

A blue-tinted X-ray image of a human knee joint, showing the femur, tibia, and patella. The image is used as a background for the top half of the poster.

CME Opportunity

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# Orthopaedic Update 2021

April 9 - 10, 2021  
Virtual event



Jointly provided by  
Allegheny General Hospital  
Forbes Hospital  
Trinity Health System Orthopaedic and Sports Medicine

## Conference overview

We'll explore new orthopaedic technologies and techniques, including smaller incisions, more aggressive rehabilitation, new pain control protocols and new types of implants. This conference is intended for physicians, physician assistants, athletic trainers, nurses, physical and occupational therapists, and surgical technologists.

## CME Accreditation

This conference will provide a total of 12.0 hours of education — 6.0 on Friday and 6.0 on Saturday.

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, Forbes Hospital, and Trinity Health System Orthopaedic and Sports Medicine. Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Allegheny General Hospital designates this live activity for a maximum of 12.00 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

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

## Athletic Trainers

This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of Allegheny General Hospital. Allegheny General Hospital is approved by the BOC to provide continuing education for Athletic Trainers. Approved Provider # P2827.

## Physical Therapists

Pennsylvania Board of Physical Therapy has approved the course for 12.0 continuing education credits. Ohio Board of Physical Therapy approved for 10.0 continuing education credits. West Virginia Board of Physical Therapy has approved the course for 11.0.

## Occupational Therapists

The course has been approved for 12.0 Occupational Therapy continuing education credits.

## Surgical Technologists

For the purposes of recertification, AST the Association of Surgical Technology Inc., accepts *AMA PRA Category 1 Credits*<sup>™</sup> 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 12.0 *AMA PRA Category 1 Credits*<sup>™</sup>.

# Program agenda

## Friday, April 9, 2021

- 8:00 a.m.**                    **Welcome and Overview**  
Michael Scarpone, DO
- 8:15 a.m.**                    **Research and the Utilization of PRP for Disk Therapy**  
Gregory Lutz, MD
- 8:45 a.m.**                    **Case Study: Ankle — Combined Approach for Surgical and Regenerative Medicine**  
Aashish Jog, MD
- 9:15 a.m.**                    **Pathophysiology and Evidence for Utilization of Bone Marrow in Regenerative Medicine**  
Edward Snell, MD
- 9:45 a.m.**                    **The Regeneration of Hyaline cartilage – the Holy Grail**  
Dave Crane, MD
- 10:15 a.m.**                    **Literature Review: Evidence for PRP**  
Joe Albano, MD, RMSK
- 10:45 a.m.**                    **New Research in Regenerative Medicine**  
Michael Scarpone, DO
- 11:15 a.m.**                    **Panel Discussion and Q&A**
- Lunch**
- 11:30 p.m.**                    Non-CME Product Presentations
- 12:15 p.m.**                    **“De-Buzz”: How To Weed Through the Health Noise**  
Cheryl Bagley, NTP, CHFS, GAPS, QRA
- 12:45 p.m.**                    **Utilization of Orthobiologics in the Treatment of Spine Pathology** Gregory Lutz, MD
- 1:150 p.m.**                    **Hip and Pelvis: Trochanteric Bursitis, Groin Strain, Snapping Hip Syndrome**  
Jared Ramsey, DO
- 1:45 p.m.**                    **Panel Discussion and Q&A**
- 1:45 p.m.**                    **Closing Remarks**
- 2:15 p.m.**                    Michael Scarpone, DO

## Saturday, April 10, 2021

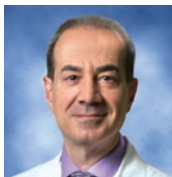
8:00 a.m.	<b>Welcome and Overview</b> Michael Levine, MD
8:05 a.m.	<b>Shoulder Instability</b> David Neuschwander, MD
8:35 a.m.	<b>Rehab for Instability</b> Garin Wyberg, PT
8:45 a.m.	<b>Q&amp;A</b>
8:50 a.m.	<b>Cartilage Lesions</b> Brian Mosier, MD
9:20 a.m.	<b>Rehab for Cartilage Lesions</b> Garin Wyberg, PT
9:35 a.m.	<b>Q&amp;A</b>
9:40 a.m.	<b>ACL Injuries</b> Gregory Purnell, MD
10:20 a.m.	<b>Rehab for ACL</b> Garin Wyberg, PT
10:30 a.m.	<b>Q&amp;A</b>
10:45 a.m.	<b>Robotic Total Joint Replacement</b> Brian Moore, MD
11:15 a.m.	<b>Current Rehab Strategies for Total Joint Replacement Rapid Recovery</b> Eric Moore, PT
11:25 a.m.	<b>Q&amp;A</b>
11:30 a.m.	<b>Lunch</b> Non-CME Product Presentations
12:15 p.m.	<b>Distinguishing Between Cervical Spine and Shoulder Pathology</b> Ryan Sauber, MD
12:45 p.m.	<b>Q&amp;A</b>
12:55 p.m.	<b>Lumbar Spine Sagittal Balance</b> Ryan Sauber, MD
1:25 p.m.	<b>Q&amp;A</b>
1:35 p.m.	<b>Ligamentous Injuries of the Hand</b> Colin Brabender, MD
2:05 p.m.	<b>Rehab of Ligamentous Injuries of the Hand</b> Robin Polinsky, OTR/L, CHT
2:15 p.m.	<b>Q&amp;A</b>
2:45 p.m.	<b>Closing Remarks</b> Michael Levine, MD

## Conference co-directors



### **Michael Levine, MD**

Associate Professor of Orthopaedic Surgery, Drexel University  
Clinical Associate Professor, LECOM  
Chief of Orthopaedic Surgery, Forbes Regional Hospital



### **Michael Scarpone, DO**

Associate Professor, Sports Medicine, Drexel University College of Medicine  
Medical Director, Trinity Sports Medicine  
Team Physician, Pittsburgh Pirates Baseball Club  
Allegheny General Hospital

## Invited faculty



### **Joseph J. Albano, M.D., RMSK**

Albano Clinic, Regenerative Orthopaedics, Sports Medicine and Wellness  
Adjunct Associate Professor of Pharmacology and Toxicology, University of Utah  
Adjunct Instructor in Family and Preventive Medicine, University of Utah



### **Aashish Jog, MD**

Consultant Orthopaedic Surgeon, Arthroscopy, Sports Medicine and Foot and Ankle Specialist, Trinity Hospital, Steubenville, OH  
Clinical Assistant Professor, Department of Orthopaedics, UPMC-UPP, University of Pittsburgh School of Medicine



### **Cheryl Bagley, NTP, CHFS, GAPS, QRA**

Nutritional Therapy Practitioner, Owner, Rejuvitrition



### **Gregory E. Lutz, MD**

Founder & Medical Director, Regenerative SportsCare Institute  
Physiatrist-in-Chief Emeritus, HSS  
Professor of Clinical Rehabilitation Medicine, Weill Cornell Medical College



### **Colin Brabender, MD**

Hand and Upper Extremity Surgeon, Allegheny Health Network



### **Brian Moore, MD**

Orthopaedic Surgeon  
Orthopaedic Associates of Pittsburgh  
Allegheny Health Network



### **Dave Crane, MD**

Sports Medicine and Regenerative Orthopaedic Specialist, Bluetail Medical Group

# Invited faculty, continued



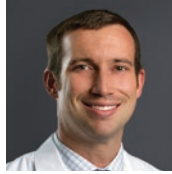
**Eric Moore, PT**  
Department of  
Orthopaedics, Allegheny  
Health Network



**Jared Ramsey, DO**  
Sports Medicine, Allegheny  
Orthopaedic Associates,  
Grove City Primary Care,  
Allegheny Health Network



**Brian Mosier, MD**  
Co-Director, Center for  
Cartilage Restoration  
Division of Sports Medicine  
Department of Orthopaedic  
Surgery  
Allegheny Health Network



**Ryan Sauber, MD**  
Orthopaedic Spine Surgeon,  
Department of Orthopaedic  
Surgery, Allegheny General  
and Forbes Hospital



**David Neuschwander,  
MD**  
Orthopaedic Associates,  
Forbes Hospital, Allegheny  
Health Network



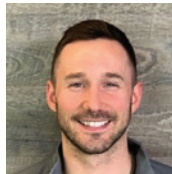
**Edward D. Snell, MD**  
Director, Sports Medicine  
Fellowship, Allegheny Health  
Network  
Assistant Professor,  
Orthopaedics and Family  
Medicine, Drexel University  
School of Medicine  
Adjunct Professor, Allied  
Health Services, Duquesne  
University  
Head Team Physician,  
Pittsburgh Pirates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



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



**Gregory 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



**Garin K. Wyberg, PT, DPT,  
SCS**  
Doctor of Physical Therapy,  
Board-Certified Clinical  
Specialist in Sports,  
Allegheny Health Network

# Registration

## Registration fees:

<b>\$175</b>	Physicians
<b>\$100</b>	Physical therapists, athletic trainers, occupational therapists, and surgical technologists
<b>\$80</b>	AHN/Trinity employees
<b>\$80</b>	Nursing

Complimentary for residents and fellows.

**Registration available online only at <https://bit.ly/3e97MVS>.**

Please use Google Chrome or Mozilla Firefox.



If you haven't registered in our system before, you'll need to create an account and complete your profile. If you're an AHN employee, please click on **AHN Employee**. If you're a non-AHN employee, please click on **Register** to create your account and complete your profile.

## How to register

### AHN/Highmark Employee

Log in using your AHN or Highmark email and network password.

Once logged in, make sure you complete your profile to earn and track your credit.

### Visitors

To create a new visitor account:

1. Click **Visitor Login** at the top right corner of the homepage, then complete the required fields.
2. **Log in.**
3. Click **Courses**, type in *Orthopaedic Update 2021*, then click **Register**, **Select Fee**, **Add to Cart** and **Checkout**.



## **Can't make it?**

If you can't attend on April 9–10, recordings of the conference will be available until May 11, 2021, for viewing and credit upon completion of an evaluation.

Pre-registration is required.

## **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 April 1, 2021. After this date, refunds cannot be made. Fees will not be refunded for failure to attend.

## **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).

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