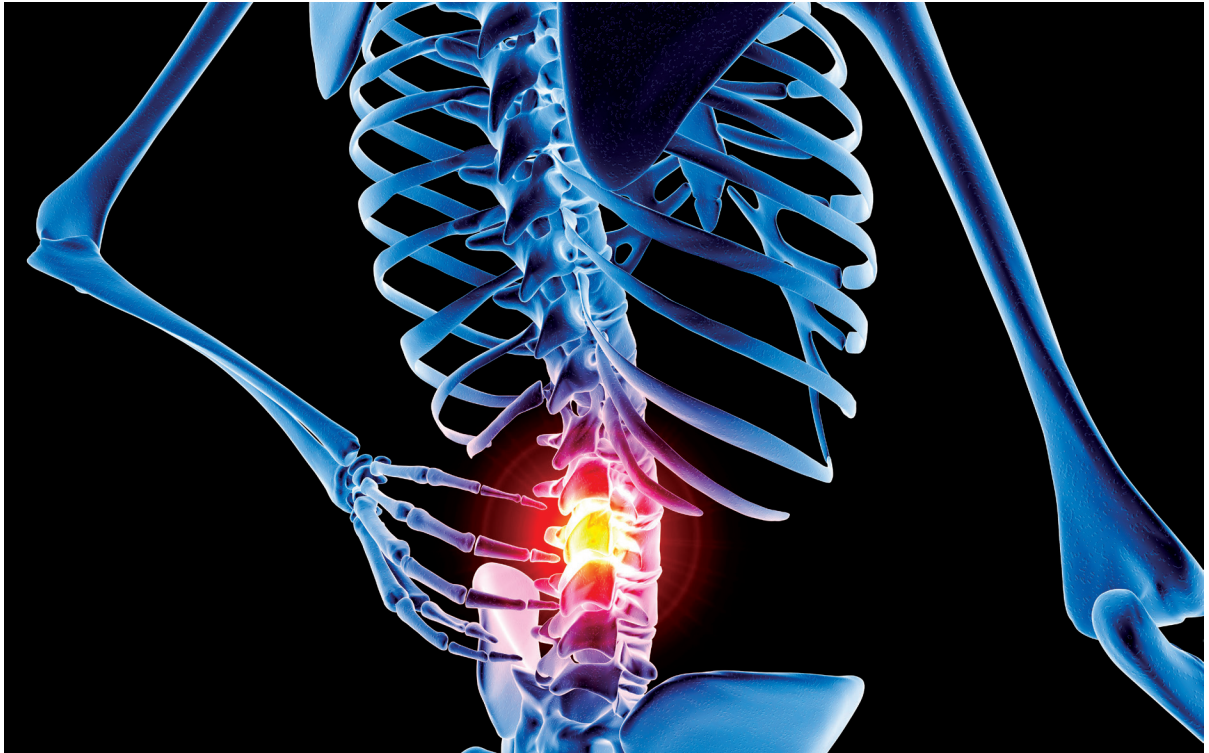




# Orthopaedic Update 2020

**April 3–5, 2020**

Nemacolin Woodlands Conference Center  
1001 Lafayette Drive  
Farmington, Pennsylvania



**Jointly provided by**  
Allegheny General Hospital  
Forbes Hospital  
Trinity Sports Medicine

## 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

## Conference Co-Director

### 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

Rejuvenation

### 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

6:30 a.m. – 7:15 a.m.	Registration, Breakfast, and Visit Exhibits
7:15 a.m. – 7:30 a.m.	Welcome Remarks and Overview <i>Michael Scarpone, DO</i>
7:30 a.m. – 8:00 a.m.	Lumbar Intradiscal PRP for Disc Disease <i>Gregory Lutz, MD</i>
8:00 a.m. – 8:30 a.m.	Literature Review: Evidence for PRP <i>Joseph Albano, MD, RMSK</i>
8:30 a.m. – 9:00 a.m.	Pathophysiology and Evidence for Utilization of Bone Marrow in Regenerative Medicine <i>Ravi Ved, DO, CAQSM</i>
9:00 a.m. – 9:30 a.m.	The Regeneration of Hyaline Cartilage – the Holy Grail <i>Dave Crane, MD</i>
9:30 a.m. – 10:00 a.m.	Maximizing the Patient Benefit by Combining Surgical and Regenerative Intervention in Chronic Ankle Instability: A Case Study <i>Aashish Jog, MD</i>
10:00 a.m. – 10:15 a.m.	Break and Visit Exhibits
10:15 a.m. – 10:45 a.m.	New Research in Regenerative Medicine <i>Michael Scarpone, DO</i>
10:45 a.m. – 11:15 a.m.	De-Buzz How to Weed Through the Health Noise <i>Cheryl Bagley, NTP, CHFS, GAPS, QRA</i>
11:15 a.m. – 12:00 p.m.	Intra-Articular Bone Marrow Aspirate for Knee Arthritis <i>Gregory Lutz, MD</i>
12:00 p.m. – 1:00 p.m.	Lunch and Visit Exhibits
1:00 p.m. – 3:00 p.m. <b>Break Out Session</b>	Etiology, Assessment, Manual Techniques and Corrective Exercise in the Treatment of Common Orthopaedics Injuries Rotate every 30 minutes  <b>1:00 p.m.</b> Low Back: Iliolumbar Syndrome, Piriformis Syndrome, and Psoas Spasm <i>Brett Winchester, DC</i>

<p>1:00 p.m. – 3:00 p.m.</p> <p><b>Break Out Session continued</b></p>	<p><b>1:30 p.m.</b> Hip and Pelvis: Trochanteric Bursitis, Groin Strain, Snapping Hip Syndrome <i>Jared Ramsey, DO</i></p> <p><b>2:00 p.m.</b> Knee: Patellofemoral, IT Band Syndrome, Meniscal Tear, Patella Tendonitis <i>Aaron Orlosky, DO</i></p> <p><b>2:30 p.m.</b> Foot and Ankle: Lateral Ankle Sprain, Cuboid/Navicular Dysfunction, Achilles Tendonitis, Plantar Fasciitis <i>Justin Baker, DC</i></p>
<p>3:00 p.m.</p>	<p>Afternoon Adjournment</p>

### Friday, April 3 – PM SESSION

<p>5:00 p.m. – 5:30 p.m.</p>	<p>Reception Beer/Soda/Snacks</p>
<p>5:30 p.m. – 6:00 p.m.</p>	<p>Special Olympics <i>Robert Schilken, MD</i></p>
<p>6:00 p.m. – 7:30 p.m.</p>	<p>Allegheny Health Network Adult Concussion Program <i>Edward Snell, MD</i></p>

### Saturday, April 4

<p>6:00 a.m. – 7:00 a.m.</p>	<p>Registration, Breakfast/Visit Exhibits</p>
<p>7:00 a.m. – 9:15 a.m.</p>	<p>Sports Medicine Roundtable <i>David Neuschwander, MD; Gregory Purnell, MD; Brian Mosier, MD; Robert Schilken, MD; Ronald Klingensmith, PT</i></p> <ul style="list-style-type: none"> <li>• Shoulder Instability</li> <li>• Cartilage Lesions</li> <li>• ACL Graft Options</li> </ul>
<p>9:15 a.m. – 9:30 a.m.</p>	<p>Break</p>
<p>9:30 a.m. – 12:00 p.m.</p>	<p>Total joint Roundtable <i>Timothy J. Sauber, MD; Nicholas Sotereanos, MD; Michael Levine, MD; Brian Moore, MD; Eric Moore, PT</i></p> <ul style="list-style-type: none"> <li>• Surgical Hip Approaches</li> <li>• Robotics</li> <li>• Infection Treatment Options Single vs Two Stage</li> <li>• Outpatient vs Inpatient Surgery</li> </ul>

12:00 p.m. – 1:15 p.m.	Localized Treatment for Osteoarthritis Knee Pain with a Novel Intra-Articular Formulation – Luncheon Talk Non-CME <b>Andrew Spitzer, MD</b> <b>Cedars Sinai</b>
<b>1:00 p.m. – 4:00 p.m.</b> <b>Pediatric Symposium</b>	
1:15 p.m. – 2:00 p.m.	Pediatric Hand Conditions for the Pediatrician and Therapist <b>Peter Tang, MD</b>
2:00 p.m. – 2:45 p.m.	Pediatric Spinal Deformity <b>Ryan Sauber, MD</b>
2:45 – 3:30 p.m.	Pediatric Concussions Dx and Treatment <b>Edward Snell, MD</b>
3:45 p.m. – 4:00 p.m.	Torticollis: Enhancing the Practitioner's Toolkit <b>Cheryl Haibach, PT, PCS</b>

## Sunday, April 5

6:00 a.m. – 7:00 a.m.	Registration/Breakfast/Visit Exhibits
7:00 a.m. – 7:45 a.m.	Distinguishing Between Cervical and Shoulder Disorders – Is the Pain Caused by the Neck or Shoulder? <b>Ryan Sauber, MD</b>
7:45 a.m. – 8:30 a.m.	Lumbar Sagittal Balance – How Will This Affect my Total Hip <b>Gary Schmidt, MD</b>
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 <b>Robert Colin Brabender, MD and Robin Polinsky OTR/L, CHT</b>
9:15 a.m. – 9:30 a.m.	Ligamentous Injuries of the Thumb and Fingers <b>Robert Colin Brabender, MD and Jill Estevez MOTR/L</b>
9:30 a.m. – 9:45 a.m.	Current Treatment Options for Common Finger Fractures <b>Steven Regal, MD and Jill Estevez MOTR/L</b>
9:45 a.m. – 10:10 a.m.	Current Treatment Options and Rehabilitation for Wrist Arthritis <b>Steven Regal, MD and Robin Polinsky, OTR/L, CHT</b>



10:15 a.m. – 11:00 a.m.	Medical Marijuana <i>Charles Fetro, PharmD</i>
11:00 a.m.	Closing Remarks and Adjournment

## 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.

## Registration Information

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

<b>Fee:</b>	\$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.

## Additional Information

For additional information concerning the conference, please contact the Continuing Medical Education office by email at [bernice.sulkowski@ahn.org](mailto: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.

**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.

**The National Commission on Certification of Physician Assistants (NCCPA)** states that the *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification.

**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

Application will be made for Occupational Therapy continuing education credit.

### 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™*.

## 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>**

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.

Allegheny Health Network  
Continuing Medical Education Department  
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[www.aghcme.org](http://www.aghcme.org)