

AHN Center for Continuing Medical Education

Orthopaedic Update 2026

November 13 – 15, 2026

Omni Bedford Springs Resort
2123 Sweet Root Road
Bedford, PA 15522

Sponsored by
Allegheny Health Network
Department of Orthopaedic Surgery



CME, ABOS, and PT credits

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, reducing 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.

Objectives

- 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.

CME accreditation

This conference will provide a total of 20.5 hours of education.

Friday: 8.0 hours

Saturday: 8.50 hours

Sunday: 4.0 hours

Physicians

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Allegheny General Hospital designates this live activity for a maximum of 20.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

ABOS–certified surgeons

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirements of the American Board of Orthopaedic Surgery’s Maintenance of Certification program. It is the CME activity provider’s responsibility to submit learner completion information to ACCME for the purpose of granting ABOS credit.

NPs and PAs

American Academy of Nurse Practitioners (AANP) accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for *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 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. This program is eligible for a maximum of 20.5 Category A hours/CEUs. AT’s should claim only those hours actually spent in the educational program.

Physical therapists

An application will be submitted to the Pennsylvania and West Virginia Boards of Physical Therapy. Credits to be determined.

Non-physicians

Allegheny General Hospital has approved this activity for a maximum of 20.5 contact hours for non-physicians.

Program agenda

Friday, November 13, 2026

6 – 7 a.m. Registration, breakfast, and visit exhibits

SPORTS MEDICINE

SESSION 1: KNEE

7 – 7:20 a.m. Update on patellofemoral problems
James Redshaw, MD, FAAOS

7:20 – 7:40 a.m. ACL update
Sam Akhavan, MD

7:40 – 8 a.m. Exertional compartment syndrome
Robert Schilken, MD

8 – 8:20 a.m. Visco supplementation and PRP
Ravi Ved, MD

8:20 – 8:45 a.m. Panel discussion

8:45 – 9 a.m. Break

SESSION 2: SHOULDER

9 – 9:20 a.m. Rotator cuff disease
Sam Akhavan, MD

9:20 – 9:40 a.m. Cell mediated therapy
Edward Snell, MD

9:40 – 10 a.m. Labral pathology
Aaron Burgess, MD

10 – 10:15 a.m. Sports rehab
Frank Velasquez, ATC, CSCS, RSCC*E

10:15 – 10:45 a.m. Panel discussion

10:45 – 11 a.m. Break

SESSION 3: HIP

11 – 11:15 a.m. Hip arthroscopy
Scott Schweitzer, MD

11:15 – 11:30 a.m. The female athlete:
Melissa Roscher, MD

11:30 – 11:45 a.m. Ultrasound diagnostics
Todd Franco, DO, CAQ-SM

11:45 a.m. – noon Sports rehab
Frank Velasquez, ATC, CSCS, RSCC*E

Noon – 1 p.m. Vertex luncheon product theatre (Non-CME)
An oral nonopioid therapy for treating acute pain
Ron Palik, MD
Nirschl Orthopaedic Center

Visit exhibits

TOTAL JOINTS

SESSION 1: HIP ARTHROPLASTY

1 – 1:20 p.m. Benefits of the direct anterior approach and robotics in hip replacement surgery
Stephen Martinkovich, MD

1:20 – 1:40 p.m. Total hip arthroplasty in the obese patient
Zachary Sisko, MD

1:40 – 2 p.m. Total hip arthroplasty for non-osteoarthritic conditions
Stephen Burgess, MD

2 – 2:20 p.m. Why do hip replacements fail?
Drew Waligora, MD

2:20 – 2:40 p.m. Panel discussion

2:40 – 2:50 p.m. Break

SESSION 2: TOTAL KNEE ARTHROPLASTY

2:50 – 3:10 p.m. Un-resurfaced patellas in total knee arthroplasty
Stephen Martinkovich, MD

3:10 – 3:30 p.m. Robotics in total knee arthroplasty
Zachary Sisko, MD

Program agenda (continued)

Friday, November 13, 2026

3:30 – 3:50 p.m.	Different surgical approaches to knee replacement surgery Stephen Burgess, MD
3:50 – 4:10 p.m.	Total knee arthroplasty after ACL injury Drew Waligora, MD
4:10 – 4:40 p.m.	Panel discussion
4:40 p.m.	Adjournment

Saturday November 14, 2026

6 – 7 a.m.	Registration, breakfast, and visit exhibits
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SESSION 1: SPINE

7 – 7:25 a.m.	Motion preserving lumbar spine surgery Alex Yu, MD
7:25 – 7:55 a.m.	Current concepts in spinal medical devices Boyle Cheng, PhD
7:55 – 8:20 a.m.	Schroth method approach to spine care Joyce Zinski, PT, DPT
8:20 – 8:50 a.m.	Adolescent spine Tom Kuivila, MD
8:50 – 9:15 a.m.	Panel discussion
9:15 – 9:30 a.m.	Break
9:30 – 9:55 a.m.	Interbody devices Kyle Holmberg, DO
9:55 – 10:20 a.m.	Correction of spinal deformity Lara Massie, MD
10:20 – 10:45 a.m.	MIS spine Alexander Kuczmarski, MD

10:45 –11:10 a.m.	Facet mediated pain Matt Drakeley, MD
11:10 – 11:30 a.m.	Discussion
11:30 a.m. – noon	AHN therapy remote therapy monitoring: Innovation to therapy and hybrid care approach Carly Thomas, DPT, and Lisa La Molinare, PT, MPT, MBA, AIB-CON
Noon – 1 p.m.	Lunch and visit exhibits

SESSION 2: TUMOR

1 – 2 p.m.	Fight club: Orthopedic oncology Lisa Ercolano, MD, and Alan Slipak, MD
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SESSION 3: FOOT AND ANKLE

2 – 2:30 p.m.	Foot and ankle injuries in athletes James Sferra, MD
2:30 – 2:45 p.m.	Break

SESSION 3: OSTEOPOROSIS

2:45 – 3:15 p.m.	Pharmacological management with anabolic therapy: Osteoporosis and preoperative optimization Carol Mayfield, CRNP
3:15 – 3:45 p.m.	Impact of osteoporosis on surgical planning and success Lara Massie, MD
3:45 – 4:15 p.m.	Case studies: Issues in diagnosis and management of osteoporosis David Stapor, MD
4:15 – 4:45 p.m.	Panel discussion
4:45 p.m.	Adjournment

Program agenda (continued)

Sunday, November 15, 2026

6 – 7 a.m. Breakfast and visit exhibits

SESSION 1: HAND

7 – 7:20 a.m. Common hand problems: My fingers hurt!
Victor Greco, MD

7:20 – 7:40 a.m. Small joint arthroplasty
Nathan Winek, MD

7:40 – 8 a.m. Hand trauma
John Rinaldi, MD

8 – 8:20 a.m. Distal radius fractures: Ready or not, here they come
Caleb Campbell, MD

8:20 – 8:40 a.m. The art and science of orthotic design and protocol progression
Renee McDade, OT, OTR/L, CHT

8:40 – 9 a.m. Panel discussion

9 – 9:15 a.m. Break

SESSION 2: CHILD ABUSE

9:15 – 9:45 a.m. Medical aspects of child abuse
Joseph Aracri, DO, FAAP

9:45 – 10:15 a.m. Surgical aspects of child abuse
Thomas Kuivila, MD

10:15 – 10:45 a.m. Multidisciplinary team as mandated reports: Best practices for documentation and reporting suspected abuse with PT and OT
Amy Zuraski, MOT

10:45 – 11:15 a.m. Panel discussion

11:15 a.m. Closing remarks

Course co-directors

Drew Waligora, MD
Division of Adult Reconstruction
Assistant Director, Adult Reconstruction Fellowship
AHN Orthopaedic Institute
Allegheny Health Network

Michael Levine, MD
Course Director Emeritus

Faculty

Sam Akhavan, MD
Director of Orthopaedic Sports Medicine
Director of Research, AHN Orthopaedic Institute
Allegheny Health Network
Associate Professor of Orthopaedic Surgery

Joseph Aracri, DO, FAAP
System Chair of the Pediatrics Institute
Allegheny Health Network

Aaron Burgess, MD
Orthopaedic Surgery/Sports Medicine
Director, Health and Wellness
AHN Orthopaedic Institute
Allegheny Health Network

Stephen Burgess, MD
Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Caleb Campbell, MD
Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Boyle Cheng, PhD
Director, Translational Research Neurosciences
And Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network
Professor, Drexel University College of Medicine

Matt Drakeley, MD
Department of Physical Medicine and Pain Management
Allegheny Health Network

Lisa Ercolano, MD
Chief, AHN Orthopaedic Oncology
Department of Orthopaedics, DEI Officer
Associate Program Director, AHN Orthopaedic Residency Program
AHN Orthopaedic Institute
Allegheny Health Network
Associate Professor, Drexel University College of Medicine

Todd Franco, DO, CAQ-SM
Division Director, AHN Primary Care Sports Medicine
Division of Orthopaedic Surgery
Allegheny Health Network
Head Team Physician, Pittsburgh Pirates
Medical Director, Chatham University MSAT Program

Victor Greco, MD
Department of Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Kyle Holmberg, DO
Division of Spine Surgery
AHN Orthopaedic Institute
Allegheny Health Network
Assistant Professor, Drexel University College of Medicine

Alexander S. Kuczmarski, MD
Orthopaedic Spine Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Tom Kuivila, MD
Orthopaedic Surgery
Vice chair for Education
Program Director Emeritus
Cleveland Clinic

Lisa La Molinare, PT, MPT, MBA, AIB-CON
Regional Manger, Outpatient Therapy Services
Allegheny Health Network

Stephen Martinkovich, MD
Adult Reconstructive Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Lara Massie, MD
Director, Clinical Spine Research
Co-Director, Adult Spine Deformity
Neurosurgery Medical Student Research Director
AHN Neuroscience Institute
Assistant Professor of Neurosurgery
Drexel University College of Medicine

Carol Mayfield, CRNP

AHN Osteoporosis and Fragility Fracture Clinic
Allegheny Health Network

Renee McDade, MOT, OTR/L, CHT

Occupational Therapy
AHN Therapy Services
Allegheny Health Network

James R. Redshaw, MD, FAAOS

Orthopaedic Sports Medicine
AHN Orthopaedic Institute
Allegheny Health Network

John Rinaldi, MD

Department of Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Melissa Roscher, MD

Primary Care Sports Medicine
AHN Department of Orthopaedics
Team Doctor, Pittsburgh Riveters
Company Doctor, Bodiography
Assistant Team Doctor, Pittsburgh Pirates

Robert Schilken, MD

Department of Orthopaedic Surgery
Orthopaedic Sports Medicine
Allegheny Health Network

Scott Schweizer, MD

Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

James Sferra, MD

Director, Orthopaedic Foot and Ankle Surgery
Department of Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Zachary Sisko, MD

Orthopaedic Medical Director, AHN Jefferson Hospital
Allegheny Health Network

Alan Slipak, MD

Division of Adult Reconstruction/Oncology
Department of Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Edward Snell, MD

Director, Division of Sports Medicine and Performance
AHN Orthopaedic Institute
Allegheny Health Network
Assistant Professor of Orthopaedics
Drexel University School of Medicine

David Stapor, MD

Department of Orthopaedics
Physician, Champion AHN Osteoporosis
and Fragility Fracture Clinic
Allegheny Health Network

Carly Thomas, DPT

Orthopedic Champion for AHN Wexford
Allegheny Health Network

Ravi Ved, MD

Sports Medicine
Team Physician, Pittsburgh Pirates
Associate Program Director, Primary Care Sports
Medicine Fellowship
Allegheny Health Network

Frank Velasquez, ATC, CSCS, RSCC*E

Director of Sports Performance
AHN Orthopaedic Institute
Allegheny Health Network

Nathan C. Winek, MD

Department of Orthopaedic Surgery
AHN Orthopaedic Institute
Allegheny Health Network

Alex Yu, MD

Vice-Chair, Department of Neuro-Oncology Skull-Based Surgery
Allegheny Health Network
Assistant Professor of Neurosurgery, Drexel University College
of Medicine

Joyce Zinski, PT, DPT

AHN Therapy Services
Allegheny Health Network

Amy Zuraski, MOT

Occupational Therapy
AHN Therapy Services
Allegheny Health Network

Disclosure of significant relationships: 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, honoraria, 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).

Registration

You may attend the conference in person or virtually. Register by scanning the appropriate QR code below or by visiting **CME.AHN.org** and searching for the event name under **Courses**.

In-person



Virtual



Fees

Physicians: \$325	Virtual attendees: \$175
Athletic trainers, physical therapists, and nurses: \$200	AHN employees: \$160

Lodging

Omni Bedford Springs Resort
2123 Sweet Root Road
Bedford, PA 15522

Rates

Deluxe: \$309 plus tax and resort fee
Resort view: \$329 plus tax and resort fee



Scan the code to reserve a room online.

Registrant refund policy

Eligibility for a registrant refund is based on the following criteria. Please note, all registrants must email the CME Department at **AHNCME@AHN.org** within the specified time frames listed below to be eligible for a refund.

- 30+ days prior to activity: 100% refund
- 14 – 29 days prior to activity: 50% refund
- Less than 14 days prior to activity: No refund

Questions

Please contact Bernice Sulkowski at **bernice.sulkowski@ahn.org**.

Allegheny Professional Building
CME Department
490 East North Avenue, Suite 520
Pittsburgh, PA 15212

