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
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.

Register online at CE.MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR
Accreditation

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

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

M. Mike Malek, MD
Director, Washington Orthopaedic and Knee Clinic
President and Founder,
National Knee Research and Education Foundation
Fairfax, VA

COURSE CO-CHAIRMEN

Jeffrey S. Abrams, MD
Clinical Professor, Department of Surgery
Seton Hall University
Senior Attending, Penn Medicine
University Medical Center Princeton
Department of Orthopaedics
Princeton, NJ

Colonel Steven J. Svoboda, MD, USA, Retired
Team Physician
Washington Capitals
MedStar Sports Medicine
MedStar Orthopaedic Institute
Washington, D.C.

FACULTY

William R. Beach, MD
Orthopaedic Surgeon
Tuckahoe Orthopaedic Associates
Orthopedic Research of Virginia
Richmond, VA

Donald A. Buford, MD
Orthopedic Surgeon, Sports Medicine
The Texas Orthobiologic Institute
Dallas, TX

Brian J. Cole, MD, MBA
Team Physician, Chicago Bulls,
Chicago White Sox, DePaul University
Chairman, Surgery
Rush Oak Park Hospital
Associate Chairman and Professor,
Orthopedics
Rush University Medical Center
Chicago, IL

Thomas M. DeBerardino, MD
Sports Medicine Orthopaedic Surgeon
The Sports Institute and TSAOG
Orthopaedics
Professor, Orthopaedic Surgery
Baylor College of Medicine
Dallas, TX

Lieutenant Colonel
Jonathan F. Dickens, MD, USA
Vice-Chair, Research
Walter Reed National Military
Medical Center
Uniformed Services University of the
Health Sciences
Adjunct Faculty, Surgery and
Orthopaedics
John A. Feagin Jr. Sports Medicine
Fellowship, United States Military
Academy West Point
Bethesda, MD

Wiemi Douoguih, MD
Medical Director
MedStar Sports Medicine
Washington, D.C.

Richard J. Friedman, MD
Chief, Shoulder and Elbow Surgery
Professor, Orthopaedic Surgery
Medical University of South Carolina
Charleston, SC

Lieutenant Colonel
Jeffrey R. Giuliani, MD, USA
Assistant Team Physician, Washington
Nationals
Sports Orthopaedic Surgeon
Inova Sports Medicine
Associate Professor
Uniformed Services University of the
Health Sciences
Fairfax, VA

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FACULTY

Peter Indelicato, MD
Head Team Physician
Emeritus Professor, Orthopaedic Surgery
University of Florida
Gainesville, FL

Christopher C. Kaeding, MD
Executive Director
Jameson Crane Sports Medicine Institute
Judson Wilson Professor, Orthopaedic Surgery
The Ohio State University Wexner Medical Center
Columbus, OH

Lieutenant Colonel Kelly G Kilcoyne, MD, MC, USA
Shoulder and Elbow Surgeon
Walter Reed National Military Medical Center
Associate Professor
Uniformed Services University of the Health Sciences
Bethesda, MD

Sumant "Butch" Krishnan, MD
Medical Director, Shoulder Service
Department of Orthopaedic Surgery
Baylor University Medical Center
Dallas, TX

Leslie S. Matthews, MD, MBA
Medical Director, MedStar Orthopaedics
Chief, Orthopaedics
MedStar Union Memorial Hospital
Baltimore, MD

Louis F. McIntyre, MD
Director, Orthopedics
Phelps Hospital Northwell Health
Great Neck, NY

Anthony Miniaci, MD
Staff Physician, Center for Sports Health
Professor, Surgery
Cleveland Clinic
Cleveland, OH

Anand Murthi, MD
Chief, Shoulder and Elbow Surgery
Director, Shoulder and Elbow Fellowship and Research
MedStar Union Memorial Hospital
Professor, Orthopaedic Surgery
Georgetown University School of Medicine
Baltimore, MD

Sameer H. Nagda, MD
Team Physician, United States Women’s National Soccer
Anderson Orthopaedic Institute
Assistant Professor, Orthopaedic Surgery
Georgetown University Medical Center
Washington, D.C.

Captain John Paul Rue, MD, USNR
Orthopedic Surgery/Sports Medicine
The Orthopedic Specialty Hospital,
Mercy Medical Center
Baltimore, MD

Nicholas A. Sgaglione, MD
Senior VP & Executive Director
Orthopaedic Institute Northwell Health
Professor and Chairman, Orthopaedic Surgery
Zucker Hofstra, Northwell School of Medicine
Great Neck, NY

Ellen Shanley PhD, PT, OCS
Research Scientist, ATI Physical Therapy
Director, Athletic Injury Research, Prevention and Education
South Carolina Center for Effectiveness Research in Orthopedics
Greenville, SC

Colonel Marc Slabaugh, MD, USAF, Retired
Sports Medicine Orthopaedic Surgeon
Mercy Medical Center
Associate Professor, Surgery
F. Edward Hébert School of Medicine
Uniformed Services University of the Health Sciences
Baltimore, MD

Lynn Snyder-Mackler PT, ScD, FAPTA
Alumni Distinguished Professor, Physical Therapy
Francis Alison Professor
STAR University of Delaware
Newark, DE

Lieutenant Colonel Christopher J. Tucker, MD, USA
Chief, Sports Services
Walter Reed National Military Medical Center
Bethesda, MD

Bashir A. Zikria, MD, MSc
Team Physician, Johns Hopkins University
Director, Sports Medicine
Arthroscopy Education
Associate Professor, Orthopaedic Surgery
Johns Hopkins School of Medicine
Baltimore, MD

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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  

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

Register online at CE.MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR
### AGENDA | Saturday, April 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:55 a.m.</td>
<td><strong>Day 2 Welcome</strong></td>
<td>M. Mike Malek, MD</td>
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<tr>
<td>8:00 a.m.</td>
<td><strong>Shoulder Instability</strong></td>
<td>Colonel Steven J. Svoboda, MD, USA, Retired</td>
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<td></td>
<td><strong>How Should We Treat the Mid-Season, First-Time Shoulder Dislocation?</strong></td>
<td>Lieutenant Colonel Jonathan F. Dickens, MD, USA</td>
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<tr>
<td>8:12 a.m.</td>
<td><strong>The Latarjet Procedure: Technique, Results and Complications. Are There Other Options?</strong></td>
<td>Colonel Marc Slabaugh, MD, USA, USAF, Retired</td>
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<tr>
<td>8:27 a.m.</td>
<td><strong>Posterior and Multidirectional Shoulder Instability: How Should We Balance the Capsule?</strong></td>
<td>Louis F. McIntyre, MD</td>
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<td>8:40 a.m.</td>
<td><strong>Shoulder Panel Cases: Trauma, Instability, and Cuff</strong></td>
<td>Colonel Steven J. Svoboda, MD, USA, Retired Panelists: J. Abrams, J. Dickens, L. McIntyre, M. Slabaugh</td>
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<td>9:00 a.m.</td>
<td><strong>Rotator Cuff Tears and Biceps</strong></td>
<td>Jeffrey S. Abrams, MD</td>
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<td><strong>Rotator Cuff Retracted Tears: Releases, Convergences, and Augmentation</strong></td>
<td>Jeffrey S. Abrams, MD</td>
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<td>9:12 a.m.</td>
<td><strong>Subscapularis Tears: Making the Diagnosis and Arthroscopic Repair</strong></td>
<td>Captain John Paul Rue, MD, USNR</td>
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<td>9:24 a.m.</td>
<td><strong>Superior Capsular Graft Reconstruction for Irreparable Posterior Superior Cuff Tears</strong></td>
<td>Lieutenant Colonel Jeffrey R. Giuliani, MD, USA</td>
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<td>9:36 a.m.</td>
<td><strong>Tendon Transfers for Rotator Cuff Tears in Active Patients: Indications, Technique, and Results</strong></td>
<td>Anthony Miniaci, MD</td>
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<td>10:00 a.m.</td>
<td><strong>What Should We Do With the Biceps Tendon When We Repair Rotator Cuff Tears</strong></td>
<td>William R. Beach, MD</td>
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<tr>
<td>10:10 a.m.</td>
<td><strong>Panel Discussion and Questions</strong></td>
<td>Moderator: Jeffrey S. Abrams, MD Panelists: W. Beach, J. Giuliani, J.P. Rue</td>
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<td>10:30 a.m.</td>
<td><strong>Morning Break and Visit the Exhibits</strong></td>
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<td>11:00 a.m.</td>
<td><strong>Shoulder Trauma</strong></td>
<td>Louis F. McIntyre, MD</td>
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<td><strong>The Acromioclavicular (AC) Joint Dislocation: Should We Ever Fix It?</strong></td>
<td>Lieutenant Colonel Jonathan F. Dickens, MD, USA</td>
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<tr>
<td>11:12 a.m.</td>
<td><strong>Clavicle Fractures: Surgical Tricks to Avoid Complications</strong></td>
<td>Lieutenant Colonel Christopher J. Tucker, MD, USA</td>
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Register online at [CE.MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR](CE.MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR)
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<th>Time</th>
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<th>Session</th>
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<tr>
<td>11:24 a.m.</td>
<td>Proximal Humeral Fractures: A Dying Art or Necessary Skill</td>
<td>12:46 p.m.</td>
<td>Panel Discussion and Questions</td>
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<td>Anand Murthi, MD</td>
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<td>Moderator: Anand Murthi, MD</td>
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<td>Panelists: R. Friedman, S. Krishnan, S. Nagda, MD</td>
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<tr>
<td>11:36 a.m.</td>
<td>Panel Discussion and Questions</td>
<td>1:00 p.m.</td>
<td>Afternoon Break and Visit the Exhibits</td>
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<td></td>
<td>Moderator: Louis F. McIntyre, MD</td>
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<td></td>
<td>Panelists: J. Dickens, A. Murthi, C. Tucker</td>
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<td>11:46 a.m.</td>
<td>Preoperative Workup for the Arthritic Shoulder: Imaging, Stem Options, and Glenoid Augmentation</td>
<td>2:00 p.m.</td>
<td>Commitment to Healing: Return to Play After ACL Reconstruction. Our Timing is Off and There are</td>
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<td>Sameer H. Nagda, MD</td>
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<td>Long-Term Consequences!</td>
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<td>11:58 a.m.</td>
<td>Improving Glenoid Exposure When Performing Anatomic Shoulder Arthroplasty</td>
<td>2:20 p.m.</td>
<td>Lynn Snyder-Mackler, PT, ScD, FAPTA</td>
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<td>Richard J. Friedman, MD</td>
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<tr>
<td>12:10 p.m.</td>
<td>Treatment Options for Young, Active Patients with Degenerative Arthritis</td>
<td>2:32 p.m.</td>
<td>Comprehensive Shoulder History and Physical Exam for Physical Therapists and Athletic Trainers</td>
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<td>Anthony Miniaci, MD</td>
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<td>Lieutenant Colonel Kelly G Kilcoyne, MD, MC, USA</td>
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<td>12:22 p.m.</td>
<td>Reverse Total Shoulder Arthroplasty: Indications, Techniques, and Expectations</td>
<td>2:44 p.m.</td>
<td>Role of the Team Physician in Overlooking Rehabilitation Following Injury and Surgery and Return</td>
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<td>Richard J. Friedman, MD</td>
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<td>to Play</td>
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<td>12:34 p.m.</td>
<td>Postoperative Management and Complications Following Shoulder Arthroplasty</td>
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<td>Peter Indelicato, MD</td>
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<td>Sumant “Butch” Krishnan, MD</td>
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**AGENDA | Saturday, April 24 (Continued)**

Register online at [CE.MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR](CE.MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR)
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

<table>
<thead>
<tr>
<th>REGISTRATION TYPE</th>
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<tbody>
<tr>
<td>Active Military/Residents/Fellows (with letter from chief)</td>
<td>COMPLIMENTARY</td>
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<tr>
<td>Physicians</td>
<td>$475</td>
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<tr>
<td>Physician Assistants</td>
<td>$250</td>
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<tr>
<td>Nurses</td>
<td>$250</td>
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<tr>
<td>Allied Health Professionals (PT, ATC, Other)</td>
<td>$250</td>
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<tr>
<td>Non-Military Residents/Fellows</td>
<td>$125</td>
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<tr>
<td>Industry Representatives</td>
<td>$600</td>
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Online Registration Preferred

Please visit [CE.MedStarHealth.org/CherryBlossomSeminar](http://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