

COS Tentative Scientific Program
September 4th – 7th
Tampa, FL
(Presenters and times are subject to change.)

Wednesday, September 4th

12:00 pm – 5:00 pm **Meeting Registration**

12:00 pm – 5:00 pm **Exhibitor Setup**

1:00 pm – 5:00 pm **Board of Directors Meeting**

Thursday, September 5th

6:00 am- 6:45 am Poster View (E-Poster and Hard Poster)

6:50 am – 6:55 am **Welcome and Opening Remarks**
Afshin E. Razi, MD, Maimonides Spine Center

Symposium 1 – Pediatrics

Moderator: Sonia Chaudhry, MD, *Connecticut Children's*

6:55 am – 7:10 am Decision Dynamics in Pediatric Orthopedics: When to Treat In-House and When to Refer
Stephanie Logterman, MD, Arnold Pamer Hospital for Children

7:10 am – 8:00 am Controversies and Consensus in Pediatric Orthopaedic Surgery: Expert Debates and Case Reviews

Moderator: *Sonia Chaudhry, MD, Connecticut Children's*

Panel: *Allison E. Crepeau, MD, Connecticut Children's*
Corinna CD Franklin, MD President, Ruth Jackson
Orthopaedic Society; Yale School of Medicine
Stephanie Logterman, MD, Arnold Pamer Hospital
for Children

Case Discussions:

- Hip Arena: SCFE Standoff – Clash of In Situ vs. Bold Reduction
- Supracondylar Showdown: The Nerve Damage Conundrum
- Choosing Sides: Flexi Nails or ORIF for Forearm, Tibia, and Femur Fractures – Deciphering the Right Approach and Maneuvering through Complication Territory

- Lateral Condyle Fractures Unraveled: Mastering the Threshold to Open, Arthrography Timing, and the Pin vs. Screw Conundrum
- Distal Radius Dilemmas in the 10-Year-Old: Acceptable Angulation and the Heart of Control

General Session 1 – ABOS, AAOS, and AOA Updates

Moderator: Afshin E. Razi, MD, *Maimonides Spine Center*

**CME Credit not available*

8:00 am – 8:10 am	AOA Update <i>Kyle Jeray, MD, Prisma Health</i>
8:10 am – 8:15 am	ABOS Update <i>David F. Martin, MD, American Board of Orthopaedic Surgery</i>
8:15 am – 8:30 am	AAOS Update <i>Paul Tornetta, MD, PhD, Boston Medical Center</i>
8:30 am – 8:35 am	OREF Update <i>Lee Grossman, CEO, MBA, ML, CAE</i>
8:35 am – 9:05 am	Focused Breakfast Presentation <i>*CME Credit not available</i>
9:05 am – 9:35 am	<i>BREAK — Please visit exhibits</i>

Symposium 2 - Perioperative Optimization of Orthopaedic Patients

Moderator: Scott A. Sigman, MD, *Orthopedic Surgical Associates of Lowell*

Innovations in Transitional Pain Management for Orthopaedic Patients: A Comprehensive Approach to Opioid-Sparing Techniques

9:35 am – 9:50 am	Preoperative Strategies: Setting the Stage for Opioid-Sparing Success <i>Michael R. Redler, MD, Connecticut Orthopaedics</i>
9:50 am – 10:05 am	Intraoperative Innovations: Techniques and Technologies Reducing Opioid Dependency <i>Theresa E. Bowling, MD, Connecticut Orthopaedic Institute</i>
10:05 am – 10:20 am	Postoperative Pathways: Enhancing Recovery while Minimizing Opioids <i>Scott A. Sigman, MD, Orthopedic Surgical Associates of Lowell</i>

Perioperative Optimization of Orthopaedic Patients

- 10:20 am – 10:35 am Nutritional Strategies for Enhanced Surgical Recovery
Reza Jazayeri, MD, Southern California Permanente Medical Group
- 10:35 am – 10:50 am Implementing ERAS Protocols for Optimal Orthopedic Outcomes
Theresa E. Bowling, MD, Connecticut Orthopaedic Institute
- 10:50 am – 11:00 am Discussion

General Session 2 – Medical Student/Resident Research Award Presentations

Moderator: Afshin E. Razi, MD, *Maimonides Spine Center*

**CME Credit not available*

- 11:00 am – 11:30 am Abstract Presentations
- 11:30 am – 12:00 pm **Focused Lunch Presentation**
**CME Credit not available*
- 12:00 pm – 12:30 pm **Dessert Break with Exhibitors**

Symposium 3 – Trauma

Moderator: Brandi R. Hartley, MD, University of Louisville

- 12:30 pm – 12:50 pm Optimal Strategies for Distal Femur Fracture Management: A
Dueling Experts' Perspective
Kevin K. Kang, MD, Maimonides Medical Center
Paul Tornetta, MD, PhD, Boston Medical Center
- 12:50 pm – 1:50 pm Orthopedic Trauma Reflections in High-Impact Cases: My
Approach, Where It Went Wrong, and Strategies for Revision and
Correction
- Moderator:** *Richard S. Yoon, MD, RWJ Barnabas Health*
- Panel:** *Brandi R. Hartley, MD, University of Louisville*
Alex Jahangir, MD, Vanderbilt University
Kyle Jeray, MD, Prisma Health
Kevin K. Kang, MD, Maimonides Medical Center
Hassan R. Mir, MD, MBA, Florida Orthopaedic
Institute
Paul Tornetta, MD, PhD, Boston Medical Center

Rapid Fire Sessions 1A – 1C

- 1:55 pm – 2:45 pm Abstract Presentations

2:45 pm – 3:05 pm ***BREAK — Please visit exhibits***

Symposium 4 – Adult Reconstruction

Moderator: George W. Brindley, MD, *Texas Tech Orthopedics*

3:05 pm – 3:20 pm Dueling Perspectives on Total Knee Replacement: Cemented vs. Uncemented Fixation – The Better Choice for Longevity and Outcomes
Kevin B. Fricka, MD, Anderson Orthopaedic Clinic
Matthew Deren, MD, Cleveland Clinic

3:20 pm – 3:35 pm Comprehensive Strategies for Joint Replacement Infections: Navigating from DAIR to Two-Stage Revisions for Optimal Outcomes
Vinay K. Aggarwal, MD, NYU Langone Health

3:35 pm – 4:35 pm Debate on the Evolving Landscape of Adult Reconstruction: Weighing Robotics Against a Spectrum of Advanced Arthroplasty Techniques

Moderator: *George W. Brindley, MD, Texas Tech Orthopedics*

Panel: *Vinay K. Aggarwal, MD, NYU Langone Health*
Matthew Deren, MD, Cleveland Clinic
Kevin B. Fricka, MD, Anderson Orthopaedic Clinic
Arturo Corces, MD, Miami Institute for Joint Reconstruction

Case Discussions:

- The Rise of Robotic TKA: Is This the Future of Total Knee Arthroplasty?
- Expanding UKA Utilization: Examining Indications and Techniques
- Pursuing Permanence in Primary THA: Approaches, Robotics, and Dual Mobility Liners

General Session 3 – Presidential Guest Speaker

Moderator: Afshin E. Razi, MD, *Maimonides Spine Center*

4:35 pm – 5:05 pm Surviving Chaos: Unveiling the Crucial Lessons Trauma Surgery Taught Me About Trust in Crisis Moments
Alex Jahangir, MD, Vanderbilt University

5:05 pm – 5:10 pm Questions

General Session 4 – Strategies for Maximizing Revenue as a Hospital-Employed Surgeon

Moderator: Afshin E. Razi, MD, *Maimonides Spine Center*

5:10 pm – 5:25 pm Strategies for Maximizing Revenue as a Hospital-Employed Surgeon

Richard S. Yoon, MD, RWJ Barnabas Health

5:30 pm – 7:30 pm President's Welcome with Exhibitors

8:00 pm – 11:00 pm Social Event: Starship Cruise Dinner

Friday, September 6th

6:00 am- 6:55 am Poster View (E-Poster and Hard Poster)

7:00 am – 7:05 am

Announcements

Afshin E. Razi, MD, Maimonides Spine Center

Symposium 5 – Sports

Moderator: James P. Ward, MD, *Blue Ridge Orthopaedic & Spine Center*

7:05 am – 7:15 am Foundations of Hip Preservation and Dysplasia Management: An Introduction

Allison E. Crepeau, MD, Connecticut Children's

7:15 am – 7:25 am Advancements in Adult Hip Preservation: Arthroscopy, Open Surgery, and Deciding Between Repair Vs Reconstruction

Thomas Youm, MD, NYU Langone Medical Center

7:25 am – 8:20 am Knee Surgery Dilemmas Unfolded: Dueling Perspectives on ACL Repair, Chondral Restoration, and Meniscus Healing Techniques

Moderator: *Thomas M. DeBerardino, MD, University of Texas at San Antonio*

Panel: *Allison E. Crepeau, MD, Connecticut Children's*
Jeffrey R. Dugas, MD, Andres Sports Medicine & Orthopaedic Center
Reza Jazayeri, MD, Southern California Permanente Medical Group
Scott A. Sigman, MD, Orthopedic Surgical Associates of Lowell
Thomas Youm, MD, NYU Langone Medical Center

Case Discussions:

- Current Controversies and Consensus in ACL Repair: Evaluating Modern Techniques in Today's Surgical Arsenal
- Contrasting Approaches to Knee Chondral Injury Management: Finding the Effective Strategy
- Navigating Meniscus Tear Management: Repair vs. Transplantation and the Role of Biologic Augmentation

General Session 5 – Medical Student/Resident Research Award Presentations

Moderator: Afshin E. Razi, MD, *Maimonides Spine Center*

**CME Credit not available*

8:20 am – 8:50 am Abstract Presentations

8:50 am – 9:20 am **Focused Breakfast Presentation**

**CME Credit not available*

9:20 am – 9:50 am ***BREAK — Please visit exhibits***

Symposium 6 – Hand and Elbow

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

9:50 am – 10:05 am Elbow Evolution 2024: The Convergence of Flexibility and Strength – Navigating Soft Tissue, Trauma, and Arthritis
Jeffrey R. Dugas, MD, Andrews Sports Medicine & Orthopaedic Center

10:05 am – 11:00 am Advancements and Controversies in the Treatment of Hand and Wrist Disorders

Moderator: *Elizabeth Polfer, MD, William Beaumont Army Medical Center*

Panel: *Jack Choueka, MD, Maimonides Medical Center*
Lattisha L. Bilbrew, MD, Resurgens Orthopaedics
Alfonso Mejia, MD, University of Illinois at Chicago
Michael R. Redler, MD, Connecticut Orthopaedics

Case Discussions:

- Unraveling the Challenges of Scaphoid Nonunion: Strategies for Effective Diagnosis and Management
- Kienböck's Disease: Understanding Its Pathophysiology and Exploring Innovative Treatment Options
- DRUJ Arthritis: A Deep Dive into its Etiology, Impact, and Advanced Therapeutic Interventions

- Navigating PIP Fracture Dislocations: from Precision in Diagnosis to Excellence in Treatment

General Session 6 – George W. Brindley, MD Lectureship: Mark Frankle, MD

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

11:00 am – 11:25 am 2024 Vision for Reverse Shoulder Arthroplasty: Reflecting on Origins, Evaluating Today, and Anticipating Tomorrow
Mark A. Frankle, MD, Florida Orthopaedic Institute

11:25 am – 11:35 am Questions

11:35 am – 12:20 pm **Legally Mine Luncheon Presentation**
**CME Credit not available*

12:20 pm – 12:50 pm **Dessert Break with Exhibitors**

General Session 7 – Dr. and Mrs. J. Elmer Nix Presentation and Lecture: Joseph D. Zuckerman, MD

Moderator: Afshin E. Razi, MD, *Maimonides Spine Center*

12:50 pm – 12:55 pm Introduction of Dr. and Mrs. J. Elmer Nix Award Recipient
Afshin E. Razi, MD, Maimonides Spine Center

12:55 pm – 1:25 pm Integrating New Technologies in Orthopedic Practice: Balancing Ethics, Economics, and Enhanced Patient Care
Joseph D. Zuckerman, MD, NYU Langone Medical Center

1:25 pm – 1:30 pm Questions

1:30 pm – 1:55 pm Biologics in Orthopaedic Surgery: A Comprehensive 2024 Update on Cutting-Edge Treatments
Luga Podesta, MD, Bluetail Medical Group – Naples

Symposium 7 – Shoulder Debate

Moderator: Ramin Sadeghpour, MD, *Maimonides Medical Center*

1:55 pm – 2:55 pm Shoulder Showdown: Expert Debate on Proximal Humerus Fractures, Massive Rotator Cuff Tears, and Degenerative Joint Disease with Glenoid Wear

Moderator: *Ramin Sadeghpour, MD, Maimonides Medical Center*

Panel: *Mark A. Frankle, MD, Florida Orthopaedic Institute*

*Mark A. Mighell, MD, Florida Orthopaedic
Institute
Joseph D. Zuckerman, MD, NYU Langone Medical
Center*

2:55 pm – 3:15 pm **BREAK — Please visit exhibits**

General Session 8 – Presidential Address and Medallion Exchange

3:15 pm – 3:45 pm Presidential Address
Afshin E. Razi, MD, Maimonides Spine Center

3:45 pm – 3:50 pm Medallion Exchange

General Session 9 – Physician Wellness

Moderator: *Afshin E. Razi, MD, Maimonides Spine Center*

3:50 pm – 4:30 pm Precision Longevity: Re-thinking What It Means to Live Long and
Prosper
Vonda J. Wright, MD, MS, FAOA, The Hughston Clinic

4:30 pm – 4:45 pm Optimizing the Surgeon’s Performance
*Reza Jazayeri, MD, Southern California Permanente Medical
Group*

Rapid Fire Session 2A – 2C

4:50 pm – 5:50 pm Abstract Presentations

8:00 pm Resident, Medical Students, Faculty and Exhibitors Mixer
Antonio Webb, MD, San Antonio, TX

Saturday, September 7th

6:00 am- 6:55 am Poster View (E-Poster and Hard Poster)

7:00 am – 7:05 am **Announcements**
Afshin E. Razi, MD, Maimonides Spine Center

Symposium 8 – Orthopaedic Oncology

Moderator: *Caroline Chebli, MD, University of South Florida*

7:05 am – 7:20 am Addressing the Complexities of Bone Metastases: Diagnostic and
Therapeutic Strategies
Matthew R. DiCaprio, MD, Albany Med Health System

7:20 am – 7:35 am Understanding Spine Metastases: A Guide for General Orthopaedic Surgeons
Joshua C. Patt, MD, MPH, FAOA, Atrium Health Levine Cancer Institute

7:35 am – 8:25 am Oncology Debate – Case Presentation/Discussion
Moderator: *Caroline Chebli, MD, University of South Florida*
Panel: *Matthew R. DiCaprio, MD, Albany Med Health System*
 Joshua C. Patt, MD, MPH, FAOA, Atrium Health Levine Cancer Institute

General Session 10 – Medical Student/Resident Research Award Presentations

Moderator: *Afshin E. Razi, MD, Maimonides Spine Center*
**CME Credit not available*

8:25 am – 8:55 am Abstract Presentations

Symposium 9 – Foot and Ankle

Moderator: *Ramon F. Rodriguez, MD, Alabama Orthopaedic Clinic*

8:55 am – 9:15 am Revitalizing Your Stride: A Sultry Guide to Preparing for Ankle Arthroplasty or Fusion
Lew C. Schon, MD, Mercy Medical Center

9:15 am – 10:15 am Mastering the Complex Terrain: Navigating Advanced Ankle Reconstruction Strategies
Moderator: *Ramon F. Rodriguez, MD, Alabama Orthopaedic Clinic*
Panel: *Craig S. Radnay, MD, MPH, Florida Orthopaedic Institute*
 Lew C. Schon, MD, Mercy Medical Center
 Steven D. Steinlauf, MD, University of Miami

Case Discussions:

- Realigning Paths: Innovative Approaches in Treating Malunions of Ankle Fractures
- Overcoming Obstacles: Strategies for Large and Failed Talar Osteochondral Defects

- Stabilizing the Course: Addressing Persistent Ankle Instability and the Impact of Varus or Valgus Deformities through Revisions and Osteotomies

10:15 am – 10:30 am **REFRESHMENT BREAK**

Symposium 10 – Spine

Moderator: Kartik Shenoy, MD, *Mike O'Callaghan Military Medical Center, Nellis Air Force Base*

10:30 am – 10:50 am The 2024 Scope on Endoscopic Spine Surgery: Enhancing Recovery, Evaluating Limitations
Yong H. Kim, MD, NYU Langone Spine Center

10:50 am – 11:45 am Spine Surgery Horizon 2024: Debating the Merits of Endoscopic Innovations, Non-Fusion Technologies, and Robotic vs. Manual Precision

Moderator: *Ahmed Saleh MD, Southeast Orthopaedic Specialists*

Panel: *Yong H. Kim, MD, NYU Langone Spine Center
Emmanuel N. Menga, MD, University of Miami,
Leonard M. Miller School of Medicine
Antonio Webb, MD, San Antonio, TX
1 more speaker*

11:45 am – 11:55 am **Award Presentation**

11:55 am – 12:15 pm **Clinical Orthopaedic Society Annual Membership and Business Meeting**

COS Medical Student Agenda

12:30 PM - 1:30 PM: Lunch/Welcome/Mentorship Announcements (if missed Friday night)

1:00 PM - 1:20 PM: Paths to Ortho: Process Overview (20 min)

1:20 PM - 1:30 PM: Signaling Update (10 min)

1:30 PM - 2:00 PM: A Day in the Life Resident Panel (Residents: 4 or 5, academic private/blue/white collar diverse panel)

2:00 PM - 2:20 PM: Q&A Session (Program directors invited)

2:20 PM - 2:30 PM: Teams Assigned, Develop Team Name

2:30 PM - 4:00 PM: Team Competition (M1-M4)

Station #1: Timed external fixator placement (Delta frame) with stability being the primary outcome, time second.

Station #2: 20 Radiographs - team must identify the bony abnormalities.

Station #3: Timed plating of an ulna with stability/reduction being the primary outcome, time second

Station #4: Identify the eponyms (approaches, injuries, anatomy)
4:00 PM - 4:15 PM: Coffee Break with Snacks
4:15 PM - 5:00 PM: Speed Mentoring with Faculty/Residents (Topics: Letters of Recommendation, Signaling Guidance, Family Planning/"Work-Work Balance", Research Success, Away Rotation Do's/Don'ts, Financial Planning/Advice, Match Day/Ranking, Intern Year Recommendations from the Pros)

COS Residents Agenda

12:30 PM - 1:30 PM: Lunch/Welcome/Mentorship Announcements (if missed Friday night)
1:00 PM - 1:50 PM: Business Side of Medicine
 Contracts/Negotiations/Practice Planning: Review with Quick Recommendations (30 min)
 Faculty Q&A Panel: Academic Private Hospital Employed, Same Job/Changed Jobs (ideally some who have tried multiple avenues if possible) (20 min)
1:50 PM - 2:00 PM: Teams Assigned, Develop Team Name
2:00 PM - 4:00 PM: Team Competition (PGY1-PGY5 diverse teams)
 Station #1: Arthroscopy foreign body removal and meniscal repair (knee trainer)
 Station #2: Intramedullary nailing of a proximal tibia shaft fracture (sawbones)
 Station #3: Distal humerus soft tissue sawbones ORIF
 Station #4: Orthopaedic Knowledge Trivia
4:00 PM - 4:15 PM: Coffee Break with Snacks
4:15 PM - 5:00 PM: Speed Mentoring with Faculty (Topics: Fellowship Letters of Recommendation, Family Planning/"Work-Work Balance", Research Success, Financial Planning/Advice, First Year Do's/Don'ts, Contract Negotiations, Physician Extenders: How to Utilize, Time Management/Workload Expectations)

Physician Extender Program

1:00 PM Welcome and Lunch
1:15 PM Introduction to Pacira History of Cryoneurolysis
1:45 PM Hands-on with iovera^o
2:30 PM iovera^o Orthopedic Applications

- Superficial Genicular Nerves
- Deep Genicular Nerves
- Nerves of the Foot and Ankle
- Suprascapular Nerve
- Axillary Nerve

Orthopedic Applications Scanning
Hand-Eye Pork Shoulder
Tactile Practice
5:00 PM Close Program