



J. Randall Riehl, MD

We would like to invite you to attend the Clinical Orthopaedic Society's 108th Annual Meeting in "Music City" Nashville, Tennessee! I am honored and humbled to serve as President of this historic society for 2020.

Please take some time to review the awesome Scientific Program we have prepared, including a separate symposium on "Giving Back to Orthopaedics," which will highlight how orthopaedic surgeons have gone beyond the role of surgeon, contributing to society and making a difference in the world. We are sure this will inspire our members and attendees to make a difference of their own!

Our Social Program this year is top-notch, including a cocktail reception Thursday night followed by a "dine-around" dinner with time to explore downtown's Music Row. Friday features another "dine-around", followed by an evening of live music at the 21st Annual AmericanaFest, from a reserved balcony at the Analog Recording and Concert Studio at the Hutton Hotel! In addition, our Spouses' Program will include a food tour of Nashville and a tour of the Goo Goo Cluster Chocolate Factory.

We certainly hope you will bring your spouse to the meeting to enjoy all the social activities, and we look forward to having a great time with everyone in Nashville this September!

Accreditation Information

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Orthopaedic Surgeons and the Clinical Orthopaedic Society. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of **22 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- * **19.5** CME Credits for Scientific Program
- * **2.5** CME Credits for Multimedia Education Sessions



E. Lyle Cain Jr., MD

Dr. E. Lyle Cain is board-certified in orthopaedic surgery and subspecialty-certified in orthopaedic sports medicine. Dr. Cain's research interest involves the evaluation and prevention of injuries in youth sports, as well as the treatment of adult injuries in the shoulder, elbow and knee, including cartilage and meniscal transplantation.

A native of Birmingham, Dr. Cain graduated from the University of Alabama with a bachelor's degree in chemical engineering and earned his medical degree from the University of Alabama School of Medicine. He completed a general surgery internship at the University of Tennessee in Memphis, followed by a position as Chief Resident at the University of Tennessee-Campbell Clinic in Memphis. He then completed an orthopaedic sports medicine fellowship with James R. Andrews, MD, and William G. Clancy, Jr., MD, at the American Sports Medicine Institute (ASMI).

Dr. Cain has enjoyed serving as team physician for the University of Alabama Crimson Tide for the past 19 years, and as medical director for both Jacksonville State University and the University of West Alabama.



Hassan R. Mir, MD, MBA

Dr. Hassan Mir is Director of Orthopaedic Trauma Research at Florida Orthopaedic Institute and Director of the Orthopaedic Residency Program at the University of South Florida. Dr. Mir completed his Physician Executive MBA at Auburn University.

Dr. Mir is involved with clinical and health policy research, medical education, and multiple national orthopaedic organizations. He has authored several articles and chapters and has presented his research at numerous national and international meetings. Additionally, he has participated as faculty in dozens of courses and training programs across the country.

Dr. Mir grew up in West Virginia and obtained his undergraduate degree at West Virginia University, where he graduated Summa Cum Laude and was inducted into Phi Beta Kappa. He obtained his Doctor of Medicine degree from West Virginia University in 2003 where he was inducted into Alpha Omega Alpha. In his spare time, Dr. Mir enjoys spending time with his wife and three children.



Clinical Orthopaedic Society
110 West Rd, Suite 227
Towson, MD 21204

See you in Nashville!



Clinical Orthopaedic Society
108th Annual Meeting
September 16-19, 2020
Nashville, TN

REGISTER TODAY
www.cosociety.org
or call 888-695-0515

Hotel Reservations

Call 615-340-9333 to make your reservations for the COS 108th Annual Meeting being held at The Hutton Hotel in Nashville, TN. The COS Group Rate is \$\$\$ plus taxes and fees.

The Hutton Hotel
1808 West End Ave
Nashville, TN 37203



 **Clinical Orthopaedic Society**
September 16-19, 2020
The Hutton Hotel
Nashville, TN

108th Annual Meeting
Preliminary Program
22 CME Credits

www.cosociety.org

Social Events

For more details, view the Social Program online at www.cosociety.org/annual-meeting

THURSDAY, SEPTEMBER 17

8:30 am - 10:15 am | Spouse/Guest Continental Breakfast and GOO GOOS!

Join old friends and meet new ones while enjoying a continental breakfast at the Goo Goo Shop where you will explore the rich history of Nashville's official candy bar. Sample classic clusters, make your own Goo Goo, and savor a flight of rich drinking chocolates. In addition to all of these treats, each attendee also receives 15% off any in-store purchase on that day!



Price: \$25 per registered guest

* During this time, you are welcome to independently explore Downtown Nashville, where you'll find the Johnny Cash Museum, Patsy Cline Museum, Ryman Auditorium, and much more. The bus will do a loop from the Goo Goo Shop back to the hotel at 11:45 am.

5:15 pm - 6:15 pm | President's Welcome Reception with Exhibitors

Before you go to dinner, start your evening off with drinks and hors d'oeuvres with COS.

Price: Included in Registration Fee

6:30 pm | Dine Around

Join your colleagues for a night of great dining. The COS has made all the arrangements for you – just sign up on-site at registration with your friends and enjoy! Choose between Giovanni's Restaurant, Kayne Prime Steakhouse and Nada Mexican Restaurant. *This is an event to be enjoyed independently, and each individual will be responsible for their own bill.*

FRIDAY, SEPTEMBER 18

8:30 am - 10:00 am | Spouse/Guest Hospitality Breakfast

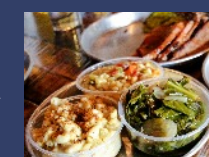
Join your friends and meet new ones while enjoying a continental breakfast.

Price: Included in Registration Fee

10:45 am - 1:45 pm | Walking Food Tour

This will be a walking tour beginning at The Hutton Hotel that will include at least 4 tasting stops and a 1.5-mile guided walk.

Price: \$90 per person (minimum 8 participants)

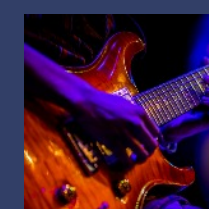


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21st Annual AMERICANAFEST at The Hutton Analog Theatre

Each fall, the Americana Music Association gathers dozens of all-American headliners in Nashville to perform at AMERICANAFEST. Let loose with the COS for an evening of drinks and live music from an exclusive VIP balcony. Follow @AmericanaFest on Twitter and stay tuned for updates and line-up information!



SATURDAY, SEPTEMBER 19

8:30 am - 10:00 am | Spouse/Guest Hospitality Breakfast

Join your friends and meet new ones while enjoying a continental breakfast.

Price: Included in Registration Fee

Wednesday, September 16

9:00 am – 5:00 pm

Resident Review Course

Frank J. Frassica, MD, Baltimore, MD

12:00 pm – 5:00 pm

Meeting Registration

12:00 pm – 5:00 pm

Speaker Ready Area

1:00 pm – 4:00 pm

Exhibit Setup

2:00 pm – 5:00 pm

Board of Directors Meeting

5:00 pm – 5:45 pm

Resident Reception with Board of Directors

Thursday, September 17

6:30 am – 7:00 am

Multimedia Education Session

7:00 am – 7:10 am

Welcome and Opening Remarks

J. Randall Riehl, MD, President

William C. Warner Jr., MD, Program Chair

Symposium 1 – Sports Knee

Moderator: Frederick C. Flandry, MD, FACS, The Hughston Clinic

7:10 am – 7:30 am

ACL Graft Choice: What I Use and When

E. Lyle Cain Jr., MD, Andrews Sports Medicine and Orthopaedic Center

7:30 am – 7:50 am

Decision Making in Patellofemoral Instability

Sabrina Strickland, MD, Hospital for Special Surgery

7:50 am – 8:10 am

Options for Cartilage Defects

Andreas Gomoll, MD, Hospital for Special Surgery

8:10 am – 8:20 am

Case Presentations and Discussion

8:20 am – 8:50 am

Focused Breakfast Presentation

*CME Credit Not Available

General Session 1 – ABOS & AAOS Update

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

8:50 am – 9:05 am

ABOS Update

David F. Martin, MD, American Board of Orthopaedic Surgery

9:05 am – 9:20 am

AAOS Update

Daniel K. Guy, MD, FAAOS, Southern Center for Orthopedics

9:20 am – 9:40 am

BREAK—Please visit Exhibits

Symposium 2 – Spine

Moderator: Afshin Razi, MD, Maimonides Medical Center

9:40 am – 10:00 am

Cervical Spine Disorders Update

Byron Stephens, MD, Vanderbilt University Medical Center

10:00 am – 10:20 am

Spinal Interventions

Aaron Young, MD, Vanderbilt University Medical Center

10:20 am – 10:40 am

Lumbar Degenerative Surgical Pathology

Kirk Thompson, MD, Campbell Clinic

10:40 am – 10:50 am

Case Presentations and Discussion

10:50 am – 11:10 am

BREAK—Please visit Exhibits

General Session 2 – Presidential Guest Speaker

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

11:10 am – 11:50 am

Opioid Crisis

Hassan R. Mir, MD, MBA, FACS, Florida Orthopaedic Institute

11:50 am – 12:50 pm

Focused Lunch Presentation and Dessert Break with Exhibitors *CME Credit Not Available

Symposium 3 – Trauma

Moderator: Robert M. Harris, MD, The Hughston Clinic

12:50 pm – 1:10 pm

Improving Patient Satisfaction in the Trauma Population

A. Alex Jahanger, MD, Vanderbilt University Medical Center

1:10 pm – 1:30 pm

Suprapatellar Tibial Nailing

Hassan R. Mir, MD, MBA, FACS, Florida Orthopaedic Institute

1:30 pm – 1:50 pm

Optimizing Periprosthetic Fracture Repair

Phillip Mitchell, MD, Vanderbilt University Medical Center

1:50 pm – 2:10 pm

Live Patient Presentation

2:10 pm – 2:30 pm

BREAK – Please visit Exhibits

Symposium 4 – General

Moderator: Bess E. Brackett, MD, Sacramento, CA

2:30 pm – 2:50 pm

Radiation Exposure in Orthopaedics

John E. Garber, MD, Witham Orthopaedic Associates

2:50 pm – 3:10 pm

Robotic Surgery

Trevor Pickering, MD, Mississippi Sports Medicine

3:10 pm – 3:30 pm

Subchondroplasty and RX of Bone Marrow Lesions: Fact or Fiction?

Justin Daigre, MD, Decatur Orthopaedic

3:30 pm – 3:50 pm

Infection Prevention in TJA

James E. Keeney, MD, Missouri Orthopaedic Institute

3:50 pm – 4:10 pm

Discussion

Rapid Fire Sessions 1A – 1C

4:15 pm – 5:15 pm

Friday, September 18

6:30 am – 7:00 am

Multimedia Education Session

7:00 am – 7:10 am

Announcements

William C. Warner Jr., MD, Campbell Clinic

Symposium 5 – Sports Upper Extremity

Moderator: James A. Slough, MD, Excelsior Orthopaedics

7:10 am – 7:30 am

Reverse Total Shoulder vs Superior Capsular Reconstruction

Kaveh Sajadi, Lexington, KY

7:30 am – 7:50 am

Biceps Tendon Fix It, Move It, or Lose It

Eric Bowman, MD, Vanderbilt University

7:50 am – 8:10 am

Tommy John's Repair with Internal Brace

E. Lyle Cain Jr., MD, Andrews Sports Medicine and Orthopaedic Center

8:10 am – 8:30 am

Case Presentations and Discussion

8:30 am – 9:00 am

Focused Breakfast Presentation

*CME Credit Not Available

General Session 3 – Abstract Presentations

Moderator: William C. Warner Jr., MD, Campbell Clinic

9:00 am – 9:35 am

Abstract Presentations & Discussion

9:35 am – 9:55 am

BREAK—Please visit Exhibits

Symposium 6 – Hand

Moderator: Brendan J. MacKay, MD, Texas Tech Physicians Orthopaedics

9:55 am – 10:15 am

Congenital Hand Update

Benjamin Mauck, MD, Campbell Clinic

10:15 am – 10:35 am

Perilunate Injury

Norfleet Thompson, MD, Campbell Clinic

10:35 am – 10:55 am

Hand Fractures Update

Jeffrey Kutsikovitch, MD, Franklin, TN

10:55 am – 11:05 am

Case Presentations and Discussion

11:05 am – 11:25 am

BREAK—Please visit Exhibits

General Session 4 – Presidential Guest Speaker

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

11:25 am – 12:05 pm

Lessons Learned from 20 Years on the Sidelines

E. Lyle Cain Jr., MD, Andrews Sports Medicine and Orthopaedic Center

12:05 pm – 1:05 pm

Focused Lunch Presentation and Dessert Break with Exhibitors

General Session 5 – Giving Back in Orthopaedics

Moderator: William C. Warner Jr., MD, Campbell Clinic

1:05 pm – 1:25 pm

Forrest Spence Fund

David Spence, MD, Campbell Clinic

1:25 pm – 1:45 pm

Moore Surgery Center

Kenneth L. Moore, MD, Franklin, TN

1:45 pm – 1:50 pm

Introduction of Dr. and Mrs. J. Elmer Nix Award Recipient

J. Randall Riehl, MD, Decatur Orthopaedic Clinic

1:50 pm – 2:20 pm

Dr. and Mrs. J. Elmer Nix Presentation and Lecture My Journey in Volunteerism

John F. Lovejoy Jr., MD, Jacksonville, FL

2:20 pm – 2:40 pm

BREAK—Please visit Exhibits

Symposium 7 – Foot and Ankle

Moderator: Ramon F. Rodriguez, MD, Tulane University School of Medicine

2:40 pm – 3:00 pm

Percutaneous Achilles Repair

Justin L. Daigre, MD, Decatur Orthopaedic

3:00 pm – 3:20 pm

New Options in Hallux Rigidus

Justin Daigre, MD, Decatur Orthopaedic

3:20 pm – 3:40 pm

Syndesmosis Fixation in High Ankle Sprains

Norman E. Waldrop III, MD, Andrews Sports Medicine and Orthopaedic Center

3:40 pm – 4:00 pm

Live Patient Presentation

Total Ankle Arthroplasty

Gregory Berlet, MD, Orthopedic Foot and Ankle Center

4:00 pm – 4:10 pm

Case Presentations and Discussion

Rapid Fire Sessions 2A – 2C

4:15 pm – 5:05 pm

Saturday, September 19

6:30 am – 7:30 am

Multimedia Education Session

7:30 am – 7:40 am

Announcements

William C. Warner Jr., MD, Campbell Clinic

General Session 6 – Resident Paper Presentations

Moderator: William C. Warner Jr., MD, Campbell Clinic

7:40 am – 8:40 am

Resident Paper Presentations & Discussion