INSTRUCTIONAL COURSES (IC’s)
(Thursday, Friday, Saturday, Sunday: 6:45 – 8:15 a.m.)

IC topics & faculty are carefully selected by the Education Committee based upon membership need and interest, and are vetted to ensure they align with the AOSSM Educational Curriculum.

IC’s comprise 75% of the 2015 AOSSM Annual Meeting.

IC registration ranges from 30 – 90.

IC’s foster interaction to enhance participants’ learning experience.

IC faculty members include internationally-respected sports medicine specialists dedicated to education.

Those companies which support one or more ICs are welcome to send a representative to attend the respective IC/s.

AOSSM is seeking grants of $5,000 per Instructional Course.

Enclosed are brief descriptions for the ICs, along with faculty. For more information or inquiries about recognition/attribution, please contact Judy Sherr at 847.655.8651 or judy@aossm.org.

If interested in supporting any IC/s not yet funded, please let us know by April 1, 2015 so you can receive maximum recognition!
2016 AOSSM Annual Meeting: Instructional Courses

Thursday, July 7, 2016

IC101
Complex Knee Surgery--Case Based
Mark D. Miller MD, Darren L. Johnson MD, Robert G. Marx MD, MSc, FRCSC

Presenters share complex knee cases including multiple ligament injuries, revision ACL reconstruction, and pediatric knee injuries in an alternating fashion. At periodic intervals the presenter will stop and ask the other faculty and the audience to weigh in on treatment choices. Different treatment options and critical decision making options are critically discussed.

Objectives:
- Understand the rationale for timing, surgical options, and acute and chronic management of multiple ligament knee injuries.
- Describe operative treatment options for pediatric knee injuries.
- Detail key factors that contribute to ACL graft failure and how to avoid repeating these mistakes in revision ACL surgery.
- Discuss post-operative management options in the treatment of complex knee injuries.

IC102
The Specificity of the ACL Injury in the Young Athlete: Prevention, Surgical Care and Return to Sport
Bert R. Mandelbaum MD, Robert H. Brophy MD, Holly J. Silvers MPT, Christopher S. Ahmad MD, Mininder S. Kocher MD, MPH

ACL injury in the pediatric adolescent athlete is a challenge to understand the mechanisms of injury and Prevention. Once injured it requires a multidisciplinary team that can decipher the mechanism of injury, pre-rehabilitation, specific type of surgical procedure that relates to the specificity of the particular athlete, and development of a post-operative and return to sport program that is reflective of gender, level of participation in a specific sport. The purpose of this instructional course lecture is to address the progressive detail and level of specificity in this population to optimize care and result.

Objectives:
- That the risk of ACL injury and re-injury in the 14 to 18-year-old athlete is significantly high and increases with level of participation and types of sport participation.
- ACL injury Mechanism biomechanics and Control There are specific mechanisms of injury in this age group that are Biomechanical and neuromuscularly based
- Opportunities for modulation and prevention
- Surgical nuances and Options In this age group surgical options are very specific and vary with respect to degree of physeal closure, gender, age, type of sport participation, and long-term goals.
- Return to Sports Issues and Criteria Post-operative programs must include understanding of initial mechanisms of injury, rehabilitation, preventative approaches that include Biomechanical and neuromuscular strategies and specific Return to Sport progressions and criteria for success and prevention of re-injury.
IC103
Foot and Ankle Issues Facing the Sports Medicine Surgeon
John Jasko MD, Robert C. Schenck MD, Annunziato Amendola MD, Kevin Willits MD, FRCS

Surveillance data from high school, college, and professional sports reveal injuries of the foot and ankle are the most common injuries occurring during practice and competition. While often categorized as "just a sprain", these injuries can often cause significant limitations of performance and rank second only to knee injuries as cause of missed games or matches. The goal of this course is to dissect common injuries of foot and ankle frequently encountered by the sports medicine physician. We will discuss the mechanism of injury, diagnosis, treatment and return to play guidelines of Achilles tendon injury, Ankle sprains and syndesmosis injuries, and 5th MT and navicular fractures. We will outline the relevant anatomy, surgical and nonsurgical treatment options, current data and controversies. Also new this year, we will discuss tendon transfers for peroneal nerve injury secondary to knee dislocation.

Objectives:
- To be better equipped in diagnosing and treating foot and ankle injuries
- To be able to counsel players, coaches on implications for return to play and performance
- To be able to best counsel and treat patients with peroneal nerve injury and foot drop after knee dislocation

IC104
Fix the Cuff: How to Reverse Reversomania
Stephen S. Burkhart MD, John D. Kelly IV, MD, Alison P. Toth MD

This course will elaborate on the growing and perhaps inappropriate usage of reverse shoulder arthroplasty (RSA). Indications for repair, the value of partial cuff repair and the significance of the subscapularis will be emphasized. The role of graft augmentation and superior capsule reconstruction will also be highlighted.

Objectives:
- To identify the skyrocketing role of RSA and discuss its legitimate applications
- Emphasize the role of partial repair and the critical role of the subscapularis in attaining a balanced force couple
- Discuss the role of graft and biologic augmentation as a means of compensating for tissue deficiency
- Highlight the role of superior capsule reconstruction as an alternative to RSA in cases of massive retracted tears

IC105
Articular Cartilage Repair in Athletes: Current Concepts and Case Reviews
Riley J. Williams III, MD, Deryk G. Jones MD, Aaron John Krych MD, Chunbong Benjamin Ma MD

This instructional course lecture will update attendees on the current state of knee articular cartilage repair in the United States. Moreover, athletic return to sport as an endpoint will be the focus of this course. Clinical indications, surgical techniques, postoperative rehabilitation strategies and functional outcomes, as these relate to knee cartilage repair methods, will be presented. This is a case-based ICL designed to encourage an interaction and discussion between the faculty and audience.

Objectives:
- Attendees will learn the current standards of care in the treatment of articular cartilage defect of the knee using a case based teaching approach.
- Attendees will be taught the appropriate use of imaging studies in the preoperative and postoperative management of patients with articular cartilage defects of the knee.
- Attendees will understand which surgical and rehabilitation strategies work best for a return to athletics.

Continued ...
Attendees will understand the relative advantages and disadvantages of each cartilage repair approach described. A review of the peer-reviewed literature will serve as the basis of the discussion relevant to expected surgical outcomes and indications.

IC106
Shoulder Instability: Dilemmas in the Elite and In-Season Athlete
C. Dain Allred MD, Lance E. LeClere MD, LT, MC, USNR, Jonathan F. Dickens MD, Steven J. Svoboda MD

This ICL will focus on shoulder instability in the athlete. Cases will be taken from NCAA athletes at the US Air Force Academy, the US Naval Academy, and the US Military Academy. Emphasis will be placed on decision-making in the in-season athlete (Dickens et.al. AJSM Dec 2014) with shoulder instability. Cases will also illustrate teaching points and generate discussion regarding recurrent instability, ALPSA lesions, pan-labral injuries (Tokish et.al JBJS Dec 2009), glenoid bone loss, and Hill-Sachs lesions. Case solutions will include illustrations of arthroscopic and open surgical techniques for soft tissue and bony reconstructions. Strategies for non-operative and post-operative rehabilitation of shoulder instability will be presented.

Objectives:
- Discuss and understand the appropriate treatment of shoulder instability in in-season athletes.
- Learn and discuss treatment algorithms for athletes with shoulder instability; including first-time dislocations, recurrent instability, and instability with bone loss.
- Learn and discuss the state-of-the-art surgical techniques for shoulder instability; including arthroscopic and open procedures. Current rehabilitation strategies will also be discussed.

IC107
Unicompartmental Knee Arthritis in the Athletic Patient – Return to Sport: A Case Based Approach
Kevin D. Plancher MD, C. Thomas Vangsness MD, Jack Farr II, MD, Thomas M. DeBerardino MD

Unicompartmental knee arthritis is a challenging disease entity in the athletic patient to successfully return patients to sporting activities. Experts will present 4 cases and discuss the best operative treatment regimes including the utilization of stem cells, cartilage implantation, malalignment, and unicondylar arthroplasty for patients with unicompartmental knee arthritis to manage expectations and outcomes in the arthritic, athletic knee. The course will discuss the indications, contraindications, advances in technology and surgical techniques, postoperative rehabilitation regimes, and complications as a result of surgical intervention to enhance the knowledge of the participant to enable them to treat the athletic, arthritic knee successfully. 1. 35 Year Old Male Recreational Basketball Player with Knee Pain 2. 36 Year Old Female Competitive Marathoner with Isolated Defect of the Medial Femoral Condyle 3. 42 Year Old Male 20 Years Status Post Medial Meniscectomy 4. 48 Year Old Female Downhill Skier 25 Years Post Lateral Meniscectomy

Objectives:
- Discuss the indications for operative management of unicompartmental arthritis in the active patient
- Discuss the advantages and disadvantages of surgical treatment outcomes and discuss surgical tips and tricks to yield successful outcomes
- Discuss potential complications of surgical treatment options
- Analyze and discuss the current literature surrounding the different treatment options for the athletic, arthritic knee to assist surgeons in making evidence-based decisions when treating their patients and how to avoid and address complications when they arise.
IC108
Management of PCL Injuries: A Case Based Approach
Volker Musahl MD, Asheesh Bedi MD, Christopher D. Harner MD

PCL injuries in athletes are not uncommon. Management of PCL injuries present a unique challenge. This course will review acute and chronic PCL injuries and discuss management in a case based format. Physical examination and advanced imaging will be presented. The decision on non-operative versus surgical management will be described in a case based format. The role for arthroscopic approaches, open surgeries, and osteotomy will be discussed. Special focus will be given to surgical techniques and surgical management.

Objectives:
• Understand non-operative vs. surgical management of PCL injuries
• Understand the issues related to surgical techniques of PCL reconstruction, specifically tunnel- and inlay-based reconstructions as well as the role of osteotomy
• Understand surgical technique acute and chronic PCL injuries

Friday, July 8, 2016

IC201
The Baseball Athlete: From the Hips to the Finger Tips
Thomas S. Lynch MD, Mark S. Schickendantz MD, Thomas J. Graham MD

Shoulder and elbow injuries in baseball are often publicized in the mass media; however, little attention is given to the hip and the hand. They play an important role in the baseball athlete and are often at risk for injury. The purpose of this Instructional Course is to aid physicians who take care of this athlete population to appropriate manage their injuries and get them back on the field. Clinical cases will be reviewed by the speakers, all of whom are currently involved in the care of professional athletes.

Objectives:
• Understand the hips – what every baseball doctor should know
• Understand the shoulder – what is normal and what is not in a thrower, when to fix a SLAP and when to tenodese and is GIRD really a problem
• Understand the elbow – why so many Tommy John surgeries and a practical approach to reducing this epidemic in your community
• Understand the fingers – what every team physician should know. Why does batting and throwing cause so many injuries and how to fix them

IC202
Failed Cartilage Repair: Why and What's the Next Step?
Andreas H. Gomoll MD, Jack Farr II, MD, Brian J. Cole MD, MBA, Christian Lattermann MD

Cartilage repair is becoming increasingly common and multiple new treatment options are available. Even with good understanding of indications and techniques for primary procedures, failure of cartilage repair occurs in approximately 20% of patients. This ICL will review the failure mechanisms of primary cartilage repair and discuss the indications, techniques and outcomes of revision procedures.

Objectives:
• Identify potential failure mechanisms
• Determine which patient is a candidate for revision
• Formulate a treatment plan, including concurrent procedures
• Understand the role of the many currently available cartilage repair procedures in a revision setting

Continued ...
IC203
Controversies in Rotator Cuff Surgery
William N. Levine MD, Anthony A. Romeo MD, Neal S. ElAttrache MD, Charles Mitchell Jobin MD

The goals of this ICL are to encourage the registrants to interact in a lively, case-based style with minimal didactics and significant interaction with the faculty. Controversial topics, including approaches for rotator cuff repair (e.g. number of rows, transosseous vs double row suture bridge), decision-making on management of the biceps tendon and labrum, and biologic enhancement for cuff repair will be addressed.

Objectives:
- Review current trends in rotator cuff surgery and highlight controversies
- Review current trends in biologic enhancement for rotator cuff surgery
- Review current trends with management of the biceps tendon during rotator cuff surgery
- Review current trends with management of the labrum during rotator cuff surgery

IC204
The Use of Osteotomy in the Management of Complex Knee Disorders
Scott A. Rodeo MD, Thomas L. Wickiewicz MD, Thomas M. DeBerardino MD, Annunziato Amendola MD

This course will review indications for various types of osteotomy around the knee, specific types of tibial and femoral osteotomy, and pre-operative planning. Cases will be presented that illustrate the use of osteotomy in conjunction with ligament reconstruction, cartilage resurfacing, and meniscus transplantation. Cases will also include special circumstances such as tibial osteotomy to change tibial slope and femoral rotational osteotomy and trochlear osteotomy for patellar instability

Objectives:
- Review indications and techniques for tibial osteotomy and femoral osteotomy. Major teaching points with the illustrated with case examples
- Discuss use of osteotomy in conjunction with surgery for knee instability, cartilage resurfacing, and meniscus transplantation. Representative cases will be shown
- Discuss the use of osteotomy in the treatment of patellofemoral instability and patellofemoral arthrosis
- Discuss complications specific to various types of osteotomy

IC205
Recurrent Patellar Instability: How and When to Fix It and How to Avoid Complications
Beth E. Shubin Stein MD, Sabrina M. Strickland MD, Robin Vereeke West MD

Through a mix of literature, personal experience and illustrative cases, we hope to fine tune our audiences treatment algorithm for recurrent patellar instability. We will also teach the attendees surgical techniques and specific pearls that will help them feel more confident and comfortable in treating these challenging problems.

Specific topics that will be covered: 1) MPFL reconstruction: How and when to do it and how to avoid the disasters. 2) The tibial tubercle: When and how much to move it and what happens when it doesn't work. 3) Resulting cartilage injury: The black hole. What to do when instability is no longer the only problem. Other sub-topics that will be covered include how treatment changes in the setting of a skeletally immature patient as well as rehab and return to play.

Objectives:
- Identify those patients who are candidates for isolated MPFL reconstruction vs. those patients who would benefit from a tibial tubercle transfer in addition to the MPFL
- Recognize and treat common complications relating to patellar instability surgery
- Identify and treat cartilage defects resulting from patellar instability
- Describe appropriate post-operative rehab guidelines and return play parameters

Continued ...
IC206
Strategies to Diagnose and Address Rotational Laxity of the Knee - A Case Based Approach
Alan M. Getgood MBChB, MD, Volker Musahl MD, Andrew Pearle MD, Robert F. LaPrade MD, PhD, Asheesh Bedi MD

The patient with the high-grade rotationally unstable ACL deficient knee is a challenge that we all face in our practice. There may be a number of causes why this high-grade rotational laxity is present which include: concomitant peripheral corner injury such as posterolateral, anterolateral, posteromedial or anteromedial laxity; meniscus deficiency; generalized ligament laxity/genu recurvatum. There is controversy surrounding the best way to treat these patients, with certain surgical techniques being promoted over others. Should a particular graft be used over another for ACL reconstruction? How do you differentiate between posterolateral corner versus anteromedial laxity? When do you address the posterolateral corner injury? Should an anterolateral ligament reconstruction be used? Should meniscus root tears be repaired? The aim of this ICL is to break the high-grade rotationally unstable knee into its component parts, giving surgeons a clear and concise pragmatic approach of how to address this difficult problem. Talks will be delivered with case examples used throughout to illustrate the key principals. The following important topics will be addressed: examination and diagnosis of clinical deficiencies and how these relate to investigations; performance of a straightforward reproducible ACL reconstruction based on current evidence; assessment of the deficient pathological structures and how to tackle them surgically including: meniscus medial side lateral side. By the end of this ICL, participants will be provided with a systematic approach to treating the grossly unstable ACL deficient knee that will be easy to adopt irrespective of practice setting.

Objectives:
- Interpret the examination of the grossly rotationally unstable ACL deficient knee, relating the clinical findings to biomechanical deficiencies and diagnostic tests
- Perform a reproducible ACL reconstruction with current concepts based upon up to date evidence base
- Recognize and diagnose specific meniscal lesions including posterior root tears and ‘ramp’ lesions of the posteromedial meniscus. Repair techniques will be demonstrated
- Diagnose and appropriately surgically address medial and lateral sided injuries

IC207
Controversies in Hip Arthroscopy - A Case Based Approach
Aaron John Krych MD, Bruce A. Levy MD, Marc J. Philippon MD, Benjamin G. Domb MD

Hip arthroscopy has become a key technique in care of active patients with femoroacetabular impingement and pre-arthritic extra-articular and intra-articular conditions of the hip. As such, a basic understanding of the fundamentals of hip arthroscopy is critical to achieving successful outcomes and avoiding complications. In this course, a systematic case-based approach to patient selection, imaging assessment, skillful surgical planning and intraoperative execution will be emphasized, including treatment of proximal femoral and acetabular deformity, labral tears, and capsular management. The role for open or combined surgical approaches will also be discussed, and some gender and sport-specific considerations reviewed.

Objectives:
- Gain a systematic approach to evaluating the active patient with hip pain: history, physical exam, and imaging
- Recognize and select appropriate patients for hip arthroscopy procedures
- Understand the detailed preoperative planning and successful intraoperative execution of planned bony resection on the acetabular and femoral sides, labral repair, and capsular management
- Understand pearls and pitfalls of how to avoid complications during hip arthroscopy procedures
IC208
Challenging Cases in Shoulder Instability: Decision Making and Technical Solutions
John M. Tokish MD, Richard J. Hawkins MD, FRCSC, Jeffrey S. Abrams MD, Robert A. Arciero MD

A case based approach to the critical questions and answers in shoulder instability with an emphasis on technical solutions

Objectives:
- Understand the advantages and disadvantages to the different surgical approaches to shoulder instability
- Apply the available literature to case scenarios that can translate into improvements in clinical care
- Gain a deeper understanding of the technical aspects of surgical procedures directed toward stabilization of the shoulder and the role of revision surgery in anterior instability

Saturday, July 9, 2016

IC301
Biological Treatments for Orthopedics Injuries
Cecilia Pascual-Garrido MD, Jorge Chahla MD, Robert F. LaPrade MD, PhD, Johnny Huard PhD

This course will provide an up to date of the biologic treatments in the field of orthopedics. Significant advances in biologics have been accompanied by parallel challenges including: indications, implications of FDA regulation and the complexity of translating basic sciences into clinical practice. The use of minimally manipulated progenitor cells; regeneration, augmentation in soft tissue repair and the future of novel scaffolds and bioprinting in the field of orthopedics will be discussed. Discussion in where we are now and what do we need to do to improve biologic treatments will be discussed as well.

Objectives:
- Understand the challenges of translating basic science into clinical practice. Clinician and industrial perspective will be discussed. How do we need to work with the FDA to advance the clinical use of stem cells
- Describe the role of PRP and minimally manipulated progenitors cells as a therapy for orthopedics injuries. Evaluating clinical outcomes from biological treatments
- Describe the role of biologics as an augmentation of soft tissue repair. New frontiers of cartilage, tendon and muscle repair
- Novel scaffolds and the future of bioprinting will be discussed

IC302
Meniscus Tear: Simple to Complex: Innovative Solutions to Complex Problems - A Case Based Approach
Darren L. Johnson MD, Mark D. Miller MD, Matthew J. Matava MD

Using case based examples, this ICL will cover each and every meniscal problems one encounters, from simple meniscectomy to complex isolated meniscal repair. We will also cover how to treat meniscal injuries combined with other ligament problems within the knee. A case based approach to each and every meniscal problem one encounters. All types of meniscal repair will be reviewed in the course.

Objectives:
- Understand how to diagnosis meniscal injury patterns using MRI and physical exam
- Understand and appreciate meniscal anatomy on the tibial plateau in relationship to the cruciate ligaments and how to approach all meniscal injuries in a safe anatomic zone
- Technical pearls of performing simple meniscectomy and meniscal repair will be reviewed. All types of meniscal repair will be reviewed and outlined
- Biological alternatives to assist with meniscal repair will be reviewed
IC303  
Challenges and Controversies in the Separated Shoulder  
John M. Tokish MD, Richard J. Hawkins MD, FRCSC, Peter B. MacDonald MD, FRCSC, Stefan John Tolan MD

A state of the art discussion on decision-making, technical challenges and solutions in getting the separated shoulder "right". Discussion will focus on who and when to operate on, and how to get this "operation waiting to fail" to be a reproducible success.  
Objectives:  
• Identify the technical challenges and best solutions in patients with separated shoulders  
• Identify the type and timing of surgical intervention

IC304  
Surgical Considerations in Revision ACL Reconstruction  
Michael J. Alaia MD, Freddie H. Fu MD, Robert A. Arciero MD, Laith M. Jazrawi MD

This course reviews practical information and technical tips for surgeons who perform revision anterior cruciate ligament (ACL) reconstruction. Case presentations highlight decision-making skills and solutions to common, challenging problems.  
Objectives:  
• Discuss preparation and indications for a revision ACL reconstruction as well as trying to determine cause of failure of initial ACL reconstruction  
• Understanding and addressing concomitant pathology to reduce failure rate (i.e. multiligamentous instability, malalignment and meniscal insufficiency)  
• Reviewing technical tips for surgeons "How to approach the revision ACL on the day of surgery"

IC305  
From Cradle to Grave: How to Deal with a Symptomatic PF Joint  
Christian Lattermann MD, David DeJour MD, Daniel W. Green MD

This course will address the preeminent questions about operative and non-operative treatment of patellofemoral instability and pain. Specifically, proximal alignment procedures have become extraordinarily popular and can yield excellent outcomes, however, more in depth concepts have to be understood by the surgeon to assure best results. The goal of this course is to introduce these additional concepts in an understandable manner, using a case-based approach. Current treatment concepts for acute and chronic patella dislocations, instability and early to late OA in children and adults will be covered. Careful evaluation of the current evidence base will guide the discussion and presentation of techniques and concepts presented. Attendees will leave with a comprehensive toolbox of safe and evidence based concepts to treat difficult patellofemoral problem in children and adults.  
Objectives:  
• Introduce the participant to non-operative evaluation and treatment concepts and show the value and limits of non-operative treatment options  
• Discuss clinical findings and imaging to correctly evaluate and diagnose patellofemoral instabilities after acute and chronic patella dislocations and their treatment options. This will provide the participant with a firm basis to understand and treat these difficult patient populations  
• Discuss patella instability in the young and very young. Syndromic and congenital patella alta, acute and chronic dislocations and their available treatment options as well as principals of guided growth for genu valgum associated with patellofemoral instability will be discussed  
• Discuss treatment options for early and advanced isolated patellofemoral arthritis. Concepts of biological as well as non-biological treatment of PFOA will be discussed from minimally invasive options such as debridement or facetectomy to more invasive options such as cell based and allograft treatment and PF arthroplasty. This case based segment will be focused on principles rather than specific technical aspects of individual procedures
IC306
Shoulder Arthritis in the Aging Athlete: Management Strategies for 2016
Lawrence V. Gulotta MD, Frank A. Petrigliano MD, Seth C. Gamradt MD, Stephen F. Brockmeier MD

As the population ages, and continues to be active, degenerative conditions such as shoulder arthritis will continue
to rise. A significant portion of these patients will be treated by sports medicine specialists. The purpose of this ICL
is to outline the management options for the aging athlete with shoulder arthritis. The talks in this ICL will be case
based when applicable and will address the work-up, techniques, rehabilitation, and expectations on return to
sports. The specific areas to be addressed include: 1. Non-arthroplasty options of the athlete with shoulder
osteoarthritis (Frank Petrigliano, UCLA): This will include options ranging from rehab, injections, and arthroscopy.
2. Partial shoulder replacement (Seth Gamradt, USC): This will include a discussion on hemiarthroplasty with and
without biologic glenoid resurfacing, and shoulder resurfacing. 3. Total shoulder arthroplasty (Stephen Brockmeier,
UVA): This will include technique considerations in athletes and expectation on return to sports.4. Reverse
shoulder arthroplasty (Lawrence Gulotta, HSS): This will include

Objectives:
- Discuss viable non-arthroplasty options for the management of shoulder arthritis
- Discuss the indications and expected results for partial resurfacing of the shoulder
- Discuss the indications for total shoulder replacement, technical considerations when performed on
athletes, and their expected return to sports following the procedure
- Discuss the role for reverse shoulder arthroplasty, techniques that may improve functional outcomes, and
expectations on return to sports

IC307
Treatment of Biceps Pathology: From Shoulder to Elbow
E. Lyle Cain MD, Stephen S. Burkhart MD, Michael D. Maloney MD, Lee D. Kaplan MD

This ICL will present current understanding of the Biceps Complex, including anatomy, biomechanical function, and
treatment. Lectures will include evaluation and treatment of the entire structure from the proximal attachment in
the shoulder (Labral origin - SLAP), through proximal tendon pathology and ending with treatment of distal biceps
tendon tears. The last part of the course will include case presentations with audience participation and faculty
discussion.

Objectives:
- Understand the anatomy, biomechanics, and function of the Biceps Muscle-Tendon Complex
- Evaluate and treat injuries of the proximal biceps/ Labral complex
- Evaluate and treat injuries of the proximal biceps tendon, including biceps tendinitis and instability
- Evaluate and treat injuries of the distal biceps tendon at the elbow

IC308
Osteochondritis Dissecans and Chondral Injuries of the Knee, Elbow and Ankle: Treatment in
Adolescent Athletes
Matthew D. Milewski MD, Kevin G. Shea MD, John Polousky MD, Carl W. Nissen MD

Articular cartilage injuries in pediatric and adolescent athletes provide challenges to the sports medicine provider
in both the acute setting and due to their potential long-term consequences. This ICL is
designed to use evidence-based medicine in a case-based review to examine diagnostic and treatment strategies
for articular cartilage injuries in young athletes. Knee, elbow and ankle pathology will be discussed. This course and
its facility will be focused on discussing the treatment of these injuries specifically in adolescent and skeletally
immature athletes.

Continued...
A focus will include but not be limited to a discussion of the treatment of osteochondritis dissecans (OCD) in each of these anatomic areas with the experience and research from the Research on Osteochondritis Dissecans of the Knee (ROCK) group highlighted. The course will also discuss articular cartilage injuries in the setting of patellar instability and strategies for treatment of concomitant cartilage and instability. Capitellar osteochondral lesions and OCD in young athletes particularly in overhead throwing athletes and gymnasts will be discussed. Finally, talar osteochondral lesions and OCD lesions will be discussed in young athletes along with the implications of potential concomitant instability and associated pathology. This course is designed to give all sports medicine providers evidence based treatment strategies for articular cartilage injuries in the young athlete to get these athletes back to their activities and to minimize future degenerative issues.

Objectives:

- Understand the potential etiologies, pathoanatomy and diagnostic criteria of articular cartilage injuries, particularly osteochondritis dissecans, in the knee
- Understand the implications and different treatment options for patellar instability in the setting of articular cartilage injuries about the knee
- Understand the potential etiologies and natural history of capitellar osteochondral injuries along with treatment options particularly in the setting of young overhead athletes
- Understand the potential etiologies and treatment options for talar osteochondral and OCD lesions and the implications of ankle instability in the setting of young athletes

**Sunday, July 10, 2016**

**IC401**

*Improved Patient Care through Lawsuit Protection and Prevention*

Larry Oxenham, Michael J. Rogal MD, JD, FACS

This course teaches proven and effective strategies to prevent and protect against lawsuits, allowing physicians the peace of mind necessary to focus on improved patient care. You will learn lawsuit protection strategies most advisors are unaware of. Sources of lawsuits physicians are exposed to and how to protect against them: failure/delay to diagnose, failure/delay to refer, negligence by staff/employees, premise liability, etc. How physicians can protect 100% of their professional and personal assets from lawsuits. How physicians should structure their practice. How physician can protect their practice, property, and personal assets in the event of a judgment in excess of liability insurance or an exclusion in a policy. How to avoid the most common asset protection mistakes made by physicians and their advisors, such as putting assets into a spouse’s name. How physicians can avoid the serious problems that can result from operating as a sole proprietor. How physicians can minimize vicarious liability for the acts of other professionals and staff.

Objectives:

- Maintaining focus on improved patient care rather than lawsuit defense
- Structuring practice for lawsuit protection and prevention
- Reducing liability insurance costs

**IC402**

*The Baseball Thrower: What Can Non-Surgeons Teach Us?*

Michael T. Freehill MD, Thomas F. Walter, Jeff Strahm, ATC, Matt Hobbs, Kevin E. Wilk PT, DPT, Christopher S. Ahmad MD

This IC will be a unique experience diving deeper into the baseball thrower, and a unique opportunity for the orthopaedist to learn non-surgeons’ perspective of the throwing athlete. Two of the most common thrower pathologies will be reviewed (elbow and shoulder). Treatment, timing issues, and road blocks for orthopaedists from all communities and all levels will benefit.

Continued ...
Discussions will cover throwing protocols and critical knowledge one should have available for our patients, as well as the shortcomings of what we actually have proven scientifically. Expert physical therapy discussion for these common diagnoses - both in the non-operative and operative setting, and what to expect with realistic timetable expectations. Common questions from a Division 1A head coach - what they want to know, what you can give them, how we all stay on same page.

Objectives:
- Gaining an understanding what coaches are using for pitchers arm strengthening and maintenance
- Gaining an understanding of the implications of throwing arm pathology and timing of surgery as it pertains to a college scholarship
- Gaining an understanding of personalization of rehabilitation for a thrower as it pertains to specific throwing arm injury and degree of treatment
- Gaining an understanding of pitching mechanics and the aid of coaches, ATCs, and coaches with prescribing a focused treatment plan.

IC403
Management of Concussion and Spine Injury in Athletes: A Multi-Disciplinary Approach
Darren Campbell MD, Dain Allred MD, Laura Baugh MD, Brian T. Ragel MD, FAANS

This ICL will focus on concussion and spine injury in the athlete. The teaching and discussion will be case-based; representative cases will come from the US Air Force Academy concussion clinic. Each case illustrates a unique, challenging dynamic in concussion and spine injury diagnosis and management. Emphasis will be placed on differentiating patterns of clinical presentation of concussion such as primary visual or vestibular dysfunction. Principles for developing an active, patient-specific treatment plan will be discussed. Cases allow for teaching points covering return-to-play and return-to-learn guidelines and protocols. The faculty will also include neurology, neurosurgery, and primary care sports medicine.

Objectives:
- Understand the definition of concussion in athletes; they will understand the diagnostic criteria for concussion as well as the use of vestibulo-ocular testing and advanced neurocognitive examination
- Understand how to differentiate patterns of clinical presentation in concussion such as primary vestibular or visual dysfunction. They will understand the roles and importance of a multi-disciplinary team in the effective management of concussion
- Understand the effects of prior concussion, history of migraine, gender, and other factors when managing concussion in athletes. They will understand the use of the primary medications used in the treatment of concussion
- Understand the use of a multi-disciplinary team approach to an active, patient-specific treatment plan. This includes separate return-to-learn and return-to-play guidelines and protocols
- Understand the guidelines for the management of spinal injury in athletes. Criteria outlining no contraindication, relative contraindication, and absolute contraindication will be discussed as it relates to return to play