VIRGINIA ORTHOPAEDIC SOCIETY

64th Annual Meeting

The Homestead Resort • Hot Springs, VA

VIRGINIA ORTHOPAEDIC SOCIETY
2209 Dickens Road • Richmond, VA 23230 • (804) 282-0063 • Fax (804) 282-0090 • Email vos@societyhq.com

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WELCOME

On behalf of the Board of Directors and all the members of the Virginia Orthopaedic Society, we invite you to attend the 64th Annual Meeting at the historic Homestead Resort! We have organized a meeting that should be both educational and enjoyable.

We are lucky to have Dr. Bill Hazel, former team physician for the Washington Redskins and current Secretary of Health and Human Resources for the Commonwealth, serve as our keynote speaker. He will readdress a topic on everyone's mind, the future of healthcare in Virginia, and then he will field questions from the membership.

The focus of the meeting will be on two areas applicable to most surgeons across the state, sports medicine and total joint reconstruction. Dr. Thomas Sculco, Surgeon-in-Chief at the Hospital for Special Surgery, is our reconstruction keynote speaker and will also participate in a series of debates centered around current, controversial issues in the field. Dr. Darren Johnson, Chairman of the University of Kentucky Orthopaedic Surgery and Sports Medicine, will participate in several panel discussions in addition to his keynote address.

To round out the educational program, we will begin with a series of orthopaedic-related topics that are both relevant and informative to the practicing surgeon. We are also including podium and abstract presentations from across the state. Our goal is to present a diverse and interesting curriculum that should be valuable to a wide range of orthopaedists.

Finally, please take advantage of the accommodations at the legendary Homestead Resort. There are a variety of activities that should interest the young and old. We look forward to seeing you at social functions on Friday and Saturday night, and please take a moment during breaks to spend time with our generous sponsors. If there is anything we can do or any suggestions for future meetings, please let us know. We look forward to seeing you at the meeting to learn something, but most of all, to have fun!

Sincerely,

Gregory F. Domson, MD
Mark J. Romness, MD
Conference Co-Chairs

Program Objectives

Upon completion, participants in the Virginia Orthopaedic Society's 64th Annual Meeting, should be able to:

1. Identify the issues facing healthcare in the state of Virginia and how they are being addressed.
2. List ways to improve the use of mid-level providers and avoid pitfalls.
3. Distinguish the current use of PRP versus the appropriate use in the orthopaedic patient.
4. Recognize new techniques in the use of wound vacs.
5. Identify indications and complications from the common forms of regional anesthesia used for orthopaedic cases.
6. Discuss some of the most cutting edge controversies in adult reconstruction and the potential pros and cons of each alternative.
7. Discuss some of the most cutting edge controversies in sports medicine and the potential pros and cons of each alternative.

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 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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April 29 - May 1, 2011

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FRIDAY - APRIL 29, 2011

3:00 pm – 5:00 pm	**Registration**
5:00 pm – 8:00 pm	**Opening Reception and Cookout**
6:15 pm – 7:00 pm	**The Future of Healthcare in the Commonwealth** William A. Hazel, Jr., MD

SATURDAY - APRIL 30, 2011

6:00 am	**Continental Breakfast**
6:00 am – 12:00 N	**Registration**
6:45 am	**Introduction / Welcome** A. Bobby Chhabra, MD - President Program Directors: Mark J. Romness, MD; Gregory F. Domson, MD

General Session

7:00 am – 7:20 am	**How to Use Your Mid-Level Provider** Wilford K. Gibson, MD
7:20 am – 7:45 am	**PRP Update** Thomas K. Miller, MD
7:45 am – 8:10 am	**Regional Anesthesia Complications Update** Ashley M. Shilling, MD
8:10 am – 8:35 am	**Vacuum Assisted Wound Care Update** David B. Drake, MD
8:35 am – 8:50 am	**Break / Exhibits / Posters**
8:50 am – 9:15 am	**New Technology in Arthroplasty: Can We Afford It?** Thomas P. Sculco, MD

Adult Reconstruction Debate - Navigation for THA

Moderator: Quanjun " Trey" Cui, MD

9:15 am – 9:25 am	**TKA With Navigation** John W. Mann, MD
9:25 am – 9:35 am	**TKA Without Navigation** James A. Browne, MD
9:35 am – 9:55 am	**Discussion**

Adult Reconstruction Debate - Approaches for THA

Moderator: Kevin B. Fricka, MD

9:55 am – 10:05 am	**Posterior MIS Hip: Does It Still Stand?** Thomas P. Sculco, MD
10:05 am – 10:15 am	**Anterior Muscle Sparing THA: State of the Art in THA** Anthony T. Carter, MD
10:15 am – 10:35 am	**Discussion**
10:35 am – 10:55 am	**Break / Exhibits / Posters**

FACULTY

Katherine Justen Adamson
National Commission on Certification for Physician Assistants
Spring Branch, TX

James A. Browne, MD
University of Virginia
Department of Orthopaedics
Charlottesville, VA

N. Douglas Boardman, III, MD
Virginia Commonwealth University Health Systems
Richmond, VA

D. Nicole Deal, MD
University of Virginia
Department of Orthopaedics
Charlottesville, VA

David R. Diduch, MD
University of Virginia
Department of Orthopaedics
Charlottesville, VA

David B. Drake, MD
University of Virginia
Department of Plastic Surgery
Charlottesville, VA

Anthony T. Carter, MD
Hampton Roads Orthopaedics
Newport News, VA

Quanjun " Trey" Cui, MD
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Kevin B. Fricka, MD
Anderson Orthopaedic Clinic
Arlington, VA

Wilford K. Gibson, MD
Atlantic Orthopaedic Specialists
Virginia Beach, VA

William A. Hazel, Jr., MD
Secretary of Health & Human Resources
Commonwealth of Virginia
Richmond, VA

Jason R. Hull, MD
Virginia Commonwealth University Health Systems
Richmond, VA

- Continued on the following page -

Adult Reconstruction Debate - Approaches for FAI

Moderator: Jason R. Hull, MD

10:55 am – 11:05 am	**Anterior Mini Approach** Phillip J. Patterson, MD
11:05 am – 11:15 am	**Ganz Surgical Dislocation** Quanjun "Trey" Cui, MD
11:15 am – 11:35 am	**Discussion**
11:35 am – 12:15 pm	**The Future of Healthcare in the Commonwealth Q & A Session** William A. Hazel, Jr., MD
12:15 pm – 1:00 pm	**Business Meeting / Lunch**
1:00 pm – 4:00 pm	**Afternoon Lab Sessions**
4:00 pm – 7:00 pm	**Reception & Poster Session**
	Dinner on your own

Physician Assistant Breakouts

Physician Assistant Specialty Certification
12:15 pm - 1:00 pm
Katherine Justen Adamson

Evidence-Based Care of Acute Lumbar Disk Herniation
1:00 pm - 1:30 pm
Adam L. Shimer, MD

SUNDAY, MAY 1, 2011

6:15 am	**Continental Breakfast**
6:15 am – 12:00 N	**Registration**

Abstracts

7:00 am – 7:10 am	**Biomechanical Analysis of Pedicle Screw Axial Pullout Atrength Augmented with Calcium Triglyceride (CTG) Versus Polymethylmethacrylate (PMMA) in Primary and Revision Models** - Lindsay E. Hickerson, MD
7:10 am – 7:20 am	**BMP Regulation of Mesenchymal Progenitor Cells in Regenerating Muscle Tissue** - Matthew W. Kluk MD, CPT, MC
7:20 am – 7:30 am	**Can Allogeneic Mesenchymal Stem Cells Escape Rejection for Use in Orthopaedic Applications?** - Scott Yang MD
7:30 am – 7:40 am	**Complications Related to Anatomic Reconstruction of the Coracoclavicular Ligaments** - Matthew D. Milewski, MD
7:40 am – 7:50 am	**Clinical and Functional Outcomes Following Primary Repair Versus Reconstruction of the Medial Patellofemoral Ligament for Chronic Patellar Instability** - Marc Tompkins, MD
7:50 am – 8:10 am	**Discussion**
8:10 am – 8:20 am	**Preliminary Results of Proximal Ulna Fractures Treated with a Multiplanar, Locked Intramedullary Nail** - Scott G. Edwards, MD
8:20 am – 8:30 am	**Neurotrophic Effects of Perfluorocarbon Emulsion Gel** - Ilvy Friebe, MD
8:30 am – 8:40 am	**Intercondylar Notch Size and Non-Contact ACL Injuries at the United States Naval Academy** - Kelly Kilcoyne, MD, CPT
8:40 am – 8:50 am	**Screening, Monitoring and Pain Protocols Appear to Reduce the Risk of Complications from Sleep Apnea Following Hip and Knee Arthroplasty** John A. Scanelli, MD
8:50 am – 9:00 am	**The Diagnostic Accuracy of Intra-Articular Anesthetic Hip Injections in Hip Arthroscopy Patients** - Kevin Wilson, MD
9:00 am – 9:20 am	**Discussion**
9:20 am – 9:35 am	**Break**
9:35 am – 10:00 am	**Anatomic ACL Surgery: 2011** Darren L. Johnson, MD

Sports Panel / Case Topic 1

Moderator: Mark D. Miller, MD

10:00 am – 10:30 am	**Biceps Tenodesis vs. Tenotomy** David R. Diduch, MD; Cay M. Mierisch, MD; Darren L. Johnson, MD; Thomas P. Loughran, MD
10:30 am – 11:00 am	**Sports Current Concept Cases: Concussions** Thomas K. Miller, MD
11:00 am – 11:20 am	**Current Concept Cases: Cervical Spine Injuries** Francis H. Shen, MD

Sports Panel / Case Topic 2

Moderator: N. Douglas Boardman, III, MD

11:20 am – 11:50 am	**Rotator Cuff Repair Technique** David R. Diduch, MD; Cay M. Mierisch, MD; Darren L. Johnson, MD; Thomas P. Loughran, MD
11:50 am – 12:20 pm	**Treatment of the Multiple Ligament Injured Knee** Darren L. Johnson, MD
12:20 pm – 12:30 pm	**Closing Remarks / Awards Ceremony**

FACULTY

Darren L. Johnson, MD
Chairman, Department of Orthopaedic Surgery & Sports Medicine
University of Kentucky
Lexington, KY

Thomas P. Loughran, MD
Virginia Commonwealth University Health Systems
Richmond, VA

Cay M. Mierisch, MD
Carilion Clinic Orthopaedics
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Thomas P. Sculco, MD
Surgeon-in-Chief, Weill Cornell Medical College Hospital
New York, NY

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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 _____

City/State/Zip _____

Country _____ Office Phone _____ Fax _____

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

*Email is required for registration confirmation.

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, 2011, late fees apply.

	Through 4/1/2011	After 4/1/2011	
❑ 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	$ _____
❑ Friday Night Cookout ____ Adults @ $25 per person ____ Children @ $10 per person			$ _____

* *Full amount will be applied to 2011 dues and you will receive complimentary meeting registration this year.*

TOTAL $ _____

Payment

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

Credit Card No. _____ Exp. Date _____ CVV Security Code* _____

Billing Address _____ Billing Zip Code _____

Signature _____ Printed Name on Card _____

**CVV code is the three digit number on the back of VISA or MC or 4 digit number on the front of AMEX card above the account number.*

Refund Policy: 80% refund through 4/1/11; no refund after 4/1/11. 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:

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

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.

Keynote Speaker

Darren L. Johnson, MD

Dr. Johnson is currently Professor and Chairman of the Department of Orthopaedic Surgery at the University of Kentucky. He is also Director of Sports Medicine and Program Director of the accredidated fellowship program in Sports Medicine. He is the head team orthopaedic surgeon to the UK Wildcats. Dr. Johnson received his MD degree at UCLA and completed his orthopaedic residency at the University of Southern California, followed by a fellowship in sports medicine and shoulder surgery at the University of Pittsburgh. He was selected in 1995, by the AOA, as a John Fahey North American Traveling Fellow and later in 1997, by the AOSSM-ESSKA, as a Traveling Fellow. He has served on the Board of Directors of the American Academy of Orthopaedic Surgeons. He currently serves on many national committees including the American Orthopaedic Society for Sports Medicine, Arthroscopy Association of North America and American Orthopaedic Association. His published work includes more than 90 peer-reviewed manuscripts and over 20 book chapters. Dr. Johnson has presented at many national and international meetings on varied complex topics related to knee and shoulder problems. He has been annually selected as one of the "Best Doctors in America" by Castle Connelly and as one of the "Top Doctors" in America.

Thomas P. Sculco, MD

Thomas P. Sculco, MD, Surgeon-in-Chief and Korein-Wilson Professor of Orthopaedic Surgery at the Hospital for Surgical Care in New York, NY. Dr. Thomas Sculco is also the Chairman of the Department of Orthopaedic Surgery and a Professor of Orthopaedic Surgery at Weill Cornell Medical College. He has written more than 235 papers and 64 chapters, and has presented over 540 papers on orthopaedic surgery and the surgical treatment of arthritis. He was included in New York Magazine's 2009 and 2010 list of "Best Doctors in New York."

Things to Do at The Homestead

Equestrian Activities

A Tradition from Colonial Virginia: Equestrian Activities. Take a private carriage ride along The Homestead's secluded wooded trail in an antique buckboard carriage dating back to the early 1900's. Or, saddle up for a leisurely ride on bridle paths unsurpassed for their quiet beauty, deep in the Virginia Mountains. Our Equestrian Center at the resort offers a selection of horses suitable for English or Western saddle and for all levels of riding ability, and provides a mounted guide to accompany the rider.

Hiking & Biking

One hundred miles of Virginia hiking and biking trails wind through acres of mountains and valleys surrounding The Homestead. Rent a mountain bike for a two-wheel adventure through this southwestern Virginia wonderland, on biking trails ranging from intermediate to extreme. Mountain bikes are available for rental in the lower level of the mountain lodge at the ski area from 10 a.m. to 4 p.m. daily. Helmets are provided and required on Homestead property. All bikes are rented on a first-come, first-served basis.

The Homestead Gun Club

A time-honored pursuit intrinsically linked with the history of Virginia, skeet shooting at The Homestead offers a diversified presentation of targets that is unequalled anywhere and appropriate for all skill levels. Our world-famous sporting clays course extends for almost a mile through the woods with a scenic journey that simulates many types of game birds and rabbits. Offerings include four skeet fields, trap and five-stand, along with a .22 rifle range. Guns, ammo, targets and vests are all provided, as well as eye and ear protection for your safety and comfort. Our seven certified N.S.C.A. shooting instructors are available for group and private lessons. Reservations are required; call 540-839-7787 for further information or to set up an appointment.

Canoeing & Kayaking

Treat the family to an adventure down the Jackson River by canoe or kayak – an unforgettable excursion that promises beautiful scenery and excitement for all. Or, explore Virginia's Lake Moomaw with a kayak rental, and savor breathtaking views as you glide across the waters at your own pace.

Fly Fishing

Some of the best Virginia fly fishing is offered on the beautiful private waters of the Cascades Stream. Our Orvis-trained guides are available for fly fishing lessons or guiding services. Licenses, equipment rental and stream use permits and fishing gear are available at Alleghany Outfitters, located on Cottage Row. Two-hour to full-day packages include stream permit, Virginia fishing license, all rental equipment, and guide service. Advanced reservations for equipment, guide services and lessons are recommended by calling Alleghany Outfitters at 540-839-7760 or extension 57760.

Don't Miss the Friday Night Cookout!

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HOTEL RESERVATION INFORMATION

Types of Accommodations	Nightly Rate Per Room
Single Occupancy	$174
Double Occupancy	$174
Suite: Junior, Single/Double	$274
Suite: One Bedroom, Single/Double	$324
Suite: Two Bedroom, Single/Double	Available Upon Request

Children 18 years old and younger sharing room with parent is complementary.
Additional adult in room is $85.00 per person/per day.

All rates are subject to applicable state and county taxes (currently 9%) plus 15% resort charge. The resort fee includes housekeeping gratuity, use of indoor-outdoor pool and fitness center, nightly movies, newspaper delivery, wired and wireless internet connectivity, valet parking and on-property transportation. A one night room deposit is required at your reservation request. Cancellations must be made at least 7 days prior to arrival date to receive a deposit refund. Check in time is after 4:00 pm. Check out time is before 12:00 noon. Dress during the day is casual attire. Jeans and bathing suites are discouraged in The Great Hall. In the evening, collared shirt and jacket rquired in the Dining Room and the 1766 Grill. Tie optional in Dining Room. Resort casual elsewhere.

Reservations can be made online by visiting

www.thehomestead.com

Or by faxing (540) 839-7922

In order to qualify for these special group rates,
The Homestead Resort must receive your reservation request by

March 29, 2011

Rooms and Rates are Subject to Availability

The Homestead Resort

7696 Sam Snead Highway
Hot Springs, VA 24445
540.839.1766

Resort Highlights:

- Three championship golf courses, each with separate clubhouse
- Horseback riding and equestrian show ground and stables
- Carriage rides
- Adult trout fishing, Orvis-endorsed fly fishing school, and children's fishing pond
- Skeet, trap, 5-stand and sporting clays
- Cascades Gorge Walk, a guided nature walk traversing 13 magnificent waterfalls
- Supervised children's program
- European-style spa
- Six tennis courts
- Archery
- Lawn bowling
- Arcade Room
- Indoor naturally heated pool
- Jefferson Pools
- Eight-lane bowling alley
- 270-seat theater, featuring movies every evening
- Elegant two-level Commonwealth Room

Online Reservations Instructions

1. Visit www.thehomestead.com.
2. Enter your prefered lodging dates. The group rates are available from April 28 - May 1, 2011. The meeting dates are April 29 - May 1, 2011. Enter how many people will be included in the reservation and click on "Book Now."
3. When the reservations screen comes up on your screen, enter *VOS* as your group code, then click on "Continue."
4. Your reservation will come up next on your screen. At this point, you can edit it if necessary. If it is correct as is, click on "Continue."
5. Name, address and payment information is taken next. Fill out the appropriate information and click on "Book Reservation." Be sure to enter your email address since your confirmation will be delivered via email.

Virginia Orthopaedic Society
2209 Dickens Road
Richmond, VA 23230-2005

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Disclosure of Faculty Financial Affiliations

The American Academy of Orthopaedic Surgeons (AAOS), as an ACCME accredited provider, and the 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.