



## J. Randall Riehl, MD

We would like to invite you to attend the Clinical Orthopaedic Society's 109th Annual Meeting in "Music City" Nashville, Tennessee! I am honored and humbled to serve as President of this historic society for 2021.

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 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 November!

## 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 approximately **18 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**16** CME Credits for Scientific Program | **2** CME Credits for Multimedia Education



## 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

**109th Annual Meeting**

November 3-6, 2021  
Nashville, TN

**REGISTER TODAY**

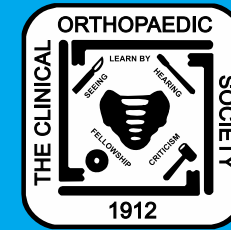
[www.cosociety.org](http://www.cosociety.org)  
or call 888-695-0515

**Hotel Reservations**



The Hutton Hotel  
1808 West End Ave  
Nashville, TN 37203

Call 615-340-9333 to make your reservations for the COS 109th Annual Meeting being held at The Hutton Hotel in Nashville, TN. The COS Group Rate is \$289 plus taxes and fees.



**Clinical Orthopaedic Society**

November 3-6, 2021  
The Hutton Hotel  
Nashville, TN

**109th Annual Meeting**

Preliminary Program  
Approximately 18 CME Credits



## Social Events

For more details, view the Social Program online at [www.cosociety.org/annual-meeting](http://www.cosociety.org/annual-meeting)

### THURSDAY, NOVEMBER 4

#### 8:20 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.

#### 4:30 pm - 6:00 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, NOVEMBER 5

#### 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*

#### 10:30 am - 2:30 pm | A Little Local Flavor Food Tour

Experience world famous BBQ, Nashville hot chicken, and other hometown and Southern favorites from locally owned restaurants. This 3-hour walking tour will feature stops at 4 restaurants, a local beer, a cocktail, and a tasting at a local distillery. Be prepared to walk a little over a mile - this tour runs rain or shine.



*Price: \$130 per person (includes gratuity)*

#### 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 Evening at The Hutton Analog Theatre

Come back from the Dine-Around and join us for music at the Analog. Part social club, part live music and entertainment venue, Analog at Hutton Hotel invites guests for a uniquely intimate experience. COS will enjoy an exclusive VIP Balcony at the Analog while networking and enjoying the music.



*Price: TBD*

### SATURDAY, NOVEMBER 6

#### 9:50 am - 11:30 am | White Limozeen Spouse/Guest Hospitality Brunch

It's a 5-minute walk from the Hutton Hotel to White Limozeen, where you'll join old friends and meet new ones while enjoying a brunch at Nashville's new hot spot.

*Price: Included in Registration Fee*

### Wednesday, November 3

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

8:55 am – 9:10 am

#### AAOS Update

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

9:10 am – 9:30 am

#### BREAK—Please visit Exhibits

#### Symposium 2 – Spine

Moderator: Afshin Razi, MD, Maimonides Medical Center

9:30 am – 9:50 am

#### Cervical Spine Disorders Update

Byron Stephens, MD, Vanderbilt University Medical Center

9:50 am – 10:10 am

#### Spinal Interventions

Aaron Yang, MD, Vanderbilt University Medical Center

10:10 am – 10:30 am

#### Lumbar Degenerative Surgical Pathology

Kirk Thompson, MD, Campbell Clinic

10:30 am – 10:40 am

#### Case Presentations and Discussion

10:40 am – 11:00 am

#### BREAK—Please visit Exhibits

#### General Session 2 – Presidential Guest Speaker

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

11:00 am – 11:40 am

#### Opioid Crisis

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

11:40 am – 12:40 pm

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

#### Symposium 3 – Trauma

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

12:40 pm – 1:00 pm

#### Overcoming Challenges in the Obese Trauma Patient

Chris Cosgrove, MD, Campbell Clinic

1:00 pm – 1:20 pm

#### Suprapatellar Tibial Nailing

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

1:20 pm – 1:40 pm

#### Periprosthetic Fractures – Tips and Tricks

Phillip Mitchell, MD, Vanderbilt University Medical Center

1:40 pm – 2:00 pm

#### BREAK – Please visit Exhibits

#### Symposium 4 – General

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

2:00 pm – 2:20 pm

#### Robotic TKA – Ready for Prime Time or Not?

Craig Morrison, MD, Southern Joint Replacement Institute

2:20 pm – 2:40 pm

#### Robotic THA – Ready for Prime Time or Not?

Cory Calendine, MD, Bone & Joint Institute

2:40 pm – 3:00 pm

#### Radiation Exposure in Orthopaedics

John E. Garber, MD, Witham Orthopaedic Associates

3:00 pm – 3:20 pm

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

Justin Daigre, MD, Decatur Orthopaedic Clinic

3:20 pm – 3:40 pm

#### Infection Prevention in TJA

James E. Keeney, MD, Missouri Orthopaedic Institute

3:40 pm – 4:00 pm

#### Discussion

#### Rapid Fire Sessions 1A – 1C

4:05 pm – 5:05 pm

### Friday, November 5

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 Medical Center

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

#### Clinical Orthopaedic Society – Past and Present

Raoul Rodriguez, MD, Tulane University School of Medicine

2:40 pm – 3:00 pm

#### BREAK—Please visit Exhibits

#### Symposium 7 – Foot and Ankle

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

3:00 pm – 3:20 pm

#### Percutaneous Achilles Repair

Justin L. Daigre, MD, Decatur Orthopaedic Clinic

3:20 pm – 3:40 pm

#### New Options in Hallux Valgus

Robert Santrock, MD, West Virginia University Hospital

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, November 6

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

8:40 am – 9:10 am

#### Focused Breakfast Presentation

\*CME Credit Not Available

#### Symposium 8 – Hip

Moderator: George W. Brindley, MD, Texas Tech Physicians Orthopaedics

9:10 am – 9:30 am

#### Anterior THA Tips and Tricks

Christopher T. Parks, MD, The Orthopaedic Center

9:30 am – 9:50 am

#### Posterior Hip Arthroplasty Revisited

James E. Keeney, MD, Missouri Orthopaedic Institute

9:50 am – 10:10 am

#### Hip Resurfacing: Is it Still Indicated and Indications

Marcus Ford, MD, Campbell Clinic

10:10 am – 10:20 am

#### Case Presentations and Discussion

10:20 am – 10:30 am

#### REFRESHMENT BREAK

#### Symposium 9 – Pediatrics

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

10:30 am – 10:50 am

#### Pediatric Musculoskeletal Infections Update

Benjamin W. Sheffer, MD, Campbell Clinic

10:50 am – 11:10 am

#### Pediatric Fractures – Trouble Fractures

William C. Warner Jr., MD, Campbell Clinic

11:10 am – 11:30 am

#### Back Pain in Children

Jeffrey Martus, MD, Vanderbilt University Medical Center

11:30 am – 11:40 am

#### Case Presentation and Discussion

11:40 am – 11:50 am

#### Awards Presentation

#### General Session 7 – Presidential Address

11:50 am – 12:20 pm

#### Presidential Address

#### Make a Difference

J. Randall Riehl, MD, Decatur Orthopaedic Clinic

12:00 pm – 4:00 pm

#### OITE Review

12:20 pm – 12:35 pm

#### Clinical Orthopaedic Society Annual Membership & Business Meeting