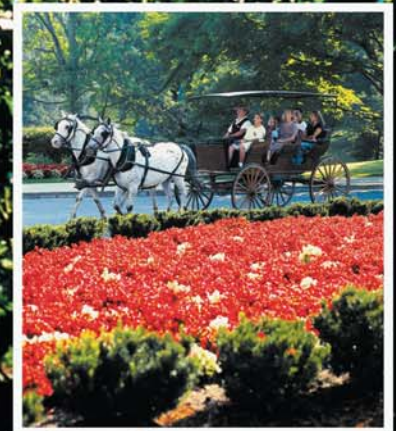




Virginia Orthopaedic Society 2005 Annual Meeting May 13-15, 2005

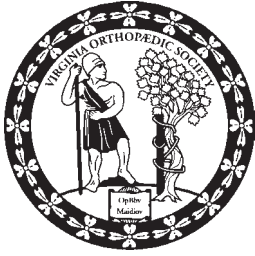
The Homestead
Hot Springs, Virginia



Virginia Orthopaedic Society

P.O. Box 11086 • 2209 Dickens Road • Richmond, VA 23230-1086
Phone (804) 282-0063 • Fax (804) 282-0090 • vos@societyhq.com

www.vos.org



2005 Annual Meeting Preview

Dear VOS Colleagues,

I would like to invite you to the annual meeting this year at the beautiful Homestead Resort in Hot Springs, Virginia. We are very fortunate to have Dr. Christian Gerber from Zurich, Switzerland as our invited guest speaker Friday night to give his perspective as to the differences between Orthopaedic surgery practiced in Europe and what he has experienced in the United States. He will address where we were, where we've come and what he anticipates in the future. On Saturday, Dr. Gerber will lecture on the European experience with the Reverse Shoulder Prosthesis that has been released this year in the United States for treatment of rotator cuff arthropathy. In addition, we have invited Brian Cole from Chicago to join Virginia's own Mike Malek, Mark Miller and Dave Diduch in a symposium on current treatment of meniscal tears and articular cartilage defects. Hot topics such as meniscal allograft, Carticel articular cartilage repair and viscosupplementation will be included. We will continue poster displays in addition to the speaker format so additional papers can be viewed in the exhibit hall. As usual, the meeting carries full category 1 CME credits.

Also new this year, we will institute Resident scholarships to financially support residents, increasing attendance and improving the quality of the scientific program. As usual, we will have a Saturday afternoon golf outing on the renowned Cascades course. A hosted cocktail reception Saturday evening that you won't want to miss. With all that the Homestead has to offer, this should be a very special weekend. I look forward to seeing you and your family there.

Patrick St. Pierre, MD

Objectives

- Participants in this educational activity should gain understanding of current research in Orthopaedics being done throughout Europe.
- Participants will gain new knowledge of the latest technology available for Reverse Prosthesis in Europe.
- Following this meeting, participants should be able to discuss current concepts in Articular Cartilage in Carticel, OATS and Microfracture treatment.
- Participants will also receive the latest updates on Meniscal Tears including Meniscectomy, Meniscal Repair and Meniscal Allograft.

About the Homestead

Nestled amidst the beauty of Virginia's Allegheny Mountains, The Homestead boasts 15,000 acres of relaxation and recreation for the whole family. Winter, spring, summer or fall you may choose from among dozens of activities to please a variety of discriminating tastes. For those less activity minded, we also offer a full-service Spa and Salon featuring massages, mineral baths, facials, manicures and much more for men and women. Most of our recreational amenities are offered year round, weather permitting - including golf on the Old Course.

The Cascades Course - designed in 1923 by cavalier gentleman William S. Flynn - touts a nearly incomparable tradition of championship golf, and is the jewel in the trio of Homestead courses. But Flynn keeps good company among the designers of The Homestead's two additional courses. The Old Course - boasting the oldest first tee in continuous use in the U.S. - dates back to 1892 and is an original Donald Ross design, while the Lower Cascades Course features the work of Robert Trent Jones, Sr. Each course presents golfers with unique challenges, characteristics and breathtaking scenery. Whether you visit The Homestead to hone your game at the renowned Golf Advantage School, walk the fairways of the Cascades Course where golfing legend Sam Snead began his illustrious career, or simply enjoy what most consider the finest mountain golf in the country - you are certain to find a commitment and a dedication to preserving the fine tradition of golf.

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Society Manager

Preliminary Schedule

Faculty

FRIDAY, MAY 13, 2005

- 4:00 – 6:00 pm Registration
6:30 pm Welcome Reception
7:00 pm Dinner (spouses included)
8:00 – 9:00 pm **Orthopaedics: Home and Abroad the European Perspective**
Guest Speaker: Christian Gerber, MD
9:00 pm **VOS Career Award**
Adjourn

SATURDAY, MAY 14, 2005

- 6:15 – 7:00 am Registration and Continental Breakfast with Exhibitors
7:00 – 8:00 am **Session I – Shoulder**
Moderator: Christian Gerber, MD
8:00 – 8:45 am ***European Experience with the Reverse Prosthesis***
Moderator: Christian Gerber, MD
8:45 – 9:30 am Break with Exhibitors
9:30 – 10:30 am **Session II – Sports/Knee**
Moderator: Brian J. Cole, MD, MBA
10:30 – 11:30 am **Symposium 1: *Articular Cartilage***
Carticel: Brian J. Cole, MD, MBA
OATS: Mark D. Miller, MD
Microfracture: M. Michael Malek, MD
11:30 – 11:45 am Discussion
11:45 am – 12:00 pm **Presidential Address: State of the Society**
12:00 – 1:00 pm **Lunch and Poster Viewing at the Exhibits**
1:00 pm Golf
6:30 – 7:30 pm Reception
7:30 pm Dinner on own

SUNDAY, MAY 15, 2005

- 7:00 – 7:30 am Continental Breakfast with Exhibitors
7:30 – 8:30 am **Session III – Joint Reconstruction/Spine**
8:30 – 9:30 am ***Meniscal Tear Symposium***
Meniscectomy: David Diduch, MD
Meniscal Repair: Mark D. Miller, MD
Meniscal Allograft: Brian J. Cole, MD, MBA
9:30 – 10:00 am Break with Exhibitors
10:00 – 11:00 am **Session IV – Basic Science/Pediatrics/Trauma**
Moderator:
11:00 am – 12:00 pm **Lunch/Coding Seminar**
12:00 – 1:00 pm **Presentation of Awards & Business Meeting**
1:00 pm Adjournment

Christian Gerber, MD
Professor and Chairman
Department of Orthopaedics
University of Zurich
Balgrist, Switzerland

Brian J. Cole, MD, MBA
Associate Professor, Department of Orthopaedics and
Anatomy and Cell Biology
Director, Rush Cartilage Restoration Center
Rush University Medical Center
Chicago, IL

Mark D. Miller, MD
Associate Professor of Orthopaedic Surgery and
Co-Division Head, Sports Medicine Division
Team Physician, James Madison University
University of Virginia Health System
Charlottesville, VA

M. Michael Malek, MD
Director, Washington Orthopaedic and Knee Clinic
Vienna, VA

David Diduch, MD
Associate Professor and Co-Division Head,
Sports Medicine Division
University of Virginia Team Physician
University of Virginia Health System
Charlottesville, VA

Program Registration

Attendees are asked to register for the meeting. One form per registrant. Duplicate form if needed.

Name: _____
 Mailing Address: _____
 City/State/Zip: _____
 Telephone _____ Fax: _____
 Email: _____
 Spouse/Guest Name (if attending) _____
 Children's Names and Ages _____

Registration

Please check appropriate category below. After April 29, 2005, late fees apply.

	Through 4/29/2005	After 4/29/2005	
<input type="checkbox"/> VOS Member -----	\$75.00	\$100.00	\$ _____
<input type="checkbox"/> VOS Non-Member Eligible* -----	\$195.00	\$225.00	\$ _____
<input type="checkbox"/> Emeritus Member -----	N/C	N/C	N/C
<input type="checkbox"/> Resident/Fellow -----	N/C	N/C	N/C
<input type="checkbox"/> Non-member Physician -----	\$150.00	\$200.00	\$ _____
			TOTAL \$ _____

*Full amount will be applied to 2005 dues and complimentary meeting registration will be offered for the first year.

Saturday Social Events

- Golf at Cascades Golf Course ----- # ____ @ \$130.00 ea \$ _____
- Friday Night Dinner *Sponsored* ----- # ____ adults
- Saturday Night Cocktail Party *Sponsored* ----- # ____ adults # ____ children

GRAND TOTAL \$ _____

Payment

Make checks (US currency) payable to: **Virginia Orthopaedic Society**

Credit Card Payment: VISA MasterCard

Card #: _____ Exp Date: _____

Name on Card: _____ Signature: _____

Please return this form to:

Virginia Orthopaedic Society, P.O. Box 11086, Richmond, VA 23230-1086
 Phone: (804) 282-0063 • Fax: (804) 282-0090.

Deposit Check Rec'd

Date: _____ Check # _____



Reservation Request



Virginia Orthopaedic Society

May 13– 15, 2005

The following daily rates are per room, per day based on the European Plan (No Meals).

Please circle preferred rate:

ROOM:

Single Occupancy Double Occupancy
\$268.00 Per Room \$268.00 Per Room

SUITES: (Based on availability)

Junior: Single - \$373.00 Double - \$373.00
One Bedroom: Single - \$458.00 Double - \$458.00
Two Bedroom: Available Upon Request

Children sharing room with parents:

- 0 to 18 years Complimentary
- Additional \$80.00 Per Person Per Day

15% service charge and 7% sales tax are additional.

Arrival Date _____ Departure Date _____ Time of Arrival _____ AM/PM

Please reserve _____ No. of rooms for _____ No. of adults

Name _____ MD Ph.D. Other _____
Last First MI

Address _____

City, State, Zip _____

Day time phone (_____) _____ Fax (_____) _____

Email _____

Name of person(s) sharing room _____

Children's names and ages: _____

An advance deposit of **first night's room rate** is required to guarantee your reservation. **Early mailing of reservations is highly recommended.** Confirmed reservations are based on room availability. Reservations must be received by April 12, 2005 or until the room block has been filled. Deposit may be made with Visa, MasterCard, American Express, Diner's Club, and Discover, **which will be charged when reservation request is received.** If deposit is by check payment must be received with this reservation request. **Deposit is refundable if notice of cancellation is received at least 14 days prior to the scheduled arrival date.**

Check or money order enclosed. Amount \$ _____

Visa Master Card American Express Discover Diner's Club CCA Member Card

Card No. _____ Exp. Date _____

Signature _____ Name Printed on Card _____

Advance reservations and appointments are suggested for all evening dining and recreation to ensure preferred times. Please call 800-838-1766. Check in time is after 4:00 p.m. Check out time is before 12:00 noon.

Reservations request made by: _____ Date: _____

Dress: During the day, casual attire is preferred. Jeans and bathing suits are discouraged in The Great Hall. In the evening, jacket and tie are required in The Dining Room and jackets elsewhere. Casual attire is welcomed at Sam Snead's Tavern and The Sports Bar.



Group Reservations, P.O. Box 2000, Hot Springs, Virginia 24445
FAX request may be sent to 540-839-7922
Reservations by fax or mail only, no phone calls please.
Visit our website at www.thehomestead.com

The Homestead

Hot Springs, VA

The Homestead, built in 1892, adjacent to the original hot springs has attracted weary travelers since the 1600's, this notable site became a renowned mecca for those gentlemen and ladies who sought peace, relaxation and the curative properties of the famed mineral spring waters in a genteel, restorative atmosphere. Today, this magnificent Historic Landmark has been carefully restored to its original classical appearance. Time seems to stand still as you step onto the broad portico. But step across the threshold and you will begin to experience the exciting changes in store for you.

The grand scale of this imposing four-story building is apparent as you take in the railed balcony high above the Reception Area. Graceful Victorian-style lighting casts a soft glow around the room and over the polished hardwood floors below. You begin to feel your mind and body relax in this airy atmosphere before you even reach the treatment areas beyond. To the right is the new retail shop, where you can purchase the same Spa products used in your body treatments, such as aromatherapy and massage oils, candles, robes, slippers, and The Homestead's own fragrant new Mountain Laurel Lotion. Treatment areas, steam and sauna rooms, and locker and shower facilities, crisply tiled in white with soft green accents, are also located on this floor.

Now step beyond the Reception Area and ascend one of the two sweeping staircases to the next story, where you will find still more treatment areas for Swiss showers, Scotch sprays, massages and facials, as well as relaxation lounges for men and women, and a co-ed lounge where refreshments are served. You may choose to indulge in a customized Swedish Massage, a Mineral Bath to experience the naturally heated mineral waters that have made The Homestead famous, or a Mountain Laurel Soak, an exhilarating bath that has been enhanced with the natural aroma of the indigenous mountain laurel plant. These and many other deluxe face and body treatment options have been created for men and women by our experienced staff.

On the top story you will find the Spa Salon, a full service salon that offers the best in men's and women's hairstyling, manicures, pedicures and skin care therapies such as the Luxury Facial, a traditional experience in relaxation and cleansing. Innovative skin treatments such as Alpha-Lifting with AHA and an Oxygenating Treatment are also available. Here you may purchase many of the products used in your hair, facial and nail treatments. Next door, you'll find the Fitness Center, complete with Cybex equipment, treadmills, steppers and stationary cycles, and the Aerobics Room, where exercise and yoga classes are held. Located on the ground floor are the spectacular Indoor Pool, fed by the naturally heated mineral waters of the Spa's hot springs, and the heated Outdoor Pool. An old-fashioned parlor-style Snack Bar rounds out the conveniences on this floor.

Whether you decide to spend an hour or a day with us, you will join generations of travelers who have found relaxation, revitalization and rejuvenation in an incomparable setting at our historic but timeless Homestead Spa.

Recreational Activities

The Homestead maintains a stable of over 50 horses, and offers English and Western style riding. Enjoy a trail ride through the forest, or try a leisurely carriage ride at twilight in an antique buckboard or fringe-topped surrey, pulled by one of our beautiful teams. Some of the carriages date back to the early 1900's, and have been lovingly restored by our own carriage maker. With over 100 miles of forest trails to choose from, horseback and carriage rides remain two of the many country pleasures you can enjoy at The Homestead. And just opened is our new Equestrian Center, with modernized facilities for horses and staff.



Tennis

The Homestead has six courts, including four Har-Tru courts and two all-weather courts. Two tiers of courts are laid out to give your game privacy plus a spectacular view of The Homestead tower and the mountain valley. In season (mid-March to mid-November), the teaching program is under the direction of Peter Burwash International, whose philosophy is to teach individuals not systems. In season, your playing options are many and are designed to accommodate all ages and skill levels. You may participate in a daily clinic, take a private lesson or rent a court to play with family or friends.

Swimming

The Homestead Spa boasts beautiful Indoor and Outdoor Pools. The magnificent Indoor Pool was built in 1903 and is fed by the naturally warm mineral water of the nearby hot springs. It is open year round. The adjacent Outdoor Pool was added in 1954 and is open seasonally.

Hiking & Biking

One hundred miles of hiking trails wind over our 15,000 acres of mountains and valleys. As you walk along the beautiful and serene forest and stream areas, you will have the opportunity to see many gray and red squirrels, a variety of birds, and if you are quiet enough, you may see some whitetail deer or wild turkeys. There are three self-guided trails as well as a guided hike through the Cascades Gorge.



Fly Fishing The Cascades Stream

Few mountain streams are as scenic and productive as our four-mile-long trout stream that flows between the Cascades and Lower Cascades Golf Courses. Accented by a series of beautiful waterfalls, this clear running stream with its wealth of mountain wildflowers and greenery qualifies as a magnificent challenge to the novice and experienced fly fisherman.

Falconry

Known as the "sport of kings," falconry is one of the oldest of the field sports with a history that stretches back nearly 4000 years. Learn about this unique form of hunting with trained birds of prey, including falcons, hawks and owls, at The Homestead's Mews. Beginner and intermediate lessons are available. At the conclusion of the lesson, the guest is given the opportunity to be photographed with the bird.



The Shooting Club

The Homestead Shooting Club, surrounded by laurel and ringed with mountains, is one of the most challenging and scenic shooting facilities anywhere in the United States. In 1993, the facility was redesigned and a third course built to host major tournaments such as the U.S. Open and the annual Homestead Cup. The course's diversified presentation of targets is unequalled anywhere. The Homestead Shooting Club offers sporting clays, 5-stand sporting, skeet, trap and a .22 caliber rifle range. The Homestead, built in 1892, adjacent to the original hot springs has attracted weary travelers since the 1600's, this notable site became a renowned mecca for those gentlemen and ladies who sought peace, relaxation and the curative properties of the famed mineral spring waters in a genteel, restorative atmosphere. Today, this magnificent Historic Landmark has been carefully restored to its original classical appearance. Time seems to stand still as you step onto the broad portico. But step across the threshold and you will begin to experience the exciting changes in store for you.

KidsClub

The Homestead KidsClub is second to none in the Fun department! Jam-packed with innovative, exhilarating activities in a top-notch facility, no wonder The Homestead was ranked in the top 5 family resorts in Travel and Leisure magazine! Kids will love our "learning-made-fun" approach and are sure to create their own, personal memories and great experiences at the KidsClub. And most importantly, parents can relax and catch up on their own personal time knowing the kids are safe, having the best time under the guidance of our experienced and motivated counselors. Headquartered in its own Clubhouse on Cottage Row, the KidsClub is open for fun year-round. Though children participate in a variety of activities at KidsClub, our projects focus around three main areas:



The Children's Literary Center

Inspiring in children a love of reading and teaching them an appreciation of literature is easy with our outstanding library of regional folklore and historic not-so-tall tales. We often set aside a special reading time, when our resident storyteller gathers the children around for an exciting story. Some days she dons costumes and takes center stage to bring her story alive, inviting the kids to join in for some impromptu play acting on our own theatre stage. On special occasions, a children's author may visit to read excerpts from his or her book. On International Day, kids may read and learn about life in other cultures.

The Art & Design Center

Offering more than run-of-the-mill popsicle stick boxes and finger painting, kids learn to exercise their creativity to make everything; custom-designed bird feeders, wreaths, key chains, decorated t-shirts, jewelry, baskets and more! Our resident origami expert teaches the kids to make anything out of paper, including wild animals, boats that really float and a camera that clicks. We also introduce the kids to weaving, making masks, designing lapel pins, painting tote bags and mugs, and creating treasure boxes.

The Science & Biology Center

A nature hike is just a walk in the woods unless, of course, kids can bring back all sorts of indigenous plant life to look at under the microscope. Back in the Clubhouse, kids can learn all about guinea pigs with our resident pet. We study dinosaurs and then look at dinosaur fossils and discuss archeology. We learn about the space shuttle and life as an astronaut. We design space gliders and give prizes for the best designs. We make "cosmic slime" for laughs and hands-on fun.

Other Activities For Kids

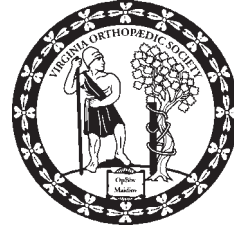
There are also many other fun activities available around the resort for kids: pole fishing at the Children's Fish Pond, tennis on our mini-courts, hiking and mountain biking, hand-led horseback rides, falconry demonstrations with exotic birds, bowling, winter sports such as skiing, ice skating, snowboarding and snow tubing, swimming, nightly movies, video games, and shopping in The Hobby Horse and FiddleSticks!

For more information on activities, schedules and fees call 540-839-7677 or email KidsClub at www.homestead.kidsclub@ourclub.com. Please provide us with a fax number or home address and we will be happy to send you a schedule.

Babysitting Service

KidsClub offers babysitting in the convenience of the guest's room for infants to teens. Our trained babysitters are certified in CPR and First Aid. Babysitting is provided in the comfort of your room with the option for your sitter to take the children out and about. 48-hour advanced registration is required in order to ensure babysitting. Babysitting requires a two-hour minimum and is \$12.00 an hour for the first child and \$2.00 for each additional child in the immediate family. To make arrangements, please contact the Babysitting Coordinators at (540) 839-7956.

Save the Date!



VOS 2005
Annual Meeting

May 13-15, 2005

The Homestead
Hot Springs, VA

2004 Annual Meeting
Photos are at www.vos.org

A black and white advertisement for the Virginia Orthopaedic Society's 2005 Annual Meeting. It features a large photograph of The Homestead, a grand, multi-story building with a prominent clock tower, set against a backdrop of trees. In the top left corner, there is a circular logo of the society. The text reads: "Virginia Orthopaedic Society 2005 Annual Meeting May 13-15, 2005 The Homestead Hot Springs, Virginia". At the bottom left, contact information is provided: "Virginia Orthopaedic Society P.O. Box 11086 • 2209 Dickens Road • Richmond, VA 23230-1086 Phone (804) 282-0063 • Fax (804) 282-0090 • vos@societyhq.com". At the bottom right, the website "www.vos.org" is listed. A small inset photograph in the lower right of the main image shows a horse in a field.

Virginia Orthopaedic Society
2209 Dickens Road
P.O. Box 11086
Richmond, VA 23230-1086

