

# Current Concepts in High Tibial Osteotomy

**November 4 to 5, 2022**

Westin City Center • Washington, D.C.

## Course Directors:

**Wiemi A. Douguieh, MD**

MedStar Sports Medicine  
MedStar Washington Hospital Center  
Washington, D.C.

**Professor Adrian Wilson,  
MBBS, BSc, FRCS**

London Knee Osteotomy Centre  
Regenerative Clinic HSSH & OS Groups  
London, UK  
Manchester Metropolitan University  
Manchester, UK



# Continuing Education Credit Information

## Course Description

Interest in minimally invasive strategies to address unicompartmental osteoarthritis (OA) of the knee, in the healthy fit individual, has surged over the last decade. High tibial osteotomy (HTO) was first introduced in the 1960s to address unicompartmental OA but fell out of favor as major advances in knee arthroplasty took hold in the 1980s and 1990s. Despite many early reports showing the benefits of knee arthroplasty in older sedentary patients with osteoarthritis, reports in younger athletic patients have not been as promising. As a result, HTO surgery has a seen a resurgence in certain patient populations. The HTO Update Course is a two-day event that will bring together world renowned surgeons in the field of knee alignment, from across the globe.

This course will combine in-person and virtual didactic lectures with live cadaveric demonstrations, as well as hands-on skills training for participants. Course attendees will learn about new cutting-edge technologies that have been shown to reduce intra-operative complications and improve patient reported outcomes associated with HTO surgery. Attendees will leave this course with an improved understanding of evidence-based indications for HTO surgery and how to avoid potential complications. Finally, the conference will provide hands-on training that will enable surgeons to practically apply the lessons learned from the didactic sessions and better care for their patients.

## Learning Objectives

- Recognize the role of biplanar cuts and hinge protection in high tibial osteotomy (HTO).
- Identify the indications for HTO.
- Utilize technological advancements designed to improve safety and patient-reported outcomes in osteotomy surgery.
- Define indications for modern-day HTO surgery.
- Implement surgical techniques to reduce the risk of complications associated with HTO surgery.
- Describe how correcting coronal plane alignment can affect outcomes associated with anterior cruciate ligament (ACL) surgery.
- Discuss how sagittal tibial slope influences the risk of ACL injury.
- Integrate a team based approach to treat patients with unicompartmental osteoarthritis (OA) of the knee in the healthy fit individual.
- Identify the roles and responsibilities of members of the healthcare team involved in the collaborative effort of improving patient reported outcomes associated with HTO surgery.

## Target Audience

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

# Continuing Education Credit Information

## 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 9.00 Interprofessional Continuing Education (IPCE) credits for learning and change.

**Physicians:** MedStar Health designates this live activity for a maximum of 9.00 *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 9.00 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



**Athletic Trainers:** MedStar Health (BOC AP#P1046) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 9.00 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

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



# Course Directors



## **Wiemi A. Douoguih, MD**

Medical Director  
MedStar Sports Medicine  
Washington, D.C.



## **Professor Adrian Wilson, MBBS, BSc, FRCS**

Co-Founder, Orthopaedic and Specialist Knee Surgeon  
London Knee Osteotomy Centre  
Co-Founder, Regenerative Clinic HSSH & OS Groups  
London, UK  
Professor, Sport  
Manchester Metropolitan University  
Manchester, UK

# Faculty

## **Raghubir S. Khakha, FRCS, MBBS, MSc**

Consultant Trauma and Orthopaedic and Specialist  
Knee Surgeon  
Guys and St. Thomas' Hospitals  
Honorary Senior Lecturer  
King's College London  
Deputy Programme Director - South East London  
Harley Street Specialist Hospital  
London, UK

## **Dr. med. Kristian Kley**

Orthopaedic and Trauma Specialist  
Consultant Hip and Knee Surgeon  
Orthoprofis  
Hanover, Germany  
Orthopaedic Specialists  
London, UK

## **Alfred A. Mansour III, MD**

Director, Pediatric Orthopaedic Surgery  
Associate Professor, Orthopaedic Surgery  
McGovern Medical School, UTHealth Houston  
Jr. Associate Team Physician, Houston Texans  
Consultant, Houston Rockets NBA Organization  
Houston, TX

## **Danyal H. Nawabi, MD**

Surgeon, Sports Medicine and Shoulder Service  
Hospital for Special Surgery  
Assistant Professor, Orthopaedic Surgery  
Weill Cornell Medicine  
New York, NY

## **Colonel Steven J. Svoboda, MD, USA, Retired**

Team Physician, Washington Capitals  
Orthopaedic Surgeon  
MedStar Sports Medicine  
MedStar Orthopaedic Institute  
Washington, D.C.

## **Ronald J. van Heerwaarden, MD, PhD**

Orthopedic Surgeon  
Head of Centre for Limb Deformity Correction and  
Joint Preserving Surgery  
Kliniek ViaSana  
Mill, The Netherlands  
Consultant Orthopedic Surgery  
International Knee & Joint Centre  
Abu Dhabi, UAE  
London Osteotomy Center  
London, UK

## **Riley J. Williams III, MD**

Attending Orthopedic Surgeon  
Professor, Orthopedic Surgery  
Hospital for Special Surgery  
Weill Cornell Medical College  
New York, NY

# Agenda | Friday, November 4

7:45 a.m.	<b>Breakfast and Visit the Exhibits</b>	1:00 p.m.	<b>Live Cadaveric Demo: Medial Open Wedge High Tibial Osteotomy (MOWHTO)</b> Professor Adrian Wilson, MBBS, BSc, FRCS Dr. med Kristian Kley
8:30 a.m.	<b>Welcome Remarks and Day One Introduction</b> Wiemi A. Douoguih, MD		
8:35 a.m.	<b>History of Osteotomy</b> Professor Adrian Wilson, MBBS, BSc, FRCS	1:30 p.m.	<b>Case Presentations</b> Moderator: Danyal H. Nawabi, MD Panelists: R. Khakha, K. Kley, R. van Heerwaarden, A. Wilson
9:15 a.m.	<b>Return to Play and Long-Term Outcomes after High Tibial Osteotomy (HTO)</b> Wiemi A. Douoguih, MD	2:00 p.m.	<b>Complex Osteotomies</b> Ronald J. van Heerwaarden, MD, PhD
9:35 a.m.	<b>Indications for HTO</b> Ronald J. van Heerwaarden, MD	2:20 p.m.	<b>Day One Summary</b> Professor Adrian Wilson, MBBS, BSc, FRCS
10:05 a.m.	<b>Break and Visit the Exhibits</b>		
10:35 a.m.	<b>Patient Specific Instrumentation (PSI) in HTO</b> Danyal H. Nawabi, MD		
10:55 a.m.	<b>Pre-Surgical Planning</b> Raghbir S. Khakha, FRCS, MBBS, MSc		
11:20 a.m.	<b>Live Cadaveric Demo: PSI for HTO</b> Danyal H. Nawabi, MD		
12:00 p.m.	<b>Lunch and Visit the Exhibits</b>		
			<b>BREAKOUT SESSIONS</b>
		2:30 p.m.	<b>Group A: Sawbones</b> <b>Group B: Pre-Surgical Planning</b>
		3:30 p.m.	<b>Group A: Pre-Surgical Planning</b> <b>Group B: Sawbones</b>
		4:30 p.m.	<b>Networking Reception with Exhibitors</b>

# Agenda | Saturday, November 5

- 7:30 a.m. **Breakfast and Visit the Exhibits**
- 8:15 a.m. **Welcome Remarks and Day Two Introduction**  
Moderator: Professor Adrian Wilson, MBBS, BSc, FRCS
- 8:20 a.m. **Posterior Tibial Slope and Anterior Cruciate Ligament (ACL) Injury Risk**  
Alfred A. Mansour III, MD
- 8:40 a.m. **Slope Correction HTO: Technical Pearls and Tips**  
Ronald J. van Heerwaarden, MD, PhD
- 9:00 a.m. **HTO and ACL Reconstruction Indications and Outcomes**  
Wiemi A. Douoguih, MD
- 9:20 a.m. **HTO to Optimize Outcomes in Cartilage and Meniscal Surgery**  
Riley J. Williams III, MD
- 9:40 a.m. **Break and Visit the Exhibits**
- 10:10 a.m. **Live Cadaveric Demo: Anterior Closing Wedge Slope Correcting (ACWSC) HTO**  
Dr. med Kristian Kley  
Ronald J. van Heerwaarden, MD, PhD

- 10:45 a.m. **Case Presentations: ACL with Concomitant Procedures**  
Moderator: Colonel Steven J. Svoboda, MD, USA, Retired  
Panelists: K. Kley, A. Mansour, R. van Heerwaarden, R. Williams
- 11:05 a.m. **Closing Remarks**  
Wiemi A. Douoguih, MD
- 11:20 a.m. **Additional Add-On: ACWSC HTO Sawbones Session**



For updated program information, please visit [MedStarHealth.org/IOC2022](https://www.MedStarHealth.org/IOC2022)



# Registration Information

## Registration Fees

	<b>Early Bird</b> <i>NOW to September 21</i>	<b>Advanced Purchase</b> <i>September 22 to November 3</i>	<b>Onsite</b> <i>November 4 to November 5</i>
<b>Physician*</b>	\$295	\$395	\$495
<b>Resident or Fellow</b>	\$195	\$295	\$395
<b>Physician Assistant</b>	\$195	\$295	\$395
<b>Nurse Practitioner</b>	\$195	\$295	\$395
<b>Nurse</b>	\$195	\$295	\$395
<b>Athletic Trainer</b>	\$195	\$295	\$395
<b>Physical Therapist</b>	\$195	\$295	\$395
<b>Allied Health Professional</b>	\$195	\$295	\$395
<b>Industry Professional</b>	\$395	\$495	\$595
<b>Sawbones Hands On Workshop (Friday)</b>	\$125	\$125	\$125
<b>Sawbones Hands On Workshop (Saturday)</b>	\$125	\$125	\$125

*\*Please note the Physician Registration includes the Sawbones Hands On Workshop (Friday)*

## Online Registration Preferred

Please visit **MedStarHealth.org/IOC2022** 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.

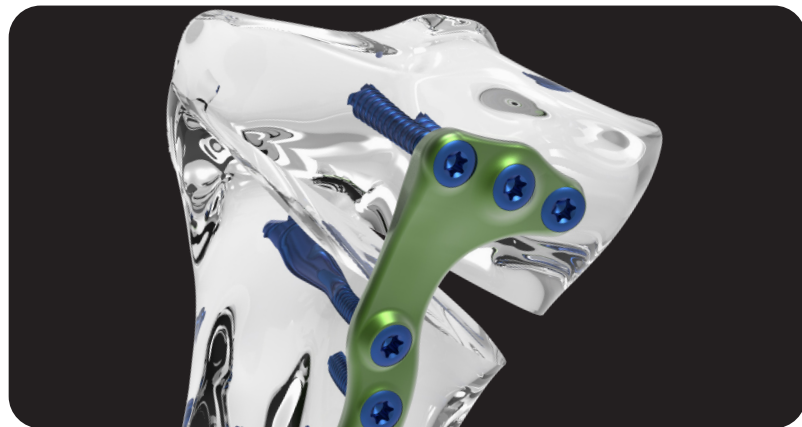
## Cancellation Policy

Cancellations made in writing by Wednesday, September 21, 2022 will be subject to a 50% penalty. No refunds will be given after September 21, 2022. Cancellations will not be accepted by telephone. In the unlikely event that the course is canceled, MedStar Health will refund the registration fee, but is not responsible for any travel costs.

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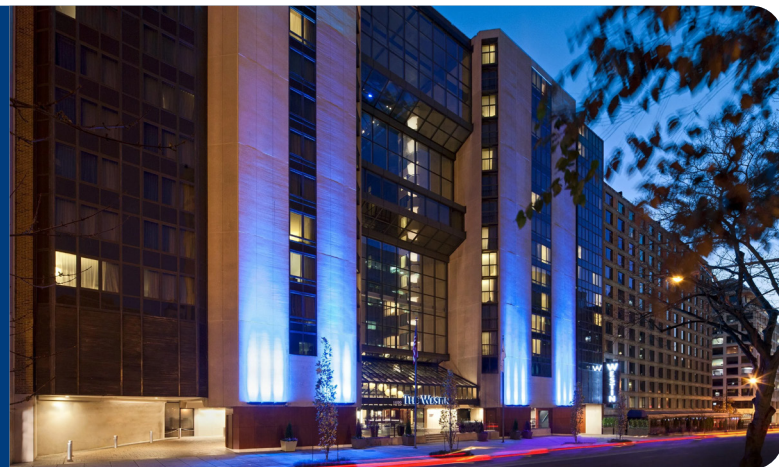
## Venue Information

### Westin City Center

1400 N. Street NW  
Washington, D.C. 20005

To book your hotel room with the Osteotomy discount at \$199 per night, please do so online: [MedStarHealth.org/IOC2022](https://www.MedStarHealth.org/IOC2022)

Call (202) 429-1700 to book your hotel room and mention that you are with the International Osteotomy Conference. The last day to book your hotel room is Thursday, October 6.



For grant information please contact **Ada Guo** at [ada.guo@medstar.net](mailto:ada.guo@medstar.net)

For exhibit information please contact **Elizabeth Romano** at [elizabeth.s.romano@medstar.net](mailto:elizabeth.s.romano@medstar.net)