American Orthopaedic Society for Sports Medicine
Specialty Day

General Information

Description
This live activity is designed to identify areas of recent research in the field of orthopaedic sports medicine and arthroscopy relevant to practicing physicians, surgeons, and allied health professionals. This information will be transmitted through scientific research, question and answer sessions, spotlights on surgical techniques, symposia, current concepts, clinical insights and/or debates.

Statement of Need
A need for this live activity has been determined based on identifying professional practice gaps, previous course evaluations, the AOSSM Self Assessment, and the AOSSM Educational curriculum. The content of this course was based on current issues and topics provided by the American Orthopaedic Society for Sports Medicine (AOSSM) membership and leadership.

Target Audience
This program should prove valuable to any orthopaedic surgeon, physician, or allied health professional in the field of sports medicine or related fields of practice.

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

Course Objectives
Upon completion of this live activity, learners should be able to:
- Identify and evaluate recent research in the field of orthopaedic sports medicine
- Identify and evaluate orthopaedic sports medicine diagnostic, surgical, non-operative, and other therapeutic measures and techniques
- Identify specific topical problems endemic to the orthopaedic sports medicine practitioner
- Describe recent developments in the rapidly changing field of orthopaedic sports medicine
- Identify and apply strategies to improve patient outcomes

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

AMA/PRA Credits
The American Orthopaedic Society for Sports Medicine (AOSSM) designates this live activity for a maximum of 5.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

BOC/CEUs
This program has been approved for a maximum of 5.75 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

Disclosure Statement
In accordance with the standards of the Accreditation Council for Continuing Medical Education (ACCME), it is the policy of AOSSM that faculty and planners disclose to the learners all financial relationships during the past twelve months with any commercial interest (any proprietary entity producing health care goods or services consumed by, or used on, patients.) All disclosures are provided in the Final Program which is distributed at the meeting to program registrants. In accordance with AOSSM policy, faculty participation in this live activity is predicated upon timely submission and review of disclosures. Non-compliance will result in a faculty member being stricken from the program.

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Questions
American Orthopaedic Society for Sports Medicine
6300 N. River Rd., Suite 500
Rosemont, IL 60018
Phone: 847/292-4900 or (toll free) 877/321-3500
Fax: 847/292-4905
Email: aossm@aossm.org
Saturday, March 23, 2013
McCormick Place
Room 354B
Lakeside Building
7:30 am – 5:10 pm

7:30 am – 7:40 am
Welcome
Christopher D. Harner MD,
AOSSM President (Pittsburgh, PA)
Mark D. Miller MD,
AOSSM 2013 Program Chair
(Charlottesville, VA)

7:41 am – 8:14 am
Scientific Session 1: Knee ACL

Moderator: Charles A. Bush-Joseph MD
(Chicago, IL)

Objectives: Upon completion of this scientific session, learners should be able to:
• Evaluate the advantages and disadvantages of single- and double-bundle ACL reconstruction
• Explain the advantages of anatomic ACL reconstruction
• Compare trans-tibial and independent femoral tunnel drilling in ACL reconstruction

Paper 1
A Prospective Randomized Study Comparing Double and Single-Bundle Techniques for ACL Reconstruction
Mattias Ahldén MD, Sahlgrenska University Hospital/ Malmö (Gothenburg, Sweden); Ninni Sernert RPT, PhD, NAL-Hospital (Trollhättan, Sweden); Jon Karlsson MD, PhD, Sahlgrenska University Hospital Malmö (Malmö, Sweden); Juri T. Kartus MD, PhD, NAL hospital/ Trollhättan (Trollhättan, Sweden)

Paper 2
Anatomic ACL Reconstruction More Closely Matched Endpoint Characteristics of the Contralateral Uninjured Knee
Howard I. Freedberg MD, Suburban Orthopaedics, (Bartlett, IL); Thomas P. Branch MD, University Orthopaedic Clinic (Decatur, GA); Jon E. Browne MD, Orthopaedic & SM of Kansas City PA (Leawood, KS); John D. Campbell MD, Bridger Orthopedic & Sports Medicine (Bozeman, MT); Cale A. Jacobs PhD, Lexington Clinic (Lexington, KY)

7:53 am – 8:06 am
Point/Counterpoint: ACL Femoral Tunnel Placement

7:53 am – 7:59 am
I Can Still Get There Trans-Tibial!
Daniel E. Cooper MD (Dallas, TX)

8:00 am – 8:06 am
No, You Can’t!
Brett D. Owens MD (West Point, NY)

8:07 am – 8:14 am
Question & Answer Session

8:15 am – 8:54 am
Scientific Session 2: Knee Other

Moderator: Eric C. McCarty MD
(Boulder, CO)

Objectives: Upon completion of this scientific session, learners should be able to:
• Predict the long-term outcomes of isolated PCL injuries treated non-operatively
• Explain the outcomes for knee osteochondral allograft transplantation
• Summarize the indications and outcomes for knee upper tibial osteotomies

Paper 3
Minimum 10-Year Follow-Up of Patients After Acute, Isolated Posterior Cruciate Ligament Injury Treated Nonoperatively
K. Donald Shelbourne MD, Shelbourne Knee Center (Indianapolis, IN); Melanie Clark BS, Shelbourne Knee Center (Indianapolis, IN); Tinker Gray MA, Shelbourne Knee Center (Indianapolis, IN)

Paper 4
Return to an Athletic Lifestyle Following Osteochondral Allograft Transplantation of the Knee
James S. Shaha MD, Tripler Army Medical Center, TAMC (HI United States); Jay B Cook MD, Tripler Army Medical Center (TAMC, HI); Craig R. Bottone MD, Tripler Army Medical Center (Honolulu, HI); Douglas J. Rowles MD, Orthopedic Surgeons Services, Tripler Amc, (HI); Steven H. Shaha PhD, DBA, University of Utah (Salt Lake City, UT); John M. Tokish MD, Tripler Army Medical CenterTripler Army Medical Center (Hickam Afb, HI)

Paper 5
Prospective 10 Year Outcome of High Tibial Osteotomy for Medial Compartment Osteoarthritis of the Knee
John A. Scanelli MD, North Sydney Orthopaedic and Sports Medicine Centre (Sydney, Australia); Lucy J. Salmon PhD, North Sydney Orthopaedic & Sports Medicine Centre (Sydney, Australia); Alison Waller B AppSciPh, North Sydney Orthopaedic and Sports Medicine Centre (Sydney, Australia); Leo A. Pinczewski MBBS, FRAC, North Sydney Orthopaedic and Sports Medicine Centre (Sydney, Australia)
8:33 am – 8:45 am  Update: Role of Osteotomy in Knee Ligament Instability  
*Annunziato Amendola MD  
(Iowa City, IA)*  

8:46 am – 8:54 am  Question & Answer Session  

8:55 am – 9:35 am  Scientific Session 3: Hip and Pelvis  
**Moderator:** Marc R. Safran MD  
(Palo Alto, CA)  

**Objectives:** Upon completion of this scientific session, learners should be able to:  
• Identify complications associated with hip arthroscopy  
• Summarize techniques and results for acetabular labral reconstruction  
• Analyze the implications of elevated biomarkers in femoracetabular impingement  
• Identify extra-articular hip pathology that can be addressed arthroscopically  

Paper 6  
8:55 am – 9:00 am  Complications after Hip Arthroscopy: A Prospective, Multicenter, Study Using a Validated Grading Classification  
*Christopher M. Larson MD, Minnesota Orthopedic Sports Medicine Institute (Edina, MN); John C. Clohisy MD, Washington University School of Medicine (St Louis, MO); Paul Beaule MD, University of Ottawa (Ottawa, ON); M. Russell Giveans PhD, Minnesota Orthopedic Sports Medicine Institute (Edina, MN); Rebecca M Stone MS, ATC, University of Michigan (Ann Arbor, MI); Karen K. Briggs MPH, MBA, Steadman Philippon Research Institute (Vail, CO)*  

9:07 am – 9:12 am  Paper 8  

9:13 am – 9:25 am  Paper 9  

9:26 am – 9:35 am  Question & Answer Session  

9:36 am – 10:01 am  Kennedy Lectureship  
*Bruce Reider MD (Chicago, IL)*  

10:02 am – 10:17 am  Break  

10:18 am – 11:00 am  Scientific Session 4: Elbow  
**Moderator:** Michael G. Ciccotti MD  
(Philadelphia, PA)  

**Objectives:** Upon completion of this scientific session, learners should be able to:  
• Analyze long-term outcomes of elbow UCL reconstruction  
• Compare outcomes for primary and revision elbow UCL reconstruction  
• Identify recommended treatment options for various UCL injuries  

Paper 9  
10:18 am – 10:23 am  Elevate Biomarkers of Cartilage Catabolism and Inflammation in Athletes with Femoracetabular Impingement  
*Asheesh Bedi MD, University of Michigan (Ann Arbor, MI); Evan B. Lynch BS, University of Michigan (Ann Arbor, MI); Elizabeth R. Sibilsy Enselman MD, University of Michigan (Ann Arbor, MI); Max E. Davis BA, University of Michigan (Ann Arbor, MI); Tarek A. Makki BS, University of Michigan (Ann Arbor, MI); Paul D. DeWolf BS, University of Michigan (Ann Arbor, MI); Bryan T. Kelly MD, Hospital for Special Surgery (New York, NY); Phillip Troy Henning DO, University of Michigan (Ann Arbor, MI)*  

10:26 am – 10:35 am  Question & Answer Session  

10:36 am – 11:01 am  Break  

Paper 10  
11:02 am – 11:30 am  Kennedy Lectureship  
*Bruce Reider MD (Chicago, IL)*  

11:31 am – 12:00 pm  Question & Answer Session  

Presenters are identified in **bold**
<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
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</table>
| 10:24 am – 10:29 am | **Functional Outcomes Following Revision Elbow UCL Reconstruction in Major League Baseball Pitchers**
  *Kristofer J. Jones MD, Hospital for Special Surgery (New York, NY United States); Stan Conte PT, Los Angeles Dodgers Baseball Club (Los Angeles, CA); Nancy Patterson AT, Los Angeles Dodgers (Los Angeles, CA); Neal S. ElAttrache MD, Kerlan Jobe Orthopaedic Clinic (Los Angeles, CA); Joshua S. Dines MD, Hospital for Special Surgery (Great Neck, NY)* |

| 10:30 am – 10:50 am | **Clinical Vignettes: Elbow UCL Injuries in Athletes**
  *Moderator: Felix H. Savoie III MD (New Orleans, LA)*
  *Panel:*
  - Christopher S. Ahmad MD (New York, NY)
  - David W. Altchek MD (New York, NY)
  - George A. Paletta Jr. MD (St. Louis, MO)* |

| 10:51 am – 11:00 am | **Question & Answer Session** |

| 11:01 am – 11:51 am | **Scientific Session 5: Shoulder Instability**
  *Moderator: Peter J. Millett MD (Vail, CO)*
  **Objectives:** Upon completion of this scientific session, learners should be able to:
  - Describe complications associated with clavicular tunnel malposition in CC ligament reconstruction
  - Compare suture anchor options in the treatment of shoulder instability
  - Analyze advantages and disadvantages of different techniques to address bony glenoid deficiency in shoulder instability |

| 11:01 am – 11:06 am | **Clavicular Bone Tunnel Malposition Leads to Early Failures in CC Ligament Reconstructions**
  *Jay B. Cook MD, Tripler Army Medical Center, TAMC (HI); James S. Shaha MD, Tripler Army Medical Center, TAMC (HI); Douglas J. Roules MD, Tripler Army Medical Center, TAMC (HI); Craig R. Bottoni MD, Tripler Army Medical Center, TAMC (HI); Steven H. Shaha PhD, DBA, University of Utah (Salt Lake City, UT); John M. Tokish MD, Tripler Army Medical Center, TAMC (HI)* |

| 11:07 am – 11:12 am | **Permanent Outperforms Biodegradable Anchors for Arthroscopic Shoulder Stabilization**
  *Karin Peters MD, Kliniek Klein Rosendaal (Rozendaal, Netherlands); Kajan Pirapakaran Student, Orthopaedic Research Institute, University of NSW (Sydney, Australia); Adrian Pearce MBBS, Orthopaedic Research Institute, University of NSW (Sydney, Australia); George Murrell PhD, Orthopaedic Research Institute, University of NSW (Sydney, Australia)* |

| 11:13 am – 11:18 am | **Inferior Suture Anchor Placement During Arthroscopic Bankart Repair: Influence of Portal Placement and Curved Drill Guide**
  *Deepti Gupta BS, Rush University Medical Center (Chicago, IL); Nathan A. Mall MD, Rush University Medical Center (Chicago, IL); Andrew Lee BS, Rush University Medical Center (Chicago, IL); Rachel M Frank MD, Rush University Medical Center (Chicago, IL); Elizabeth Shewman MS, Rush University Medical Center (Chicago, IL); Vincent Wang PhD, Rush University Medical Center (Chicago, IL); Anthony A. Romeo MD, Rush University Medical Center (Chicago, IL); Brian J. Cole MD, MBA, Rush University Medical Center (Chicago, IL); Nikhil N. Verma MD, Rush University Medical Center (Chicago, IL)* |

| 11:19 am – 11:24 am | **Clinical Outcomes After Coracoid Transfer Surgery for Anterior Shoulder Instability: Modified Bristow vs. Latarjet**
  *Michael B. Banffy MD, Kerlan-Jobe Orthopaedic Clinic Program (Los Angeles, CA); Stephen Gardner MD, Brigham and Women’s Hospital (Boston, MA); Diego Villacis MD, Department of Orthopaedic Surgery, University of Southern California (Los Angeles, CA); Laurence D. Higgins MD, Brigham and Women's Hospital-Ortho (Boston, MA); George F. Hatch III MD, Department of Orthopaedic Surgery USC Keck School of Medicine (Los Angeles, CA); Neal S. ElAttrache MD, Kerlan Jobe Orthopaedic Clinic (Los Angeles, CA)* |

| 11:25 am – 11:40 am | **Point/Counterpoint: Glenoid Deficiency – Coracoid Transfer vs Allograft**
  *Coracoid Transfer*
  *Laurence D. Higgins MD (Boston, MA)*
  *Allograft*
  *Matthew Provencher MD (San Diego, CA)* |

| 11:41 am – 11:51 am | **Question & Answer Session**
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenters</th>
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<tbody>
<tr>
<td>11:52 am – 12:52 pm</td>
<td>Lunch</td>
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<tr>
<td>12:53 pm – 1:49 pm</td>
<td>Scientific Session 6: Shoulder Cuff and Biceps</td>
<td><strong>Moderator:</strong> Claude T. Moorman III MD (Durham, NC)</td>
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<td><strong>Objectives:</strong> Upon completion of this scientific session, learners should be able to:</td>
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<td></td>
<td>• Compare different immobilization options following arthroscopic rotator cuff repair</td>
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<td>• Describe risk factors for rotator cuff re-tears</td>
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<td>• Identify indications and techniques for rotator cuff reinforcement</td>
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<td>• Evaluate advantages and disadvantages of different techniques for biceps tenodesis</td>
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<td>Paper 15</td>
<td>The Effect of Postoperative Shoulder Immobilization on Range of Motion and Cuff Integrity Following Arthroscopic Rotator Cuff Repair: A Prospective, Randomized Study of Ultrasling vs. Abduction Pillow Allen Deutsch MD, Baylor College of Medicine (Bellaire, TX); Noah Jaffee MD, Diagnostic Imaging (Houston, TX)</td>
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<td>Paper 16</td>
<td>Factors Predicting Rotator Cuff Re-tear: An Analysis of 1000 Consecutive Rotator Cuff Repairs Brian T.N. Le MS, St. George Hospital (Sydney, Australia); Xiao L. Wu BSc MBBS, St. George Hospital (Sydney, Australia); Patrick H. Lam MS, St. George Hospital (Sydney, Australia); George A.C. Murrell MD, PhD, St. George Hospital (Sydney, Australia)</td>
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<td>1:05 pm – 1:17 pm</td>
<td>Update: Cuff Reinforcement</td>
<td><strong>Stephen S. Burkhart MD</strong> (San Antonio, TX)</td>
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<td>1:18 pm – 1:23 pm</td>
<td>Biceps Tenodesis is an Effective Procedure for Revision SLAP II Tears: A Prospective Outcome Analysis at Minimum Two-Year Follow-Up Frank McCormick MD, Rush University, Department of Sports Medicine (Chicago, IL); Christopher B. Dewing MD, Naval Medical Center San Diego, Dept of Ortho Surgery (San Diego, CA); Benedic U. Nwachukwu BA, Harvard Medical School (Cambridge, MA); Daniel J. Solomon MD, Marin Orthopedics and Sports Medicine (Novato, CA); Matthew Provencher MD, Naval Medical Center San Diego (San Diego, CA)</td>
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<td>1:24 pm – 1:39 pm</td>
<td>Point/Counterpoint: Subpec vs Suprapec</td>
<td><strong>Anthony A. Romeo MD</strong> (Chicago, IL)</td>
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<td>1:40 pm – 1:49 pm</td>
<td>Question &amp; Answer Session</td>
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<td>1:50 pm – 2:20 pm</td>
<td>Scientific Session 7: Team Physician</td>
<td><strong>Moderator:</strong> John A. Bergfeld MD (Cleveland, OH)</td>
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<td><strong>Objectives:</strong> Upon completion of this scientific session, learners should be able to:</td>
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<td>• Describe the value of exercise in reducing fracture risk</td>
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<td>• Analyze how single-leg balance impairments are related to low back pain and return to normal function</td>
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<td>• Describe the advantages of Vitamin D</td>
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<td>Paper 18</td>
<td>Physical Activity During Growth Induces Skeletal Benefits and May Reduce Fracture Risk in Adulthood Björn E. Rosegren MD, PhD, Inst of Clinical Sciences (Malmö, Sweden); Fredrik Detter MD, Inst of Clinical Sciences (Malmö, Sweden); Magnus Tveit MD, Inst of Clinical Sciences (Malmö, Sweden); Henrik Ahlborg MD, PhD, Inst of Clinical Sciences (Malmö, Sweden); Jan-Åke Nilsson BSc, Inst of Clinical Sciences (Malmö, Sweden)</td>
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<td>2:02 pm – 2:12 pm</td>
<td>Update: Vitamin D – The Enhancer</td>
<td><strong>Scott A. Rodeo MD</strong> (New York, NY)</td>
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<td>2:13 pm – 2:20 pm</td>
<td>Question &amp; Answer Session</td>
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<td>2:21 pm – 2:45 pm</td>
<td>Scientific Session 8: Ankle</td>
<td><strong>Moderator:</strong> Kenneth Hunt MD (Palo Alto, CA)</td>
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<td><strong>Objectives:</strong> Upon completion of this scientific session, learners should be able to:</td>
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<td>• Identify relevant anatomy in hindfoot arthroscopy</td>
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<td>• Describe portal placement and risks in ankle arthroscopy</td>
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### General Information

**Description**
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**Statement of Need**
A need for this live activity has been determined based on identifying professional practice gaps, previous course evaluations, the AOSSM Self Assessment, and the AOSSM Educational curriculum.

**Target Audience**
This program should prove valuable to any arthroscopist, orthopaedic surgeon, physician, or allied health professional in the field of orthopaedic sports medicine.

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

**Course Objectives**
Upon completion of this live activity, learners should be able to:
- Explain key anatomic structures seen in ankle arthroscopy
- Identify and evaluate recent research in the field of arthroscopy and orthopaedic sports medicine
- Identify and evaluate arthroscopic and orthopaedic sports medicine diagnostic, surgical, non-operative, and other therapeutic measures and techniques
- Identify specific topical problems endemic to the orthopaedic sports medicine practitioner and arthroscopist
- Describe recent developments in the rapidly changing field of arthroscopy and orthopaedic sports medicine
- Identify and apply strategies to improve patient outcomes

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

The American Orthopaedic Society for Sports Medicine (AOSSM) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

### AMA/PRA Credits
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### BOC/CEUs
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**BOC Approved Provider Number:** P460

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### Questions
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Rosemont, IL 60018
Phone: 847/292-4900 or (toll free) 877/321-3500
Fax: 847/292-4905
Email: aossm@aossm.org

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**Presenters are identified in bold**
Combined AOSSM – AANA Session

3:00 pm – 3:04 pm  Welcome and Introduction
                Pre-Game Conference
Nicholas A. Sgaglione MD, AANA President (Great Neck, NY)
Benjamin S. Shaffer MD, AANA 2013 Specialty Day Program Chair, AANA
2013 Education Chair (Washington, DC)
Christopher D. Harner MD, AOSSM President (Pittsburgh, PA)
Mark D. Miller MD, AOSSM 2013 Program Chair (Charlottesville, VA)

3:05 pm – 3:35 pm  Case 1: Shoulder Rotator Cuff
                46 Year Old Tennis Player with Persistant Shoulder Pain

Moderator: Jeffrey S. Abrams MD (Princeton, NJ)

Objectives: Upon completion of this case, learners should be able to:
• Evaluate treatment options for partial (>50%) thickness rotator cuff tears
• Discuss treatment options for recurrent rotator cuff tears
• Compare treatment options for proximal bicep tendon injuries

Panel:
John E. Conway MD (Fort Worth, TX)
William N. Levine MD (New York, NY)
John M. Tokish MD (Honolulu, HI)

Question & Answer Session

3:36 pm – 4:06 pm  Case 2: Knee Articular Cartilage
                35 Year Old with Recurrent Mechanical Symptoms and Swelling

Moderator: Jack M. Bert MD (Saint Paul, MN)

Objectives: Upon completion of this case, learners should be able to:
• Compare different treatment options for a 1 cm² full thickness chondral injury in the weight-bearing surface of the medial femoral condyle
• Evaluate treatment options for a 2.5 cm² lesion in the same area as above
• Evaluate treatment options for a >5 cm² lesion in the same area as above

Panel:
John E. Conway MD (Fort Worth, TX)
William N. Levine MD (New York, NY)
John M. Tokish MD (Honolulu, HI)

Question & Answer Session

4:07 pm – 4:37 pm  Case 3: Shoulder Instability
                19 Year Old Football Player with First-Time Anterior Dislocation

Moderator: Robert A. Arciero MD (Farmington, CT)

Objectives: Upon completion of this case, learners should be able to:
• Evaluate treatment options for a first-time shoulder dislocation
• Compare arthroscopic and open procedures for the treatment of chronic shoulder instability
• Explain the advantages and disadvantages of different treatment options for the management of bony defects associated with chronic shoulder instability

Panel:
Richard K.N. Ryu MD (Santa Barbara, CA)
Felix H. Savoie III MD (New Orleans, LA)
James E. Tibone MD (Los Angeles, CA)

Question & Answer Session

4:38 pm – 5:08 pm  Case 4: Knee ACL
                21 Year Old College Lacrosse Player with Acute ACL Injury and No Meniscal or Chondral Injury

Moderator: Darren L. Johnson MD (Lexington, KY)

Objectives: Upon completion of this case, learners should be able to:
• Compare different graft and surgical technique options for ACL reconstruction
• Evaluate treatment options for ACL reconstruction with open physes
• Discuss treatment options for revision ACL reconstruction

Panel:
Robert T. Burks MD (Salt Lake City, UT)
Christopher D. Harner MD (Pittsburgh, PA)
Robert E. Hunter MD (Salida, CO)

Question & Answer Session

5:10 pm  Conference Adjourns