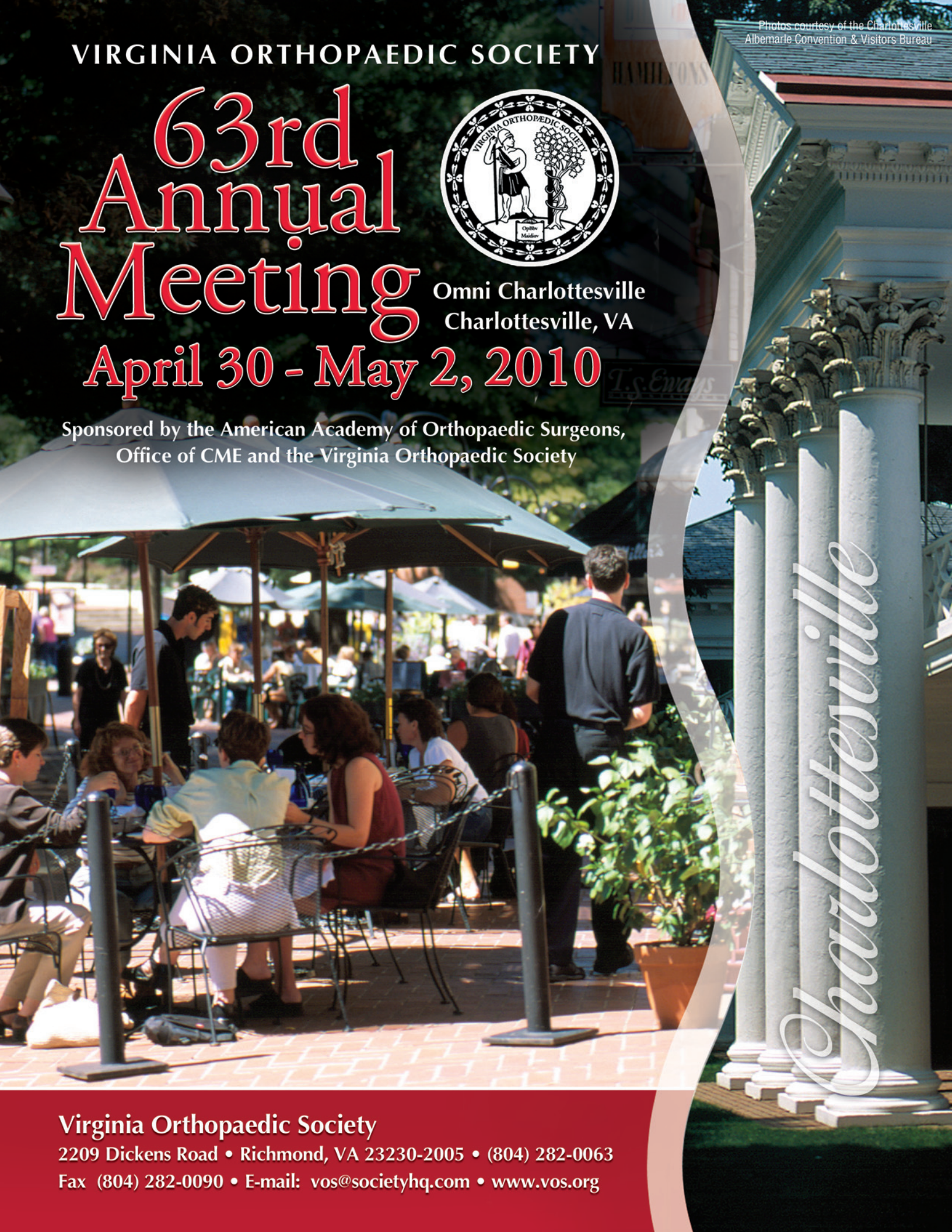

Photos courtesy of the Charlottesville Albemarle Convention & Visitors Bureau

VIRGINIA ORTHOPAEDIC SOCIETY

63rd Annual Meeting

Omni Charlottesville
Charlottesville, VA

April 30 - May 2, 2010

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

Charlottesville

Virginia Orthopaedic Society
2209 Dickens Road • Richmond, VA 23230-2005 • (804) 282-0063
Fax (804) 282-0090 • E-mail: vos@societyhq.com • www.vos.org

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WELCOME

The 63rd Annual Virginia Orthopaedic Society Meeting is being organized to address the scientific and clinical educational needs of orthopaedic surgeons in Virginia and the surrounding area.

Our program is going to address the needs of not only general orthopaedists, but also orthopedists of all sub-specialties. The meeting is being divided into two separate parts. The first part will focus on topics of concern to all surgeons such as dealing with orthopaedic infections, updates in blood management, DVT prophylaxis, updates in pain management, clinic pathway/organization, taking care of the pregnant orthopaedic patient, and update on bone substitutes.

We have asked Dr. Hurwitz from the American Board of Orthopaedic Surgeons to be one of our keynote speakers and address the re-certification process that should be of interest to all.

On the second day of the meeting, we plan to focus on joint reconstruction and general trauma topics. Our goal is to provide updated information on the latest evidence based data available, as well as to introduce meeting participants to new concepts and surgical strategies. Throughout the meeting we will include scientific presentations focusing on research being performed both in the academic and community centers throughout Virginia.

Our goal is to expand orthopaedic surgeon education to improve patient care. This annual meeting has a history of keeping our surgeons current to surgical advances relevant to our patient population. We plan to continue that tradition and maintain the highest standards for the orthopaedic community in the Commonwealth of Virginia.

Jonathan E. Isaacs, MD
Co-Chair 2010 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 **10.5 *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 63rd Annual Virginia Orthopaedic Society Meeting should be able to:

General Session:

1. Understand emerging treatment strategies for resistant bacterial infections.
2. Identify different strategies for blood conservation.
3. Explain the rationale for various DVT prophylaxes strategies.
4. Understand the rationale for combined pharmacotherapy for post operative pain management.
5. Explain the effects of radiation exposure on the pregnant patient.
6. Explain the differences between current bone substitute options.

Bone Reconstruction:

1. Explain the rationale behind using a mobile versus a fixed bearing surface total knee replacement.
2. Explain the rationale for using surface replacing arthroplasty versus total hip arthroplasty.
3. Identify the role of crutiate retaining versus posterior stabilized total knee replacements.

Trauma:

1. Identify which clavicle fractures require surgical fixation.
2. Identify which distal radius fractures can be treated with open reduction internal fixation versus external fixation.
3. Explain the rationale behind fixation versus replacement in femoral neck fractures.
4. Explain the rationale behind different treatment options for combined intertrochanteric and femoral shaft fracture treatment.
5. Identify which proximal humerus fractures should be replaced and which ones should be fixed.
6. Identify which pediatric femoral fractures can be treated with flexible nailing and which ones require open reduction internal fixation.

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) 282-0063 to confirm that your registration material has been received.

VIRGINIA ORTHOPAEDIC SOCIETY

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FRIDAY - APRIL 30, 2010

3:00 pm – 5:00 pm	**Registration**
5:00 pm – 6:30 pm	**Opening Reception with Exhibitors**
5:30 pm – 6:30 pm	**Walk Around Poster Session**

SATURDAY - MAY 1, 2010

6:00 am	**Continental Breakfast**
6:00 am – 12:00 noon	**Registration**
6:45 am	**Introduction / Welcome** N. Douglas Boardman, III, MD - President Program Directors: Jonathan E. Isaacs, MD; Quanjun Cui, MD

General Session

7:00 am – 7:20 am	**Antibiotic Update for Orthopaedic Infections** Gonzalo Bearman, MD, MPH
7:20 am – 7:40 am	**Blood Management Update** Bruce D. Spiess, MD
7:40 am – 8:00 am	**DVT Prophylaxis in Orthopaedic Surgery** B. Gail Macik, MD
8:00 am – 8:20 am	**Pain Management** Eduardo M. Fraifeld, MD
8:20 am – 8:40 am	**Orthopaedic Clinical Pathways: Can You Expect Better Outcomes?** Wendy Novicoff, PhD
8:40 am – 9:00 am	**Taking Care of the Pregnant Orthopaedic Patient** Christine Isaacs, MD
9:00 am – 9:30 am	**Update on Bone Substitutes** Steve T. Lin, DSc
9:30 am – 10:00 am	**Re-Certification Process and Preparation** Shepard R. Hurwitz, MD
10:00 am – 10:30 am	**Break/Exhibitors/Posters**
10:30 am – 11:00 am	**Business Meeting**
11:00 am – 11:45 am	**The Future of Health Care Access** Aryana Khalid, Health & Education Legislative Assistant to Senator Mark Warner

Abstracts

Moderators: Robert S. Adelaar, MD & Adam L. Shimer, MD

11:45 am – 11:55 am	**Comparison of the Performance of Chronically versus Freshly Denervated Autograft in Nerve Repair**
11:55 am – 12:05 pm	**Transverse Olecranon Fracture Model: Tension Band Wire Fixation**
12:05 pm – 12:15 pm	**Biomechanical Comparison of Two Locking Compression Plates for Proximal Humeral Fractures**
12:15 pm – 12:25 pm	**Chicken Model of Traumatic Osteonecrosis of the Femoral Head**
12:25 pm – 12:35 am	**Biomechanics of Hardware Configuration for Ipislateral Intertrochanteric or Femoral Neck and Femoral Shaft Fractures**
12:35 pm – 12:45 pm	**Improving Quadriceps Function in ACL Deficient Knees using TENS and Cryotherapy**

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The American Board
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Chapel Hill, NC

Christine Isaacs, MD
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Richmond, VA

1:30 pm – 4:30 pm **Afternoon Lab Sessions** *(not for CME credits)*
Limited Attendance - First come, first served
Dinner on your own

SUNDAY, MAY 2, 2010

6:15 am **Breakfast**
6:15 am – 12:00 noon **Registration**

Adult Reconstruction Section

7:00 am – 7:20 am **Debate: Mobile or Fixed Bearing Knee**
Mobile: Joseph T. Moskal, MD
Fixed: Jason Hull, MD

7:20 am – 7:40 am **Debate: Resurfacing vs. THA**
Con: Thomas E. Brown, MD
Pro: C. Anderson Engh, Jr., MD

7:40 am – 8:00 am **Debate: CR vs PS TKA**
CR: Kevin B. Fricka, MD
PS: John W. Mann, MD

8:00 am – 8:20 am **Current Controversies in Total Joint Arthroplasty**
William A. Jiranek, MD

8:20 am – 8:50 am **Bearing Surfaces in THA**
Lawrence D. Dorr, MD

8:50 am – 9:00 am **Discussion**

ABSTRACT AWARDS

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

Abstracts

Moderators: Gwo Jaw Wang, MD & Gregory F. Domson, MD

9:00 am – 9:10 am **Anabolic Steroid as a Strategy in Reversing Denervation Atrophy**

9:10 am – 9:20 am **Pre-operative Screening for Obstructive Sleep Apnea Reduces Peri-operative Morbidity and Mortality in Patients with Joint Replacement**

9:20 am – 9:30 am **Reverse Total Shoulder Arthroplasty for Complex Proximal Humerus Fractures in the Elderly**

9:30 am – 9:40 am **Right Adolescent Idiopathic Thoracic Curve (Lenke 1 A and B): Does Cost of Instrumentation and Implant Density Improve Radiographic and Cosmetic Parameters?**

9:40 am – 9:50 am **The Effects of Localized Hypothermia on Bacterial Colony Counts in Soft Tissue Infections in Rats**

9:50 am – 10:00 am **The "Shadow Sign": A Radiographic Differentiation of Stainless Steel vs. Titanium Spinal Instrumentation in Spine Surgery**

10:00 am – 10:15 am **Break**

Trauma

10:15 am – 10:35 am **Debate: Clavical FX: To Fix or Not**
Fix: David M. Kahler, MD
Not to fix: Wilhem A. Zuelzer, MD

10:35 am – 10:55 am **Debate: Distal Radius Fractures: Ex Fix vs. Volar Plating**
Ex Fix: Wilford K. Gibson, MD
Plating: A. Bobby Chhabra, MD

10:55 am – 11:15 am **Debate: Femoral Neck Fractures: Fix vs. Replace**
Replace: Quanjun Cui, MD
Fix: Varatharaj Mounasamy, MD

11:15 am – 11:35 am **Debate: Surgical Treatment for Ipsilateral Intertrochanteric and Femoral Shaft Fractures**
Thomas E. Shuler, MD
Mark C. Willis, Jr., MD

11:35 am – 11:55 am **Debate: Proximal Humerus Fractures: Fix vs. Replace**
Fix: Eric W. Carson, MD
Replace: N. Douglas Boardman, III, MD

11:55 am – 12:15 pm **Debate: Pediatric Femur Fractures: Plating vs. Flexible Nailing**
Nailing: Mark F. Abel, MD
Plating: Victoria G. Kuester, MD

12:15 pm – 12:30 pm **Closing Remarks**

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Virginia Orthopaedic Society
63rd Annual Meeting • April 30 - May 2, 2010 • Omni Charlottesville • Charlottesville, VA
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 1, 2010, late fees apply.

	Through 4/1/2010	After 4/1/2010	
❑ VOS Member	$100	$125	$ _____
❑ VOS Non-Member Eligible*	$250	$295	$ _____
❑ Emeritus Member	N/C	N/C	N/C
❑ Resident/Fellow	N/C	$25	$ _____
❑ Non-Member Physician	$150	$200	$ _____
❑ Non-Member PA, PT, NP	$50	$75	$ _____
		TOTAL	$ _____

* Full amount will be applied to 2010 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 4/1/10; no refund after 4/1/10. Refunds will be determined when date written cancellation is received. All cancellations must be in writing. Contact the VOS headquarters with any questions.

Please return this form to:

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Special Guest Speakers

Lawrence D. Dorr, MD

As founder and medical director of The Dorr Arthritis Institute, Dr. Dorr has performed more than 3,500 hip and knee replacements in the past decade. Dr. Dorr has been the President of the Hip Society and the Knee Society; he is also a member of the American Association of Hip and Knee Surgeons. He was a founder of both the Knee Society and the American Association of Hip and Knee Surgeons.

He began designing implants for the benefits of patients in 1982. The APR stem was first marketed in 1984 and remains in use today with the shape and fixation surface unchanged since the early 1990s. The Apollo knee replacement was marketed in the early 1990s.

Dr. Dorr was one of the first surgeons to use hydroxyapatite as a fixation surface on hip implants in 1983 and has published several articles on this fixation surface. He reintroduced metal-on-metal into the United States in 1991. He implanted these as custom implants and with an FDA study until 1996.

The posterior minimally invasive surgery operation, designed by Dr. Dorr, has been the most studied and most successful minimally invasive surgery total hip replacement.

Dr. Dorr is the leading clinical researcher for computer navigation for total hip replacement. His data has proved the accuracy of using navigation for implanting the acetabular and femoral components and restoring correct leg length and offset for the hip.

Shepard R. Hurwitz, MD

Dr. Hurwitz is the Professor of Orthopaedic Surgery at the University of North Carolina, Chapel Hill, NC and Executive Director of the American Board of Orthopaedic Surgery, Chapel Hill, NC. Fellow of the AAOS, member AOA, member AOFAS, member OTA, member ORS and member at large of the OREF Board.

Dr. Hurwitz completed orthopaedic residency at the New York Orthopaedic Hospital, a part of Columbia University, then performed one year fellowships in Foot/Ankle Surgery and Fracture Surgery at the Hospital for Special Surgery in New York City. He has held faculty positions in Cornell University, George Washington University, University of Rochester, University of Virginia and now, North Carolina. He has served in many capacities: U.S. Army Medical Corps, Veterans Administration Medical Centers in New York and Washington, D.C., Consultant to the Department of Defense, Consultant to NIH clinical Center, Consultant to FDA, Study Section for NIAMS and CDC, Peer Review OREF, Board of Directors of OREF, Board of Directors AOFAS, numerous committee positions in AAOS, AOA, AOFAS, OTA, EOA, SEFC, ORS and ACR.

Things to Do in the Charlottesville Area

Charlottesville Downtown Mall

The Historic Downtown Mall is considered one of the finest urban parks in the country. Home to more than 120 shops and 30 restaurants, it is located among the historic buildings on and around old Main Street Charlottesville. It connects to the Omni hotel complex and hosts live outdoor music on Friday afternoons beginning at 5 pm.

Monticello Wine Trail

The Monticello Wine Trail remains the wine world's best kept secret, where boutique wineries produce small quantities of high-quality wines, shared with family, friends and visitors. One day our secret will be uncovered and the wine world will shine it brightest light on this region. There are twenty-one wineries in the Charlottesville area. For more information, including an events calendar and a complete listing of wineries, visit www.monticellowinetrail.com

Michie Tavern

Established in 1784 by Scotsman William Michie, the Tavern served as the social center of its community and provided travelers with food, drink and lodging. This is where the 18th-century counterparts came to dine and socialize. Michie Tavern also includes The General Store, The Tavern Gift Shop and The Clothier Shop. Open year-round. Admission is free to the museum. 683 Thomas Jefferson Parkway, Charlottesville, VA.

Ash Lawn-Highland

Ash Lawn-Highland is a 535-acre working farm and performing arts site in Albemarle County, Virginia. President James Monroe and his wife, Elizabeth of New York, owned Ash Lawn-Highland from 1793 to 1826 and made it their official residence from 1799 to 1823. General Admission: Adults-$9.00; Seniors- $8.00; Children-$5.00. Open 9 am to 6 pm. 1000 James Monroe Parkway, Charlottesville, VA.

Shenandoah National Park

There are many exciting things to do at Shenandoah National Park including fishing, horseback riding, waterfall hikes, picnic areas, and commercial tours. Contact the park at 540-999-3500 for entrance fees.

Horseback Rides

Oakland Heights Farm would like for you to join them on a trail ride for an hour or two. It is beautiful and peaceful just wandering along a path listening to the leaves rustle in the breeze. Available daily by appointment only: 540-832-3350. Cost: $40.00 per person, per hour.

James River Reeling & Rafting

Canoe, raft, tube or kayak down the James River! Have the time of your life spending a relaxing day on the wild and scenic James River that courses through the wooded foothills of the Blue Ridge Mountains. Please contact James River Reeling & Rafting at 434-286-4FUN to make reservations. Directions: Take Rt. 20 South to the town of Scottsville (18 miles South of I-64). Turn left on Rt. 6 (Main St.) at the Citgo station just before the bridge. Go two blocks. Turn right on Ferry Street. Located on the corner of Main and Ferry Street.

Birdwood Golf

Birdwood is a golf course rich in history. Its verdant hills were part of a 1739 "upland wilderness" land patent, one of the earliest in the colony. In 1819, Birdwood Pavilion was constructed by the same craftsmen who built the Rotunda at the University of Virginia. Over time, the property's prized farmland became a top producer of Hereford cattle and prizewinning show horses.

Monticello

Get an intimate look at the extraordinary house Thomas Jefferson built and furnished for himself and his family. See the books, gadgets, art, furnishings, and objects that reveal Jefferson's unique mind. The guided House Tour covers the rooms on Monticello's first floor and lasts about 30 minutes. Your admission ticket also includes access to the grounds and two optional outdoor-guided tours. Admission: Adults-$15.00; Children 6-11-$6.00; Children under 6-Free Call 434-984-9880 for information and to make reservations.

UVA – Art Museum

The UVA Art Museum exhibits art from around the world dating from ancient times to present day including American and European paintings and sculptures of the 15th-19th centuries with art from the Age of Thomas Jefferson. Gallery Hours: 1:00-5:00. Admission: Free. Directions: Located at 155 Rugby Road, one block North of the Rotunda, on the Grounds of the University of Virginia.

Blue Ridge Balloon Co.

Take a hot air balloon ride in the Blue Ridge Mountains. Make sure you bring a camera. Each balloon flight is a unique experience, since you just drift with the wind. Flights are always scheduled in the early morning or in the evening, when the weather is most favorable. Please call 434-589-6213 to set up a time and to choose a package.

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HOTEL RESERVATION INFORMATION

Types of Accommodations	Nightly Rate
2 Double Beds	$209
1 King Bed	$209

All rates are subject to 11% state and county taxes.

Omni Charlottesville

235 West Main Street
Charlottesville VA USA 22902
(434) 971-5500 • Fax (434) 979-4456

Adjacent to the Historic Downtown Pedestrian Mall, the Omni Charlottesville Hotel blends the area's unique history with modern luxury. The Omni Charlottesville Hotel has just completed a $50 million renovation. Relax in newly-renovated guest room accommodations featuring contemporary comfort and a host of amenities designed to make your visit unforgettable.

This luxury hotel features a stunning, seven-story glassed-in atrium that greets your arrival. The lobby is lush with greenery, making you feel like you are standing in a cool garden. The Omni Charlottesville Hotel is now Virginia Green Certified.

In order to qualify for these special group rates, the Omni Charlottesville must receive your reservation request by

April 9, 2010

Rooms and Rates are Subject to Availability

Reservations can be made online by visiting

www.vos.org

Or by calling (800) 843-6664

Virginia Orthopaedic Society
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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.