Saturday, March 18, 2017
San Diego Convention Center
Room: 6C
7:30 am – 5:00 pm

General Information

Description
This live activity is designed to disseminate and discuss recent research in the field of orthopaedic sports medicine relevant to practicing physicians, surgeons, and allied health professionals. This information is provided through scientific paper presentations, hot topics, updates, question and answer sessions, spotlights on surgical techniques, symposia, current concepts, overviews, clinical insights, case-based discussions, and/or debates.

Target Audience
This program is designed for orthopaedic surgeons, physicians, and allied health professionals in the field of sports medicine or related fields of practice.

Program
The American Orthopaedic Society for Sports Medicine attests that the people responsible for the development of this educational activity did so independently and were not influenced by commercial supporters.

Educational Objectives
Upon completion of this educational activity, learners should be able to:

• Implement an effective evaluation algorithm, based on recent research, for musculoskeletal and medical sports medicine conditions.

• Assess and apply surgical and non-surgical treatment recommendations and rehabilitation protocols for the management of musculoskeletal and medical conditions germane to the practice or orthopaedic sports medicine.

• Integrate prevention strategies with healthcare team(s) to improve musculoskeletal and medical health in their patient population.

Accreditations

Continuing Medical Education Credit
The American Orthopaedic Society for Sports Medicine (AOSSM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The AOSSM designates this live activity for a maximum of 6 Category A hours/CEUs. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Credit for Athletic Trainers
The American Orthopaedic Society for Sports Medicine (AOSSM) is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for Certified Athletic Trainers. This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Disclosure Statement
In accordance with the guidelines of the ACCME, it is the policy of the AOSSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any entity producing, marketing, re-selling, or distributing healthcare goods and services consumed by, or used on, patients). Any and all disclosures will be provided in the final program that is distributed at the meeting. In accordance with AOSSM policy, faculty participation is predicated upon timely submission and review of AOSSM disclosures. Non-compliance results in faculty begin stricken from the program.

Disclaimer
The material presented in this continuing medical education program is being made available by the AOSSM for educational purposes only. This material is not intended to represent the only methods or procedures appropriate for the medical situation discussed, but rather it is intended to present an approach, view, statement, or opinion of the faculty which may be helpful to others who face similar situations. Neither the content (whether written or oral) of any course, seminar, or other presentation in the program, nor the use of specific product in conjunction therewith, nor the exhibition of any materials by any parties coincident with the program should be construed as indicating endorsement or approval of the views presented, the products used, or the materials exhibited by the AOSSM or its Committees, Commissions or Affiliates. The AOSSM makes no statements, representations, or warranties (whether written or oral) regarding the Food and Drug Administration (FDA) status of any product used or referred to in conjunction with any course, seminar, or other presentation being made available as part of this course. Faculty members shall have sole responsibility to inform attendees of the FDA status of each product that is used in conjunction with any course, seminar, or presentation and whether such use of the product is in compliance with FDA regulations.

7:30 am – 7:35 am
Welcome Remarks
Anunziato Amendola, MD and Brian R. Wolf, MD, MS

7:35 am – 8:10 am
Scientific Session I: Hip
Moderators: Brian D. Busconi, MD and Richard C. Mather, III, MD

Paper 01
7:35 am – 7:40 am
Arthroscopic Hip Surgery in the Elite Athlete: Comparison of Female and Male Elite Athletes
Kotaro Shibata, MD, Ph.D.1, Marc R. Safran, MD2
1Stanford Orthopaedic Sports Medicine Fellowship Program, Redwood City, CA, USA, 2Stanford Sports Medicine Center, Redwood City, CA, USA.
Paper 02
7:40 am – 7:45 am

Hip Capsular Closure: A Biomechanical Analysis of Failure Torque
Jorge Chahla, MD1, Jacob D. Mikula, BS1, Jason M. Schon, BS1, Chase S. Dean, MD1, Kimi Dahl, MS1, Travis James Menge, MD1, Travis L. Turnbull, PhD1, Eduardo Soares, MD1, Robert E. LaPrade, MD, PhD2, Marc J. Philippon, MD2. 1Steadman Philippon Research Institute, Vail, CO, USA, 2The Steadman Clinic, Vail, CO, USA.

Paper 03
7:45 am – 7:50 am

Predictors of Inferior Outcomes Following Hip Arthroscopy for Femoroacetabular Impingement
Gregory L. Cvetanovich, MD1, Ben Kuhns, MD, MS1, Alexander E. Weber, MD2, Jennifer Alter1, Richard C. Mather, MD3, Joshua David Harris, MD4, Shane Jay Nho5. 1Rush University Medical Center, Chicago, IL, USA, 2Rush University Medical Center Program, Chicago, IL, USA, 3Duke Sports Science Institute, Durham, NC, USA, 4Houston Methodist Hospital Department of Orthopedics and Sports Medicine, Houston, TX, USA, 5Midwest Orthopaedics at Rush, Chicago, IL, USA.

Paper 04
7:50 am – 7:55 am

Does Hip Arthroscopy Provide Meaningful Outcome Improvement for Adolescent Femoroacetabular Impingement
Benedict Uchenna Nwachukwu, MD, MBA, Brenda Chang, MS, MPH, Cynthia A. Kahlenberg, MD, Kara G. Fields, MS, Danyal H. Nawabi, MD, FRCS, Bryan T. Kelly, MD, Anil S. Ranawat, MD. Hospital for Special Surgery, New York, NY, USA.

Scientific Session II: Shoulder
Moderators: Robert A. Arciero, MD and Matthew Bollier, MD

Paper 05
8:10 am – 8:15 am

Preoperative Resilience Strongest Predictor of Postoperative Outcome Following an Arthroscopic Bankart Repair
James S. Shaha, MD1, Steven H. Shaha, PhD, DBA2, Craig R. Bottone, MD3, Daniel J. Song, MD3, John M. Tokish, MD4, 1Tripler Army Medical Center, TAMC, HI, USA, 2University of Utah, Salt Lake City, UT, USA, 3Tripler Army Medical Center, Honolulu, HI, USA, 4Steadman Hawkins Clinic of the Carolinas, Greenville, SC, USA.

Paper 06
8:15 am – 8:20 am

Anatomic and Biomechanical Comparison of the Classic and Congruent-Arc Techniques of the Latarjet Procedure
Scott R. Montgomery, MD1, Jan Christoph Katthagen, MD2, Jacob D. Mikula, BS3, Daniel C. Marchetti, BA4, Dimitri S. Tabal, MSc5, Grant Dornan, MSc6, Kimi Dahl, MD6, Alex Brady, MSc7, Travis L. Turnbull, PhD7, Peter J. Millett, MD, MSc8. 1Steadman Philippon Research Institute Program, Vail, CO, USA, 2Steadman Philippon Research Institute, Vail, CO, USA, 3Steadman Philippon Research Institute, Vail, CO, USA, 4Steadman Clinic, Vail, CO, USA.

Paper 07
8:20 am – 8:25 am

Incidence and Return to Play after Biceps Tenodesis in Major League Baseball Players
Peter Nissen Chalmers, MD1, Brandon J. Erickson, MD2, Nikhil N. Verma, MD3, Anthony A. Romeo, MD4. 1Washington University Medical Center, St. Louis, MO, USA, 2Rush University Medical Center, Midwest Orthopaedics, Chicago, IL, USA, 3Rush Presbyterian St. Luke’s Medical Center, Chicago, IL, USA, 4Midwest Orthopaedics, Chicago, IL, USA.

Paper 08
8:25 am – 8:30 am

Biceps Tenodesis is a Viable Option for Management of Proximal Biceps Injuries in Patients Less than 25 Years of Age
Justin W. Griffin, MD1, Gregory L. Cvetanovich, MD1, Jonathan Charles Riboh, MD2, Timothy Sean Leroux, MD, Med3, Bernard R. Bach, MD4, Gregory P. Nicholson, MD5, Brian J. Cole, MD, MBA1, Nikhil N. Verma, MD3, Anthony A. Romeo, MD4. 1Rush University Medical Center, Chicago, IL, USA, 2Duke Sports Science Institute, Durham, NC, USA, 3Midwest Orthopaedics at Rush, Chicago, IL, USA.
8:30 am – 8:37 am  So Where Do We Go Now with SLAP Lesions in the Overhead Athlete?  
James R. Andrews, MD

8:37 am – 8:45 am  Surgical Spotlight: Biceps Tenodesis Made Easy – How to Get It Right Every Time  
Matthew T. Provencher, MD

8:45 am – 8:55 am  Question and Answer

8:55 am – 9:45 am  Scientific Session III: Rotator Cuff  
Moderators: C. Benjamin Ma, MD and Dean C. Taylor, MD

Paper 09  
8:55 am – 9:00 am  Subacromial Decompression in Patients with Impingement Syndrome Results in Better Clinical Outcome Compared to Physiotherapy in the Long Term. A Prospective Randomized Study  
Stefanos Farfaras,1, Ninni Sernert, PhD2, Lars Rostgard-Christensen, MD1, Erling Hallstrom1, Juri T. Kartus, MD, PhD1.  
1NU-Health Organisation, Trollhattan, Sweden, 2Development of Research and Development, Trollhattan, Sweden, 3Rontgen Department, Lidköping, Sweden, 4Orthopaedic Dept. of NU Hospital, Uddevalla, Sweden, 5Norra Dlvsborgs Ldnssjukhus, Trollhattan, Sweden.

Paper 10  
9:00 am – 9:05 am  Tendonopathy Does Not Predict Rotator Cuff Healing  
Paul M. Sethi, MD1, Chirag D. Sheth2, Mary Beth McCarthy, BS3, Mark P. Cote, RPT2, Augustus D. Mazzocca, MD, MS3.  
1Orthopaedic & Neurosurgery Specialists, Greenwich, CT, USA, 2University of Connecticut School of Medicine, Farmington, CT, USA, 3University of Connecticut Health Center, Dept. of Orthopaedic Surgery, Farmington, CT, USA.

9:05 am – 9:10 am  Arthroscopic Superior Capsule Reconstruction Eliminates Pseudoparalysis in Patients with Irreparable Rotator Cuff Tears  
Teruhisa Mihata, MD, PhD1, Thay Q. Lee, PhD1, Akihiko Hasegawa, MD, PhD1, Takeshi Kawakami, MD, PhD1, Kanimoto Fujimishi, MD1, Yukitaka Fujisawa, MD, PhD1, Yasuo Itami, MD2, Mutsumi Ohue, MD1, Masashi Neo, MD, PhD1.  
1Department of Orthopaedic Surgery, Osaka Medical College, Takatsuki, Osaka, Japan, 2VA Long Beach HCS and University of CA, Long Beach, CA, USA, 3Osaka Medical College, Takatsuki, Japan, 4First Towakai Hospital, Takatsuki, Japan, 5Shimizu Hospital, Kyoto, Japan, 6Yaenosato Hospital, Higashiosaka, Japan, 7Department of Orthopaedic Surgery, Osaka Medical College, Takatsuki, Japan, 8Katsuragi Hospital, Kishiucada, Japan, 9Department of Orthopaedic Surgery, Osaka Medical College, Takatsuki, Japan.

9:10 am – 9:17 am  Question and Answer

9:17 am – 9:38 am  Case-based Symposium: Massive Rotator Cuff Tear, Strategy and Approach  
Moderator: John M. Tokish, MD

9:17 am – 9:24 am  Pearls for Mobilizing the Retracted Cuff Tear  
Nikhil N. Verma, MD

9:24 am – 9:31 am  How to Deal with the Massive Tears including Subscapularis  
William N. Levine, MD

9:31 am – 9:38 am  Biologics and Augmentation – Is It Ready for Prime Time?  
Stephen F. Brockmeier, MD

9:38 am – 9:45 am  Question and Answer

9:45 am – 10:00 am  Break

10:00 am – 10:40 am  Scientific Session IV: Elbow  
Moderators: Michael G. Ciccotti, MD and John E. Conway, MD

Paper 12  
10:00 am – 10:05 am  Surgical Treatment of Lateral Epicondylitis: A Prospective, Randomized, Double Blinded, Placebo Controlled Clinical Trial  
Martin Kroslik, MBBS, MSpMed, MSurg, George A.C. Murrell, MD, PhD.  
Orthopaedic Research Institute, Sydney, Australia.
Paper 13
10:05 am – 10:10 am  Outcome of Asymptomatic Osteochondritis Dissecans of the Capitellum in Adolescent Baseball Players: A 2-year Follow-up Study
Tetsuya Matsuura, MD1, Toshiyuki Iwame1, Naoto Suzue2, Koichi Sairyo1. 1Tokushima University, Tokushima, Japan, 2Tokushima Red Cross Hospital, Tokushima, Japan.

10:10 am – 10:31 am  Focus on UCL Injuries

10:10 am – 10:17 am  Where are we with Non-Operative Treatment of UCL Injuries including Therapy and Biologics?
Mark S. Schickendantz, MD

10:17 am – 10:24 am  Elbow UCL Repair: When and How
Felix H. Savoie, MD

10:24 am – 10:31 am  UCL Reconstruction in 2017
Christopher S. Ahmad, MD

10:31 am – 10:40 am  Question and Answer

10:40 am – 11:30 am  Scientific Session V: Lower Extremity

Moderators: Christopher D. Harner, MD and Alison P. Toth, MD

Paper 14
10:40 am – 10:45 am  Determining the Patient Acceptable Symptomatic State for Patients Undergoing Arthroscopic Partial Meniscectomy in the Knee
Thomas Zochowski, MD, MSc1, Tim Dwyer, MD1, Darrell Ogilvie-Harris, MD, FRCCS2, John S. Theodoropoulous, MD, FRCCS, Daniel B. Whelan, MD4, Michael Lucas Murnaghan, MD2, David Wasserstein, MD3, Jennie Gillis3, Jaskarndip Chahal, MD, FRCCS2. 1University of Toronto, Toronto, ON, Canada, 2Mount Sinai Hospital, Toronto, ON, Canada, 3St Michael's Orthopedic Assoc, Toronto, ON, Canada, 4Sunnybrook Health Sciences Centre, North York, ON, Canada

10:45 am – 10:50 am  Clinical Outcomes after Isolated Medial Patellofemoral Ligament Reconstruction for Patellar Instability
Joseph N. Liu, MD1, Jacqueline Munch, MD3, Claire Berdelle Ryan2, Irene L. Kallbian, BA1, Sabrina M. Strickland, MD1, Joseph Nguyen, MPH1, Beth E. Shubin Stein, MD1. 1Hospital for Special Surgery, New York, NY, USA, 2Oregon Health & Science University, Portland, OR, USA, 3Weill Cornell Medical College, New York, NY, USA.

10:50 am – 10:55 am  Do Outcomes of Osteochondral Allograft Transplantation Differ Based On Age: A Comparative Matched Group Analysis of Patients under Versus Over 40 Years Old
Rachel M. Frank, MD, Simon Lee, MD, Sarah Glen Poland, BS, Brian J. Cole, MD, MBA.  Rush University Medical Center, Chicago, IL, USA.

10:55 am – 11:00 am  Chondral Defect Repair with Particulated Juvenile Cartilage Allograft: Mid-term MRI and T2 Mapping Analysis
Nicole Belkin, MD, Alissa Burge, MD, Brenda Chang, Riley J. Williams, MD.  Hospital for Special Surgery, New York, NY, USA.

11:00 am – 11:08 am  Question and Answer

11:08 am – 11:30 am  Focus on Cartilage

Moderators: Brian J. Cole, MD, MBA and Mark D. Miller, MD

Surgical Spotlight: Treatment of Articular Cartilage Defects – Case Based
Eric J. Strauss, MD, Thomas R. Carter, MD, Andreas H. Gomoll, MD, Rick W. Wright, MD and Richard D. Parker, MD

11:23 am – 11:30 am  Question and Answer

11:30 am – 12:00 pm  Kennedy Lecture
Sports Med Doc - Best Job EVER!
Donald H. Johnson, MD

12:00 pm – 1:00 pm  Lunch
1:00 pm – 1:27 pm  **Scientific Session VI: ACL/Knee Stability**

**Moderators:** David R. Diduch, MD and Brett D. Owens, MD

**Paper 18**  
1:00 pm – 1:05 pm  
Outcomes Following ACL and Grade III MCL Injuries: Is there a Role for MCL Repair?  
*Robert W. Westermann, MD*, 1  
*Kurt P. Spindler, MD*, 2  
*Carolyn M. Hettrich, MD, MPH*, 1  
*Brian R. Wolf, MD, MS*. 1  
1. University of Iowa, Iowa City, IA, USA, 2. Cleveland Clinic Sports Health Center, Garfield Hts, OH, USA, 3. UI Sports Medicine, Iowa City, IA, USA.

**Paper 19**  
1:05 pm – 1:10 pm  
Biomarkers on the Day of ACL Reconstruction and Sex Predictive of Knee-related Quality of Life at 2-year Follow-up  
*Christian Lattermann, MD*, 1  
*Cale A. Jacobs, PhD*, 1  
*Caitlin Whale*, 1  
*Kate Jochimsen, PhD*, 1  
*Darren L. Johnson, MD*, 1  
*Emily Reinke, PhD*, 1  
*Laura J. Huston, MS*, 1  
*Virginia B. Kraus, MD, PhD*, 1  
*Kurt P. Spindler, MD*. 1  

**Paper 20**  
1:10 pm – 1:15 pm  
The Effect of Injury to Anterolateral Capsular Structures on Outcomes of ACL Injured Patients 24 Months after Anatomic ACL Reconstruction  
*Amir Ata Rahnemai Azar, MD*, 1  
*Joanna Costello, MD*, 2  
*Adam Popchak*, 1  
*Elmar Herbst, MD*, 1  
*Volker Musahl, MD*, 4  
*Scott Tasman, PhD*, 1  
*James J. Irgang, PT PhD*, 1  
*Freddie H. Fu, MD*, 1  
1. University of Pittsburgh Medical Center, Pittsburgh, PA, USA, 2. University of Pittsburgh, Pittsburgh, PA, USA, 3. University of Pittsburgh/UPMC Medical Education Program, Pittsburgh, PA, USA, 4. UPMC Center for Sports Medicine, Pittsburgh, PA, USA, 5. Department of Orthopaedic Surgery – University of Pittsburgh, Pittsburgh, PA, USA.

1:20 pm – 1:27 pm  **Question and Answer**

1:27 pm – 2:05 pm  **Scientific Session VII: Knee Stability Symposia**

**Moderators:** Robert T. Burks, MD and Kurt P. Spindler, MD

1:27 pm – 1:32 pm  Back to Basics: Pearls for an Easy Patellar Tendon ACL Graft Harvest and Preparation  
*Darren L. Johnson, MD*

1:32 pm – 1:37 pm  Back to Basics: Pearls for a Smooth Hamstring ACL Graft Harvest and Preparation  
*Charles A. Bush-Joseph, MD*

1:37 pm – 1:42 pm  The Other Autograft Option: Quad Tendon ACL Graft Harvest and Preparation  
*Volker Musahl, MD*

1:42 pm – 1:49 pm  Don’t Forget to Look at the Slope and Alignment in the Failed ACL!  
*Robert F. LaPrade, MD, PhD*

1:49 pm – 1:56 pm  Surgical Spotlight: When and How to do an Extra-Articular Augmentation in Revision ACL?  
*Alan Getgood, MBCB, MD*

1:56 pm – 2:05 pm  **Question and Answer**

2:05 pm – 2:45 pm  **Scientific Session VIII: Team Physician/Prevention**

**Moderators:** Peter Indelicato, MD and Walter Lowe, MD

**Paper 22**  
2:05 pm – 2:10 pm  Risk Factors for Revision or Contralateral ACL Reconstruction: The Value of Physical Therapy  
*Jonathan Godin, MD, MBA*, 1  
*Travis John Dekker*, 1  
*William E. Garrett, MD, PhD*, 1  
*Jonathan Charles Riboh, MD*. 1  
1. Duke University Medical Center, Durham, NC, USA, 2. Duke University Hospital Program, Durham, NC, USA, 3. Duke Sport Sciences Institute, Durham, NC, USA.
Heads-up Football Training Decreases Concussion Rates in High School Football Players

Ellen Shanley, PhD1, Michael J. Kissenberth, MD2, John Brooks, PhD³, R. Gil Gilliland, MBA, ATC4; John Thorpe, MEd, ATC, CSCS5; Darryl Nance, CMAA, CIC6; John M. Tokish, MD2.

1ATI Physical Therapy, Greenville, SC, USA, 2Steadman Hawkins Clinic of the Carolinas, Greenville, SC, USA, 3Center for Rehabilitation and Reconstruction Sciences, Greenville, SC, USA, 4Steadman Hawkins Sports Medicine, Greenville, SC, USA, 5Greenville County Schools, Greenville, SC, USA.

Predictive Value of the Functional Movement Screen for Sports-Related Injury in NCAA Division I Athletes

Dean Wang, MD1, James Chen, MD1, Wilson Lai1, Jeremy Vail, MPT, OCS, MTC, ATC2, Caitlin Marie Rugg1, Sharon L. Hame, MD1.

1UCLA Department of Orthopaedic Surgery, Los Angeles, CA, USA, 2UCLA Department of Athletics, Los Angeles, CA, USA, 3CSF Department of Orthopaedic Surgery, San Francisco, CA, USA.
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AOFAS/AOSSM Combined Session

3:00 pm – 4:10 pm  Combined Session 1: Foot and Ankle Trauma in the Athlete – Getting Them Back in the Game

Moderators: Annunziato Amendola, MD and Kirk A. McCullough, MD

3:00 pm – 3:08 pm  Current Trends in Ankle Fracture Management in the Athlete - Does Everyone Need Arthroscopy? What about the Deltoid?
David A. Porter, MD

3:08 pm – 3:16 pm  Syndesmosis Injuries – Algorithm for Treatment: Should We Intervene Early?
Kenneth Hunt, MD

3:16 pm – 3:24 pm  Current Trends in Ankle Instability: Is there anything wrong with a Simple Brostrom?
J. Chris Coetzee, MD, MbChB

3:24 pm – 3:32 pm  Problem Stress Fractures of the Foot and Ankle - More than Meets the Eye?
Martin J. O’Malley, MD

3:32 pm – 3:40 pm  Turf Toe and Sesamoid Injuries – Know When to Say When...
Thomas O. Clanton, MD

3:40 pm – 3:50 pm  Question and Answer

3:50 pm – 4:10 pm  Case Presentations
Annunziato Amendola, MD
Kirk A. McCullough, MD

4:10 pm – 5:00 pm  Combined Session 2: Chronic Injuries in the Athlete - HELP?!?!

Moderators: Gregory C. Berlet, MD and Charles L. Saltzman, MD

4:10 pm – 4:18 pm  MRI Shows a Peroneal Tendon Tear – Does that Matter? What Should I do?
Eric Giza, MD

4:18 pm – 4:26 pm  Failed Micro-fracture for Talar OCD – What to do Now?
Richard D. Ferkel, MD

4:26 pm – 4:34 pm  Should We be Adding Biologics to Everything We Do?
John G. Kennedy, MD, MCH, MMCs, FRCS

4:34 pm – 4:44 pm  Question and Answer

4:44 pm – 5:00 pm  Case Presentations
Gregory C. Berlet, MD
Charles L. Saltzman, MD

5:00 pm  Adjourn Meeting