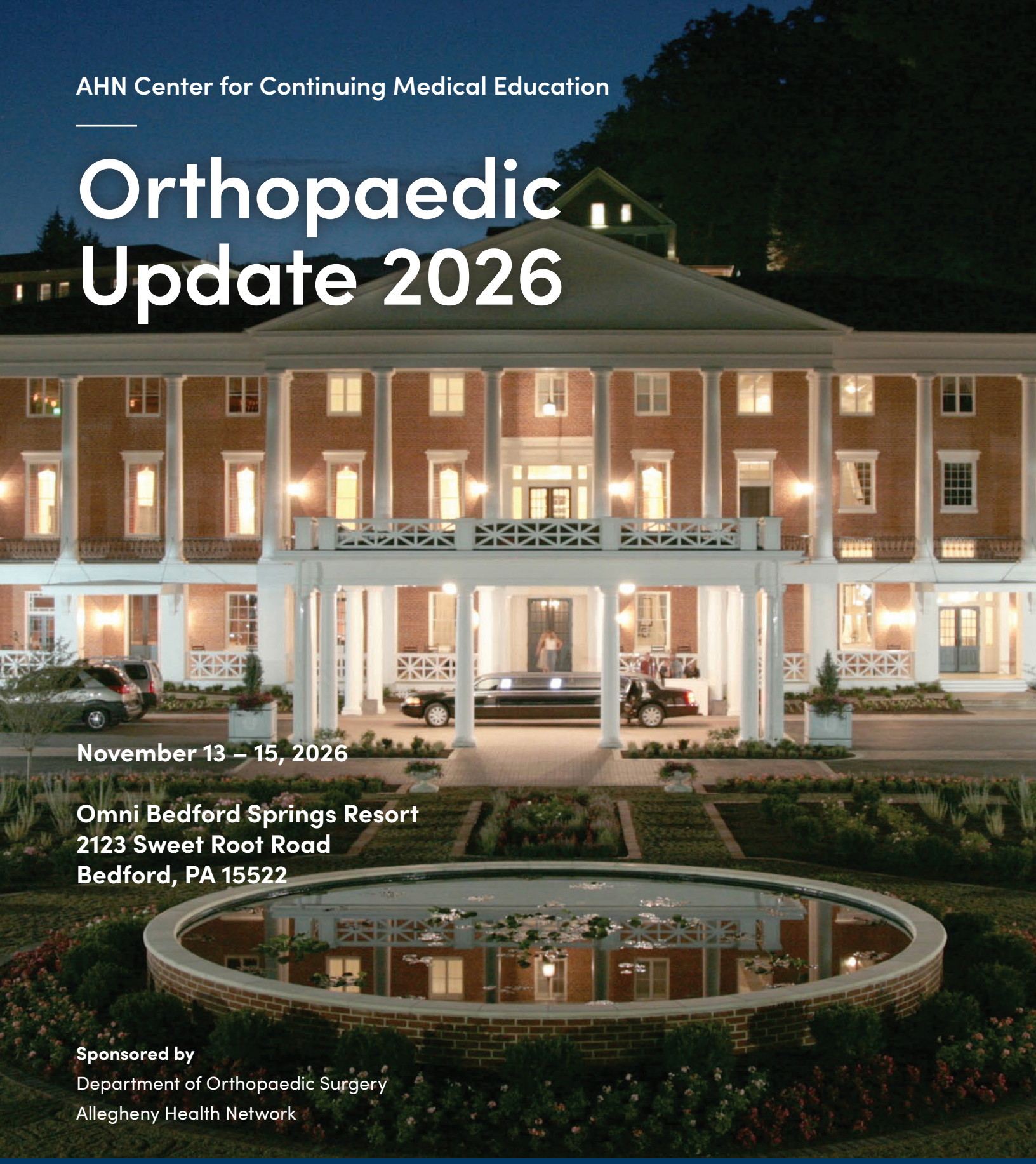
AHN Center for Continuing Medical Education

Orthopaedic Update 2026



November 13 – 15, 2026

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

Sponsored by
Department of Orthopaedic Surgery
Allegheny Health Network

AHN

CME, ABOS, and PT credits

The Arthrex Surgical Skills Experience





Arthrex One Auditorium



Innovation® Hotel



Naples ArthroLab™

A Campus Designed for Orthopedic Surgical Skills Education

The expanded Arthrex world headquarters, located in Naples, FL, is an innovative, 60-acre, university-style campus designed to deliver an immersive and engaging medical education experience for visiting health care professionals. The Arthrex campus provides a one-of-a-kind learning environment for surgeons and health care professionals.

- 30,000 sq ft of meeting and product exhibit space
- Sixty surgical skills cadaveric wetlab stations
- Rapid prototyping and manufacturing research
- State-of-the-art Synergy OR Integration Suite
- Modern biomechanics and biomaterials lab
- Onsite clinical staff, research scientists, and engineers

Visit arthrex.com to learn more

Note: All visits to the Arthrex campus will be coordinated by the Arthrex Experience team to ensure compliance with applicable laws.

Arthrex®

© 2026 Arthrex, Inc. All rights reserved. AD1-000871-en-US_A

#Humanlymoved

At DePuy Synthes, we see the person beyond the procedure. That's why we've built one of the most comprehensive orthopaedic portfolios in the world - to help people return to the moments that matter most. Our innovations — across joint reconstruction, trauma, extremities, craniomaxillofacial, spinal surgery, and sports medicine — alongside the VELYS™ digital surgery portfolio, are engineered for performance and fine-tuned for feeling. Building on a 130+ year legacy of orthopaedic innovation focused on human needs, we partner with surgeons and healthcare professionals to deliver care for the body, that is felt most deeply in the heart.

www.depuysynthes.com

DePuy Synthes

Ermi

RESTORE MOTION. **REDUCE CLAIM COSTS.** RETURN EMPLOYEES TO WORK.

WHY WORKERS' COMP PROFESSIONALS CHOOSE ERMI

- Restore functional range of motion without the risk or cost of additional surgery.
- More than 90% effective in recovering range of motion within 3 months.*
- Early functional recovery supports earlier return-to-work.
- More than 200,000 patients treated nationwide.
- Proven to reduce healthcare costs by more than $8,000 per patient compared with low intensity brace options. **



REDUCE TOTAL CLAIM COST
Fewer surgeries

Faster functional recovery

Earlier return to work

Lower medical spend

Improved patient outcomes

COMMON WORK COMP CASES
Post-operative stiffness

Arthrofibrosis

Delayed or prolonged rehab

Fracture or immobilization

Difficult-to-progress claims

HAVE AN INJURED WORKER WHO NEEDS A MOTION-RESTORING SURGERY?

See whether ERMI is appropriate before authorizing additional surgery.

877-503-0505
ermi-motion.com
info@ermi-motion.com

- SHOULDER
- ELBOW
- FOREARM
- WRIST
- KNEE
- ANKLE
- GREAT TOE

Trusted by physicians, case managers and workers' compensation professionals nationwide to help restore motion after inury.

Sources:
*Papotto BA, Mills T. Treatment of severe flexion deficits following total knee arthroplasty: a randomized clinical trial. Orthopedic Nursing. 2012 Jan-Feb; 31(1):29-34.
**Stephenson JJ et al. Knee-attributable medical costs and risk of re-surgery among patients utilizing non-surgical treatment options for knee arthrofibrosis in a managed care population. CRMO. 2010; 26(5):1109-1118.

stryker



Stryker is a proud sponsor of

Orthopaedic Update 2026

Our mission

Together with our customers, we are driven to make healthcare better.

Visit our website to access our current orthopaedic offerings

Match One Medical

OUR WEBSITE

SCAN ME

Match One Medical is in the business of advocating for wearable pain management solutions that reduce or eliminate the need for opioids. Offering these solutions allows us to support providers in matching patients with a recovery plan that works best for them, while providing exceptional service to our patients and providers.

Match One Surgical

OUR WEBSITE

SCAN ME

At Match One Surgical(M1Sx), our mission is to lead the advancement of minimally invasive spine surgery through the provision of cutting-edge surgical techniques and technology. We are dedicated to building a nationwide network of excellence, offering world-class representation, case coverage, and access to top-tier surgeons, physicians, and facilities. Our commitment is to enhance patient outcomes, improve surgical efficiency, and elevate the standard of care in spine surgery across the nation. We strive to empower medical professionals with the tools and knowledge they need to transform lives through innovative and precise spine procedures.

V1: 11-14-24

Solutions in Motion™

Kinematic Restoration



Kinematic Restoration is the art and science of restoring knee function.

Technique

From pre-op through post-op, it provides a holistic approach that works in harmony with kinematic or inverse kinematic alignment philosophies

Implant

The kinematically-advanced ATTUNE™ Knee has been verified* to work with kinematic alignment techniques within tested boundaries[1-4]

Technology

The VELYS™ Robotic-Assisted Solution equips surgeons with real-time insights to optimize implant placement, preserve soft tissue envelope, predict joint stability and work toward returning knee function

This powerful combination can minimize soft tissue releases[5] to improve function and may accelerate patient recovery.[5]

Are you ready to join the Kinematic Restoration movement?
Learn more at **KinematicRestoration.com**

DePuy Synthes

www.depuysynthes.com

© DePuy Synthes 2026. All rights reserved.
US_ORT_JRKN_395311

References: 1. Johnson & Johnson MedTech. Vivo Knee Simulator wear test—anatomical alignment ATTUNE TKA, 2017. Windchill #103384220. 2. Johnson & Johnson MedTech. ATTUNE Fixed Bearing: intraoperative ROM simulation and pull-off test with lipid and marrow, 2017. Windchill #103397037. 3. Johnson & Johnson MedTech. ATTUNE porous tibia micromotion with anatomic and mechanical alignment, 2021. Windchill #103839160. 4. Johnson & Johnson MedTech. Anatomic alignment surgical technique and patellar tracking validation report, 2017. Windchill #103335944. 5. Spitzer A, Gorab R, Barrett W, et al. Robotic-assisted total knee arthroplasty reduces soft-tissue releases which improves functional outcomes: a retrospective study. Knee. 2024;49:52-61.

*Based on in vitro studies.

Important Information: Prior to use, refer to the instructions for use supplied with the device(s) for indications, contraindications, side effects, warnings and precautions.

LEARN ABOUT

JOURNAVX®
(suzetrigine) 50mg tablet

JOIN US FOR A PRESENTATION

FRIDAY, NOVEMBER 13 / 12:15-12:45 PM ET / EISENHOWER ROOM



Actor portrayal.

Learn more about JOURNAVX

Explore resources for system adoption

Access additional resources for formulary decision-makers

JOURNAVX is manufactured for Vertex Pharmaceuticals Incorporated.
JOURNAVX, the JOURNAVX logo, Vertex, and the Vertex triangle logo
are registered trademarks of Vertex Pharmaceuticals Incorporated.
© 2026 Vertex Pharmaceuticals Incorporated | VXR-US-43-2600190 (v2.0) | 06/2026

VERTEX®

ZIMMER BIOMET
APEX SURGICAL

Overview

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.

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

Program agenda (continued)

Friday, November 13, 2026

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

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

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

Program agenda (continued)

Saturday November 14, 2026

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

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

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).

Notes

Notes

AHN

11/26 Z32046