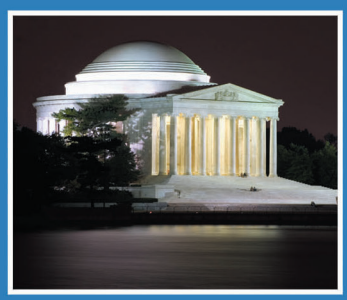

# 66th ANNUAL MEETING

## May 3-5, 2013

### Mandarin Oriental Hotel
### Washington, DC

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


**VIRGINIA ORTHOPAEDIC SOCIETY**

2209 Dickens Road • Richmond, VA 23230-2005

(804) 282-0063 • Fax (804) 282-0090 • Email: vos@societyhq.com

**www.vos.org**

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# WELCOME TO THE 66th ANNUAL MEETING
## May 3-5, 2013

On behalf of the Board of Directors and all the members of the Virginia Orthopaedic Society, welcome to the 66th Annual Meeting located at the Mandarin Oriental Hotel in Washington, D.C. We have organized a meeting that we believe will be both educational and enjoyable for you and your family.

The focus of this meeting will be on two areas of Orthopaedics that we feel are applicable to the majority of Orthopaedic Surgeons across the state: trauma and sports medicine. We have the pleasure of having two keynote speakers once again this year. Michael McKee, MD, from the University of Toronto and Scott Mair, MD, from the University of Kentucky who specializes in sports medicine/shoulder surgery. Dr. McKee specializes in orthopaedic trauma and will provide an update on the management of clavicle fractures and Dr. Mair will speak about the arthroscopic management of the rotator cuff – from partial to massive tears.

Since we had such a positive response from the debates that were held at last year's meeting we will have four more this year. Trauma debates will include appropriate timing for the treatment of open fractures and ORIF vs. arthroplasty for the treatment of proximal humerus fractures. Sports debates will include transtibial vs. medial portal ACL reconstruction and single vs. double row rotator cuff repair.

To begin our educational program, David Jevsevar, MD, from Intermountain Healthcare will be joining us to speak about How Accountable Care Organizations and Bundling Payments will Affect How we Deliver Care. In addition, we will have updates on office coding/billing, peri-operative management and treatment of MRSA, the role of the orthopaedic surgeon in working up/managing osteoporosis, DMARD's in orthopaedics, as well as how pregnancy affects our patients.

Finally, we are extremely fortunate to have Joshua Jacobs, MD, who will give an AAOS Presidential Address at lunch on Saturday. Please enjoy your time at the beautiful Mandarin Oriental Hotel and the surrounding D.C. area. We believe there are a variety of activities that should interest all members of your family. Thank you again for coming and we look forward to seeing you at the opening reception Friday evening.

Sincerely,

Seth A. Cheatham, MD
Jeff Schulman, MD
Conference Co-Chairs

## Program Objectives

Upon completion, participants in the Virginia Orthopaedic Society's 66th Annual Meeting should be able to:

1. Understand current diagnostic and antibiotic management trends in orthopaedic infections from an infectious disease perspective.
2. Identify which disease modifying anti-rheumatic drugs should be continued during surgery, which should be held prior to surgery and how soon should they be restarted after surgery.
3. Understand the implications and issues related to the Accountable Care Organizations and the future of Bundled Payments.
4. Discuss current literature, including management and outcomes of clavicle fractures.
5. Discuss the orthopedist's role in diagnosing and managing osteoporosis.
6. Understand current management, with respect to timing, of open fractures.
7. Understand the implications of pregnancy in the orthopaedic patient.
8. Discuss current management of rotator cuff tears.
9. Discuss principles with regard to tibial tunnel placement during ACL reconstruction.

# VIRGINIA ORTHOPAEDIC SOCIETY

# 66th ANNUAL MEETING

## May 3-5, 2013

Mandarin Oriental Hotel
Washington, DC

## FRIDAY - MAY 3, 2013

| | |
|---|---|
| 3:00 pm – 6:00 pm | **Registration** |
| 6:00 pm – 7:00 pm | **Opening Reception with Posters & Exhibitors** |
| 7:00 pm | **Dinner on your own** |

## SATURDAY - MAY 4, 2013

| | |
|---|---|
| 6:00 am – 2:00 pm | **Registration** |
| 6:00 am – 6:45 am | **Continental Breakfast with Exhibitors** |
| 6:45 am – 7:00 am | **Introduction / Welcome**<br>Jonathan Isaacs, MD - President<br>Jeff Schulman, MD; Seth Cheatham, MD - Program Directors |

### General Session

| | |
|---|---|
| 7:00 am – 7:20 am | **ID Update: Orthopaedic Infection Hoofbeats: Usually Horses, Occasionally Zebras** - Christopher C. Moore, MD |
| 7:20 am – 7:40 am | **OB/Gyn Update: Pregnancy in Orthopaedics**<br>Christine Isaacs, MD |
| 7:40 am – 8:00 am | **Rheumatology Update: DMARD's in Orthopaedics**<br>Beth Rubenstein, MD |
| 8:00 am – 8:45 am | **Practice Management Keynote Address: Accountable Care Organizations and Bundled Payments** - David S. Jevsevar, MD, MBA |
| 8:45 am – 9:00 am | **Break with Posters & Exhibitors** |

### Abstracts: Trauma

| | |
|---|---|
| 9:00 am – 9:08 am | **Bone Mineral Density Loss Following Combat-Related Lower Extremity Amputation** - James H. Flint, MD |
| 9:09 am – 9:17 am | **Meniscal Tears in Tibial Plateau Fractures as Predicted by Measuring Internal Depression on CT Scans** - Bryan Whitfield, MD |
| 9:18 am – 9:26 am | **Intraoperative Assessment of Hardware Placement with the Use of 3D CT in the Treatment of Combat Related Pelvic Trauma: A Case Report and Review of the Literature** - Husain Bharmal, MD |
| 9:27 am – 9:35 am | **Regenerative Medicine Applications in Combat Casualty Care**<br>Husain Bharmal, MD |
| 9:35 am – 9:45 am | **Moderator Discussion/Questions** |
| 9:45 am – 10:00 am | **Break with Posters and Exhibitors** |

### Trauma

| | |
|---|---|
| 10:00 am – 10:45 am | **Trauma Keynote address: Clavicle Fractures 2013**<br>Michael McKee, MD |

### Trauma Debates

Moderator: Michael McKee, MD

10:45 am – 11:15 am **Trauma Debate # 1 : Open Fractures: Timing to the Operating Room**
Now: David M. Kahler, MD
Later: Robert A. Hymes, MD

## FACULTY

**William R. Beach, MD**
Tuckahoe Orthopaedics
Henrico, VA

**Husain M. Bharmal, MD**
Walter Reed National Military Medical Center
Bethesda, MD

**N. Douglas Boardman III, MD**
Associate Professor
Virginia Commonwealth University
Richmond, VA

**Stephen F. Brockmeier, MD**
Assistant Professor
University of Virginia
Charlottesville, VA

**Michael R. Dapuzzo, MD**
University of Virginia
Charlottesville, VA

**Robert W. Downs, Jr., MD**
Professor of Medicine
Virginia Commonwealth University
Richmond, VA

**Daniel Dziadosz, MD**
Inova Fairfax Hospital
Falls Church, VA

**James H. Flint, MD**
Walter Reed National Military Medical Center
Germantown, MD

**Kevin B. Fricka, MD**
Anderson Orthopaedic Clinic
Arlington, VA

**Robert A. Hymes, MD**
Assistant Professor, VCU School of Medicine – Fairfax Campus
Inova Fairfax Hospital
Annandale, VA

**Christine Isaacs, MD**
Associate Professor
Virginia Commonwealth University
Richmond, VA

**Joshua J. Jacobs, MD**
Professor and Chair
Rush University Medical Center
Chicago, IL

- Continued on the following page -

| | |
|---|---|
| 11:15 am – 11:45 am | **Trauma Debate # 2: Proximal Humerus Fractures: To Fix or Replace**<br>ORIF: Daniel Dziadosz, MD<br>Replace: N. Douglas Boardman III, MD |
| 11:45 am – 12:00 pm | **Questions/Discussion** |
| 12:00 pm – 1:00 pm | **Lunch & Business Meeting**<br>AAOS Presidential Address<br>Joshua J. Jacobs, MD |
| 12:15 pm – 2:30 pm | **Physician Assistant Breakout** |

## SUNDAY, MAY 5, 2013

| | |
|---|---|
| 6:30 am – 12:00 pm | **Registration** |
| 6:30 am – 7:00 am | **Breakfast** |
| 7:00 am | **Welcome**<br>Program Directors: Jeff Schulman, MD; Seth Cheatham, MD |
| 7:00 am – 7:20 am | **Endocrine Update: The Surgeon's Role is Diagnosing/Managing Osteoporosis**<br>Robert W. Downs, Jr., MD |
| 7:20 am – 7:45 am | **Office Coding/Billing Update** - William R. Beach, MD |

### Abstracts: Joints

| | |
|---|---|
| 7:45 am – 7:53 am | **A Prospective, Randomized Study Comparing Cemented vs. Cementless Total Knee Replacement** - Kevin B. Fricka, MD |
| 7:54 am – 8:02 am | **The Effect of Tranexamic Acid on Blood Loss and Transfusion Rate in Primary Total Knee Arthroplasty** - Tyler C. Wind, MD |
| 8:03 am – 8:11 am | **Total Joint Arthroplasty in Virginia: Are we Prepared for the Future?**<br>Wendy M. Novicoff, PhD |
| 8:12 am – 8:20 am | **CTPA Following Total Joint Arthroplasty: Overdiagnosis and Iatrogenic Harm?** - Michael R. Dapuzzo, MD |
| 8:20 am – 8:30 am | **Moderator Questions/Discussion** |
| 8:30 am – 8:45 am | **Coffee Break with Exhibitors** |

### Sports

| | |
|---|---|
| 8:45 am – 9:30 am | **Sports Keynote Address: Arthroscopic Management of the Rotator Cuff – From Partial to Massive Tears** - Scott D. Mair, MD |

### Sports Debates

Moderator: Scott D. Mair, MD

| | |
|---|---|
| 9:30 am – 10:00 am | **Sports Debate # 1: Rotator Cuff Repairs: Double vs Single Double Row**<br>Row: Ryan Miyamoto, MD<br>Single Row: Stephen F. Brockmeier, MD |
| 10:00 am – 10:30 am | **Sports Debate # 2: Medial Portal vs. Transtibial ACL Reconstruction**<br>Medial: Matthew Levine, MD<br>Tibial: Keith Lawhorn, MD |
| 10:30 am – 10:45 am | **Questions/Discussion** |
| 10:45 am – 11:00 am | **Break** |

### Abstracts: Sports

| | |
|---|---|
| 11:00 am – 11:08 am | **Aging Satisfaction: The Effect of Age on Patient Satisfaction After Arthroscopic Rotator Cuff Repair** - Ashlee P. MacDonald, BS |
| 11:09 am – 11:17 am | **Ultra-Low Velocity Knee Dislocations: A Challenging Population of Multiligament Knee Injuries** - Brian C. Werner, MD |
| 11:18 am – 11:26 am | **Pulmonary Function Following Adult Spinal Deformity Surgery: Minimum Two-Year Follow-up** - Robert W. Tracey, MD |
| 11:26 am – 11:35 am | **Moderator Questions/Discussion** |
| 11:35 am – 12:00 pm | **Closing Business / Resident Awards** |

## Residents Session: Sunday, 6:30 am – 7:00 am

**Healthcare Realignment and Regulation: The Demise of Small and Solo Practice? Will We All Be Employees?**
William R. Beach, MD, Tuckahoe Orthopedics, Orthopedic Research of Virginia

## Physician Assistant Breakout

Saturday, 12:15 pm – 2:30 pm

**Sensitivity and Specificity of Examination Tests of the Shoulder**
Rob Powers MEd, PA-C, ATC

**Overview of Operative Treatment of Distal Humerus Fractures**
Ryan Westbrook, MS, PA-C

**Ulnar Sided Wrist Pain: A Diagnostic Challenge**
Kelsey Parente, MPAS, PA-C, ATC

Lunch Included

## FACULTY

**David S. Jevsevar, MD, MBA**
Director of Orthopaedics
Intermountain Healthcare
St. George, UT

**David M. Kahler, MD**
Professor of Orthopaedics
University of Virginia
Charlottesville, VA

**Keith Lawhorn, MD**
Commonwealth Orthopaedics and Rehabilitation
Fairfax, VA

**Matthew Levine, MD**
Inova Orthopaedics and Sports Medicine
McLean, VA

**Ashlee P. MacDonald, BS**
Norfolk, VA

**Scott D. Mair, MD**
Professor
University of Kentucky
Lexington, KY

**Michael D. McKee, MD, FRCS(c)**
Professor, Division of Orthopaedic Surgery
St. Michael's Hospital
University of Toronto
Toronto, Ontario, Canada

**Ryan Miyamoto, MD**
Fair Oaks Orthopaedics
Fairfax, VA

**Christopher C. Moore, MD**
Assistant Professor
University of Virginia
Charlottesville, VA

**Wendy M. Novicoff, PhD**
University of Virginia
Charlottesville, VA

**Kelsey Parente, MPAS, PA-C, ATC**
University of Virginia
Charlottesville, VA

**Rob Powers, PA-C**
Virginia Orthopaedic
Troutville, VA

- Continued on the following page -

# AAOS PRESIDENT AND KEYNOTE SPEAKERS

## Joshua J. Jacobs, MD

Dr. Joshua Jacobs completed his orthopaedic training at the Combined Harvard Orthopaedic Residency Program in Boston, MA. Dr. Jacobs then completed a one-year fellowship in Adult Reconstructive Orthopaedic Surgery at Rush University Medical Center.

Dr. Jacobs has remained at Rush since his fellowship training and is currently the William A. Hark, MD/Susanne G. Swift Professor and Chairman of the Department of Orthopaedic Surgery. At Rush University Medical Center he has also served as the Director of the Orthopaedic Surgery Residency Program for 14 years and as the Associate Dean for Research Development for five years. Dr. Jacobs has received several research awards including a Career Development Award from the Orthopedic Research and Education Foundation, the Otto Aufranc Award from The Hip Society, the Ann Doner Vaughan Kappa Delta Award, American Academy of Orthopaedic Surgeons/Orthopaedic Research Society, the Mark Coventry Award from the Knee Society and the 2011 Ken Ludema Best Paper Award from the International Conference on Wear of Materials.

In 2000, he was named Fellow, American Institute for Medical and Biological Engineering and elected to the International Hip Society. Dr. Jacobs is the Past Chairman of the Council on Research, Quality Assessment and Technology of the American Academy of Orthopaedic Surgeons and Past President of the Orthopaedic Research Society and the United States Bone and Joint Decade. In March 2013, Dr. Jacobs became the 81st President of the American Academy of Orthopaedic Surgeons.

## Scott D. Mair, MD

Dr. Scott Mair is a Professor in the Department of Orthopaedic Surgery, University of Kentucky. He is the orthopaedic team physician for many of the UK athletic teams, including the basketball and baseball teams. He is also team physician for Kentucky State University and Morehead State University. Dr. Mair is an active member of the American Shoulder and Elbow Surgeons, the American Orthopaedic Society for Sports Medicine, and several other organizations. He is course director for the annual Southern Orthopaedic Association SEC Sports Medicine Update meeting. He is co-author of a book, Clinical Sports Medicine. Dr. Mair completed his orthopaedic residency at Duke University, and a sports medicine and shoulder fellowship at the Steadman-Hawkins Clinic in Vail, Colorado. Dr. Mair lives in Lexington, Kentucky with his wife and four daughters.

## Michael D. McKee, MD, FRCS(c)

Dr. Michael McKee is a Toronto native who obtained his Masters of Doctorate from the University of Toronto in 1986, and graduated from the Orthopaedic Training program in 1992 and obtained his specialty certification that year. Dr. McKee then completed a fellowship in Orthopaedic Traumatology at the Massachusetts General Hospital in 1993. He then returned to Toronto and accepted a staff position at St. Michael's Hospital, University of Toronto in the Division of Orthopaedic Surgery, where he is now a Professor. His clinical practice includes polytrauma (he was a Trauma Team Leader for fourteen years), complex fractures, revision fracture care and post-traumatic reconstruction.

## FACULTY CONTINUED

**Beth Rubenstein, MD**
Assistant Professor
Virginia Commonwealth University
Richmond, VA

**Robert W. Tracey, MD**
Walter Reed National Military Medical Center
Rockville, MD

**Brian C. Werner, MD**
University of Virginia
Charlottesville, VA

**Ryan Westbrook, MS, PA-C**

**Bryan Whitfield, MD**
Medstar Georgetown University Hospital
Washington, DC

**Tyler C. Wind, MD**
Northern Neck Bone and Joint Center
Tappahannock, VA

## 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 Virginia Orthopaedic Society. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

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# Virginia Orthopaedic Society

## 66th Annual Meeting • May 3-5, 2013 • Mandarin Oriental Hotel • Washington, DC

# Registration Form

*One form per registrant. PLEASE PRINT*

❑ 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 5, 2013, late fees apply.*

| | Through 4/5/2013 | After 4/5/2013 | |
|---|---|---|---|
| ❑ VOS Member | $100 | $125 | $ _____ |
| ❑ VOS PA ❑ NP | $50 | $75 | $ _____ |
| ❑ Practice Manager of a VOS Member | $50 | $75 | |
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| ❑ Emeritus Member | N/C | N/C | $ N/C |
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** Full amount will be applied to 2013 dues and you will receive complimentary meeting registration this year.*

**TOTAL** $ _____

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

*Credit Card Payment:* ❑ *VISA* ❑ *MasterCard* ❑ *Discover* ❑ *American Express*

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Refund Policy: 80% refund through 4/5/13; no refund after 4/5/13. Refunds will be determined by date written cancellation is received. All cancellations must be in writing. Contact the VOS headquarters with any questions.

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VIRGINIA ORTHOPAEDIC SOCIETY

# 66th ANNUAL MEETING

## May 3-5, 2013

Mandarin Oriental Hotel
Washington, DC

## HOTEL RESERVATION INFORMATION

| Types of Accommodations | Nightly Rate Per Room |
|---|---|
| Deluxe Room | $275 |

Enjoying spectacular city views, these inviting rooms enjoy a sense of wonderful comfort and understated opulence. Decorated in a chic neutral palette of creams and browns with a soft taupe carpet underfoot, the large bedroom features a selection of magnificent walnut furnishings, including a beautiful Japanese credenza that discreetly hides the room's entertainment system. The spacious marble bathrooms are all fitted with stand-alone showers and deep soaking tubs, with many offering views overlooking the Washington Monument. In addition, some rooms have an entrance hall and separate dressing area with walnut valet stand and mirror. Guests have the option of connecting to neighboring rooms. Accessible rooms also available.

*All rooms are for daily, single or double occupancy and are subject to applicable taxes at the time of stay. Current rates are 14.5% sales taxes. No charge for bookings cancelled by 4pm the day prior to arrival. A credit card is required at time of booking, no charges will be made until check-out. Check-in is 3pm and check-out is 12pm.*

**Reservations can be made online by visiting**

**www.vos.org**

**Or by calling 1-888-888-1778**

**In order to qualify for these special group rates, The Mandarin Oriental Hotel must receive your reservation request by**

**April 5, 2013**

*Rooms and Rates are Subject to Availability*

## Things to Do in DC

### AROUND THE HOTEL

The Mandarin Oriental Hotel is just steps from the **National Mall** and the city's efficient Metrorail system, 10 minutes from Ronald Reagan Airport and five minutes from Union Station, Mandarin Oriental is situated in an ideal location convenient to ground and air transportation and the sights of Washington, D.C. Guests can choose to stroll across the hotel footbridge to the **Jefferson Memorial** and **Tidal Basin**, from the only hotel in the city with direct access to the national monuments. The museums of the **Smithsonian Institution** await just two short blocks from the hotel, and the **Lincoln Memorial, Washington Monument, Waterfront** and the **Capitol Building** are all just a stroll away.

### THE SPA AT THE MANDARIN ORIENTAL HOTEL

Our spa is an oasis of holistic therapy for the body, mind and spirit. Throughout the carefully designed space, warm neutral colours convey the feeling of earth and sun for serenity and relaxation. Scented by fragrant aromatherapy candles, the reception area enjoys a Zen-like ambience enhanced by a burnished bronze ceiling, oak floors and light sycamore walls.

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

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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.

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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.