



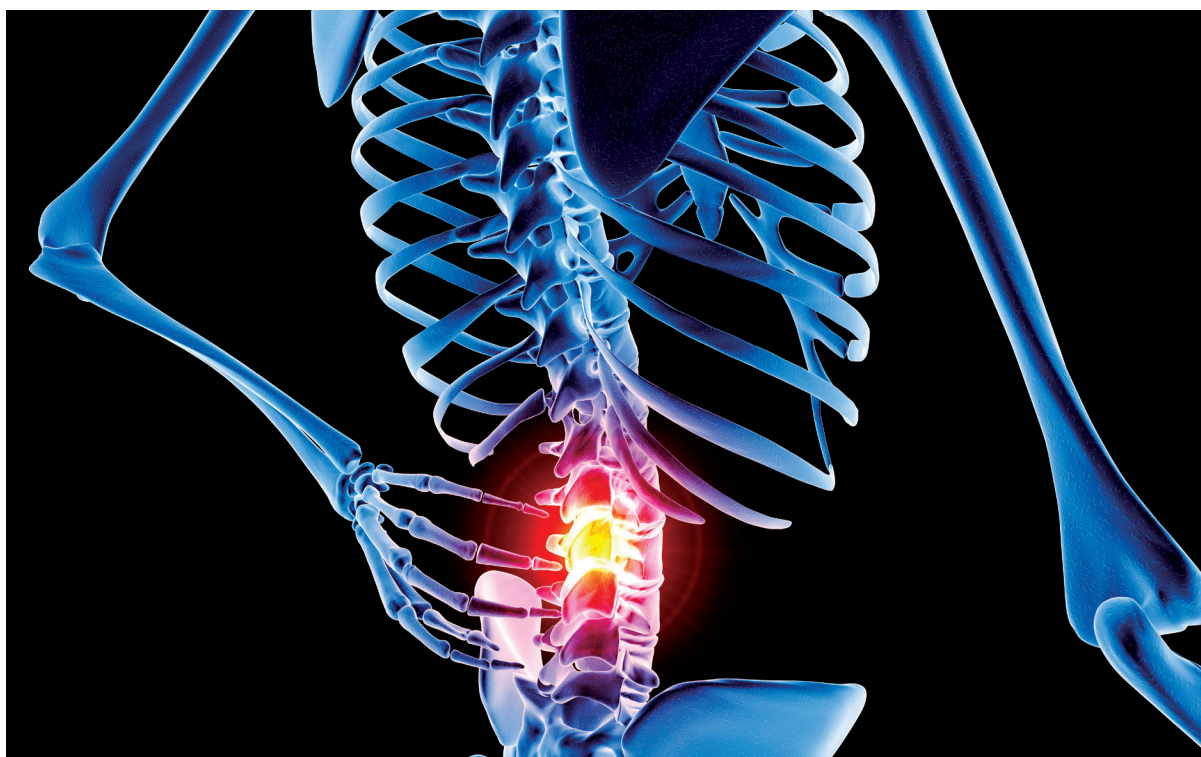
Orthopaedic Update 2020

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

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

Friday, April 3 – PM SESSION

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

Saturday, April 4

6:00 a.m. – 7:00 a.m.	Registration, Breakfast/Visit Exhibits
7:00 a.m. – 9:15 a.m.	<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"> • Shoulder Instability • Cartilage Lesions • ACL Graft Options
9:15 a.m. – 9:30 a.m.	Break
9:30 a.m. – 12:00 p.m.	<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"> • Surgical Hip Approaches • Robotics • Infection Treatment Options Single vs Two Stage • Outpatient vs Inpatient Surgery

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

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? 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

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 <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.

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.

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

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™.

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**

Driving Directions

For directions to Nemacolin Woodlands, please visit their website at **nemacolin.com**.

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

Allegheny Health Network
Continuing Medical Education Department
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