

40th Annual

CHERRY BLOSSOM SEMINAR

An Update on Arthroscopy, Arthroplasty and Sports Medicine

APRIL 23–24, 2021
A VIRTUAL CONFERENCE

Course Chairman: M. Mike Malek, MD

Course Co-Chairmen: Jeffrey S. Abrams, MD | Colonel Steven J. Svoboda, MD, USA, Retired



[CE.MEDSTAR.ORG](https://ce.medstar.org).CHERRYBLOSSOMSEMINAR

CONTINUING EDUCATION INFORMATION

The purpose of this two-day seminar is to 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, orthopaedists, residents, fellows, physician assistants, nurse practitioners, nurses, physical therapists, athletic trainers, medical students, allied health professionals, and other members of the healthcare team interested in the management of orthopaedic surgery, orthopaedics, and sports medicine.

Learning Objectives for the Healthcare Team

- 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.
- Identify 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 open and arthroscopic techniques, equipment, and optimal implants required for surgical management of the shoulder and knee.
- Identify the optimal imaging modalities to diagnose and guide treatment of common knee and shoulder injuries in the acute, subacute, and chronic presentations.
- Utilize state-of-the-art on-field diagnostic maneuvers and initial management of common orthopaedic injuries.
- Identify the roles and responsibilities of members of the healthcare team involved in the collaborative care of patients with musculoskeletal injuries.
- Integrate a team-based approach in the care of patients with musculoskeletal injuries.

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

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



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 10.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physicians

MedStar Health designates this live activity for a maximum of 10.0 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

This activity is approved for 10.0 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

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



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AGENDA | *Friday, April 23*

5:50 p.m. **Welcome Remarks**
M. Mike Malek, MD

Discussion of the Knee: Part I

Moderator: M. Mike Malek, MD

6:00 p.m. **Comprehensive Knee History and Physical Exam for Physical Therapists and Athletic Trainers**
Colonel Steven J. Svoboda, MD, USA, Retired

6:12 p.m. **Meniscus Surgery: Resection or Preservation Indications and Techniques**
Nicholas A. Sgaglione, MD

6:24 p.m. **Meniscus Transplantation: Present Status, Indication, and Technique**
Brian J. Cole, MD, MBA

6:36 p.m. **Present Status of Synthetic Meniscus**
Christopher C. Kaeding, MD

6:48 p.m. **PCL Reconstruction in 2021: Open and Arthroscopic**
Thomas M. DeBerardino, MD

6:48 p.m. **Present Status of ACL Repair and Reconstruction**
Wiemi Douoguih, MD

7:12 p.m. **Panel Discussion and Questions**
Moderator: M. Mike Malek, MD
Panelists B. Cole, T. DeBerardino, W. Douoguih, C. Kaeding, N. Sgaglione, S. Svoboda

7:27 p.m. **HONORED PROFESSOR PRESENTATION:
Medical Cannabis 2021—Current Status and Relevance to Orthopaedics**
Leslie S. Matthews, MD

Discussion of the Knee: Part II

Moderator: William R. Beach, MD

7:47 p.m. **Multi-Ligament Injuries of the Knee**
Nicholas A. Sgaglione, MD

7:59 p.m. **Present Status of Chondral Defects of the Knee**
Brian J. Cole, MD, MBA

8:11 p.m. **Autologous Chondrocyte Implantation (ACI)/MACI**
Bashir A. Zikria, MD, MSc

8:23 p.m. **Resurfacing for Unichondral Lesions of the Knee**
Anthony Miniaci, MD

8:35 p.m. **Present Status of Orthobiologics in Orthopaedics**
Donald A. Buford, MD

8:47 p.m. **Panel Discussion and Questions**
Moderator: William R. Beach, MD
Panelists: D. Buford, B. Cole, N. Sgaglione, B. Zikria

9:05 p.m. **Day 1 Conclusion**
M. Mike Malek, MD

AGENDA | *Saturday, April 24*

7:55 a.m. **Day 2 Welcome**
M. Mike Malek, MD

Shoulder Instability

Moderator: Colonel Steven J. Svoboda, MD, USA, Retired

8:00 a.m. **How Should We Treat the Mid-Season, First-Time Shoulder Dislocation?**

Lieutenant Colonel Jonathan F. Dickens, MD, USA

8:12 a.m. **The Latarjet Procedure: Technique, Results and Complications. Are There Other Options?**

Colonel Marc Slabaugh, MD, USAF, Retired

8:27 a.m. **Posterior and Multidirectional Shoulder Instability: How Should We Balance the Capsule?**

Louis F. McIntyre, MD

8:40 a.m. **Shoulder Panel Cases: Trauma, Instability, and Cuff**

Moderator: Colonel Steven J. Svoboda, MD, USA, Retired
Panelists: J. Abrams, J. Dickens, L. McIntyre, M. Slabaugh

Rotator Cuff Tears and Biceps

Moderator: Jeffrey S. Abrams, MD

9:00 a.m. **Rotator Cuff Retracted Tears: Releases, Convergences, and Augmentation**

Jeffrey S. Abrams, MD

9:12 a.m. **Subscapularis Tears: Making the Diagnosis and Arthroscopic Repair**

Captain John Paul Rue, MD, USNR

9:24 a.m. **Superior Capsular Graft Reconstruction for Irreparable Posterior Superior Cuff Tears**

Lieutenant Colonel Jeffrey R. Giuliani, MD, USA

9:36 a.m. **Tendon Transfers for Rotator Cuff Tears in Active Patients: Indications, Technique, and Results**

Anthony Miniaci, MD

10:00 a.m. **What Should We Do With the Biceps Tendon When We Repair Rotator Cuff Tears**

William R. Beach, MD

10:10 a.m. **Panel Discussion and Questions**

Moderator: Jeffrey S. Abrams, MD
Panelists: W. Beach, J. Giuliani, J.P. Rue

10:30 a.m. **Morning Break and Visit the Exhibits**

Shoulder Trauma

Moderator: Louis F. McIntyre, MD

11:00 a.m. **The Acromioclavicular (AC) Joint Dislocation: Should We Ever Fix It?**

Lieutenant Colonel Jonathan F. Dickens, MD, USA

11:12 a.m. **Clavicle Fractures: Surgical Tricks to Avoid Complications**

Lieutenant Colonel Christopher J. Tucker, MD, USA

AGENDA | *Saturday, April 24 (Continued)*

11:24 a.m. **Proximal Humeral Fractures: A Dying Art or Necessary Skill**
Anand Murthi, MD

11:36 a.m. **Panel Discussion and Questions**
Moderator: Louis F. McIntyre, MD
Panelists: J. Dickens, A. Murthi, C. Tucker

Shoulder Arthroplasty

Moderator: Anand Murthi, MD

11:46 a.m. **Preoperative Workup for the Arthritic Shoulder: Imaging, Stem Options, and Glenoid Augmentation**
Sameer H. Nagda, MD

11:58 a.m. **Improving Glenoid Exposure When Performing Anatomic Shoulder Arthroplasty**
Richard J. Friedman, MD

12:10 p.m. **Treatment Options for Young, Active Patients with Degenerative Arthritis**
Anthony Miniaci, MD

12:22 p.m. **Reverse Total Shoulder Arthroplasty: Indications, Techniques, and Expectations**
Richard J. Friedman, MD

12:34 p.m. **Postoperative Management and Complications Following Shoulder Arthroplasty**
Sumant "Butch" Krishnan, MD

12:46 p.m. **Panel Discussion and Questions**
Moderator: Anand Murthi, MD
Panelists: R. Friedman, S. Krishnan, S. Nagda, MD

1:00 p.m. **Afternoon Break and Visit the Exhibits**

Team Doctor and Return to Play Consideration

Moderator: Colonel Steven J. Svoboda, MD, USA, Retired

2:00 p.m. **Commitment to Healing: Return to Play After ACL Reconstruction. Our Timing is Off and There are Long-Term Consequences!**
Lynn Snyder-Mackler, PT, ScD, FAPTA

2:20 p.m. **Comprehensive Shoulder History and Physical Exam for Physical Therapists and Athletic Trainers**
Lieutenant Colonel Kelly G Kilcoyne, MD, MC, USA

2:32 p.m. **Role of the Team Physician in Overlooking Rehabilitation Following Injury and Surgery and Return to Play**
Peter Indelicato, MD

2:44 p.m. **Panel Discussion and Audience Participation: Lead from the Front! The Team Physician Confidential**
Moderator: Colonel Steven J. Svoboda, MD, USA, Retired
Panelists: T. DeBerardino, W. Douoguih, P. Indelicato, K. Kilcoyne, J.P. Rue, M. Slabaugh, L. Snyder-Mackler

AGENDA | *Saturday, April 24 (Continued)*

Shoulder Return to Play Considerations: Returning a Collision Athlete to Play Following Shoulder Instability/AC Separation

Moderator: Leslie S. Matthews, MD

- 3:14 p.m. **If Surgery: Now or Wait Until After Season (or do it Before the Next Episode)?**
William R. Beach, MD
- 3:26 p.m. **Rehabilitation of the Surgically Repaired Unstable Shoulder**
Ellen L. Shanley, PhD, PT, OCS
- 3:38 p.m. **Return to Play Guidelines for the Unstable Shoulder: | Is There any Evidence?**
Colonel Steven J. Svoboda, MD, USA, Retired
- 3:50 p.m. **AC Joint Separations: The Non-Operative Approach. The Evidence Says it's Great, but is it Really?**
Lieutenant Colonel Jonathan F. Dickens, MD, USA

4:02 p.m.

AC Joint Separations: Stabilization and Repair

Lieutenant Colonel Jeffrey R. Giuliani, MD, USA

4:14 p.m.

AC Joint Separations: Rehabilitation of the Surgically Repaired AC Separation

Ellen L. Shanley, PhD, PT, OCS

4:26 p.m.

Panel Discussion and Questions

Moderator: Leslie S. Matthews, MD

Panelists: W. Beach, J. Dickens, J. Giuliani, L. Matthews, E. Shanley, S. Svoboda

4:40 p.m.

Conference Closing Remarks

M. Mike Malek, MD

REGISTRATION INFORMATION

REGISTRATION TYPE	FEE
Active Military/Residents/Fellows (with letter from chief)	COMPLIMENTARY
Physicians	\$475
Physician Assistants	\$250
Nurses	\$250
Allied Health Professionals (PT, ATC, Other)	\$250
Non-Military Residents/Fellows	\$125
Industry Representatives	\$600

Online Registration Preferred

Please visit **CE.MedStarHealth.org/CherryBlossomSeminar** for updated program and registration information. We are unable to accept registrations or cancellations by telephone.

All registrations will be confirmed by email only. If you have questions or do not receive a confirmation within 1-2 business days, please contact us at MedStarCPE@MedStar.net or (833) 731-1273.

Cancellation Policy

If you are unable to attend the date of the conference, your registration will still grant you access to conference slides and recorded content. CE hours will be credited based on attendance day of or completion of recorded content.

CONFERENCE INFORMATION

This conference is taking place online with live speakers and Q&A sessions.

Special Assistance

MedStar Health wishes to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals because of the absence of auxiliary aids or services identified in the Americans with Disabilities Act. Please contact (833) 731-1273 to notify us of your needs.

For exhibit and support information please contact Ada Guo at ada.guo@medstar.net

