Conference Overview and Intended Audience

The last several years have brought an explosion of new technologies and techniques in orthopaedics. Smaller incisions, more aggressive rehabilitation, new pain control protocols, and new types of implants all carry implications for changes in care. Accordingly, reduction of complications following orthopaedic procedures is vital in improving outcomes for the orthopaedic patient. This conference is intended for physicians, physician assistants, athletic trainers, nurses, physical and occupational therapists, and surgical technologists.

Course Objectives

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

• Identify treatment options for patients with various orthopaedic pathologies.
• Discuss research associated with orthopaedic techniques in treating orthopaedic conditions.
• Utilize best practice treatment strategies to improve patient outcomes.

Disclosure of Significant Relationships with Relevant Commercial Companies

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honorarium, or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).
Conference Co-Director

Michael Levine, MD
Clinical Associate Professor, Orthopaedic Surgery
Temple University School of Medicine
Vice Chairman, Department of Orthopaedic Surgery
Forbes Hospital
Allegheny Health Network

Michael Scarpone, DO
Associate Professor, Sports Medicine
Drexel University College of Medicine
Team Physician, Pittsburgh Pirates Baseball Club
Medical Director, Trinity Sports Medicine

Planning Committee

Daniel Altman, MD
Professor of Orthopaedic Surgery
Drexel University College of Medicine
Orthopaedic Residency Program Director
Allegheny Health Network

Gennie Arbogast, ATC, MBA
Practice Manager, Orthopaedics, Sports Medicine, Neurology and Pain
Trinity Health System

Invited Faculty

Joseph Albano, MD, RMSK
Adjunct Professor of Pharmacology and Toxicology
Adjunct Instructor in Family and Preventive Medicine
University of Utah
Albano Clinic
Team physician for US Speedskating
Real Salt Lake Soccer Club

Cheryl Bagley, NTP, CHFS, GAPS, QRA
Rejuvitrition

Justin Baker, DC, MBA
Certified DNS Provider
Trinity Sports Medicine and Performance Center Director
Trinity P3 Performance

Robert Colin Brabender, MD
Hand and Upper Extremity Surgeon
Allegheny Health Network

David Crane, MD
Regenerative Orthopaedic Specialists and Sports Medicine
Bluetail Medical Group

Jill Estevez, MOTR/L
Outpatient Therapy Services
Allegheny Health Network

Charles W Fetrow, PharmD
Clinical Pharmacist
Senior Care Consultant Group, LLC
Melbourne, FL

Cheryl L. Haibach, PT, PCS
Director of Therapy
Pediatric Orthopaedic Institute AHN
President, Positive Steps Therapy

Aashish Jog, MD
Consultant Orthopaedic Surgeon
Trinity Sports Medicine
Clinical Instructor
Ronald Klingensmith, PT, DPT, SCS  
Human Motion Center  
Allegheny Health Network

Gregory Lutz, MD  
Physiatrist-in-Chief Emeritus  
Hospital for Special Surgery  
Professor of Clinical Medicine  
Weill Cornell Medical College

Brian Moore, MD  
Clinic Instructor Drexel University  
College of Medicine  
Division of Adult Reconstruction  
Department of Orthopaedic Surgery  
Allegheny Health Network

Eric Moore, PT  
Department of Orthopaedics  
Allegheny Health Network

Brian A. Mosier, MD  
Division of Sports Medicine  
Department of Orthopaedic Surgery  
Forbes Hospital  
Allegheny Health Network

David Neuschwander, MD  
Orthopedic Associates  
Forbes Hospital  
Allegheny Health Network

Aaron Orlosky, DO  
Primary Care Sports Medicine  
Trinity Health System

Robin Polinsky, OTR/L, CHT  
Certified Hand Therapist  
Allegheny Health Network

Gregory J. Purnell, MD  
Assistant Professor of Orthopaedic Surgery, Drexel University College of Medicine Division of Sports Medicine  
Department of Orthopaedic Surgery  
Forbes Hospital  
Allegheny Health Network  
Team Physician, Pittsburgh Pirates

Jared Ramsey, DO  
Forbes Family Medicine  
Allegheny Health Network

Steven M. Regal, MD  
Clinical Instructor, Department of Orthopaedic Surgery  
Orthopaedic Surgeon, Hand & Upper Extremity  
Allegheny Health Network

Mark Sangimino, MD  
Pediatric Orthopaedic Surgery  
Director, Pediatric Orthopaedic Institute  
Allegheny Health Network

Ryan Sauber, MD  
Orthopaedic Spine Surgeon  
Department of Orthopaedic Surgery  
Allegheny General & Forbes Hospital  
Allegheny Health Network

Timothy J. Sauber, II, MD  
Assistant Professor of Orthopaedic Surgery  
Drexel University College of Medicine  
Fellowship Director, Adult Reconstruction  
Department of Orthopaedic Surgery  
Allegheny Health Network

Robert Schilken, MD  
Orthopaedic Surgery  
Allegheny Health Network
Gary Schmidt, MD
Assistant Professor of Orthopaedic Surgery, Drexel University College of Medicine
Division of Spine Surgery
Department of Orthopaedic Surgery
Allegheny Health Network

Edward D. Snell, MD
Director, Sports Medicine Fellowship
Allegheny Health Network
Assistant Professor, Orthopedics & Family Medicine
Drexel University School of Medicine
Adjunct Professor, Allied Health Services, Duquesne University
Head Team Physician, Pittsburgh Pirates
Director, Sports Concussion Center
Allegheny Health Network Concussion Commission
Major League Baseball

Nicholas G. Sotereanos, MD
Associate Professor of Orthopaedic Surgery, Drexel University College of Medicine
Executive Vice-Chair, Department of Orthopaedic Surgery
Division of Adult Reconstruction
Allegheny Health Network

Peter Tang, MD, MPH, FAOA
Associate Professor
Drexel University College of Medicine
Program Director, Hand, Upper Extremity & Microvascular Surgery
Fellowship Director Center for Brachial Plexus & Nerve Injury
Allegheny General Hospital
Allegheny Health Network

Ravi Ved, DO, CAQSM
Associate Program Director of Primary Care Sports Medicine Fellowship
Allegheny Health Network
Sports Medicine
Team Physician Pittsburgh Pirates

Brett Winchester, DC
Winchester Spine and Sport
### Nemacolin Agenda 2020

#### Friday, April 3 — AM SESSION

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 a.m. – 7:15 a.m.</td>
<td>Registration, Breakfast, and Visit Exhibits</td>
<td></td>
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<tr>
<td>7:15 a.m. – 7:30 a.m.</td>
<td>Welcome Remarks and Overview</td>
<td><strong>Michael Scarpone, DO</strong></td>
</tr>
<tr>
<td>7:30 a.m. – 8:00 a.m.</td>
<td>Lumbar Intradiscal PRP for Disc Disease</td>
<td><strong>Gregory Lutz, MD</strong></td>
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<tr>
<td>8:00 a.m. – 8:30 a.m.</td>
<td>Literature Review: Evidence for PRP</td>
<td><strong>Joseph Albano, MD, RMSK</strong></td>
</tr>
<tr>
<td>8:30 a.m. – 9:00 a.m.</td>
<td>Pathophysiology and Evidence for Utilization of Bone Marrow in Regenerative Medicine</td>
<td><strong>Ravi Ved, DO, CAQSM</strong></td>
</tr>
<tr>
<td>9:00 a.m. – 9:30 a.m.</td>
<td>The Regeneration of Hyaline Cartilage — the Holy Grail</td>
<td><strong>Dave Crane, MD</strong></td>
</tr>
<tr>
<td>9:30 a.m. – 10:00 a.m.</td>
<td>Maximizing the Patient Benefit by Combining Surgical and Regenerative Intervention in Chronic Ankle Instability: A Case Study</td>
<td><strong>Aashish Jog, MD</strong></td>
</tr>
<tr>
<td>10:00 a.m. – 10:15 a.m.</td>
<td>Break and Visit Exhibits</td>
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<tr>
<td>10:15 a.m. – 10:45 a.m.</td>
<td>New Research in Regenerative Medicine</td>
<td><strong>Michael Scarpone, DO</strong></td>
</tr>
<tr>
<td>10:45 a.m. – 11:15 a.m.</td>
<td>De-Buzz How to Weed Through the Health Noise</td>
<td><strong>Cheryl Bagley, NTP, CHFS, GAPS, QRA</strong></td>
</tr>
<tr>
<td>11:15 a.m. – 12:00 p.m.</td>
<td>Intra-Articular Bone Marrow Aspirate for Knee Arthritis</td>
<td><strong>Gregory Lutz, MD</strong></td>
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<tr>
<td>12:00 p.m. – 1:00 p.m.</td>
<td>Lunch and Visit Exhibits</td>
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<tr>
<td>1:00 p.m. – 3:00 p.m.</td>
<td><strong>Break Out Session</strong></td>
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<td>Etiology, Assessment, Manual Techniques and Corrective Exercise in the Treatment of Common Orthopaedics Injuries</td>
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<td>Rotate every 30 minutes</td>
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<tr>
<td></td>
<td>1:00 p.m.</td>
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<td>Low Back: Iliolumbar Syndrome, Piriformis Syndrome, and Psoas Spasm</td>
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<td></td>
<td><strong>Brett Winchester, DC</strong></td>
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<tr>
<td>Time</td>
<td>Session</td>
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<tr>
<td>1:00 p.m. – 3:00 p.m.</td>
<td><strong>Break Out Session continued</strong></td>
<td></td>
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</tbody>
</table>
| 1:30 p.m.    | Hip and Pelvis: Trochanteric Bursitis, Groin Strain, Snapping Hip Syndrome  
**Jared Ramsey, DO** |
| 2:00 p.m.    | Knee: Patellofemoral, IT Band Syndrome, Meniscal Tear, Patella Tendonitis  
**Aaron Orlosky, DO** |
| 2:30 p.m.    | Foot and Ankle: Lateral Ankle Sprain, Cuboid/Navicular Dysfunction, Achilles Tendonitis, Plantar Fasciitis  
**Justin Baker, DC** |
| 3:00 p.m.    | Afternoon Adjournment                                                   |

**Friday, April 3 — PM SESSION**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>5:00 p.m. – 5:30 p.m.</td>
<td>Reception Beer/Soda/Snacks</td>
</tr>
</tbody>
</table>
| 5:30 p.m. – 6:00 p.m. | Special Olympics  
**Robert Schilken, MD** |
| 6:00 p.m. – 7:30 p.m. | Allegheny Health Network Adult Concussion Program  
**Edward Snell, MD** |

**Saturday, April 4**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
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<tbody>
<tr>
<td>6:00 a.m. – 7:00 a.m.</td>
<td>Registration, Breakfast/Visit Exhibits</td>
</tr>
</tbody>
</table>
| 7:00 a.m. – 9:15 a.m. | Sports Medicine Roundtable  
**David Neuschwander, MD; Gregory Purnell, MD; Brian Mosier, MD; Robert Schilken, MD; Ronald Klingensmith, PT**  
- Shoulder Instability  
- Cartilage Lesions  
- ACL Graft Options |
| 9:15 a.m. – 9:30 a.m. | Break                                                                   |
| 9:30 a.m. – 12:00 p.m. | Total joint Roundtable  
**Timothy J. Sauber, MD; Nicholas Sotereanos, MD; Michael Levine, MD; Brian Moore, MD; Eric Moore, PT**  
- Surgical Hip Approaches  
- Robotics  
- Infection Treatment Options Single vs Two Stage  
- Outpatient vs Inpatient Surgery |
<table>
<thead>
<tr>
<th>Time</th>
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</thead>
</table>
| 12:00 p.m. – 1:15 p.m. | Localized Treatment for Osteoarthritis Knee Pain with a Novel Intra-Articular Formulation — Luncheon Talk Non-CME  
*Andrew Spitzer, MD*  
*Cedars Sinai* |
| 1:00 p.m. – 4:00 p.m. | Pediatric Symposium |
| 1:15 p.m. – 2:00 p.m. | Pediatric Hand Conditions for the Pediatrician and Therapist  
*Peter Tang, MD* |
| 2:00 p.m. – 2:45 p.m. | Pediatric Spinal Deformity  
*Ryan Sauber, MD* |
| 2:45 – 3:30 p.m. | Pediatric Concussions Dx and Treatment  
*Edward Snell, MD* |
| 3:45 p.m. – 4:00 p.m. | Torticollis: Enhancing the Practitioner’s Toolkit  
*Cheryl Haibach, PT, PCS* |

**Sunday, April 5**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:00 a.m. – 7:00 a.m.</td>
<td>Registration/Breakfast/Visit Exhibits</td>
</tr>
</tbody>
</table>
| 7:00 a.m. – 7:45 a.m. | Distinguishing Between Cervical and Shoulder Disorders — Is the Pain Caused by the Neck or Shoulder?  
*Ryan Sauber, MD* |
| 7:45 a.m. – 8:30 a.m. | Lumbar Sagittal Balance — How Will This Affect my Total Hip  
*Gary Schmidt, MD* |
| 8:30 a.m. – 8:45 a.m. | Break |
| 8:45 a.m. – 8:55 a.m. | Hand Roundtable: Panel Introduction with Intro to Hand Therapy |
| 8:55 a.m. – 9:15 a.m. | Fingertip Injuries and Amputations. Treatment and Rehabilitation  
*Robert Colin Brabender, MD* and *Robin Polinsky OTR/L, CHT* |
| 9:15 a.m. – 9:30 a.m. | Ligamentous Injuries of the Thumb and Fingers  
*Robert Colin Brabender, MD* and *Jill Estevez MOTR/L* |
| 9:30 a.m. – 9:45 a.m. | Current Treatment Options for Common Finger Fractures  
*Steven Regal, MD* and *Jill Estevez MOTR/L* |
| 9:45 a.m. – 10:10 a.m. | Current Treatment Options and Rehabilitation for Wrist Arthritis  
*Steven Regal, MD* and *Robin Polinsky, OTR/L, CHT* |
10:15 a.m. – 11:00 a.m. Medical Marijuana  
*Charles Fetro, PharmD*

11:00 a.m. Closing Remarks and Adjournment

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**Refund Policy**

A refund of the registration fee, less a $25 processing fee, will be made when a written request or a telephone request followed by a written confirmation is received prior to March 29, 2020. After this date, refunds cannot be made. Fees will not be refunded for failure to attend.

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**Registration Information**

Online registration only at [https://cme.ahn.org/](https://cme.ahn.org/). The registration fee includes the course materials, continental breakfast, lunch, and break refreshments.

**Fee:**  
$325 Physicians  
$190 Nurses and Other Health Care Professionals  
(Athletic Trainers, Physical and Occupational Therapists)  
$125 AHN Employees  
$125 Surgical Technologists  
$125 Residents and Fellows*  
* Verification letter from program director required.

**Deadline: March 29, 2020**  
(Registrations will be taken after the deadline date on a space-available basis)

Registration only available online and by credit or debit card by VISA, MasterCard, American Express, or Discover.

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**Additional Information**

For additional information concerning the conference, please contact the Continuing Medical Education office by email at bernice.sulkowski@ahn.org or by telephone at 412-330-2643.
Accreditation

This conference will provide a total of 20.00 hours of education.

Friday = 8.5  
Saturday = 7.5  
Sunday = 4.0  

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint providership of Allegheny General Hospital and Allegheny Health Network Cancer Institute West Penn Hospital. Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Statement

Allegheny General Hospital designates this live activity for a maximum of 20.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Ohio Chiropractic Board accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

Athletic Trainers

Allegheny General Hospital is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 20.0 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physical Therapists

Application will be submitted to the PA State Board of Physical Therapy, Ohio and West Virginia State Board for approval of continuing education credit.

Occupational Therapists

Course has been approved for 20.0 continuing education credits.

Surgical Technologists

For the purposes of recertification, AST the Association of Surgical Technology Inc., accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME.

Non-Physicians

Allegheny General Hospital certifies participation in this educational activity, which has been designated for a maximum of 20.0 AMA PRA Category 1 Credits™.

American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME for the purposes of recertification.

American Academy of Nurse Practitioners (AANP) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.
Conference Location, Accommodations, and Parking

Nemacolin Woodlands Conference Center, Farmington, Pennsylvania.

A block of rooms has been reserved at Nemacolin Woodlands — slightly more than a one hour drive from Pittsburgh. Special conference rates are $259/night + tax for a chateau room, $209/night + tax for a lodge room and $229 for townhouse. [https://www.phgsecure.com/IBE/bookingRedirect.ashx?propertyCode=PITNW&group=10M0TF&arrivalDate=04-03-2020&departureDate=04-05-2020&numberOfNights=2&numberOfAdults=2](https://www.phgsecure.com/IBE/bookingRedirect.ashx?propertyCode=PITNW&group=10M0TF&arrivalDate=04-03-2020&departureDate=04-05-2020&numberOfNights=2&numberOfAdults=2)

Reservations can also be made by calling 866-344-6957 and speaking with a reservation specialist. The room block closes on March 1, 2020.

AGH Orthopedic Update 2020
Please be sure to mention the Ortho Update 2020 conference to take advantage of the special conference room rates.

Please Note: Per our contract with Nemacolin, the following charges will automatically be applied to each room.

Resort Fee
The resort fee has been waived per contract. The resort fee includes valet park, on-property shuttle service, fitness center access (not inclusive of wet areas), wireless internet, local and toll free calls, outdoor pool access, in-room coffee or designated complimentary coffee areas, daily newspaper, resort art tours, Fallingbrook Mini Golf, and hiking trails access.

Activities
15% discount on merchandise purchased by Individual guests in the Nemacolin Retail Shoppes (excluding the Hardy Family Art Collection and Hardy & Hayes) 15% discount on all resort activities purchased by individual guests, including spa and shooting academy (excluding Lady Luck Casino).

For additional information concerning Orthopaedic Update 2020, please contact the CME office by email to [Bernice.sulkowski@ahn.org](mailto:Bernice.sulkowski@ahn.org)

Driving Directions
For directions to Nemacolin Woodlands, please visit their website at [nemacolin.com](http://nemacolin.com).

If you require assistance with hearing, vision, or mobility to make this conference accessible to you, please email [bernice.sulkowski@ahn.org](mailto:bernice.sulkowski@ahn.org) at least two weeks prior to the conference date.