



Clinical Orthopaedic Society 113th Annual Legacy Voyage:

Anchored in Tradition, Sailing Toward the Future

September 3-6, 2025 | Omni Amelia Island Resort | Amelia Island, FL



COS History Video

Orthopaedic Renaissance: *Continuing the Vision*

2025 Guest Programs

MAYO CLINIC IN FLORIDA, JACKSONVILLE, FL

UNIVERSITY OF FLORIDA, JACKSONVILLE, FL

UNIVERSITY OF FLORIDA COLLEGE OF MEDICINE, GAINESVILLE, FL

UNIVERSITY OF ALABAMA, TUSCALOOSA, AL

NYU LANGONE ORTHOPEDICS, NEW YORK, NY

MAIMONIDES MEDICAL CENTER, BROOKLYN, NY

Preliminary Program

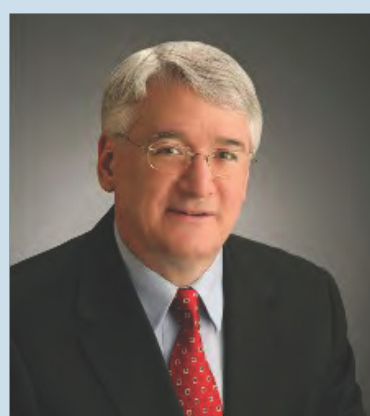
19.5 CME Credits Available



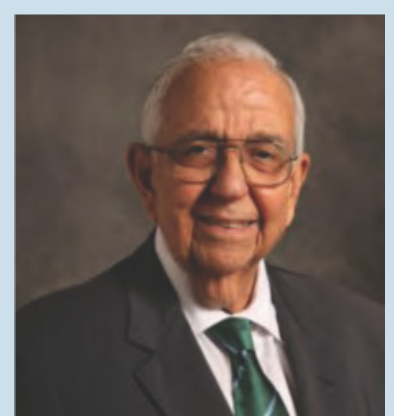
Presidential Guest Speaker
Michael Suk, MD, JD, MPH,
MBA



**George Brindley
Lectureship Speaker**
Frederick C. Flandry, MD



**Dr. & Mrs. J. Elmer Nix
Award Recipient**
Joshua Jacobs, MD



**Lifetime Achievement
Award Recipient**
Raoul P. Rodriguez, MD





President's Message

Afshin E. Razi, MD

Dear Friends and Colleagues,

Welcome to the 113th Annual Meeting of the Clinical Orthopaedic Society, a legacy voyage anchored in tradition, now setting sail toward the future.

As I reflect on the legacy of COS, founded in 1912 as the very first clinical orthopaedic society, I'm both humbled and inspired by how far we've come. What began as a vision by a handful of passionate surgeons has now evolved into a growing, inclusive community of over 800 members, 950 abstract submissions, and more than 50 faculty sharing their knowledge at this year's meeting. But COS isn't just about numbers. It's about purpose. It's about people.

Over the past two years, we've breathed new life into this historic society, restoring its voice, rekindling its spirit, and re-imagining its future. This year's theme, **"Orthopaedic Renaissance: Continuing the Vision,"** is a call to reconnect with our roots while embracing the innovations and challenges shaping modern orthopaedic care. It's about carrying forward the values of mentorship, hands-on learning, and clinical excellence, while inviting the next generation to help lead.

This past year, we've made remarkable strides:

- We revised the COS Bylaws, the first update in more than two decades, modernizing our structure for the years ahead.
- We launched a partnership with the AOA's Own the Bone program to promote osteoporosis education and awareness.
- We strengthened our academic collaboration with the Journal of Surgical Orthopaedic Advances (JSOA), encouraging scholarly publication from our presenters.
- We initiated exciting new collaborations with The Codman Group and OrthoAccess to enrich medical student education and engagement.
- We have partnered with JOEI through "At The Conference...", a new way to share COS annual meeting content with the world
- We are partnering with the Mid-America Orthopaedic Association as reciprocal relationship
- We are creating a new web page for members resources for practice management, finance, and wellbeing.

This meeting reflects that mission. From sunrise yoga to late-night mixers, from hands-on pinning competitions to expert panel debates, every session is designed to educate, inspire, and connect. And for the first time ever, we've extended our program through Saturday afternoon, with a celebratory **"Bone Voyage" Beach Finale Saturday evening** that we hope you and your families won't miss.

Speaking of families; bring them. COS is not just a meeting; it's a community. With daily family breakfasts, VIP beach day, pickle-ball tournaments, and a river cruise, this is your chance to grow professionally while making memories with the ones you love.

Whether you're a seasoned surgeon, a first-year resident, or a curious medical student, there's something here for you. There's a place for you at COS.

We are not just restoring the legacy of COS, we're shaping what it will become for the next 100 years. And that starts with you. Let's celebrate our past, embrace the present, and build a future worthy of our profession and those we serve.

See you in Amelia Island!



Incoming President

Marlene DeMaio, MD, EdD, CAPT, Medical Corps, U.S. Navy (Ret.)

Dr. Marlene DeMaio is a board-certified orthopaedic surgeon specializing in sports medicine, with a distinguished career in military, academic, and clinical leadership. As honors graduate of Brown University and Hahnemann Medical College (now Drexel), she completed her orthopaedic surgery residency at Yale-New Haven Hospital and a Sports Medicine Fellowship at the Cincinnati Sports Medicine and Orthopaedic Center. She then volunteered for active duty in the U.S. Navy, where she rose to the rank of Captain during her 20 years of service, later continuing her work in federal medicine and academics with the VA. She recently earned her Doctorate in Education from Drexel University and was named the inaugural recipient of the School of Education's Impact Award.

Dr. DeMaio has held numerous high-impact leadership roles, including President of the Ruth Jackson Orthopaedic Society and the Association of Bone and Joint Surgery, Chief of Surgery for the Expeditionary Medical Force in Kuwait, and Chief of Orthopaedics at the U.S. Naval Academy. She also served as President of the Board of Trustees for Clinical Orthopaedics and Related Research and on the editorial board of the American Journal of Sports Medicine.

Her clinical and educational contributions include co-directing an Osteoarthritis Clinic, serving as an Oral Boards Examiner, chairing multiple AOSSM education committees, and mentoring residents as a GME Site Director. In research, she has received national recognition, including the U.S. Medicine and Delta Dental Berry Award and the AOSSM Excellence in Research Award.

Since speaking at the Clinical Orthopaedic Society Annual Meeting in 2019, Dr. DeMaio has served COS as Member-at-Large and Vice President, playing a vital role in strategic planning and the revision of bylaws. She remains committed to advancing COS, improving patient care, and supporting orthopaedic surgeons through mentorship, scholarship, and leadership.



Presidential Guest Speaker

Michael Suk, MD, JD, MPH, MBA

Michael Suk, MD, JD, MPH, MBA, a board-certified orthopaedic surgeon, was first elected to the American Medical Association Board of Trustees in June 2019 and was board chair from June 2024 to June 2025. Throughout his career, Dr. Suk has been a vocal leader on public health issues, including the role and importance of organized medicine, resident work hours, social determinants of health and numerous other public health concerns.

An active and engaged leader from his earliest days in organized medicine, Dr. Suk was the first medical student and first Asian American elected to the AMA Board of Trustees in 1994. In addition, he has served on the AMA Council on Medical Service and as chair of the AMA Resident and Fellow Section where he led AMA efforts to create governance guidelines on resident work hours. In 2016 he was appointed to the board of directors of the American Medical Association Political Action Committee in Washington, D.C., to help spearhead advocacy for the medical profession. Additionally, reflecting his passion and expertise in the field of performance excellence, quality and safety, Dr. Suk was selected to serve on the Board of Commissioners at the Joint Commission and is currently its chair.

Dr. Suk, who was selected as a White House Fellow under President George W. Bush in 2003 and as a Baldrige Executive Fellow in 2017, is widely sought after for his expertise in new models for health care payment and delivery, physician engagement and leadership. In 2018, for example, he disrupted the dialogue on value-based care by developing and offering the world’s first “lifetime warranty” for total joint replacement. Dr. Suk, who is board-certified in lifestyle medicine, is also one of the nation’s leading clinical voices for well-being through connections with nature, outdoor recreation and unstructured play.

He received a BA in African American history from Carleton College before simultaneously completing an MD at the University of Illinois College of Medicine and a JD/MPH with special certification in health care law at Boston University School of Law and School of Public Health. He later completed his orthopaedic surgery residency training at Montefiore Medical Center in Bronx, N.Y., and his fellowship in orthopaedic trauma at the Hospital for Special Surgery in New York City. In addition, Dr. Suk completed his MBA at the University of Scranton.



George W. Brindley, MD

Lectureship Speaker

Frederick C. Flandry, MD, FACS

Dr. Flandry graduated from Tulane University College of Arts and Sciences and earned his medical degree from Tulane University School of Medicine. He completed a flexible internship at Charity

Hospital in New Orleans and then a residency in Orthopaedic Surgery through Tulane University Affiliated Hospitals across the United States. Following his residency, he completed a fellowship in Sports Medicine and Arthroscopic Surgery at the Hughston Clinic. After entering practice, he continued his education by taking multiple sabbaticals to study Orthopaedic Traumatology at major academic centers in the United States, Canada, Germany, Switzerland, and Amsterdam.

Dr. Flandry’s clinical practice focuses on Sports Medicine, treatment of fractures and musculoskeletal injuries, total joint replacement, deformity correction, amputee care, and treatment of non-healing fractures, Orthopaedic infections, and revision Orthopaedic operative procedures. Over the course of his career, he has served as team physician for numerous professional, collegiate, and high school athletic programs.

Dr. Flandry is a past president of the Southern Orthopaedic Association and the Clinical Orthopaedic Society, and has been inducted into the Georgia Southwestern Sports Hall of Fame as a team physician, honored by the Mayor of Columbus Georgia for his work for citizens with disabilities, and also honored by the government of Colombia for his teaching efforts to improve the delivery of Columbia’s Orthopaedic healthcare.

His clinical practice focuses on Sports Medicine, treatment of fractures and musculoskeletal injuries, total joint replacement, deformity correction, amputee care, and treatment of non-healing fractures, Orthopaedic infections, and revision Orthopaedic operative procedures. In addition to his clinical practice, Dr. Flandry is deeply involved in the research and education efforts of the Hughston Foundation serving as the Designated Institutional Official (DIO) for the Fellowship in Sports Medicine, and the DIO and teaching faculty for the Orthopaedic Surgery Residency at Jack Hughston Memorial Hospital. He has published over thirty scientific journal articles, reviews, and textbook chapters.

Accreditation Information

CME ACCREDITATION

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 COS Annual Meeting, September 4-6, 2025 to be held in Amelia Island, FL for a maximum of 19.5 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

CEC CREDIT

Physician Associates can receive up to 19.5 credit hours toward Continuing Education Credits. AAPA accepts American Medical Association Category I CME credit for the Physician’s Recognition Award from organizations accredited by the ACCME.

PURPOSE

1. To provide participants with an objective, unbiased educational experience that will enable them to remain current in both the knowledge and practical elements of contemporary orthopaedic surgery.
2. To provide participants with a detailed, in-depth education of selected topics relevant to the practice of orthopaedic surgery.
3. To allow participants to assess potential deficiencies in their knowledge base pertaining to the practice of orthopaedic surgery.
4. To present ample opportunities for participants to exchange ideas with the presenters, the faculty and other enrollees through paper presentations, guest lectureships, symposia, multimedia educational sessions and poster exhibits.

OBJECTIVES

Educational objectives will be met through a combination of paper presentations, lectures and workshops in plenary, concurrent and specialty sessions with ample time afforded for open discussion. The following objectives will be addressed during the Scientific Program, such that at the conclusion of this course the attendees will be expected to:

1. Improve their diagnostic, treatment and technical skills in the management of orthopaedic afflictions by assimilation of scientific advances.
2. Discuss basic science paradigms as they relate to treatment advances.
3. Understand some of the basic principles in practice management.

Critically assess emerging trends in orthopaedic medicine and evaluate their evidence basis.

DISCLAIMER

The products, procedures and opinions presented at this meeting reflect the viewpoint or approach of the presenter only and are not to be attributed to the Clinical Orthopaedic Society. The Clinical Orthopaedic Society presents such material for informational purposes only and does not endorse any such product or the content of any such presentation.

FORMAT

The educational sessions will be held on Thursday, September 4, from 7:15 am – 5:00 pm, Friday, September 5, from 7:15 am – 3:00 pm, and Saturday, September 6, from 7:15 am – 3:00 pm.

SCIENTIFIC E-POSTER SESSIONS

Scientific E-Posters are an important feature of the COS Annual Meeting. E-Posters will be on display each day of the Scientific Program and E-Poster presenters will be available to answer questions before and after the Scientific Program sessions. Please note on the Scientific Program Schedule the designated times that the E-Poster presenters will be available for discussion.

PHYSICIAN REGISTRATION FEE

Registration covers the Scientific Program, syllabus, E-Poster sessions, daily continental breakfasts and coffee breaks, general meeting expenses, the Welcome Reception, and social events.



Dr. & Mrs. J. Elmer Nix Award Recipient

Joshua Jacobs, MD

Joshua J. Jacobs, M.D. received a Bachelor of Science degree in Materials Science and Engineering from Northwestern University and graduated from the University of Illinois Medical School. Dr. Jacobs completed his residency training at the Combined Harvard Orthopaedic Residency Program followed by a fellowship in Adult Reconstructive Orthopaedic Surgery at Rush University Medical Center under the direction of Dr. Jorge Galante. Dr. Jacobs has remained at Rush since his fellowship training and served as the William A. Hark, M.D./Susanne G. Swift Professor and Chair of the Department of Orthopaedic Surgery for 16 years until he recently stepped down to become the Grainger Director of the Rush Arthritis and Orthopaedics Institute.

Dr. Jacobs has published over 300 peer-reviewed manuscripts, most of which focus on the biological consequences of material degradation from joint replacement implants. He is a Multiple Principal Investigator on two large National Institutes of Health (NIH) awards including the University of Chicago/Rush University Clinical and Translational Science Award from the National Center for Advancing Translational Sciences (NCATS) and the Acute to Chronic Pain Signature (A2CPS) consortium of the NIH Common Fund's Helping End Addiction Long-term (HEAL) initiative. Dr. Jacobs has received several awards for his research and leadership including a Career Development Award from the Orthopaedic Research and Education Foundation (OREF), the Otto Aufranc Award from The Hip Society, the Ann Doner Vaughan Kappa Delta Award from the American Academy of Orthopaedic Surgeons (AAOS), the Mark Coventry Award from the Knee Society, the Orthopaedic Research Society (ORS)/OREF Distinguished Investigator Award, the William W. Tipton, Jr. MD, Leadership Award from the AAOS and the Nicolas Andry Lifetime Achievement Award from the Association of Bone and Joint Surgeons.

Dr. Jacobs has served in leadership positions in several professional organizations related to orthopaedic surgery. He is a Past President of the AAOS, ORS, the United States Bone and Joint Decade, and The Hip Society. He served as a Director of the American Board of Orthopaedic Surgery and is a Past Chairman of the Board of Trustees of the Journal of Bone and Joint Surgery. Dr. Jacobs currently serves as the President of the Board of Trustees of the OREF.

The Clinical Orthopaedic Society is honored to present the Dr. and Mrs. J. Elmer Nix Ethics Award to Dr. Joshua Jacobs. A world-renowned leader in orthopaedic research, education, and service, Dr. Jacobs exemplifies the highest standards of ethical conduct in both science and leadership. His lifelong commitment to advancing musculoskeletal care with integrity, transparency, and compassion reflects the true spirit of this award.



Lifetime Achievement and Legacy Award Recipient

Raoul P. Rodriguez, MD

Raoul P. Rodriguez, MD, a native of La Habana, Cuba, came to America in 1957. His father Raoul M Rodriguez, MD, an orthopaedic surgeon, oversaw the National Institute of Orthopaedic Surgery in La Habana, Cuba. As political unrest worsened in his homeland, he transferred from the University of Habana School of Medicine to Tulane University School of Medicine. He would graduate in 1960, marry his childhood sweetheart Marina E Valhonrat, and move to Ann Arbor, Michigan for two years of general surgery training followed by three years of orthopaedic surgery at the University of Michigan. Upon completing his residency, he took a clinical faculty position in the Orthopaedic Department at Tulane and entered private practice.

He held a position in the department at Tulane as full professor. There he would be instrumental in the teaching and training of hundreds of students and residents over the years. His early career had him running the amputee clinic at New Orleans Children's Hospital, as well as, pioneering the treatment of children with osteogenesis imperfecta with a telescoping intramedullary rod. Later in his career, he would focus his attention on foot and ankle surgery. He has served as Vice-Chair and Chair of the Department of Orthopaedic Surgery at Tulane University. Presently, he serves as Chairman Emeritus.

He has been an active member of many orthopaedic societies, serving as president of the COS and the Louisiana Orthopaedic Association, and chaired the admissions committees for both the AAOS and AOA. He was awarded the J Elmer Nix Ethics Award by the COS in 2000; the Lifetime Achievement Award by the Tulane Medical Alumni Association in 2010 and LOA in 2015; and the Medical Role Model Award from Medical Association of Southeast Louisiana in 2024.

Raoul and Mari are the parents of five children, two of whom followed his footsteps into orthopaedic surgery. They are also devoted grandparents to 15 grandchildren, one of which is currently in medical school, and six great-grandchildren.

In proud recognition of a lifetime devoted to healing, teaching, and inspiring, the Clinical Orthopaedic Society presents Dr. Raoul P. Rodriguez with the Lifetime Achievement and Legacy Award. A visionary leader, cherished mentor, and past president of the Society, Dr. Rodriguez has shaped the field of orthopaedics not only through surgical innovation but through his enduring impact on generations of students, residents, and colleagues. His legacy is one of compassion, excellence, and steadfast dedication, a legacy that continues to guide and elevate the mission of our Society.

Clinical Orthopaedic Society 113th Annual Meeting



COS President
Afshin Razi, MD
Maimonides Medical Center



COS First President Elect
Marlene DeMaio, MD
US Department of Veterans



Presidential Guest Speaker
Michael Suk MD, JD, MPH, MBA



Lectureship Speaker
George Brindley, MD
Frederick C. Flandry, MD
Hugstons Clinic



Dr. & Mrs. J. Elmer Nix Award Recipient
Joshua Jacobs, MD
RUSH University



Lifetime Achievement Award Recipient
Raoul P. Rodriguez, MD
Tulane School of Medicine



Jaimeo Ahn, MD, PhD
Director, Orthopaedic Trauma
Emory University



Joseph Bernstein, MD, MS
Professor, Orthopaedic Surgery
University of Pennsylvania



Lisa R. Blackrick, MD, MS
Hugstons Orthopaedic Trauma



Russell Bodner, MD
Northwestern Kishwaukee Hospital



George Brindley, MD
UMC Health System



Rocky Budhrum, CFP
Prolife Solutions



Curtis Burton, MD
Chief, Foot & Ankle Surgery
Baptist Health South Florida



Cary Chapman, MD
Chief, Foot & Ankle Surgery
Baptist Health South Florida



Jack Choueka, MD
Chair, Orthopaedic Surgery
Maimonides Medical Center



Brian J. Cole, MD, MBA
Associate-Chair, Orthopaedic Surgery
Midwest Orthopaedics at Rush



Arturo Corcos, MD
Director, Implant Services
Miami Institute for Joint Reconstruction



Niloofar Dehghan, MD
Chief, Orthopaedic Trauma
University of Arizona



Bassel Diebo, MD
Brown University Health



Gerson B. Flores, MD
Director, Latin American Education & Outreach
Cleveland Clinic Martin Health



Alan Friedman, MD
J3P Health



C. Parker Gibbs, PhD
Chair, Orthopaedic Surgery
University of Florida



Brian C. Goh, MD, PhD
Director, Whitesides Research Lab
Emory University



Mark H. Gonzalez, MD, PhD
Chair, Orthopaedics
University of Illinois



Lauren Grossman, MD
Orlin & Cohen Orthopaedic Group



John M. Guido, MD, MPH, DABOM
West Virginia University



Brandi Hartley, MD
Chief, Orthopaedic Trauma
University of Michigan



Christopher Andrew Heck, MD
Southlake Orthopaedics



Stephanie Ihnow, MD, MSED
University of Florida



Reza Jazayeri, MD
Southern California Permanente Medical Group



Wayne A. Johnson, MD
Chief, Orthopaedic Surgery
Oklahoma City VAMC



Amir R. Kachooei, MD, PhD
Director, Orthopaedic Research
Rothman Orthopaedics, Florida



E. Thomas D. Kaplan, MD
Fellowship Director
Indiana Hand to Shoulder Center



Mara Karamitopoulos, MD, MPH
Chief, Pediatric Orthopaedic Surgery
NYU Langone Health



Sean Keyes, DO
Assistant Chief of Staff
AdventHealth for Children



Philipp Leucht, MD
Vice Chair, Research
NYU Langone Health



Frank Liporace, MD
Chair, Orthopaedics
RWJBarnabas Health



Brendan J. MacKay, MD
Director, Hand & Microvascular Surgery
UMC Health System



Alfonso Mejia, MD, MPH
Residency Program Director
University of Illinois at Chicago



Hassan Mir, MD, MBA
Director, Orthopaedic Trauma Research
University of South Florida



Nicole Montero Lopez, MD
Chair, Hand Surgery
RWJBH Orthopaedics



Kevin M. Neal, MD, MBA
Chief, Pediatric Orthopaedic Surgery
Nemours Children's Health



Joshua Parry, MD
Director, Orthopaedic Research
Emory University



Stephen Pinney, MD
Executive Director, Orthopaedics
University of Colorado



Nicolas S. Pizzi, MD
Vice Chair, Research
Cleveland Clinic



Scott E. Porter, MD, MBA
Professor, Orthopaedic Surgery
Prisma Health



Michael R. Redlee, MD
Connecticut Orthopaedics



Ryan P. Roach, MD, MS
Vice Chair of Quality
University of Florida



Joshua Rozell, MD
Director, Patient Reported Outcomes Research
NYU Langone Health



Ahmed Saleh, MD
Southeast Orthopaedic Specialists



Kartik Shenoy, MD
Temple Health



Glenn G. Shi, MD
Mayo Clinic, Florida



Scott A. Sigman, MD
Orthopaedic Surgical Associates



Lance Silverman, MD
Resurgens Orthopaedics



Robert Slater, MD
Mercy Hospital of Folsom



Michael Suk MD, JD, MPH, MBA
Chair, Musculoskeletal Institute
Geisinger Hospital



R. James Toussaint, MD
Chief, Foot & Ankle Surgery
University of Florida



Colleen Watkins, MD
West Virginia University



James C. Wittig, MD
St. Joseph's Regional Medical Center



Brian R. Wolf, MD, MS
Chair, Sports Medicine
University of Iowa



Thomas William Wright, MD
Chief, Hand & Upper Extremity
University of Florida



Jonathan Yawman, MD
Orlando Health

WEDNESDAY, SEPTEMBER 3

11:00 am – 5:00 pm	Board of Directors Meeting
12:00 pm – 5:00 pm	Meeting Registration
12:00 pm – 5:00 pm	Exhibitor Setup

THURSDAY, SEPTEMBER 4

6:00 am – 7:00 am	Scientific Poster Session Presenters are available to answer questions
6:00 am – 7:00 am	E-Poster Session *CME Credit not available
7:00 am – 8:00 am	Rapid Fire Sessions 1A-1F
8:10 am – 8:15 am	Welcome and Opening Remarks Afshin E. Razi, MD, Maimonides Medical Center James C. Wittig, MD
8:15 am – 8:45 am	Focused Breakfast Presentation *CME Credit not available
General Session 1 – Society Updates *CME Credit not available Moderator: Afshin E. Razi, MD, Maimonides Medical Center	
8:45 am – 9:00 am	AAOS Health Policy and Advocacy Update Wayne A. Johnson, MD, Oklahoma City VAMC
9:00 am – 9:15 am	Physician Leadership and the Future of Health Care in America Michael Suk, MD, Immediate Past Chair, American Medical Association; Chair, The Joint Commission – Board of Commissioners

Symposium 1 – Foot and Ankle
Moderator: Cary B. Chapman, MD, Baptist Health South Florida

9:15 am – 9:35 am	Nail vs. Plate for Fibula Fractures: The Ultimate Fixation Debate R. James Toussaint, MD, University of Florida Lance Silverman, MD, Resurgens Orthopaedics
9:35 am – 9:50 am	Navigating Acute Weightbearing Protocols in Ankle Fracture Management Nilooofar Dehghan, MD, The CORE Institute AZ
9:50 am – 10:35 am	Ankle Disorders: Case Discussions and Debates on Controversies and Surgical Solutions Moderator: Cary B. Chapman, MD, Baptist Health South Florida Glenn G. G. Shi, MD, Mayo Clinic Jacksonville R. James Toussaint, MD, University of Florida Lance Silverman, MD, Resurgens Orthopaedics

- Case Discussions:
- Complex Challenges: Managing Pilon Fractures
 - Innovative Solutions: The Role of Custom Talar Implants in Ankle Surgery
 - Choosing the Best Path: Fusion vs. Total Ankle Replacement
 - Comprehensive Review: Treatment Strategies for Ankle Fractures

10:35 am – 11:00 am BREAK — Please visit exhibits

Symposium 2 – Perioperative Optimization of Orthopaedic Patients
Moderator: Scott A. Sigman, MD, Orthopedic Surgical Associates of Lowell

11:00 am – 11:15 am	Obesity – Addressing Weight Management Pre-Surgery John M. Guido, MD, MPH, DABOM, West Virginia University
11:15 am – 11:30 am	Sarcopenia and Nutrition – Enhancing Muscle Mass and Nutritional Status Reza Jazayeri, MD, Southern California Permanente Medical Group
11:30 am – 11:45 am	Osteoporosis – Strengthening Bones for Surgical Success Colleen Watkins, MD, West Virginia University

General Session 2 – Medical Student/Resident Research Award Presentations *CME Credit not available
Moderator: Brandi R. Hartley, MD, University of Michigan

11:45 am – 12:15 pm	Abstract Presentations
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12:15 pm – 1:00 pm	Focused Lunch Presentation *CME Credit not available
1:00 pm – 1:30 pm	Dessert Break with Exhibitors
Symposium 3 Moderator: Marlene DeMaio, MD, Hershel "Woody" Williams VA Medical Center	
1:30 pm – 2:00 pm	Evolving Approaches in Pain Management: Enhancing Patient Comfort and Recovery Scott Sigman, MD, Orthopedic Surgical Associates of Lowell Michael Redler, MD, Connecticut Orthopaedics
Symposium 4 – Trauma Moderator: Michael Suk, MD Immediate Past Chair, American Medical Association; Chair, The Joint Commission – Board of Commissioners	
2:00 pm – 2:20 pm	Sacral Standoff: Debating the Best Path to Recovery for Insufficiency Fractures – Surgery vs. Non-Operative Approaches Joshua Parry, MD, Emory University Lisa R. Blackrick, MD, Hughston Clinic
2:20 pm – 2:40 pm	Critical Decisions in Periprosthetic Fractures: Timing and Techniques – ORIF vs. Distal Femoral Replacement (DFR) Frank Liporace, MD, RWJ Barnabas Health Nicolas S. Piuze, MD, Cleveland Clinic
2:40 pm – 2:50 pm	Updated Management of Open Fractures: A Guide for Non-Orthopaedic Trauma Surgeons Jonathan P. Yawman, MD, Orlando Health Jewett Orthopedic Institute
2:50 pm – 3:40 pm	Trauma in Focus: Expert Reflections and Case-Based Debates in Orthopaedics Moderator: Michael Suk, MD, Nilooofar Dehghan, MD, The CORE Institute AZ Frank Liporace, MD, RWJ Barnabas Health Philipp Leucht, MD, PhD, NYU Langone Health Joshua Parry, MD, Emory University Lisa R. Blackrick, MD, Hughston Clinic Jonathan Yawman, MD, Orlando Health Jewett Orthopedic Institute Hassan R. Mir, MD, MBA, Florida Orthopaedic Institute

- Case Discussions:
- Complex Humeral Shaft Fractures: Is There Still a Place for Functional Bracing or is Surgery King?
 - High-Energy Tibial Plateau Fractures: Balancing Stability, Soft Tissue Preservation, and Functional Outcomes
 - Distal Femur Fractures in Osteoporotic Patients: Locking Plates vs. Retrograde Nails – The Art of Decision-Making
 - Pilon Fractures: Early Fixation or Delayed Definitive Surgery? Navigating the Timing and Techniques

3:40 pm – 4:00 pm BREAK — Please visit exhibits
Symposium 5 – Advancing Frontiers in Orthopaedics: The Power of OrthoBiologics
Moderator: Scott A. Sigman, MD, Orthopedic Surgical Associates of Lowe

4:00 pm – 4:15 pm	Regenerative Medicine: Harnessing Regeneration – Innovations in Orthopaedic Healing Michael R. Redler, MD, Connecticut Orthopaedics
4:15 pm – 4:30 pm	Bone Grafts: The Art of Mending Bones – Advances in Grafting Techniques Philipp Leucht, MD, PhD, NYU Langone Health

General Session 4 – Presidential Guest Speaker
Moderators: Afshin E. Razi, MD, Maimonides Medical Center Wayne A. Johnson, MD, FAAOS, FACS, Oklahoma City VAMC

4:30 pm – 5:00 pm	The Shape of Care to Come: Orthopaedics at the Nexus of Policy, Technology, and Market Forces Michael Suk, MD, Immediate Past Chair, American Medical Association; Chair, The Joint Commission – Board of Commissioners
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6:00 am – 7:00 am	Scientific Poster Session Presenters are available to answer questions
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7:00 am – 8:00 am	Rapid Fire Sessions 2A–2F
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8:05 am – 8:35 am	Focused Breakfast Presentation *CME Credit not available
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General Session 5 – Medical Student/Resident Research Award Presentations
 Moderator: Alfonso Mejia, MD, University of Illinois at Chicago
 *CME Credit not available

8:35 am – 9:05 am	Abstract Presentations
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Symposium 6 – Adult Reconstruction
 Moderator: Nicolas S. Piuzzi, MD, Cleveland Clinic

9:05 am – 9:25 am	Optimizing Total Hip Replacement: The Role of Pelvic Parameters in Achieving Superior Results Russell Bodner, MD, Northwestern University Kishwaukee Hospital Bassel Diebo, MD, Warren Alpert Medical School, Brown University
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9:25 am – 9:40 am	Total Joint Infections: Cutting-Edge Updates and Game-Changing Strategies Joshua Rozell, MD, NYU Langone Orthopedic Institute
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9:40 am – 10:25 am	Advanced Decision-Making in Adult Reconstruction Surgery: Expert Debates and Case Reviews Moderator: Nicolas S. Piuzzi, MD, Cleveland Clinic Frank Liporace, MD, RWJ Barnabas Health Russell Bodner, MD, Northwestern University Kishwaukee Hospital Mark H. Gonzalez, MD, PhD, University of Illinois Hospital Joshua J. Jacobs, MD, Midwest Orthopaedics at Rush Joshua Rozell, MD, NYU Langone Orthopedic Institute Arturo Corces, MD, FAAOS, Miami Institute for Joint Reconstruction
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Case Discussions:

- Golden Years Decisions: Hemi vs. Total Hip Arthroplasty for Fractures in Patients Over 70
- End-Stage Knee Solutions: Disasterplasty vs. 5th Revisionplasty
- Early Intervention: Is Arthroplasty Justifiable for a 38-Year-Old Woman with Hip Dysplasia?
- Cemented vs. Cementless: Choosing the Right Hip Arthroplasty Approach in Osteoporotic Patients

10:25 am – 10:55 am
 BREAK — Please visit exhibits

General Session 6 – Dr. and Mrs. J. Elmer Nix Presentation and Lecture
 Moderator: Afshin E. Razi, MD, Maimonides Medical Center

10:55 am – 11:25 am	Ethics in Motion: Advancing Orthopaedic Research with Integrity Joshua J. Jacobs, MD, Midwest Orthopaedics at Rush; President of OREF
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11:25 am – 11:55 am	OREF Award Lectures: Excellence in Orthopaedic Advancement Optimizing Patient Outcomes Following OAG Transplantation. The Impact of 25 Years of Translational and Clinical Research Brian J. Cole, MD, MBA, Midwest Orthopaedics at Rush Optimizing Hip and Knee Arthroplasty Outcomes Through a PROMs-Based Personalized Approach Nicolas S. Piuzzi, MD, Cleveland Clinic
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General Session 7 – Presidential Address *CME Credit not available
 Moderator: Afshin E. Razi, MD, Maimonides Medical Center

11:55 am – 12:15 pm	Presidential Address This Was My Dream—Now It’s Our Voyage: From Exile to Anchor A journey sparked by a personal dream, built through grit and resilience. Now a shared mission, guiding our society into a bold new chapter. Afshin E. Razi, MD, Maimonides Medical Center
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12:15 pm – 12:25 pm	COS Lifetime Achievement and Legacy Award Presented to Dr. Raoul P. Rodriguez In recognition of his decades of leadership, mentorship, and lasting contributions to the Clinical Orthopaedic Society.
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12:25 pm – 12:30 pm	Leadership Legacy: 114th COS Presidential Transition & Medallion Ceremony Honoring Legacy, Celebrating Leadership, Welcoming CAPT (ret) Marlene DeMaio, MD, EdD
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12:30 pm – 1:00 pm	Focused Lunch Presentation *CME Credit not available
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1:00 pm – 1:30 pm	Dessert Break with Exhibitors
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Symposium 7 – Sports
 Moderator: Ryan P. Roach, MD, University of Florida

1:30 pm – 1:45 pm	Optimal Treatment of OCD Lesions: Does Size and Location Determine the Best Approach? Brian J. Cole, MD, MBA, Midwest Orthopaedics at Rush
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1:45 pm – 2:00 pm	Revolutionizing Rotator Cuff Repair: Cutting-Edge Techniques and Breakthroughs Michael R. Redler, MD, Connecticut Orthopaedics
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2:00 pm – 2:45 pm	Frontiers in Sports Orthopedics: Innovative Management and Surgical Techniques Case Presentation Moderator: Ryan P. Roach, MD, University of Florida Brian J. Cole, MD, MBA, Midwest Orthopaedics at Rush Michael R. Redler, MD, Connecticut Orthopaedics Reza Jazayeri, MD, Southern California Permanente Medical Scott A. Sigman, MD, Orthopedic Surgical Associates of Lowell Brian R. Wolf, MD, MS, University of Iowa
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Case Discussions:

- Advancing OCD Management: A Look at New Industry Breakthroughs
- Knee Dislocations: Evaluating Treatment Options Across Different Stages
- Extra-Articular ACL Grafts in Adolescents: Exploring Physical Sparing Techniques

General Session 7– Practice Management
 Moderator: Afshin E. Razi, MD, Maimonides Medical Center

2:45 pm – 3:15 pm	An Innovative Approach to Enhanced Personal and Professional Performance Alan Friedman, MA, J3P Health
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3:30 pm – 6:00 pm	Medical Student Program
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6:45 pm – 8:00 pm	Fellowship Speed Mentoring
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6:00 am – 7:00 am	Scientific Poster Session Presenters are available to answer questions
6:00 am – 7:00 am	E-Poster Session *CME Credit not available
7:00 am – 7:15 am	Clinical Orthopaedic Society Annual Membership and Business Meeting
7:15 am – 8:00 am	Rapid Fire Sessions 3A-3E
8:00 am – 8:05 am	Welcome and Opening Remarks Afshin E. Razi, MD, Maimonides Medical Center James C. Wittig, MD
8:05 am – 8:35 am	Focused Breakfast Presentation *CME Credit not available
General Session 8 – Medical Student/Resident Research Award Presentations Moderator: Kartik Shenoy, MD, Mike O'Callaghan Military Medical Center	
8:35 am – 9:05 am	Abstract Presentations
9:05 am – 9:35 am	BREAK — Please visit exhibits
Symposium 8 – Shoulder, Hand and Elbow Moderator: Jack Choueka, MD, Maimonides Medical Center	
9:35 am – 9:55 am	To Cast or to Cut: Does Fracture Pattern Trump Age in Distal Radius Management? Robert R. Slater Jr., MD, Folsom, CA F. Thomas Kaplan, MD, Indiana Hand to Shoulder Center
9:55 am – 10:15 am	Battle of Approaches for Proximal Humerus Fractures in the Elderly: Non-Operative Treatment vs. Surgical Intervention – Determining Necessity and Timing Thomas W. Wright, MD, University of Florida Gerson B. Florez, MD, Cleveland Clinic Martin Health
10:15 am – 11:10 am	Mastering the Complex Terrain Panel Discussion Moderator: Jack Choueka, MD, Maimonides Medical Center Michael R. Redler, MD, FAAOS, Connecticut Orthopaedics Thomas W. Wright, MD, University of Florida Gerson B. Florez, MD, Cleveland Clinic Martin Health Nicole Montero-Lopez, MD, RWJBarnabas Health Robert R. Slater Jr., MD, Folsom, CA F. Thomas Kaplan, MD, Indiana Hand to Shoulder Center
Case Discussions: <ul style="list-style-type: none">• Distal Radius Fractures in 2025: Advancements in fixation techniques.• Rotator Cuff Tears in the Aging Shoulder: Ignore, Repair, Debride, Replace or Something Else• Bridging the Gap: Contemporary Solutions for Scaphoid Nonunion• Advancements in Intramedullary Fixation for Distal Radius Fractures	
General Session 9 – George W. Brindley, MD Lectureship Moderator: George W. Brindley, MD, Texas Tech Orthopedics	
11:10 am – 11:40 am	Making the Diagnosis: A Reflection Frederick C. Flandry, MD, FACS, The Hughston Clinic; Past President of COS

11:40 am – 12:10 pm	Lunch with Exhibitors
Symposium 9 – Pediatrics Moderator: Mara S. Karamitopoulos, MD, MPH, NYU Langone Health	
12:10 pm – 12:25 pm	Latest Advances in Pediatric Femur Fracture Management Stephanie Ihnow, MD, MEd, University of Florida
12:25 pm – 12:40 pm	Advances in Pediatric ACL Injuries: Latest Insights and Treatment Strategies Sean Keyes, DO, AdventHealth for Children
12:40 pm – 1:25 pm	Controversies and Consensus in Lower Extremity Pediatric Orthopaedic Surgery: Expert Debates and Case Reviews Moderator: Mara S. Karamitopoulos, MD, MPH, NYU Langone Health Stephanie Ihnow, MD, MEd, University of Florida Kevin M. Neal, MD, MBA, Nemours Children's Health, Jacksonville Sean Keyes, DO, AdventHealth for Children
Case Discussions: <ul style="list-style-type: none">• The Limping Child: Unraveling the Diagnostic Maze• Growth Plate Fractures: When to Refer and When to Manage• Hip Emergencies in Kids: From SCFE to Septic Arthritis	
General Session 10 – Awards Presentations Moderator: Brendan J. MacKay, MD, Texas Tech Physicians Curtis Burton, MD, Midwest Orthopaedic Specialists	
1:25 pm – 1:45 pm	Awards Presentations
Symposium 10 – Orthopaedic Oncology Moderator: James C. Wittig, MD	
1:45 pm – 2:00 pm	Critical Insights: Distinguishing between Benign and Malignant Tumors in Clinical Practice C. Parker Gibbs, MD, University of Florida Deceptive
2:00 pm – 2:15 pm	Appearances: Case Studies of Tumors Mimicking Scott E. Porter, MD, Prisma Health
Symposium 11 – Spine Moderator: Ahmed Saleh, MD, Southeast Orthopedic Specialists	
2:15 pm – 2:30 pm	Contemporary Approaches in Management: Non-Operative vs. Operative Treatment of Compression Fractures Christopher A. Heck, MD, Southern Orthopaedic Alliance
2:30 pm – 2:45 pm	Latest Advances in Diagnosis and Management of Cervical Myelopathy Brian C. Goh, MD, PhD, Emory University
2:45 pm – 3:00 pm	Adult Spinal Deformity in 2025: What Every Orthopaedic Surgeon Should Know in 15 Minutes Bassel Diebo, MD, Warren Alpert Medical School, Brown University
3:00 pm	Closing Remarks OPTIONAL SESSION: Beyond the Basics: Architecting Wealth for the Peak Years and Beyond
3:30 pm -4:00 pm	

CME ACCREDITATION

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

WEDNESDAY, SEPTEMBER 3

11:00 am – 5:00 pm	Board Meeting
12:00 pm – 5:00 pm	Meeting Registration
12:00 pm – 5:00 pm	History Room
12:00 pm – 5:00 pm	Exhibitor Setup
12:00 pm – 8:00 pm	Speaker Ready Area



THURSDAY, SEPTEMBER 4

6:00 am – 5:00 pm	Meeting Registration
6:00 am – 5:00 pm	History Room
6:00 am – 8:00 pm	Speaker Ready Area
7:30 am – 8:00 am	<p>Sunrise Serenity: Yoga by the Sea, Featuring Instructor Grey Hunt <i>Awaken your spirit and body with the peaceful rhythm of the ocean breeze.</i> Practice calming, rejuvenating yoga poses and stretching near the beach. Connect with your breath, improve flexibility, and find inner peace while surrounded by the beautiful Amelia Island white sandy beach. Mats, towels and water provided.</p> <p>Price: Included in Registration Fee</p>
8:30 am – 10:00 am	<p>Connections & Coffee: Spouse and Children’s Hospitality Breakfast <i>Gather for a casual, cheerful start to the day with friendly faces and fresh coffee.</i> Enjoy a continental breakfast with old friends and get to know new ones.</p> <p>Price: Included in Registration Fee or \$40 Unregistered Adult Guest \$20 Unregistered Child (5-17)</p>
10:30 am – 12:00 pm	<p>Paddle into Paradise: Guided Kayak Adventure</p> <p>Glide through pristine waterways and discover hidden gems of Amelia’s wild coastline. Experience the natural beauty of the island by kayak. You will learn about the birds, fish and animals that flourish in the salt marsh while you explore the island. Kayak tours last approximately 1.5 hours. Minimum age is 8 years old. Ages 8-12 are required to paddle with an adult; 13 years or older can paddle alone. Limited tandem kayaks available. Introductory kayaking lessons provided.</p> <p>Price: \$100 per person (Min 5/Max 30 participants)</p>
11:00 am – 1:30 pm	<p>Tastes & Toasts: Downtown Fernandina Food & Booze Tour</p> <p>Savor the spirit and stories of Fernandina through every bite and sip. Join us for a food and booze tour of downtown Fernandina Beach! Visit two restaurants for specially made tastings while the owners or chefs share the history of each spot. Then, enjoy cocktails at two bars crafted just for the tour. Between stops, learn about the island's history as you explore the area. It's the perfect blend of delicious food, drinks, and local history!</p> <p>Price: \$125 per person Transportation included (Min 8/Max 30 participants)</p>
5:00 pm – 6:30 pm	<p>President’s Welcome: Cheers & Connections with Our Exhibitors <i>Raise a glass to new beginnings, fresh ideas, and new collaborations!</i></p> <p>Join us as we kick off the 113th Annual Meeting with a warm welcome from the COS President, surrounded by the vibrant energy of our Exhibit Hall. Connect with colleagues, explore innovations, and enjoy drinks and conversation with our valued industry partners.</p> <p>Price: Free for all Meeting Attendees</p>
7:30 pm – 10:00 pm	<p>Legends & Lagers: Brewed to Bond with COS <i>Where great brews meet even greater company — join us for a night to remember!</i> Join us for a relaxed night of great beer, great company, and unforgettable COS camaraderie — all at a landmark Amelia Island brewery.</p> <p>Mocama Beer Company was born out of a shared desire to brew distinctive beers in a unique space on Amelia Island. The brewery is located just a few blocks from historic downtown Fernandina Beach, in the former Lasserre Motor Company building, originally constructed in 1954. The 18,000 square-foot space has been beautifully transformed into an elegant, mid-century-inspired taproom.</p> <p>Price: \$100 per person (Includes bar tab, dinner, and transportation)</p>



FRIDAY, SEPTEMBER 5

6:00 am – 8:00 pm	Speaker Ready Area
6:30 am – 3:10 pm	Meeting Registration
6:30 am – 3:10 pm	History Room
7:30 am – 8:00 am	<p>Morning Glow: Yoga by the Shore, Featuring Instructor Grey Hunt <i>Rise, stretch, and feel the island’s natural energy prepare you for a day of inspiration</i> Practice calming, rejuvenating yoga poses and stretching near the beach. Connect with your breath, improve flexibility, and find inner peace while surrounded by the beautiful Amelia Island white sandy beach. Mats, towels and water provided.</p> <p>Price: Included in Registration Fee</p>



2025 Social Program Recharge, Relax, and Reconnect — Where Inspiration Meets the Island Breeze!

8:30 am – 10:00 am

Bonds over Breakfast: Hospitality Gathering for Families
A relaxed morning to nourish both friendships and conversations over breakfast. Enjoy a continental breakfast with old friends and get to know new ones.
Price: Included in Registration Fee or \$40 Unregistered Adult Guest | \$20 Unregistered Child (5-17)

1:00 pm – 5:00 pm

Sands & Cabanas: VIP Beach Day Escape
Sink into the sunshine, let the waves be your soundtrack, and make memories seaside. Join us for a special VIP Beach Day along the Omni sands. This exclusive space is reserved for conference attendees and features comfortable cabanas, beach chairs, and beach games to enjoy. Take a break and relax by the ocean, socialize with peers, and soak up the sun.

Price: \$50 per person (Includes beach chairs, cabanas, beach games; does not include food)

3:45 pm – 5:30 pm

Pickleball Palooza: Friendly COS Tournament
Fast-paced fun, laughter, and friendly competition await on the court! Join us for a fun and friendly Pickleball Tournament! Whether you're a beginner or advanced player, everyone is welcome to participate. Prior to the tournament, there will be an instructional clinic to help players of all skill levels. The tournament will be directed by a tournament director, ensuring a great time for all participants.
Price: \$95 per person (Includes equipment, water, instructor)
Min 8/Max 24 participants

3:45 pm – 6:00 pm

Swing into Fun: Hammock Bay Short Course Golf Tournament
Challenge your swing, meet new friends, and enjoy a championship course experience.

Indulge in the finest golf at the prestigious Hammock Bay at Marco. Designed by Peter Jacobsen and Jim Hardy, Hammock Bay is a par-72 championship golf course featuring 18 unique and distinct holes. Live oak-lined fairways and rolling terrain define the layout, while undulating contours and Gulf of Mexico breezes add to the challenge, making Hammock Bay a favorite among players.

Price: \$85 per person (Includes green fees, rental clubs, prizes, 1 drink ticket)

8:00 pm – 10:00 pm



Legacy in Harmony: COS Mentorship Mixer Featuring Dr. Brindley & the Band
Celebrate the spirit of mentorship with live music led by past president Dr. George Brindley, bringing joy, rhythm, and connection across generations.
An evening of connection, conversation, and live music: bringing together COS members across generations to celebrate the spirit of mentorship and community.
Price: Free for all Meeting Attendees



SATURDAY, SEPTEMBER 6

6:00 am – 3:00 pm

Speaker Ready Area

6:30 am – 3:00 pm

Meeting Registration

6:30 am – 3:00 pm

History Room

7:30 am – 8:00 am

Beachside Bliss: Morning Yoga and Meditation Awakening, Featuring Instructor Grey Hunt

Greet your final COS Day with a wave of gratitude, mindfulness, and balance. Practice calming, rejuvenating yoga poses and stretching near the beach. Connect with your breath, improve flexibility, and find inner peace while surrounded by the beautiful Amelia Island white sandy beach. Mats, towels and water provided.
Price: Included in Registration Fee

8:30 am – 10:00 am

Final Morning Mingle: Family Breakfast Gathering
Share one last laugh and smile before heading back home from an unforgettable week.

Enjoy a continental breakfast with old friends and get to know new ones.
Price: Included in Registration Fee or \$40 Unregistered Adult Guest | \$20 Unregistered Child (5-17)



1:15 pm – 4:00 pm

Sails and Tales: Amelia Island River Cruise Adventure
Sail through history and nature on a memorable coastal journey. Enjoy a professionally narrated cruise along the salt marshes, wilderness beaches and historic riverbanks of Amelia Island. Dolphins, sea turtles, egrets, herons, spoonbills and osprey meld with shrimp boats, luxury yachts and even a Civil War fort! Shuttle will pick up at the resort at the hotel at 1:15 pm for the 2:00 pm tour, and the tour is 1.5 hours.

Price: \$85 per person (Includes transportation)

6:30 pm – 9:00 pm



Bone Voyage: The COS Beach Finale
Raise a final toast by the ocean and celebrate a week of lasting memories. Celebrate the close of the 113th Annual Meeting with a festive evening by the ocean. Enjoy coastal vibes, casual conversation, and lasting connections as we wrap up a memorable week with the COS community.

Price: Included in Registration Fee or \$100 Unregistered Adult Guest | \$50 Unregistered Child (5-17)





Ortho Voyage: Empowering the Next Generation with Skill, Purpose & Legacy

Step into a weekend of discovery, mentorship, and hands-on training at one of the most dynamic orthopaedic gatherings of the year! Whether you're prepping for away rotations or mapping your future in orthopaedic surgery, this program is your launchpad.

Awards and prizes will be announced during the Saturday night Beach Party (Must be present to win)

MEDICAL STUDENT EXPERIENCE

FRIDAY | 3:00 PM – 6:00 PM Rotation Ready: Skills, Smarts, & Strategy

A jam-packed bootcamp to help you shine on your sub-I and beyond. Learn the things that matter—because great impressions start with great preparation.

3:00 – 3:10 PM | Kickoff Welcome

Meet your mentors and teammates. Let's set the tone!

3:10 – 4:10 PM | OrthoAccess: Consult Like a Pro

- How to write the perfect ortho consult note
- Reading and interpreting X-rays on the fly

4:10 – 5:00 PM | Orthopaedia Live: The Exam Everyone Remembers

Master focused, hands-on musculoskeletal exam skills.

5:00 – 6:00 PM | Behaviors That Set You Apart

A Resident Panel Q&A on professionalism, attitude, and standing out.

SATURDAY | 1:00 PM – 5:00 PM From Practice to Match: Build Your Ortho Future

1:00 – 1:10 PM | Welcome Back & Team Huddle

1:10 – 3:15 PM | Skills Lab: Get Your Hands Dirty

Interactive hands-on training at stations sponsored by Stryker.

3:15 – 3:30 PM | Snack & Stretch Break

3:30 – 4:30 PM | How to Get into Ortho – The Ultimate Guide Tips on building your CV, nailing interviews, and finding great mentors.

4:30 – 5:00 PM | Leadership Panel: Ask the PDs

Get insider insight from Program Directors and Associate PDs.

RESIDENT EXPERIENCE

FRIDAY NIGHT | 6:45 PM – 8:00 PM Fellowship Speed Mentoring: Fast Track Your Future

Engage in fast-paced, rotating mentorship with fellowship trained surgeons from:

- Sports
- Trauma
- Hand
- Spine
- Joints

Ask questions. Make connections. Discover your path.

SATURDAY | 1:00 PM – 5:00 PM Resident Leadership & Skills Accelerator

1:00 – 1:10 PM | Kickoff & Team Formation

1:10 – 1:40 PM | Lead Like a Surgeon

Strategies to lead in the OR, on call, and in your career.

1:40 – 2:10 PM | Master the Transition: Financial Strategy for Residents on the Rise

Learn how to manage debt, plan, and build wealth.

2:10 – 2:45 PM | Conflict, Teams, & Tough Calls

Skills to navigate challenging professional situations.

2:45 – 3:00 PM | Quick Break & Strategy Time

3:00 – 5:00 PM | Hands-On Challenge: Pinning, Scoping, and Competition!

- Arthroscopy simulation
- Pinning stations
- Team competitions with real-time scoring



Clinical Orthopaedic Society

113th Annual Legacy Voyage:

Anchored in Tradition, Sailing Toward the Future

September 3-6, 2025 | Omni Amelia Island Resort, Amelia Island, FL

MEDICAL STUDENT EXPERIENCE

FRIDAY | 3:00 - 6:00 PM

Rotation Ready: Skills,
Smarts, & Strategy

3:00 - 3:10 PM | Kickoff Welcome with mentors and teammates

3:10 - 4:00 PM | OrthoAccess: Consult Like a Pro

4:00 - 4:30 PM | Orthopaedia Live

4:30 - 5:00 PM | Splint Like a Surgeon

5:00 - 6:00 PM | Behaviors That Set You Apart: A Resident Panel Q&A

SIGN UP HERE



FREE SOCIAL EVENTS

FRIDAY

7:30 - 8:00 AM | Morning Glow: Yoga by the Shore

8:00 - 10:00 PM | COS Mentorship Mixer with Featuring Dr. Brindley and Dr. Band (+live music!)

SATURDAY

7:30 - 8:00 AM | Morning Glow: Yoga by the Shore

6:30 - 9:00 PM | Bone Voyage: The COS Beach Finale

SATURDAY | 1:00 - 5:00 PM

From Practice to Match:
Build Your Ortho Future

1:00 - 1:10 PM | Welcome Back & Team Huddle

1:10 - 3:15 PM | Skills Lab by Stryker.

3:15 - 3:30 PM | Snack & Stretch Break

3:30 - 4:30 PM | The ultimate Guide to match into orthopaedics

4:30 - 5:00 PM | Leadership Panel: Program Director and Associate PD Q&A

\$250 Scholarship For Students!! *You just have to attend the conference!*

Hands-On Challenge: Pinning, Scoping, and Competition!

SATURDAY | 3:00 - 5:00 PM

Prizes announced at the beach party.



Clinical Orthopaedic Society

113th Annual Legacy Voyage:

Anchored in Tradition, Sailing Toward the Future

September 3-6, 2025 | Omni Amelia Island Resort, Amelia Island, FL

RESIDENT EXPERIENCE

FRIDAY | 6:45 - 8:00 PM

Fellowship Speed Mentoring: Fast Track Your Future

Engage in fast-paced, rotating mentorship with fellowship trained surgeons from:

• Sports • Trauma • Hand • Spine • Joints

Ask questions. Make connections. Discover your path.

SIGN UP HERE



SATURDAY | 1:00 – 5:00 PM

Resident Leadership & Skills Accelerator

1:00 - 1:10 PM | Kickoff & Team Formation

1:10 - 1:40 PM | Strategies to lead in the OR, on call, and in your career.

1:40 - 2:10 PM | Finance 101 for Ortho Residents

2:10 - 2:45 PM | Conflict, Teams, & Tough Calls

2:45 - 3:00 PM | Quick Break & Strategy Time

FREE SOCIAL EVENTS FRIDAY

7:30 - 8:00 AM | Morning Glow: Yoga by the Shore

8:00 - 10:00 PM | COS Mentorship Mixer with Featuring Dr. Brindley and Dr. Band (+live music!)

SATURDAY

7:30 - 8:00 AM | Morning Glow: Yoga by the Shore

6:30 - 9:00 PM | Bone Voyage: The COS Beach Finale

**Hands-On Challenge:
Pinning, Scoping, and
Competition!**

SATURDAY | 3:00 5:00 PM

Prizes announced at the beach party.

COS Workgroup Members

"Thank You to Our COS Work Group Members!"

Leading the Way – Building the Future Together

Social Media/Website Workgroup

Chair: Michael Rogers, Research Fellow, Ross University

Members:

Nazanin Kermanshahi, DO, Research Fellow, Rothman Orthopaedics
Timothy Skerry, MS4, FIU Herbert Wertheim COM
Michael DeRogatis, MD, PGY5, St. Luke's University Hospital
Jennifer Yu, MS3, Icahn SOM at Mount Sinai
Krish Sardesai, MS4, University of Missouri-Kansas City SOM
Anjali Malkotra, MS3, SUNY Upstate Medical University
Marlene DeMaio, MD, EdD, U.S. Department of Veterans Affairs

Newsletter Workgroup

Chair: Nazanin Kermanshahi, Research Fellow, Rothman Orthopaedics

Members:

Thelma Jimenez Mosquea, MD, Research Fellow, NYU Langone Health
Michael Rogers, PGY1, Morristown Medical Center
George Sayegh, MS2, UT Health San Antonio
Michael DeRogatis, MD, PGY5, St. Luke's University Hospital
Ariel N. Rodriguez, MD, PGY2, Maimonides Medical Center
Kartik Shenoy, MD, PGY2
Mike O'Callaghan, MD, Military Medical Center
Sonia Chaudhry, MD, Connecticut Children's

Resident Advisory

Chair: Michael DeRogatis, MD, PGY5, St. Luke's University Hospital

Members:

Brad Carlson, MD, MBA, PGY5, Loma Linda University Health
Mason Poffenbarger, MD, PGY4, Medical City Denton Orthopaedic Surgery Program
Lisa Tamburini, MD, PGY3, University of Connecticut Health
Jack M. Ayres, MD, PGY3, Prisma Health/Univ. of South Carolina-Columbia
Dhairya Shukla, MD, PG32, St. Luke's University Health
Ariel N. Rodriguez, MD, PGY2, Maimonides Medical Center
Brandi Hartley, MD, University of Michigan
Alfonso Mejia, MD, University of Illinois COM

Medical Student Advisory

Chair: Brittney Moncrieffe, MS3, SUNY Downstate COM

Members:

Richard (Rocky) Rivera, MS4, University of South Florida
Jennifer Yu, MS3, Icahn SOM at Mount Sinai
Muda Khan, MS3, University of Illinois COM
Amy Zhao, MS4, GW SOM and Health Sciences
Ricardo Rodriguez, Jr.
Albert Brotgand, MS3, Albert Einstein COM
Manish Bhatta, MS3, Albert Einstein COM
Amil R. Agarwal, PGY2, Johns Hopkins
Marlene DeMaio, MD, EdD, U.S. Department of Veterans Affairs
Brandi Hartley, MD, University of Michigan
Elizabeth Polfer, MD, William Beaumont Army Medical Center

Education Workgroup

Chair: James Wittig, MD, Morristown Medical Center

Members:

Don Le, MS3, UTHHealth Houston, McGovern SOM
Krish Sardesai, MS4, University of Missouri-Kansas City SOM
Nazanin Kermanshahi, DO, Research Fellow, Rothman Orthopaedics
Jacob Kopeld, Clinical Research Associate
Lisa Tamburini, MD, PGY3, University of Connecticut Health
Michael DeRogatis, MD, PGY5, St. Luke's University Hospital
Jack M. Ayres, MD, PGY3 Prisma Health/Univ. of South Carolina-Columbia
Kartik Shenoy, MD, PGY2, Mike O'Callaghan Military Medical Center
Marlene DeMaio, MD, EdD, U.S. Department of Veterans Affairs
Brandi Hartley, MD, University of Michigan
Brendan J. MacKay, MD, Texas Tech University Health Sciences Center
Alfonso Mejia, MD, University of Illinois COM

Membership Workgroup

Chair: Curtis Burton, MD, Midwest Orthopedic Specialists

Members:

Jennifer Yu, MS3, Icahn SOM at Mount Sinai
Albert Mousad, PGY1, UPMC
James Dagher, MS4, University of Chicago-Pritzker SOM
Jack M. Ayres, MD, PGY4, Prisma Health/Univ. of South Carolina-Columbia
Michael DeRogatis, MD, PGY5, St. Luke's University Hospital
Kartik Shenoy, MD, PGY2, Mike O'Callaghan Military Medical Center
Bess Brackett, MD, Banner Health

Fundraising Workgroup

Chair: Bess Brackett, MD, Banner Health

Members:

Brittney Moncrieffe, MS4, SUNY Downstate COM
Lisa Tamburini, MD, PGY3, University of Connecticut Health
Marlene DeMaio, MD, EdD, U.S. Department of Veterans Affairs
Brendan J. MacKay, MD, Texas Tech University Health Sciences Center
George W. Brindley, MD, Texas Tech University Health Sciences Center
Rob Harris, MD, Johnson City Medical Center
Frederick Flanery, MD, Hugheston Clinic

Abstract and Award Workgroup

Chair: Elizabeth Polfer, MD, William Beaumont Army Medical Center

Members:

Leon Liu, MS2, Nova Southeastern University College of Allopathic Medicine
Chloe Chose, University of South Florida, Morsani COM
Brad Carlson, MD, MBA, PGY4, Loma Linda University Health
Mason Poffenbarger, MD, PGY3, Medical City Denton Orthopaedic Surgery Program
Curtis Burton, MD, Midwest Orthopedic Specialists
James Wittig, MD, Morristown Medical Center
Alfonso Mejia, MD, University of Illinois COM
Jaimo Ahn, MD, PhD, Emory University SOM
Brandi Hartley, MD, University of Michigan

Finances

Chair: Ramon E. Rodriguez, MD, Alabama Orthopedic Clinic

Members:

Curtis Burton, MD, Midwest Orthopedic Specialists
Frederick Flanery, MD, Hugheston Clinic
Brendan J. MacKay, MD, Texas Tech University Health Sciences Center
Kartik Shenoy, MD, PGY2, Mike O'Callaghan Military Medical Center

Symposium Video Workgroup

Marlene DeMaio, MD, EdD, U.S. Department of Veterans Affairs
Krish Sardesai, MS4, University of Missouri-Kansas City SOM
Lisa Tamburini, MD, PGY3, University of Connecticut Health
Bond Rodriguez, MS3, Tulane University SOM
Mason Poffenbarger, MD, PGY4, Medical City Denton

Industry Workgroup

Chair: Brendan J. MacKay, MD, Texas Tech University Health Sciences Center

Members:

Don Le, MS3, UTHHealth Houston, McGovern SOM
Krish Sardesai, MS4, University of Missouri-Kansas City SOM
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Brandi Hartley, MD, University of Michigan
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