

COS Scientific Program
September 13-16, 2017
Victoria Station
Crowne Plaza Union Station, Indianapolis, IN
(Presenters and times are subject to change.)

Thursday, September 14

6:30 am – 7:30 am **Multimedia Education Session** (*Executive Boardroom*)

7:30 am – 7:40 am **Welcome and Opening Remarks**
John E. Garber, MD, President

Symposium 1

Moderator: John E. Garber, MD, *Witham Orthopedics Associates*

7:40 am – 8:10 am Indianapolis 500 and Evolution of Driver Safety
J. Douglas Boles, President, Indianapolis Motor Speedway

8:10 am – 8:40 am Cervical Myelopathy
Richard C. Sasso, MD, Indiana Spine Group

8:40 am – 9:10 am Stretching with a Purpose
David H. Craig, LAT, ATC, Former Indiana Pacers Trainer

9:10 am – 9:20 am Discussion

9:20 am – 9:40 am ***BREAK—Please visit Exhibits (Grand Central Station)***

Symposium 2A

Moderator: James A. Slough, MD, *Excelsior Orthopaedics*

9:40 am – 10:10 am Trauma
Renn J. Crichlow, MD, OrthoIndy Trauma

10:10 am – 10:40 am Throwing Injuries
Arthur C. Rettig, MD, Indianapolis Colts Orthopaedist/ Methodist Sports Medicine

10:40 am – 10:45 am Discussion

Rapid Fire Session 1A –Hip Arthroplasty (Penn Station A)

Moderators: Frederick C. Flandry, MD, FACS, *The Hughston Clinic*
Ricardo J. Rodriguez, MD, *Baton Rouge Orthopaedic Clinic, LLC*

- 10:50 am – 10:54 am Hip Arthroscopy in Patient’s with Childhood Hip Conditions: Is There a Functional Difference in Outcomes?
Brian M. Godshaw, MD, Ochsner Medical Center
- 10:54 am – 10:58 am Hip Arthroscopy in Patients with a History of Cigarette Use: Is There a Difference Functional in Outcomes?
Brian M. Godshaw, MD, Ochsner Medical Center
- 10:58 am – 11:02 am Outcomes of Direct Anterior Total Hip Arthroplasty (DA-THA) in the Elderly Population
Neel Gupta, MD, Hahnemann University Hospital/Drexel University College of Medicine
- 11:02 am – 11:05 am Discussion
- 11:05 am – 11:09 am Same Day Discharge Total Hip Arthroplasty: Who Failed the Program and Why?
Joseph I. Levieddin, New York University Medical Center
**Presented by Zlatan Cizmic, MD*
- 11:09 am – 11:13 am Total Hip Arthroplasty in Human Immunodeficiency Virus-Positive Patients—Up to 14 Year Follow-Up
David Novikov, BS, New York University Medical Center
- 11:13 am – 11:17 am Risk Factors Associated with Persistent Chronic Opioid Use Following Total Hip Arthroplasty
Mackenzie A. Roof, BS, New York University Hospital of Joint Diseases
**Presented by James Feng, MD*
- 11:17 am – 11:20 am Discussion

Rapid Fire Session 1B – Misc. (Penn Station B)

Moderators: Ramon F. Rodriguez, MD, *Tulane University*
John Dorris III, MD, *Athens Bone & Joint Orthopedic Clinic*

- 10:50 am – 10:54 am Glenoid Neck Hounsfield Units on Computed Tomography Can Risk Stratify Patients with Bone Mineral Density Disease
LT Kyle E. Nappo, MD, Walter Reed National Military Medical Center
**Presented by Sameer Saxena, MD*
- 10:54 am – 10:58 am Do Intraoperative Steroids Result in Elevated Postoperative WBC Count in Spine Surgery?
Jack Osborn, Orthopedic Care Center

- 10:58 am – 11:02 am **First Place Resident/Fellow Rapid Fire Award**
Screw in Lisfranc Ligament
Stephen Sierra, BS, University of Texas Medical Branch
- 11:02 am – 11:05 am Discussion
- 11:05 am – 11:09 am Subtalar Arthrodesis through a Posterior Surgical Approach in the
Treatment of Patients with Painful Disabling Subtalar Joint
Arthritis after Calcaneus Fractures
Raoul P. Rodriguez, MD, Tulane University School of Medicine
- 11:09 am – 11:13 am Manipulation Rate after Total Knee Arthroplasty with Patient-
Specific Implants: Is It As Concerning As We Have Previously
Thought?
*LT Kyle E. Nappo, MD, Walter Reed National Military Medical
Center*
**Presented by Sameer Saxena, MD*
- 11:13 am – 11:17 am Stress Riser Formation between Adjacent Cortical Plates: A
Biomechanical Analysis in an Osteoporotic Model
*Thomas Githens, DO, Texas Tech University Health Sciences
Center*
- 11:17 am – 11:20 am Discussion
- 11:20 am – 11:40 am ***BREAK—Please visit Exhibits (Grand Central Station)***

Symposium 2B

Moderator: James A. Slough, MD, *Excelsior Orthopaedics*

- 11:40 am – 12:10 pm Massive Cuff Tear: Alternatives to Reverse Shoulder Arthroplasty
*John D. Kelly IV, MD, Presidential Guest Speaker, University of
Pennsylvania*
- 12:10 pm – 12:40 pm Superior Capsular Reconstruction
Brian L. Badman, MD, American Health Network
- 12:40 pm – 12:45 pm Discussion
- 12:45 pm – 1:45 pm **COS Luncheon with Exhibitors (Grand Central Station)**

Special Presentation

- 1:45 pm – 1:55 pm ABOS Update
David F. Martin, MD, Wake Forest University

Symposium 3

Moderator: Bess E. Brackett, MD, *Sutter Health*

- 1:55 pm – 2:25 pm Astro Orthopaedics
*Melissa A. Kacena, PhD, Presidential Guest Speaker, NASA
Consultant/Indiana University School of Medicine*
- 2:25 pm – 2:55 pm Recent Advances in the Pediatric Hip
Randall T. Loder, MD, Indiana University Health
- 2:55 pm – 3:25 pm Patient Presentation
Randall T. Loder, MD, Indiana University Health
- 3:25 pm – 3:35 pm Discussion
- 3:35 pm – 3:55 pm ***BREAK—Please visit Exhibits (Grand Central Station)***

Symposium 4

Moderator: George W. Brindley, MD, *Texas Tech University Health Sciences Center*

- 3:55 pm – 4:25 pm Physician Personal Finance: Knowledge to Avoid Mistakes
*John T. Wortman, CFP and J.P. Wyand, CFP, Valeo Financial
Advisors*
- 4:25 pm – 4:55 pm History of the Clinical Orthopaedic Society
*Bess E. Brackett, MD, Sutter Health
E. Boone Brackett, MD, iTriage*
- 4:55 pm – 5:25 pm Advocacy in Orthopaedics
*James A. Slough, MD, Excelsior Orthopaedics
Lawrence S. Halperin, MD, Orlando Orthopaedic Center*
- 5:25 pm – 5:35 pm Discussion

Friday, September 15

6:30 am – 7:45 am **Multimedia Education Session** (*Executive Boardroom*)

General Session 1: Resident Papers

Moderator: Ramon F. Rodriguez, MD, *Tulane University*

- 7:45 am – 7:51 am Tourniquetless Surgery Decreases Opioid Consumption in
Contemporary Total Knee Arthroplasty with Modern Perioperative
Protocols
Mark J. Hood Jr., MD, Indiana University

- 7:51 am – 7:57 am Serum D-Dimer: A New Test for Timing of Reimplantation
Alisina Shahi, MD, Rothman Institute at Thomas Jefferson University
- 7:57 am – 8:03 am Home Health Services Are Not Required Following Total Hip Arthroplasty
David Novikov, BS, New York University Medical Center
**Presented by James Feng, MD*
- 8:03 am – 8:09 am The Early Immunologic Response in Multiply Injured Patients with Orthopaedic Injuries Is Associated with Organ Dysfunction
Robert P. Wessel, MD, Indiana University
- 8:09 am – 8:15 am Cyclops lesions after ACL Reconstruction: Bone-Tendon-Bone Autograft Compared to Hamstring Autograft
Zachary K. Pharr, MD, University of Tennessee Campbell Clinic
- 8:15 am – 8:21 am Hip Arthroscopy in Obese Patients: Is There a Functional Difference in Outcomes?
Brian M. Godshaw, MD, Ochsner Medical Center
- 8:21 am – 8:27 am Same Day Discharge for Unicompartamental and Total Knee Arthroplasty: Two-Year Experience in a Large Urban Academic Center
Matthew Siow, BA, New York University Hospital of Joint Diseases
- 8:27 am – 8:33 am **Resident Paper Award**
Anterior Approach for Open Reduction and Internal Fixation of Acute Unstable Slipped Capital Femoral Epiphysis
Margaret A. Baldwin, MD, University of Oklahoma Health Science Center
- 8:33 am – 8:45 am Discussion
- 8:45 am – 9:05 am ***BREAK—Please visit Exhibits (Grand Central Station)***

Symposium 5

Moderator: John Dorris III, MD, *Athens Bone & Joint Orthopedic Clinic*

- 9:05 am – 9:35 am Management of Musculoskeletal Tumors
L. Daniel Wurtz, MD, University Orthopaedics Associates
- 9:35 am – 10:05 am Orthopaedic Injuries and Complications of the Civil War
Fred Schaefer, CSFA-OS, OrthoIndy

10:05 am – 10:35 am Anterior Hip Arthroplasty in Obese Patients
Gregory P. McComis MD, North Point Orthopaedics

10:35 am – 10:45 am Discussion

10:45 am – 11:05 am ***BREAK—Please visit Exhibits (Grand Central Station)***

Rapid Fire Session 2A – Knee (Penn Station A)

Moderators: James A. Slough, MD, *Excelsior Orthopaedics*
Bess E. Brackett, MD, *Sutter Health*

11:05 am – 11:09 am Hyaluronic Acid Injections of the Knee: Predictors of Successful Treatment
Eric N. Bowman, MD, University of Tennessee Campbell Clinic
**Presented by Justin D. Hallock, MD*

11:09 am – 11:13 am Medial Patellofemoral Ligament Complex Reconstruction without Transosseous Patellar Fixation: A Technique Description and Short-Term Outcomes
Eric N. Bowman, MD, University of Tennessee Campbell Clinic
**Presented by Justin D. Hallock, MD*

11:13 am – 11:17 am Trochlear Resection Variation and "Understuffing" with a Contemporary Total Knee Arthroplasty Design
Rodney W. Benner, MD, Shelbourne Knee Center

11:17 am – 11:20 am Discussion

11:20 am – 11:24 am Minimum 20-year Results of Anterior Cruciate Ligament Reconstruction with Patellar Tendon Autograft
K. Donald Shelbourne, MD, Shelbourne Knee Center

11:24 am – 11:28 am Biomechanical Evaluation of Graft Preparation Systems in a Cadaveric Knee Model
Michael Mafilios, BA, Health Economics Associates
**Presented by Meghan Pusquali*

11:28 am – 11:32 am Treatment of Posterior Root Medial Meniscus Tears in Middle-Age Patients
K. Donald Shelbourne, MD, Shelbourne Knee Center

11:32 am – 11:35 am Discussion

Rapid Fire Session 2B – Misc. (Penn Station B)

Moderators: Lawrence S. Halperin, MD, *Orlando Orthopaedic Center*
George W. Brindley, MD, *Texas Tech University Health Sciences Center*

- 11:05 am – 11:09 am Outcomes of Reverse Shoulder Prosthesis without Latissimus Dorsi Transfer for Patients with Combined Loss of Active Elevation and External Rotation (CLEER)
Brandon Horn II, DO, Witham Hospital Lebanon/Anson
- 11:09 am – 11:13 am Eighty-two Cases of Venous Thromboembolism: Analysis of Adherence to Accepted Methods of Prophylaxis
Joseph I. Levieddin, New York University Medical Center
**Presented by James Feng, MD*
- 11:13 am – 11:17 am Maintenance of Board Certification in Orthopaedics
Samrath Bhimani, MD, Ortho Georgia
- 11:17 am – 11:20 am Discussion
- 11:20 am – 11:24 am Factors that Influence Same Day Discharge Failure Rates Following Unicompartmental and Total Knee Arthroplasty
Matthew Siow, BA, New York University Hospital of Joint Diseases
- 11:24 am – 11:28 am Perioperative Orthopaedic Surgical Home (POSH): Optimizing Patient Health and Preventing Readmission in Total Joint Arthroplasty
Kelvin Kim, BA, New York University Medical Center
**Presented by Zlatan Cizmic, MD*
- 11:28 am – 11:32 am Predicting Next-Day Discharge in Total Joint Arthroplasty
Kelvin Kim, BA, New York University Medical Center
**Presented by David Novikov, BS*
- 11:32 am – 11:35 am Discussion

Symposium 6A

Moderator: John E. Garber MD, *Witham Orthopaedic Associates*

- 11:35 am – 12:10 pm Dr. and Mrs. J. Elmer Nix Presentation and Lecture
Operation Walk - Merrill A. Ritter, MD
Wesley G. Lackey, MD, Midwest Center for Joint Replacement

12:10 pm – 1:10 pm **COS Luncheon with Exhibitors** (*Grand Central Station*)

Symposium 6B

Moderator: John E. Garber MD, *Witham Orthopaedic Associates*

- 1:10 pm – 1:40 pm How to Stay Energized for a Career in Orthopaedic Surgery
John D. Kelly IV MD, Presidential Guest Speaker, University of Pennsylvania

1:40 pm – 2:10 pm Non-Operative Treatment of Knee Osteoarthritis and Rehabilitation after Total Knee Surgery
K. Donald Shelbourne, MD, Shelbourne Knee Center

2:10 pm – 2:15 pm Discussion

2:15 pm – 2:35 pm ***BREAK—Please visit Exhibits (Grand Central Station)***

Symposium 7

Moderator: J. Randall Riehl, MD, *Decatur Orthopaedic Clinic*

2:35 pm – 3:05 pm Infection Management in Total Knee Arthroplasty and Total Hip Arthroplasty: A 2017 Update
Lucian C. Warth, MD, Indiana University Health

3:05 pm – 3:35 pm Arthroscopic Abductor Tendon Repair
Ricardo J. Rodriguez, MD, Baton Rouge Orthopaedic Clinic, LLC

3:35 pm – 4:05 pm Successful Implementation of a Reduced Opioid Program for Total Joint Replacement
Stephen F. Mitros, MD, Mitros Orthopaedics

4:05 pm – 4:15 pm Discussion

Rapid Fire Session 3A – Upper Extremity (Penn Station A)

Moderators: J. Randall Riehl, MD, *Decatur Orthopaedic Clinic*
John E. Garber MD, *Witham Orthopaedic Associates*

4:20 pm – 4:24 pm Surgeon Experience, Sagittal Reduction, and Complications of Proximal Humerus Fractures
Tomas Liskutin, MS, Loyola University Chicago Stritch School of Medicine
**Presented by Elizabeth Harkin, MD*

4:24 pm – 4:28 pm Outcomes of Surgical Treatment for High-Energy Open Forearm Fractures
LT Kyle E. Nappo, MD, Walter Reed National Military Medical Center
**Presented by Sameer Saxena, MD*

4:28 pm – 4:32 pm The Tritomic Approach: A Triceps-Sparing Posterior Approach to the Elbow
Samrath Bhimani, MD, Ortho Georgia

4:32 pm – 4:35 pm Discussion

4:35 pm – 4:39 pm Comparative Outcomes of Various Combinations of Bilateral Shoulder Arthroplasty
Brandon Horn II, DO, Witham Hospital Lebanon/Anson

4:39 pm – 4:43 pm Loss of Functional Internal Rotation Following Various Combinations of Bilateral Shoulder Arthroplasty
Brandon Horn II, DO, Witham Hospital Lebanon/Anson

4:43 pm – 4:47 pm Stenosing Tenosynovitis: An Exploration of Glucocorticoid Induced Heterotopic Ossification
Austinn Miller, BS, Mercer University

4:47 pm – 4:50 pm Discussion

Rapid Fire Session 3B – Total Joint (Penn Station B)

Moderators: E. Boone Brackett, MD, *iTriage*
Stephen F. Mitros, MD, *Mitros Orthopaedics*

4:20 pm – 4:24 pm A Novel Skin Closure Device for Total Knee Arthroplasty: Randomized, Controlled Trial versus Staples
Rodney W. Benner, MD, Shelbourne Knee Center

4:24 pm – 4:28 pm **Third Place Resident/Fellow Rapid Fire Award**
Are Tourniquets Indicated in Total Knee Arthroplasty in the Era of Tranexamic Acid: A Meta-analysis and Systematic Review
Rajkishen Narayanan, MS, New York University Hospital of Joint Diseases

4:28 pm – 4:32 pm Preoperative Chronic Opioid Users in Total Knee Arthroplasty – Identification of At-Risk Patients for Continued Opioid Use after Surgery?
Mackenzie A. Roof, BS, New York University Hospital of Joint Diseases
**Presented by David Novikov, BS*

4:32 pm – 4:35 pm Discussion

4:35 pm – 4:39 pm Obstructive Sleep Apnea is a Potential Risk Factor for Regional Anesthesia Failure in Total Joint Arthroplasty
David Novikov, BS, New York University Hospital of Joint Diseases

4:39 pm – 4:43 pm **Second Place Resident/Fellow Rapid Fire Award**

Risk Factors of a Major Cause of In-Hospital Mortality in Total Hip and Knee Arthroplasty Patients; In-Hospital Venous Thromboembolism

Alisina Shahi, MD, Rothman Institute at Thomas Jefferson University

4:43 pm – 4:47 pm

The Utility of Synovial Absolute Neutrophil Count in Diagnosing Periprosthetic Joint Infection

Alisina Shahi, MD, Rothman Institute at Thomas Jefferson University

4:47 pm – 4:50 pm

Discussion

6:00 pm – 7:00 pm

Multimedia Education Session (*Executive Boardroom*)

Saturday, September 16

6:30 am – 8:15 am

Multimedia Education Session (*Executive Boardroom*)

General Session 3 - Resident Papers

Moderator: Ramon F. Rodriguez, MD, *Tulane University*

8:15 am – 8:21 am

Use of the Risk Assessment Prediction Tool (RAPT) to Determine if Total Joint Patients Will Benefit from Extending Length of Stay to Avoid Discharge to Post-Acute Rehabilitation Facilities

Joseph Levieddin, MD, New York University Medical Center

**Presented by Zlatan Cizmic, MD*

8:21 am – 8:27 am

Posterior Malleolar Fixation Reduces the Need for Trans-Syndesmotic Fixation in Rotational Ankle Fractures

Rajkishen Narayanan, MS, New York University Hospital of Joint Diseases

8:27 am – 8:33 am

Do Local Antibiotics Reduce Periprosthetic Joint Infections?

Craig A. Winkler, MD, Texas Tech University Health Sciences Center

8:33 am – 8:39 am

The Effects of Preoperative Chronic Opioid Use in Total Hip Arthroplasty

Mackenzie A. Roof, BS, New York University Hospital of Joint Diseases

**Presented by James Feng, MD*

- 8:39 am – 8:45 am Flexible Distal Femur Fracture Constructs Lead to Decreased Nonunion Rate
Michael R. Koerner, MD, Greenville Health System
- 8:45 am – 8:51 am Robotic versus Traditional Unicompartmental Knee Arthroplasty: A Short-Term Comparative Analysis
Kelvin Kim, BA, New York University Medical Center
**Presented by David Novikov, BS*
- 8:51 am – 8:57 am Pre-Operative Glycemic Control Predicts Peri-Operative Serum Glucose Levels in Patients Undergoing Total Joint Arthroplasty
Brian M. Godshaw, MD, Ochsner Medical Center
- 8:57 am – 9:03 am Biomechanical Strength of a Novel Tendon Splicing Open Book Technique Compared to the Pulvertaft Method Using Unembalmed Human Cadaveric Tissue
Eric S. Wait, MD, Texas Tech Health Science Center

Symposium 8

Moderator: Ricardo J. Rodriguez, MD, *Baton Rouge Orthopaedic Clinic, LLC*

- 9:15 am – 9:45 am Risks of Anemia vs. Transfusion in Orthopaedic Trauma Patients
Brian H. Mullis, MD, Indiana University School of Medicine
- 9:45 am – 10:15 am Patient Presentation
Brian H. Mullis, MD, Indiana University School of Medicine
- 10:15 am – 10:45 am Osteoporosis Management
Emily Frank, MD, Carmel, IN
- 10:45 am – 10:55 am Discussion
- 10:55 am – 11:05 am **REFRESHMENT BREAK** (*Victoria Station Foyer*)

Symposium 9

Moderator: John E. Garber MD, *Witham Orthopaedic Associates*

- 11:05 am – 11:35 am Ankle Fractures—Syndesmosis Injuries in the Athlete
David A. Porter, MD, Methodist Sports Medicine
- 11:35 am – 12:00 pm Clinical Orthopaedic Society Annual Membership & Business Meeting
John E. Garber MD, Witham Orthopaedic Associates
- 12:00 pm – 12:15 pm Presidential Address / Passing of the Gavel / Adjournment
John E. Garber MD, Witham Orthopaedic Associates