

VIRGINIA ORTHOPAEDIC SOCIETY



62nd Annual Meeting



Hilton Virginia Beach Oceanfront
Virginia Beach, VA

May 1-3, 2009

Sponsored by the American Academy of Orthopaedic Surgeons, Office of CME and the Virginia Orthopaedic Society

PLAN NOW TO ATTEND!

VIRGINIA ORTHOPAEDIC SOCIETY

2209 Dickens Road • Richmond, VA 23230-2005 • (804) 282-0063 • Fax (804) 282-0090
Email: vos@societyhq.com • Website: www.vos.org



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WELCOME

Dear Colleague,

The organizers and staff of the 62nd Annual Meeting of the Virginia Orthopaedic Society are excited about this year's event to be held in Virginia Beach. This year's topics are sure to be of interest to our Virginia surgeons. We have incorporated not only clinical areas of interest, but also speakers covering practice management and emergency room call issues for the state of Virginia.

In an effort to expose the surgeons in Virginia to new techniques and technologies, we have keynote speakers for this year's event that are pioneers in their respective fields. Dr. Michael Mont will be speaking about the indications, patient selection, benefits, and pitfalls of hip resurfacing arthroplasty. Dr. Charles Taylor will be covering external fixation for the treatment of acute fractures and deformity, with the latest technology and applications of his Taylor Spatial Frame. Sponsors will be offering hands on sawbone laboratories in the afternoon so that surgeons can familiarize themselves with these devices and implants.

Podium presentations and posters in clinical research and basic sciences will be on display from our colleagues around the state. We highly encourage all research minded surgeons to submit their abstracts for consideration. We have incorporated not only areas of clinical interest, but also a lecture about emergency room call issues, a topic that is growing in concern for the state of Virginia. We look forward to seeing you in Virginia Beach.

Robert J. Gaines, MD
Chair, 2009 Annual Meeting

Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Academy of Orthopaedic Surgeons and the Virginia Orthopaedic Society. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this educational activity for a maximum of 9.5 **AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Program Objectives

Participants in the 62nd Annual Virginia Orthopaedic Society Meeting should be able to:

Sports

1. Understand the clinical and laboratory differences between single and double bundle anterior cruciate ligament reconstruction.
2. Be able to identify various methods of meniscal repair and their indications.
3. Discuss several techniques of treating cartilage loss before total knee arthroplasty.

Trauma

1. Recognize the multiple uses of external fixation in fracture repair, deformity correction, and the treatment of chronic infection.
2. Define the critical risks and benefits of external fixation use in their patient population.
3. Understand the basics of the latest technology and the applications of the Taylor Spatial external fixator frame.

Adult Reconstruction

1. Discuss the options for treating arthritis of the hip for different aged patients.
2. Understand the indications and patient selection for hip resurfacing arthroplasty.
3. Recognize the pitfalls and technical considerations of hip resurfacing arthroplasty.

Scientific Abstracts

1. The participants in this educational activity should be able to discuss and evaluate basic science and clinical research in Orthopaedics being done throughout Virginia.

PLEASE NOTE

If you do not receive a confirmation letter from the VOS office within 30 days of submitting your completed registration form and payment information, please call the VOS office at (804) 565-6325 to confirm that your registration material has been received.

VIRGINIA ORTHOPAEDIC SOCIETY

62nd Annual Meeting



**Hilton Virginia Beach Oceanfront
VA Beach, VA May 1-3, 2009**

FRIDAY - MAY 1, 2009

| | |
|-------------------|---|
| 3:00 pm - 5:45 pm | Registration |
| 5:00 pm - 6:00 pm | The "On-Call" Dilemma — Myths / Policy / Solutions Thomas K. Miller, MD |
| 6:00 pm | Reception with Exhibitors |

SATURDAY - MAY 2, 2009

| | |
|-------------------|---|
| 6:30 am - 7:30 am | Continental Breakfast and Registration |
| 7:15 am | Introduction / Welcome Joel D. Stewart, MD – <i>VOS President</i> Luke Balsamo, MD – <i>Program Director</i> |

Sports / Trauma Section

Moderator: Donald R. Carr, MD

| | |
|---------------------|---|
| 7:00 am - 7:30 am | Breakfast |
| 7:30 am - 8:00 am | Current Concepts of Meniscal Repair Donald R. Carr, MD |
| 8:00 am - 8:30 am | Double Versus Single Bundle ACL Reconstruction Marlene DeMaio, MD |
| 8:30 am - 9:00 am | Distal Radius Fracture Current Concepts Christopher K. Hersh, MD |
| 9:00 am - 9:30 am | Petrochanteric Femur Fractures Techniques and Pitfalls of Fixation Joshua R. Langford, MD |
| 9:30 am - 9:45 am | Break |
| 9:45 am - 10:45 am | External Fixation For Tibial Fracture And Deformity J. Charles Taylor, MD |
| 10:45 am - 11:00 am | Break |

Abstract Presentations

| | |
|---------------------|---|
| Session 1 | Moderator: Marlene DeMaio, MD |
| 11:00 am - 11:06 am | The Proximity of the brachial artery to the anterior cortex of the distal humerus at varying degrees of flexion |
| 11:06 am - 11:12 am | A prospective study of autologous chondrocyte implantation in patients who failed prior treatment for articular cartilage defect of the knee. Results of the study of treatment of articular repair (STAR) clinical trial |
| 11:12 am - 11:18 am | Functional outcomes following bankhart repair of the shoulder |
| 11:18 am - 11:24 am | Sports hernia: a comparison of two surgical procedures |
| 11:24 am - 11:30 am | Results of the charite lumbar disc replacement in military personnel |

FACULTY

Kevin F. Bonner, MD
Virginia Beach, VA

Donald R. Carr, MD
Portsmouth, VA

Ronald E. Delanois, MD
Baltimore, MD

Marlene DeMaio, MD
Portsmouth, VA

Anthony J. Distasio II, MD
Norfolk, VA

Robert J. Gaines MD
Portsmouth, VA

Christopher K. Hersh, MD
Portsmouth, VA

Joshua R. Langford, MD
Orlando, FL

Thomas K. Miller, MD
Roanoke, VA

Michael A. Mont, MD
Baltimore, MD

Joseph T. Moskal, MD
Roanoke, VA

J. Charles Taylor, MD
Memphis, TN

ABSTRACT AWARDS

Awards will be
presented for the
Best Basic Science,
Best Clinical Presentation
& Best Presentation Poster.

SATURDAY - MAY 2, 2009 (cont'd)

Session 2

| | |
|--------------------------------|---|
| Moderator: Joshua Langford, MD | |
| 11:30 am - 11:36 am | Novel tool for investigation of Vitamin D's effect on the cellular level: a study of MG-63 osteoblasts |
| 11:36 am - 11:42 am | Tendinogenic effects and tissue engineering application of growth and differentiation factor 5 on adipose mesenchymal stem cells |
| 11:42 am - 11:48 am | In vivo analysis of a hydrogel nerve glue |
| 11:48 am - 11:54 am | Acidity of local anesthetic preparations |
| 11:54 pm - 12:00 N | Early results of the treatment of acute displaced midshaft clavicle fractures with an intramedullary compression pin |
| 12:00 N - 12:06 pm | Biomechanical evaluation of parallel vs perpendicular fixation for distal humerus fractures |
| 12:06 pm - 12:30 pm | Question and Answer Session |
| 12:30 pm - 1:30 pm | Lunch / Business Meeting |
| 1:30 pm - 5:30 pm | Hands On Demonstration Workshops (not for CME credits) <i>Hands On Workshops are presented by the manufacturing companies, and are not part of the VOS accredited program. These are optional opportunities presented by the industry to share their latest technology with the physicians in attendance.</i> |
| Workshop A | Hip Resurfacing |
| Workshop B | Distal Radius / Prox Humerus Fractures |
| Workshop C | Spatial Frame |

SUNDAY - MAY 3, 2009

8:00 am - 8:30 am **Breakfast and Registration**

Hip & Knee Section

Moderator: Luke Balsamo, MD

| | |
|---------------------|---|
| 8:30 am - 9:00 am | Avoiding Complications in Total Hip Arthroplasty Joseph T. Moskal, MD |
| 9:00 am - 9:30 am | Cartilage Loss in the Knee: Treatment Before Arthroplasty Kevin F. Bonner, MD |
| 9:30 am - 10:00 am | Bicompartmental Knee Arthroplasty Anthony J. Distacio, II, MD |
| 10:00 am - 10:30 am | Patellofemoral Arthroplasty Ronald E. Delanois, MD |
| 10:30 am - 10:45 am | Break |
| 10:45 am - 11:45 am | Hip Resurfacing Current Concepts Michael A. Mont, MD |
| 11:45 am - 12:00 N | Break |


Abstract Presentations

Session 1

| | |
|-----------------------------|--|
| Moderator: Luke Balsamo, MD | |
| 12:00 N - 12:06 pm | Medial collateral ligament retensioning combined with total knee arthroplasty in patients with MCL insufficiency |
| 12:06 pm - 12:12 pm | Femoroacetabular impingement: validation of the alpha angle |
| 12:12 pm - 12:18 pm | An evaluation of a low modulus extensively porous coated femoral hip stem at 10 years |
| 12:18 pm - 12:24 pm | The effect of medializing calcaneal osteotomy with and without inferior translation upon foot pressures and joint angles indicative of acquired adult flatfoot deformity |
| 12:24 pm - 12:30 pm | Modeling subtalar instability: a presentation of preliminary data |
| 12:30 pm - 12:36 pm | Intermediate results of one surgeons experience with total ankle arthroplasty |
| 12:36 pm - 12:45 pm | Question and Answer Session |
| 12:45 pm | Closing Remarks Joel Stewart, MD and Luke Balsamo, MD |

Special Guest Speakers

J. Charles Taylor, MD



Dr. John Charles Taylor did his graduate and post graduate training at the University of Tennessee and is a true pioneer in orthopedic fracture care and deformity correction. In 1996, Dr. Taylor unveiled his Taylor Spatial Frame that has revolutionized deformity correction and fracture care. He is also codesigner of the Russell-Taylor Nailing System for long bones. Using Ilizarov principles, he developed a system of hardware and computer software to elegantly care for acute fractures and deformity. He is an internationally known expert in limb lengthening and deformity correction and true mentor to anyone willing to learn. Dr. Taylor has educated hundreds of surgeons nationally and internationally in the use of his device, and we are extremely excited to have him as a keynote speaker. Currently, he practices with Specialty Orthopedics in Memphis, Tennessee, where he specializes in acute trauma, limb salvage, and deformity correction.

Michael A. Mont, MD



Michael A. Mont, MD, serves as co-director of the Rubin Institute for Advanced Orthopedics, and the Center for Joint Preservation and Replacement. Under his leadership, Sinai Hospital is breaking new ground in the area of hip preservation and replacement techniques.

Although Dr. Mont has performed thousands of joint replacements, he has extensive specialty training in the surgical treatment of complex bone disorders, including secondary or revision joint replacement surgery and infected joints. Much of his hands-on experience was received at The Johns Hopkins Medical Institutions.

Dr. Mont started at Johns Hopkins in 1989 and was confronted with many teenagers who had avascular necrosis, a bone disease that leads to joint destruction. Rather than performing total hip replacements in these young patients, he became dedicated to trying to save these joints by developing innovative new bone grafting techniques and other procedures.

In addition to being a world expert on preserving joints in patients with avascular necrosis, Dr. Mont performs the most difficult hip and knee replacements. He has become known as the reconstructive surgeon of last resort as he is sent cases from around the country and world that other surgeons are reluctant to attempt.

Dr. Mont has been instrumental in bringing a revolutionary hip replacement alternative, called Metal on Metal resurfacing, to the United States. This alternative procedure offers younger patients several advantages over the traditional total hip replacement including bone preservation, greater range of motion, reduced risk of dislocation, a more natural feeling joint and normal gait (walking) characteristics.

He is presently working on a new minimally invasive approach for total knee replacement.

Virginia Orthopaedic Society
62nd Annual Meeting • May 1 - 3, 2009 • Hilton Virginia Beach Oceanfront
Registration Form

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

Mr. Mrs. Ms. Dr. First Name _____ M.I. _____ Last Name _____

Credentials _____ Specialty _____

Affiliation/Business/Organization _____

Primary Mailing Address Home Work Street _____

City/State/Zip _____

Country _____ Phone _____ Fax _____

Email: _____ Please print clearly for successful email delivery of your confirmation letter

Are You A Resident Physician? Yes No A Fellow? Yes No

Do you require special assistance because of a disability or do you have any dietary restrictions? If so, please describe _____

Registration Fees

Please check appropriate category below. After April 3, 2009, late fees apply.

| | Through 4/3/2009 | After 4/3/2009 | |
|---|---------------------|-------------------|-----------------|
| <input type="checkbox"/> VOS Member | \$100 | \$125 | \$ _____ |
| <input type="checkbox"/> VOS Non-Member Eligible* | \$250 | \$295 | \$ _____ |
| <input type="checkbox"/> Emeritus Member | N/C | N/C | N/C |
| <input type="checkbox"/> Resident/Fellow..... | N/C | \$25 | \$ _____ |
| <input type="checkbox"/> Non-member Physician | \$150 | \$200 | \$ _____ |
| <input type="checkbox"/> Non-member PA, PT, NP | \$50 | \$75 | \$ _____ |
| TOTAL | | | \$ _____ |

*Full amount will be applied to 2009 dues and complimentary meeting registration will be offered for the first year.

Payment

Make checks (US currency) payable to: **Virginia Orthopaedic Society** Credit Card Payment: VISA MasterCard

Card #: _____ Exp Date: _____

Name on Card: _____ Signature: _____

Refund Policy: 80% refund through 4/3/09; no refund after 4/3/09. Refunds will be determined by date written cancellation is received. All cancellations must be in writing. Contact VOS headquarters with any questions.

Please return this form to:

Virginia Orthopaedic Society • 2209 Dickens Road • Richmond, VA 23230-2005
 Phone: (804) 282-0063 • Fax: (804) 282-0090

Things To Do In Virginia Beach

Virginia Aquarium & Marine Science Center



One of Virginia's most popular museums, this museum contains over 800,000 gallons of aquariums and takes visitors on a journey of water through Virginia. Visitors can stroll through the indoor Coastal River Room where birds and turtles roam free, marvel at a 50,000 gallon aquarium with the largest collection of

Chesapeake Bay fish in the world, and touch gentle stingrays, horseshoe crabs, and other marine life while at this museum.

For prices and directions, call (757) 385-FISH (3474).

Owl's Creek Family Golf Center

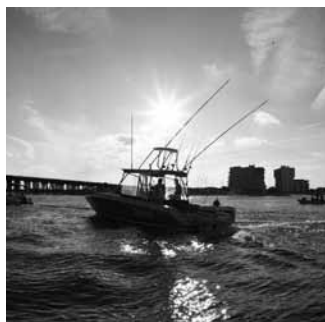
This tough 3,793 yard, par 62 executive golf course was designed by Brook Parker and features shots challenged by giant pine, oak, and cypress trees, as well as natural and man-made water hazards and towering 40 foot sand dunes. A covered, lit driving range, a putting green, a practice bunker, and a chipping area are also on site.

Information: 757-428-2800; 411 South Birdneck Rd, VA Beach, VA 23451

Virginia Beach Fishing Center

A full service marina which offers daily fishing and sightseeing trips, custom fishing charters, fuel, dockage, beach parking, and a full service store. There are three docks for your convenience and they are the only marina on the Inlet to have a dock outside the bridge for boats with more than 28 feet of clearance.

Visit <http://www.virginiafishing.com/> for information.



Ocean Breeze Water Park

A 19 acre water park, less than 2 miles south of the Oceanfront, where you will enjoy 16 Caribbean themed water slides, a one million gallon wave pool and children's water playground. Restaurants are on site and private cabanas may be reserved. Office hours: 9:00am to 5:00pm Monday thru Thursday.

Contact 422-4444 for more information or visit <http://www.oceanbreezewaterpark.com>



Lynnhaven Dive Center

This dive center operates two custom dive boats which take divers to see the Graveyard of the Atlantic, wrecks and artificial reefs in the area. They offer free introductory scuba lessons every Saturday and Sunday at 1:00 p.m., as well as swim and snorkel lessons.

Contact Information: 757-481-7949

Old Coast Guard Station



The former U.S. Life-Saving Coast Guard Station that was built in 1903 and decommissioned in 1969, this station contains two galleries which depict the history of the life-saving service, shipwrecks off the Virginia coast, and an interactive exhibit that helps visitors identify ships off the coast. A gift shop is also on site.

Contact Information: 757-422-1587; <http://www.oldcoastguardstation.com>

Red Wing Lake Municipal Course

Designed by George Cobb, this 7,080 yard, par 72, 60s-era golf course has sloping bentgrass greens and wide Bermuda fairways. Water comes into play on nine holes and the course features three par threes at over 200 yards each. A driving range, putting green, practice bunker, and chipping area are also on site, as well as a full service pro shop and snack bar.

Contact Information: 757-437-4845.



Francis Land House

This large, 200-year-old Georgian style plantation home stands as a symbol of the rural affluence enjoyed by the Land family in the 18th and early 19th centuries. The house features period rooms furnished with antiques and reproductions and the grounds include herb, formal, and vegetable gardens, as well as a history park which includes a constructed trail in a wooded wetland with interpretive sign exhibits.

Contact Information: 757-431-4000





Virginia Beach Oceanfront

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VA Beach, VA May 1-3, 2009

RESERVATION INFORMATION

| Types of Accommodations | Nightly Rate |
|---------------------------------------|--------------|
| 1 King Superior Room with Oceanview | \$179 |
| 2 Doubles Superior with Cityview | \$179 |
| 2 Doubles Superior with Oceanview | \$179 |
| 1 King Superior Corner with Oceanview | \$179 |
| Superior Parlor with Cityview | \$179 |
| 1 King Superior Room with Cityview | \$179 |



All rates are subject to 6% resort amenity fee and 10% state and county taxes.

In order to qualify for these special group rates, the Hilton Virginia Beach Oceanfront must receive your reservation request by **April 1, 2009.**

Requests received after this date will be confirmed on a space and rate available basis.

The Hilton Virginia Beach Oceanfront hotel, towering 21 stories above the Virginia Beach resort district, offers panoramic views that rank among the very best on the mid-Atlantic coast. Recognized as one of the premier hotels on the Virginia Beach Oceanfront, it offers the most luxurious accommodations and superior first-class service.

Reservations can be made online at

<http://www.hilton.com/en/hi/groups/personalized/ORFVHHF-VOS-20090429/index.shtml>

*Or by calling
(757) 213-3000*



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2209 Dickens Road
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Disclosure of Faculty Financial Affiliations

The American Academy of Orthopaedic Surgeons (AAOS), as an ACCME accredited provider, and Virginia Orthopaedic Society (VOS) endorse and strive to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The AAOS and VOS require that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All faculty presenters participating in an accredited CME activity are required to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The AAOS and VOS will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the reader. Questions about specific strategies can be directed to the Office of Continuing Medical Education, American Academy of Orthopaedic Surgeons, 6300 North River Road, Rosemont, IL 60018-4262.

Disclosure of Discussion of Non-FDA Approved Uses for Pharmaceutical Products and/or Medical Devices

The American Academy of Orthopaedic Surgeons (AAOS) and VOS, as ACCME providers, require that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. AAOS recommends that each physician fully review all the available data on new products or procedures prior to clinical use.

CME Activity Participant Requirement

The American Academy of Orthopaedic Surgeons' Office of Continuing Medical Education and VOS require that all participants at live CME activities sign attendance sheets daily to confirm participation in the CME activity for that day. Certificates of attendance, designating the maximum number of hours of participation, are distributed to each participant at the CME activity. Participants are responsible for accurately tracking their actual participation at live events.