

39th Annual

CHERRY BLOSSOM SEMINAR

An Update on Arthroscopy, Arthroplasty and Sports Medicine

APRIL 17–19, 2020

KEY BRIDGE MARRIOTT, ARLINGTON, VA

Course Chairman: M. Mike Malek, MD

Course Co-Chairmen: Jeffrey S. Abrams, MD | LTC Jonathan F. Dickens, MD | Steven J. Svoboda, MD, Colonel (retired), US Army



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CONTINUING EDUCATION INFORMATION

This three-day seminar will provide up to date information on the pathogenesis of common orthopaedic injuries as well as provide evidence-based recommendations on the management of these conditions. The seminar will focus on the most common injuries to the shoulder and knee as well as arthritis affecting these joints. Specific training on physical diagnosis skills will be emphasized as well as imaging of these injuries. Innovations in non-operative management will be discussed and the role of orthobiologics will be featured. Surgical innovations will continue to be a strong emphasis of the course with attention paid to the role of allied health professionals such as nurses, athletic trainers, and physical therapists throughout the spectrum of care. A particular focus of the seminar will be on return-to-play/activity symposium that will be interactive and case-based with expert athletic trainers, physical therapists, and orthopaedic surgeons featured in the expert panels. The central role of the team physician across the spectrum of care for the injured athlete will also be featured. Through this course, the gap between state-of-the-art practice and current practices will be closed in order to provide a high quality, comprehensive, multidisciplinary approach to patients with orthopaedic injuries. We believe this approach will improve the quality of care provided to patients, decrease the risk of complications and morbidity, and reduce the overall burden of orthopaedic injuries on the patient and society.

Target Audience

This conference is intended for orthopaedic surgeons, sports medicine physicians, residents, fellows, medical students, nurses, nurse practitioners, physician assistants, physical therapists, athletic trainers, allied health professionals and other members of the healthcare team interested in the management of musculoskeletal conditions.

Learning Objectives

- Identify the most common orthopaedic conditions of the knee and shoulder and their significance to the burden of overall disease to society.
- Perform the most appropriate physical examination maneuvers on the knee and shoulder when evaluating an injured patient.
- Describe the optimal indications and necessary contraindications for the arthroscopic management of shoulder instability, labral disorders, biceps injuries, and rotator cuff tears.
- Describe the optimal indications and necessary contraindications for the management of knee injuries involving the meniscus, ligaments, and articular cartilage.
- Describe the currently available, FDA-approved orthobiologic interventions for knee and shoulder conditions and utilize the appropriate application of each intervention.
- For the management of osteoarthritis of the knee and shoulder, describe non-operative measures, state-of-the-art injection therapy, osteotomy, partial arthroplasty, and total joint arthroplasty options for the spectrum of arthritis for each joint.
- For the athlete/active patient who has completed their post-surgical rehabilitation, employ state-of-the-art evidence-based guidelines to manage their safe and successful return to sport and active lifestyles.
- Describe the state-of-the-art in operative techniques and equipment required for surgical management using both open and arthroscopic techniques as well as implants utilized in these procedures.
- Identify the role of imaging modalities in the diagnosis and treatment of common knee and shoulder injuries to include the temporal needs of each modality for the acute, subacute, and chronic injury.
- Utilize state-of-the-art on-field diagnostic maneuvers and initial management of common orthopaedic injuries.

Accreditation



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In support of improving patient care, MedStar Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation



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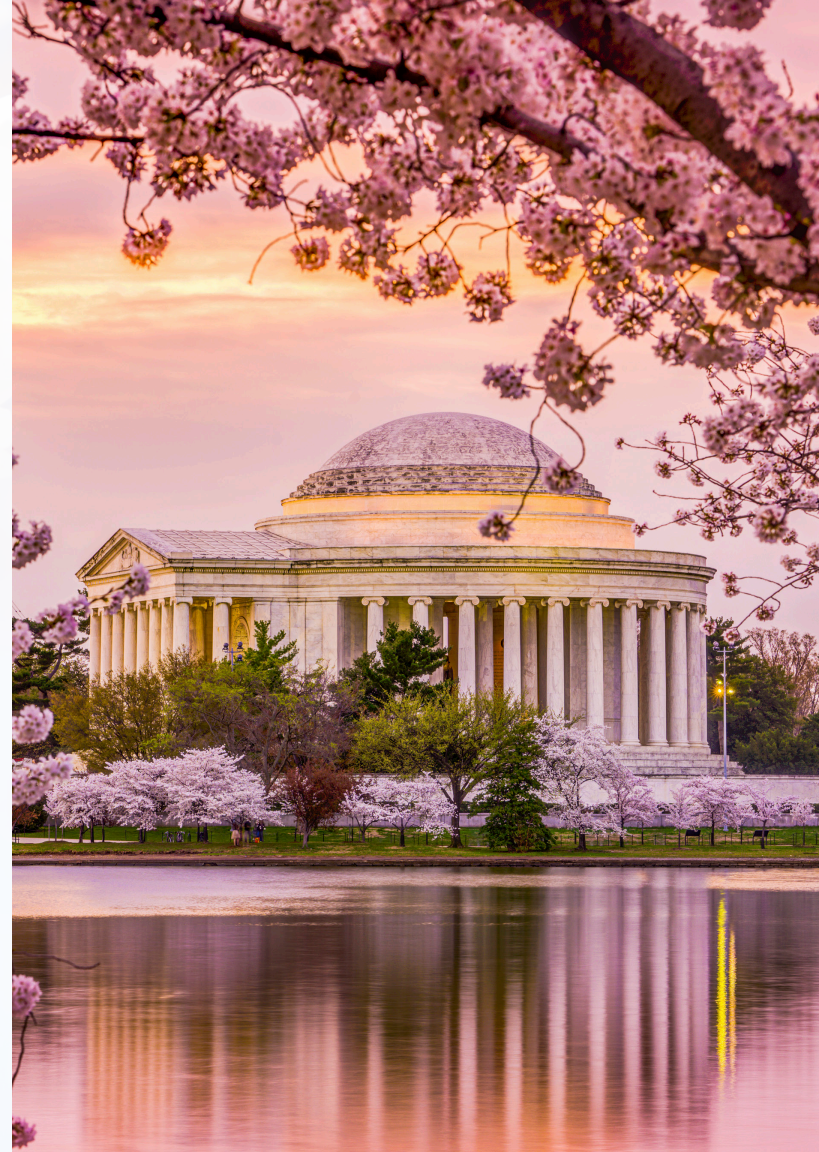
This activity was planned by and for the healthcare team, and learners will receive 20.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

For Physical Therapists

An application has been made to the Maryland Board of Physical Therapy Examiners for continuing education credits.

For Athletic Trainers

An application has been made to the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.



COURSE CHAIRMAN



M. Mike Malek, MD

Director, Washington Orthopaedic and Knee Clinic
President and Founder,
National Knee Research and Education Foundation
Fairfax, VA

COURSE CO-CHAIRMEN



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Clinical Professor, Department of Surgery
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AGENDA | *Friday, April 17*

7:00 a.m. **Registration/Continental Breakfast/Visit the Exhibits**

8:00 a.m. **Opening Remarks**
M. Mike Malek, MD

8:05 a.m. **MR Imaging of the Knee/Clinical Correlation**
Steven Meyers, MD

Session I: Meniscus

Coordinator/Moderator: Nicholas A. Sgaglione, MD

8:30 a.m. **Meniscus Surgery and Resection: Analyzing the Long-term Natural History**
Louis McIntyre, MD

8:40 a.m. **Meniscus Preservation: Top Technical Pearls for Success**
John Richmond, MD

8:50 a.m. **Current Approaches to Meniscus Root Repair**
Nicholas A. Sgaglione, MD

9:00 a.m. **Meniscus Allograft Transplantation: Indications, Technique, and Results**
Darren L. Johnson, MD

9:10 a.m. **Present Status of Synthetic Meniscus**
Christopher L. Kaeding, MD

9:20 a.m. **Meniscus Decision Making - Resect and Repair or Replace: Why? When? And How?**
Panel: Johnson, Kaeding, McIntyre, Richmond and Sgaglione

9:45 a.m. **Refreshment Break and Visit the Exhibits**

Session II: Ligaments

Coordinator: Nicholas A. Sgaglione, MD
Moderator: Louis McIntyre, MD

10:30 a.m. **ACL Reconstruction: Avoiding Complications and Getting it Right the First Time**
John Richmond, MD

10:40 a.m. **ACL Repair in 2020: Innovations or Back to the Future**
Wiemi Douguieh, MD

10:50 a.m. **ACL Graft Tears - What Do We Know About Them?**
Christopher L. Kaeding, MD

11:00 a.m. **Reconstructing the ALL and Lateral Extra-articular Tenodesis**
Wiemi Douguieh, MD

11:10 a.m. **Multi-ligament Injuries of the Knee**
Nicholas A. Sgaglione, MD

11:20 a.m. **Strategies and Management of ACL Revision Surgery**
Thomas DeBerardino, MD

11:30 a.m. **PCL Reconstruction - Procedure of Choice for Me**
Darren L. Johnson, MD

11:40 a.m. **ACL Reconstruction and Decision for Return to Play: Case-Based Discussion**
Panel: DeBerardino, Douguieh, Johnson, Kaeding, Richmond and Sgaglione

12:00 p.m. **Lunch and Visit the Exhibits**

Session III: Cartilage/Orthobiologics

Moderator: William R. Beach, MD

- 1:30 p.m. **Review of the Current Regulations for Using Orthobiologics in Orthopaedics**
Donald Buford, MD
- 1:40 p.m. **Present Status of Treatment of the Chondral Defect of the Knee, Micro-fracture/Juvenile Cartilage Particles/MACI and Allograft**
Thomas DeBerardino, MD
- 1:50 p.m. **Autologous Chondrocyte Implantation/MACI**
Brian R. Waterman, MD
- 2:00 p.m. **Resurfacing for Unichondral Lesions of the Knee**
Anthony Miniaci, MD
- 2:10 p.m. **Clinical Outcomes of the First 100 Patients with Knee Osteoarthritis Treated with a Single Intra-articular Bone Marrow Concentrate (BMAC) Injection**
Donald Buford, MD
- 2:20 p.m. **Micro-Arthroscopy in the Office from Diagnostic Tool to Procedural Asset**
R. Jay Bradley, MD
- 2:30 p.m. **Panel Discussion: Orthobiologics/Cartilage**
Panel: Buford, Bradley, DeBerardino, Miniaci and Waterman
- 3:00 p.m. **Refreshment Break and Visit the Exhibits**

Session IV: Patella/Extensor Mechanisms

Moderator: Peter Indelicato, MD

- 3:30 p.m. **First Time Patella Dislocation: Who Needs Surgery?**
William R. Beach, MD
- 3:40 p.m. **Surgical Management of Patellofemoral Instability MPFL/TTO and Derotational Osteotomy**
Brian R. Waterman, MD
- 3:50 p.m. **Patellofemoral Arthroplasty with or without Realignment**
Anthony Miniaci, MD
- 4:00 p.m. **Patellofemoral Allograft**
Thomas DeBerardino, MD
- 4:10 p.m. **Role of the Team Physician in Overlooking Rehabilitation Following Injury and Surgery and Return to Play**
Peter Indelicato, MD
- 4:20 p.m. **Questions and Discussion**
Panel: Beach, DeBerardino, Miniaci and Waterman

4:30 – 5:30 p.m. Workshops

WORKSHOP A

Office Arthroscopy: Didactic and Hands-on with Live Patient
R. Jay Bradley, MD

WORKSHOP B

Comprehensive Knee Examination for Physical Therapists and Athletic Trainers
Peter Indelicato, MD

WORKSHOP C

Stem Cell Therapy BMAC Live Patient
Donald Buford, MD

WORKSHOP D

Resurfacing Arthroplasty/Sawbones
Anthony Miniaci, MD

AGENDA | *Saturday, April 18*

7:00 a.m. **Registration/Continental Breakfast/Visit the Exhibits**

8:00 a.m. **Opening Remarks**
Steven J. Svoboda, MD

8:05 a.m. **MR Imaging of the Shoulder/Clinical Correlation**
Jordan S. Gold, MD

Session I: Instability

Coordinator/Moderator: Steven J. Svoboda, MD

8:30 a.m. **How Should We Treat the Mid-season First Time Shoulder Dislocation?**
LTC Jonathan F. Dickens, MD

8:40 a.m. **Creating a Stronger Arthroscopic Bankart Repair**
Christopher Tucker, MD

8:50 a.m. **Arthroscopic Treatment of Glenoid Rim Defects: Acute and Chronic**
LCDR Lance LeClere, MD

9:00 a.m. **The Latarjet Procedure: Patient Selection, Technique, Results and Complications**
Steven J. Svoboda, MD

9:10 a.m. **Arthroscopic Repair of Posterior Shoulder Instability**
Jeffrey S. Abrams, MD

9:20 a.m. **Multidirectional Instability: How We Should Balance the Capsule?**
Louis McIntyre, MD

9:30 a.m. **Panel Discussion: Instability in the Collision Athlete – Case Based Discussion**
Abrams, Dickens, LeClere, McIntyre and Tucker

9:40 a.m. **Refreshment Break and Visit the Exhibits**

10:30 a.m. **Honored Professor: Leslie S. Matthews, MD**

Session II: Rotator Cuff

Moderator: Christopher Tucker, MD

10:50 a.m. **Subscapularis Tears: Making the Diagnosis and Repair**
CAPT USNR John Paul Rue, MD

11:00 a.m. **Large Retracted Rotator Cuff Tears: Releases, Convergence and Augmentation**
LCDR Lance LeClere, MD

11:10 a.m. **Superior Capsular Graft Reconstruction: Indications, Technique and Results**
LTC Jeffrey R. Giuliani, MD

11:20 a.m. **What Should We Do to the Biceps Tendon When We Repair Cuff Tears?**
William R. Beach, MD

11:30 a.m. **Role of Tendon Transfers with Irreparable Tears: Indications and Techniques**
Anthony Miniaci, MD

11:45 a.m. **Panel Discussion: Irreparable Tears**
Panel: Beach, Giuliani, LeClere, Miniaci, Rue, Tucker

12:15 p.m. **Lunch and Visit the Exhibits**

Session III: Arthritis

Moderator: Jeffrey S. Abrams, MD

- 1:15 p.m. **Reverse Total Shoulder Arthroplasty with Massive Cuff Tears: Indications, Postoperative Management**
Richard J. Friedman, MD
- 1:30 p.m. **Treatment Options for Young Active Patients with Degenerative Arthritis**
Anthony Miniaci, MD
- 1:40 p.m. **Preoperative Workup and Imaging for the Arthritic Shoulder**
Sameer Nagda, MD
- 1:50 p.m. **Anatomic Shoulder Arthroplasty: Improving the Exposure, Techniques, Results**
Richard J. Friedman, MD
- 2:00 p.m. **Component Design: Stem Length, Glenosphere, Augmented Glenoids and Baseplates**
Sameer Nagda, MD
- 2:10 p.m. **Reverse Total Shoulder Arthroplasty: Indications, Techniques, Expectations**
Richard J. Friedman, MD
- 2:20 p.m. **Arthroplasty Complications and Treatment**
Jeffrey S. Abrams, MD
- 2:35 p.m. **Refreshment Break and Visit the Exhibits**

Session IV: Shoulder Trauma

Moderator: Scott Faucett, MD, MS

- 3:10 p.m. **The AC Joint: Should we Ever Fix it? If so, How? Current Evidence for Reliable Repairs and Outcomes**
LTC Jonathan F. Dickens, MD
- 3:20 p.m. **The Clavicle: The Case for Operative Fixation**
Christopher Tucker, MD
- 3:30 p.m. **Proximal Humerus Fracture ORIF: A Dying Art or Necessary Skill?**
TBD
- 3:40 p.m. **Questions and Discussion**
Panel: Dickens and Tucker

4:00 – 5:00 p.m. Workshops

WORKSHOP A

Comprehensive Shoulder History and Physical Exam for Physical Therapists and Athletic Trainers
Jeffrey S. Abrams, MD

WORKSHOP B

Ultrasound Diagnosis: Compare to MRI and CT Imaging
Chad Hulsopple, DO

WORKSHOP C

In-office Arthroscopy with Live Patients
Scott Faucett, MD, MS

WORKSHOP D

Shoulder Resurfacing/Glenoid Reconstruction/Sawbones
Anthony Miniaci, MD

AGENDA | *Sunday, April 19*

8:00 a.m. **Opening Remarks**
Steven J. Svoboda, MD

Session I: Shoulder Return to Play Considerations

SCENARIO 1: RETURNING A COLLISION ATHLETE TO PLAY FOLLOWING SHOULDER INSTABILITY

Moderator: LTC Jeffrey R. Giuliani, MD

8:05 a.m. **The Non-Operative Approach/ HS Athletes with Low Dislocation Rates**
Ellen Shanley, PhD, PT, OCS

8:15 a.m. **If Surgery: Now or Wait until After Season? Or Do it Before Next Episode?**
William R. Beach, MD

8:25 a.m. **Rehabilitation of the Surgically Repaired Unstable Shoulder**
Ellen Shanley, PhD, PT, OCS

8:35 a.m. **Return to Play Guidelines for the Unstable Shoulder: Is There any Evidence?**
Steven J. Svoboda, MD

8:45 a.m. **Panel Discussion**
Panel: Beach, Shanley, Svoboda

SCENARIO 2: RETURNING A COLLISION ATHLETE TO PLAY FOLLOWING AC SEPARATION

Moderator: William R. Beach, MD

9:00 a.m. **The Non-Operative Approach: The Evidence Says It's Great, but is it Really?**
LTC Jonathan F. Dickens, MD

9:10 a.m. **C'mon! These are the AC Separations that you Have to Fix and Here is how!**
LTC Jeffrey R. Giuliani, MD

9:20 a.m. **Rehabilitation of the Surgically Repaired AC Separation**
Ellen Shanley, PhD, PT, OCS

9:30 a.m. **Panel Discussion**
Panel: Dickens, Giuliani, Shanley

10:00 a.m. **Refreshment Break and Visit the Exhibits**

SCENARIO 3: SENIOR ATHLETE WITH A MASSIVE CUFF TEAR: REPAIRS/AUGMENTATIONS VS. REVERSE SHOULDER ARTHROPLASTY

Moderator: Louis McIntyre, MD

10:15 a.m. **You Can (and Should) Still Repair Them! Rotator Cuff Repair for All**
Steven J. Svoboda, MD

10:25 a.m. **Do the Last Solution First and Be Done with it! Perform RSA: It Works!**
Sameer Nagda, MD

10:35 a.m. **Know the Principles...Rehabilitation after Rotator Cuff Repair and Guidelines for Return to Play**
Ellen Shanley, PhD, PT, OCS

10:45 a.m. **Panel Discussion**
Panel: Svoboda, Nagda, Shanley

11:00 a.m. **Team Doctor and Knee Injury Return to Play Consideration Symposium: Panel Discussion with Audience Participation**

Team Doctor and Knee Injury Return to Play Consideration Symposium: Panel Discussion with Audience Participation

Moderator: M. Mike Malek, MD

Participants: Kaeding, Johnson, Shanley, Svoboda

Lead from the Front! The Team Physician: What are your Responsibilities? And to whom?

Command and Control: How do you Communicate with the Athletic Care Team?

Playing with an Unstable Knee

The Meniscus Tear and the Wrestler: Repair it so you Get Another Surgery or Perform the Definitive Meniscectomy?

ACL RTP: State of the Art...Could it Really Take More than a Year? Or Two?

12:00 p.m. Adjourn

KEY BRIDGE MARRIOTT

1401 Lee Highway, Arlington, VA, 22209

A block of rooms has been reserved for this conference at the Key Bridge Marriott at the discounted rate of \$139 per night (plus tax). To reserve your room at this discounted rate, please visit our website

www.cherryblossomseminar.com or contact Marriott reservations at (800) 228-9290 or (703) 524-6400.

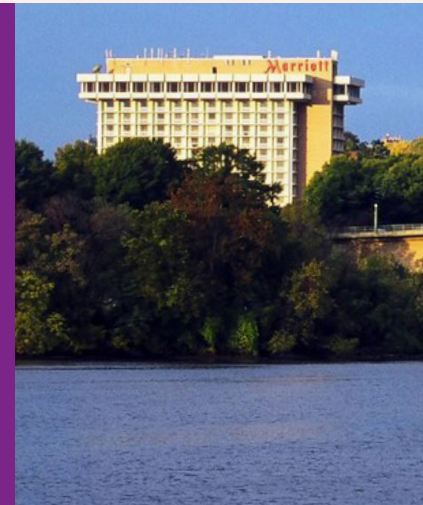
Be sure to mention "39th Annual Cherry Blossom Seminar" when making your room reservations.

CUT OFF DATE: March 20, 2020

Reservations received after that date will be on a space available basis and not necessarily at the meeting rate.

All reservations must be guaranteed with a one-night room deposit.

PLEASE NOTE: Cancellations must be received 72 hours prior to the date of arrival to avoid a one-night charge.



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Featuring

**Honored Professor
Leslie S. Matthews, MD**

*Medical Director, MedStar Orthopaedics
Chief of Orthopaedics
MedStar Union Memorial Hospital
Baltimore, MD*



*A CE conference for physicians, nurses,
physical therapists and athletic trainers.*

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REGISTRATION

	EARLY REGISTRATION <i>(Through 12/31/2019)</i>	STANDARD REGISTRATION <i>(After 12/31/2019)</i>
Physicians	\$845	\$945
Allied Health (RN, PT, PA, ATC)	\$395	\$495
Active Military/Residents/Fellows <i>(with letter from chief)</i>	FREE	FREE
All other Residents <i>(with letter from chief)</i>	\$125	\$125

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