Collision Athletes Hoshika Shota, MD , <i>Hiroyuki Sugaya, MD, Norimasa Takahashi, MD, Keisuke Matsuki, MD, PhD, Morihito Tokai, MD, Yusuke Ueda, MD, Hiroshige Hamada.</i> <i>Sports Medicine & Joint Center, Funabashi Orthopaedic Hospital, Funabashi, Japan.</i>	8:47 am – 8:55 am	Questions and Answers
7:15 am – 7:20 am	Questions and Answers	8:55 am – 9:01 am	Break
7:20 am – 7:26 am	The Operative vs Non-operative Conundrum of a Shoulder Dislocation: What's the Evidence? <i>John M. Tokish, MD</i>	9:01 am – 10:00 am	Session III: Rotator Cuff
7:26 am – 7:32 am	How to Improve Outcomes of Arthroscopic Instability Repairs – My Best Pearls <i>Anthony A. Romeo, MD</i>		Moderators: <i>Joseph C. Tauro, MD</i> <i>Samuel A. Taylor, MD</i>
7:32 am – 7:38 am	Arthroscopic Remplissage <i>John D. Kelly, MD</i>	Paper 03	
7:38 am – 7:44 am	How I Do it – Open Shoulder Stabilization <i>Robert A. Arciero, MD</i>	9:01 am – 9:06 am	Radiostereometric Analysis of Subpectoral vs. Supraperatorial Biceps Tenodesis with Interference Screw Fixation <i>Richard N. Puzitiello¹, Avinesh Agarwalla¹, Joseph N. Liu, MD², Gregory L. Cvetanovich, MD², Anirudh K. Gowd¹, Brian J. Cole, MD, MBA³, Anthony A. Romeo, MD³, Nikhil N. Verma, MD³, Brian Forsythe, MD³.</i> ¹ Midwest Orthopaedics at Rush University Medical Center, Chicago, IL, USA, ² Rush University Medical Center, Chicago, IL, USA, ³ Midwest Orthopaedics at Rush, Chicago, IL, USA.
7:44 am – 7:50 am	How I Do it – Open Latarjet <i>Matthew T. Provencher, MD</i>	Paper 04	
7:50 am – 8:00 am	Questions and Answers	9:06 am – 9:11 am	Five-year Follow-up of Arthroscopic Superior Capsule Reconstruction for Irreparable Rotator Cuff Tears Teruhisa Mihata, MD, PhD¹ , <i>Thay Q. Lee, PhD², Akihiko Hasegawa, MD, PhD¹, Kunimoto Fukunishi, MD³, Takeshi Kawakami, MD, PhD⁴, Yukitaka Fujisawa, MD¹, Yasuo Itami, MD¹, Mutsumi Ohue, MD⁵, Masashi Neo, MD, PhD¹.</i> ¹ Osaka Medical College, Takatsuki, Japan, ² VA Long Beach Healthcare System, Long Beach, CA, USA, ³ Rakusai Shimizu Hospital, Kyoto, Japan, ⁴ Towakai Hospital, Takatsuki, Japan, ⁵ Katsuragi Hospital, Kishiwada, Japan.
8:00 am – 8:15 am	The Case: Shoulder Instability – I Fixed it by Scope and Then Nine Months Later it Failed.... Moderator: <i>William N. Levine, MD</i> Panelists: <i>Robert A. Arciero, MD; John D. Kelly, MD; Matthew T. Provencher, MD; Anthony A. Romeo, MD; John M. Tokish, MD</i>	9:11 am – 9:16 am	Questions and Answers
8:15 am – 8:55 am	Session II: Shoulder Biceps/ Scapula/AC Joint	9:16 am – 9:22 am	My Five Arthroscopic Cuff Repair Tips to Make Your Life Simple <i>Kevin F. Bonner, MD</i>
	Moderators: <i>Jonathan A. Godin, MD, MBA</i> <i>Dean C. Taylor, MD</i>	9:22 am – 9:28 am	How I Do it: Large to Massive Cuff Tear – How to Get this Right <i>Felix H. Savoie, MD</i>
8:15 am – 8:21 am	The Long Head of the Biceps – Is this a Pain Generator or an Overrated Piece of Rope – How to Figure This Out? <i>Mark H. Getelman, MD</i>	9:28 am – 9:34 am	How I Do it: Biologics for the Cuff – What's the Highest-Level Evidence Say? <i>Alison P. Toth, MD</i>
8:21 am – 8:27 am	The Unstable AC Joint – Not Just a Vertical Problem and How I Fix This <i>Stephen F. Brockmeier, MD</i>	9:34 am – 9:40 am	How I Do it: My Tricks for a Superior Capsular Reconstruction <i>Stephen B. Burkhart, MD</i>
8:27 am – 8:35 am	Rehabilitation Considerations for the Shoulder – from Labrum to Biceps Postoperatively. What You and Your Therapist Need to Know! <i>Kevin E. Wilk, PT, DPT</i>	9:40 am – 9:45 am	Questions and Answers
8:35 am – 8:47 am	DEBATE: Do the Tenodesis My Way!		
8:35 am – 8:41 am	Arthroscopic Supraperatorial Biceps Tenodesis <i>Larry D. Field, MD</i>		

9:45 am – 10:00 am	Case: A 51-year-old with a Failed Large-to-Massive Cuff Tear Moderator: Robert T. Burks, MD Panelists: Jeffrey S. Abrams, MD; Stephen S. Burkhart, MD; Jorge Chahla, MD, PhD; Kevin D. Plancher, MD; Felix H. Savoie, MD; Alison P. Toth, MD	10:32 am – 10:46 am	DEBATE: Do Your ACL Reconstruction MY WAY!
		10:32 am – 10:39 am	Retrograde Drilling ACL Reconstruction <i>Robin Vereeke West, MD</i>
		10:39 am – 10:46 am	Medial Portal ACL Reconstruction – Easy and Reproducible <i>Asheesh Bedi, MD</i>
10:00 am – 11:20 am	Session IV: Knee and Sports	10:46 am – 10:52 am	How I Do it: Quadriceps Tendon Reconstruction <i>Charles A. Bush-Joseph, MD</i>
	Moderators: Sandeep Mannava, MD, PhD Kurt P. Spindler, MD	10:52 am – 10:58 am	How I Do it: PCL Reconstruction – How I Make It Reproducible <i>Bruce A. Levy, MD</i>
Paper 05		10:58 am – 11:04 am	Questions and Answers
10:00 am – 10:05 am	The Associations of Early Sport Specialization and Training Volume with Injury Rates in NCAA Division I Athletes Seth Ahlquist, BS¹ , Brian Michael Cash, MD ² , Sharon L. Hame, MD ³ . ¹ David Geffen School of Medicine at UCLA, Los Angeles, CA, USA, ² UCLA Department of Orthopaedic Surgery, Santa Monica, CA, USA, ³ UCLA Dept. of Ortho. Surgery, Los Angeles, CA, USA.	11:04 am – 11:20 am	The Case: I Did an ACLR Two Years Ago, but Now has Recurrent Instability after Stepping Off a Curb Moderator: Laith M. Jazrawi, MD Panelists: Asheesh Bedi, MD; Charles A. Bush-Joseph, MD; Lars Engebretsen, MD, PhD; Timothy E. Hewett, PhD, FACSM; Bruce A. Levy, MD; Robin Vereeke West, MD
Paper 06			
10:05 am – 10:10 am	Blood Flow Restriction Therapy Preserves Whole Limb Bone and Muscle Following ACL Reconstruction Bradley Lambert, PhD¹ , Corbin A. Hedt, DPT ¹ , Robert A. Jack, MD ¹ , Michael Moreno, PhD ² , Domsenica Delgado, BS ³ , Joshua David Harris, MD ¹ , Patrick C. McCulloch, MD ¹ . ¹ Houston Methodist Hospital, Houston, TX, USA, ² Texas A&M University, Houston, TX, USA, ³ Houston Methodist Hospital - Houston, TX, Houston, TX, USA.	11:20 am – 11:55 am	Kennedy Lecture
		11:20 am – 11:25 am	Introduction of Kennedy Lecture <i>Neal S. ElAttrache, MD, President AOSSM</i>
		11:25 am – 11:55 am	Kennedy Lecture <i>Annunziato Amendola, MD Duke Sports Science Institute</i>
Paper 07		11:55 am – 12:05 pm	Lunch Break
			A box lunch is included with your registration fee.
10:10 am – 10:15 am	Bridge-enhanced ACL Repair: Two-year Results of the First in Human Study Martha M. Murray, MD¹ , Leslie Kalish ¹ , Braden C. Fleming, PhD ² , Brett Flutie ¹ , Laura Thurber ¹ , Christina Freiberger ¹ , Rachael Henderson ¹ , Gabriel Perrone ¹ , Benedikt Proffen, MD ¹ , Dennis E. Kramer, MD ¹ , Yi-Meng Yen, MD ¹ , Lyle J. Micheli, MD ¹ . ¹ Boston Children's Hospital, Boston, MA, USA, ² Bioengineering Labs, Providence, RI, USA.	12:05 pm – 12:36 pm	Session V: Knee Ligament/Patella Instability
			Moderators: <i>Julie A. Dodds, MD</i> <i>Bert R. Mandelbaum, MD</i>
10:15 am – 10:20 am	Questions and Answers	12:05 pm – 12:11 pm	Uncovering the Dark Side of the Knee – Dealing with PLC Injuries <i>Robert F. LaPrade, MD, PhD</i>
10:20 am – 10:26 am	Can We Truly Prevent an ACL Tear? <i>Timothy E. Hewett, PhD, FACSM</i>	12:11 pm – 12:17 pm	ACL Augmentation: ALL (Anterolateral Ligament) or the ITB (Iliotibial Band) – Science or Science Fiction? <i>Alan M. Getgood, MD, FRCS (Tr&Orth)</i>
10:26 am – 10:32 am	What Autograft is Best for YOUR Patient – and How I Choose. <i>Lars Engebretsen, MD, PhD</i>	12:17 pm – 12:20 pm	Patella Instability with Dysplasia: My Surgical Algorithm <i>Elizabeth A. Arendt, MD</i>
		12:20 pm – 12:26 pm	MPFL vs MQTFL: What I Do and Why <i>Andrew J. Cosgarea, MD</i>
		12:26 pm – 12:36 pm	Questions and Answers
		12:36 pm – 12:46 pm	Break

12:46 pm – 2:17 pm	Session VI: Knee Cartilage, Meniscus and Biologics	1:55 pm – 2:05 pm	Questions and Answers
	Moderators: <i>Robert E. Hunter, MD</i> <i>Aaron J. Krych, MD</i>	2:05 pm – 2:11 pm	Pearls for Taking Care of High School, College, Professional Athletes and Weekend Warriors – My Lessons Learned <i>Walter R. Lowe, MD</i>
Paper 08		2:11 pm – 2:17 pm	Nutraceuticals, Powders and Wine – What Works to Keep Me in the Game <i>Eric C. McCarty, MD</i>
12:46 pm – 12:51 pm	Accuracy and Reliability of the Visual Assessment of Patellar Tracking Matthew Best, MD¹ , <i>Miho Jean Tanaka, MD¹</i> , <i>Shadpour Demehri, MD¹</i> , <i>Andrew J. Cosgarea, MD²</i> . ¹ <i>Johns Hopkins University, Baltimore, MD, USA</i> , ² <i>Johns Hopkins Sports Medical Center, Lutherville, MD, USA.</i>	2:20 pm – 3:15 pm	Session VII: Hip
Paper 09			Moderators: <i>Christopher M. Larson, MD</i> <i>Shane Jay Nho, MD, MS</i>
12:51 pm – 12:56 pm	Return to Sport and Patient Satisfaction Following Concomitant High Tibial Osteotomy and Osteochondral Allograft Transplantation <i>Joseph N. Liu, MD¹</i> , <i>David R. Christian, BS¹</i> , <i>Avinesh Agarwalla, BS¹</i> , <i>Grant H. Garcia, MD¹</i> , <i>Michael L. Redondo, MA, BS¹</i> , <i>Adam Blair Yanke, MD, PhD¹</i> , Brian J. Cole, MD, MBA² . ¹ <i>Rush University Medical Center, Chicago, IL, USA</i> , ² <i>Midwest Orthopaedics at Rush, Chicago, IL, USA.</i>	Paper 10	
12:56 pm – 1:01 pm	Questions and Answers	2:20 pm – 2:25 pm	Prospective Randomized Comparison of Capsule Management Techniques During Hip Arthroscopy Kostas John Economopoulos, MD¹ , <i>Christopher Y. Kweon, MD²</i> . ¹ <i>The Orthopaedic Clinic Association, Phoenix, AZ, USA</i> , ² <i>University of Washington, Seattle, WA, USA.</i>
1:01 pm – 1:07 pm	Meniscus and Cartilage Injuries on MRI – What You Need to Know <i>Hollis G. Potter, MD</i>	Paper 11	
1:07 pm – 1:13 pm	Root Tears: How to Do This Reliably and in Whom? <i>Nicholas A. Sgaglione, MD</i>	2:25 pm – 2:30 pm	Predictors of Persistent Postoperative Pain at Minimum Two Years after Arthroscopic Treatment of Femoroacetabular Impingement <i>Austin V. Stone, MD, PhD¹</i> , <i>Philip Malloy¹</i> , <i>William H. Neal¹</i> , Edward Beck¹ , <i>Brian Robert Waterman, MD²</i> , <i>Charles A. Bush-Joseph, MD¹</i> , <i>Shane Jay Nho, MD, MS¹</i> . ¹ <i>Department of Orthopedic Surgery, Rush University Medical Center, Chicago, IL, USA</i> , ² <i>Wake Forest University School of Medicine, Winston Salem, NC, USA.</i>
1:13 pm – 1:19 pm	Fixing Meniscus Tears You Didn't Think Could Heal <i>Louis F. McIntyre, MD</i>	2:30 pm – 2:35 pm	Questions and Answers
1:19 pm – 1:25 pm	Surgical Decision Making for Symptomatic Defects <i>Brian J. Cole, MD, MBA</i>	2:35 pm – 2:41 pm	My Hip Hurts – What Are the Top Five Hip Conditions We See and How to Diagnose <i>Richard C. Mather, III, MD</i>
1:25 pm – 1:37 pm	DEBATE: I am Going to Tell You What is BEST for Cartilage Surgery!	2:41 pm – 2:47 pm	When to Pull the Trigger on FAI Operative Treatment and How to Do It <i>JW Thomas Byrd, MD</i>
1:25 pm – 1:31 pm	Surface Cartilage Treatments are the Way to Go <i>Craig H. Bennett, MD</i>	2:47 pm – 2:53 pm	How to Set-up and Do Hip Arthroscopy – Five Simple Steps <i>Benjamin G. Domb, MD</i>
1:31 pm – 1:37 pm	Osteochondral Grafts are Most Reliable <i>William Bugbee, MD</i>	2:53 pm – 2:59 pm	Labrum Repair – All My Tricks <i>Bryan T. Kelly, MD</i>
1:37 pm – 1:43 pm	Osteochondral Allografts from the Condyle to the Patella: My Technical Pearls <i>James P. Bradley, MD</i>	2:59 pm – 3:05 pm	Labrum Reconstruction – How I Do It <i>Marc J. Philippon, MD</i>
1:43 pm – 1:49 pm	When Do You Need an Osteotomy and How to Do It? <i>Andreas H. Gomoll, MD</i>	3:05 pm – 3:15 pm	Questions and Answers
1:49 pm – 1:55 pm	Biologics for the Knee – From Early OA to Tissue Repair – What to Do? <i>Scott A. Rodeo, MD</i>	3:15 pm	Adjourn – See you in Orlando! March 28, 2020