

TWELFTH ANNUAL

UPPER EXTREMITY TUTORIAL COURSE

The Viceroy Hotel
Snowmass Village, Colorado

February 7-11, 2016



Reconstructive Surgery of the Shoulder, Elbow and Wrist

AN INTIMATE DIDACTIC
AND HANDS-ON
LABORATORY COURSE
WITH LIMITED REGISTRATION



Presented by: Hand Rehabilitation Foundation

Sponsored by: University of Colorado School of Medicine Office of Continuing Education

Endorsed by: American Association of Hand Surgery

COURSE SCHEDULE

DAY 1 | SUNDAY, FEBRUARY 7 | WELCOME

Soft Tissue Reconstruction Moderator: *Mark D. Lazarus, MD*

Registration 4:00 – 8:00 pm

- 4:30 Welcome *A. Lee Osterman, MD*
- 4:35 Managing Biceps/Labral Complex Pathology – Fix, Cut or Tenodesis? *Neal C. Chen, MD*
- 4:55 Questions/Discussion
- 5:00 How-to Video: Tenodesis Techniques – Arthroscopic PITT and Interference Screw, Open Pectoral
Kevin D. Plancher, MD
- 5:10 The Irreparable Rotator Cuff Tear
- Arthroscopic Management: *Mark D. Lazarus MD*
- Muscle Transfer: *Mark E. Baratz, MD*
- Graft Reconstruction: *Scott P. Steinmann, MD*
- Reverse TSA: *Thomas W. Wright, MD*
- 6:00 How-to Video: Arthroscopic Transosseous Rotator Cuff Repair *Mark D. Lazarus, MD*
- 6:10 Questions/Discussion
- Opening Reception 6:30 – 8:00 pm

DAY 2 | MONDAY, FEBRUARY 8 | MORNING SESSION

Fracture/Dislocations Moderator: *N. Lindsay Harris, MD*

- 6:00 Continental Breakfast
- 6:30 When and How to Fix the Displaced Mid-Shaft Clavicle Fracture *Jesse B. Jupiter, MD*
- 6:40 Questions/Discussion
- 6:45 Grade III A-C Separation – To Fix or Not to Fix? That is the Question *Benjamin Sears, MD*
- 6:55 Questions/Discussion
- 7:00 Strategies for ORIF of Displaced Proximal Humeral Fractures *Mark D. Lazarus, MD*
- 7:10 Questions/Discussion
- 7:15 How-To Video: Direct Lateral Approach for ORIF of Proximal Humeral Fractures
Tito J. Liotta, MD
- 7:25 Questions/Discussion
- 7:30 Treatment of the Unreparable Proximal Humeral Fracture
- Hemiarthroplasty: *Scott P. Steinmann, MD*
- Reverse: *Thomas W. Wright, MD*
- 7:50 Questions/Discussion
- 8:00 Reverse Shoulder for Proximal Humeral Fracture *Thomas W. Wright, MD*
- 8:15 Questions/Discussion
- 8:30 Therapy Breakout Session I: Shoulder Rehabilitation: Tricks of the Trade
Speakers: *Neal C. Chen, MD; Scott P. Steinmann, MD;*
Jason A. Suda, MS, OTR/L, CHT; Terri L. Wolfe, OTR/L, CHT
- 8:30 Bioskills Lab A – (not for CME) Skeletal Dynamics
- 9:30 Recess



**SCHEDULE IS
SUBJECT TO CHANGE**

*Please visit
handfoundation.org
for updates*

DAY 2 | MONDAY, FEBRUARY 8 | AFTERNOON SESSION

Symposium: Shoulder Free-for-All – Anything Goes! Moderator: *Neal C. Chen, MD*

- 4:00 Symposium: Shoulder Free-for All – Anything Goes!
Moderator: *Neal C. Chen, MD*
Panelists: *N. Lindsay Harris, MD; Mark D. Lazarus, MD; Benjamin Sears, MD;*
Scott P. Steinmann, MD; Thomas W. Wright, MD
- 5:15 Therapy Breakout Session II: Shoulder Evaluation
Speakers: *Neal C. Chen, MD; Mark D. Lazarus, MD; Jason A. Suda, MS, OTR/L, CHT;*
Terri L. Wolfe, OTR/L CHT

- 5:15 Bioskills Lab B - (not for CME) Exactech, Inc.
6:15 Bioskills Lab C - (not for CME) *Check online for updated lab schedule*

DAY 3 | TUESDAY, FEBRUARY 9 | MORNING SESSION

The Athlete's Elbow *Moderator: Mark E. Baratz, MD*

- 6:30 Continental Breakfast
7:00 Acute MCL in the Throwing Athlete *Mark E. Baratz, MD*
7:15 Chronic LUCL Wrestler *Scott P. Steinmann, MD*
7:30 OCD Lesion in a Gymnast *Michael R. Hausman, MD*
7:45 Ruptured Biceps in a Weightlifter *Graham J. W. King, MD, FRCSC*
8:00 Triceps Injury *Kevin D. Plancher, MD*
8:15 Therapy Breakout Session III: Elbow Anatomy Dissection
Speakers: Kevin D. Plancher, MD; Scott P. Steinmann, MD; Jason A. Suda, MS, OTR/L, CHT; Terri L. Wolfe, OTR/L, CHT
8:15 Bioskills Lab D - (not for CME) Skeletal Dynamics
9:15 Recess

DAY 3 | TUESDAY, FEBRUARY 9 | AFTERNOON SESSION

Elbow Fractures and Instability *Jesse B. Jupiter; Douglas P. Hanel, MD*

- 4:00 Severe Elbow Instability: The Need for Stability *Jorge L. Orbay, MD*
4:10 PANEL: Simple Elbow Fractures That Aren't
Panelists: Julie Adams, MD; Michael R. Hausman, MD; Graham J. W. King, MD, FRCSC; Jorge L. Orbay, MD; Kevin D. Plancher, MD; Scott P. Steinmann, MD
5:15 Therapy Breakout Session IV: Elbow Rehabilitation (including splint lab)
Speakers: Julie Adams, MD; Michael R. Hausman, MD; Jason A. Suda, MS, OTR/L, CHT; Terri L. Wolfe, OTR/L, CHT
5:15 Bioskills Lab E - (not for CME) A. M. Surgical
7:00 **Faculty dinner @ 7:00 pm - ALO HOUSE**

DAY 4 | WEDNESDAY, FEBRUARY 10 | MORNING SESSION

Battle of The Titans *Moderator: Scott P. Steinmann, MD*

- 6:00 Continental Breakfast
6:30 Battle of The Titans *Moderator: Scott P. Steinmann, MD*
Team A - Julie Adams, MD; Mark E. Baratz, MD; Michael R. Hausman, MD; Graham J. W. King, MD, FRCSC
Team B - Douglas P. Hanel, MD; Jesse B. Jupiter, MD; Jorge L. Orbay, MD; A. Lee Osterman, MD; Kevin D. Plancher, MD
8:00 Therapy Breakout Session V: Pertinent Wrist Anatomy
Speakers: Daniel J. Nagle, MD; Jason A. Suda, MS, OTR/L, CHT; Scott W. Wolfe, MD; Terri L. Wolfe, OTR/L, CHT
8:00 Bioskills Lab F - (not for CME) Trimed, Inc.
9:00 Recess

DAY 4 | WEDNESDAY, FEBRUARY 10 | AFTERNOON SESSION

Distal Radius Fracture: From Simple to Complex-An Ombudsman Panel

Moderator: Jesse B. Jupiter, MD; A. Lee Osterman, MD

- 4:00 Distal Radius Fracture: From Simple to Complex-An Ombudsman Panel
Moderators: Jesse B. Jupiter, MD; A. Lee Osterman, MD
Case 1 - Daniel J. Nagle, MD
Case 2 - John S. Taras, MD

- Case 3 - Douglas P. Hanel, MD
- Case 4 - Jorge L. Orbay, MD
- Case 5 - John D. Lubahn, MD
- Case 6 - Amy L. Ladd, MD
- Case 7 - Robert J. Medoff, MD
- Case 8 - Mark E. Baratz, MD
- Case 9 - T. Greg Sommerkamp, MD
- Case 10 - Scott W. Wolfe, MD

- 5:30 Bioskills Lab G - (not for CME)) *Check online for updated lab schedule*
- 5:30 Therapy Breakout Session VI: Tendon Dissection, Repair and Rehabilitation
Speakers: Mark E. Baratz, MD; Jason A. Suda, MS, OTR/L, CHT; John S. Taras, MD;
Terri L. Wolfe, OTR/L, CHT

DAY 5 | THURSDAY, FEBRUARY 11 | MORNING SESSION

Carpal Injury Revisited Moderator: Mickey J. V. Gordon, MD

- 6:00 Continental Breakfast
- 6:30 Malunions of the Distal Radius - My Approach *Jorge L. Orbay, MD*
- 6:45 Chronic Scapholunate Instability: An Algorithm for Success *Scott W. Wolfe, MD*
- 7:00 Solving Carpal Injuries One Bone at a Time- An Ombudsman Panel
Moderators: Mark E. Baratz, MD; A. Lee Osterman, MD
Case 1 - Mark S. Rekant, MD
Case 2 - Amy L. Ladd, MD
Case 3 - T. Greg Sommerkamp, MD
Case 4 - Douglas P. Hanel, MD
Case 5 - Robert J. Medoff, MD
Case 6 - Jesse B. Jupiter, MD
Case 7 - Michael R. Hausman, MD
Case 8 - Daniel J. Nagle, MD
Case 9 - John D. Lubahn, MD
Case 10 - Julie Adams, MD
- 8:00 Therapy Breakout Session VII: Wrist Rehabilitation(including splint lab)
Speakers: Julie Adams, MD; Amy L. Ladd, MD; Jason A. Suda, MS, OTR/L CHT;
Terri L. Wolfe, OTR/L, CHT
- 8:00 Bioskills Lab H - (not for CME) Skeletal Dynamics
- 9:00 Recess



**SCHEDULE IS
SUBJECT TO CHANGE**
*Please visit
handfoundation.org
for updates*

DAY 5 | THURSDAY, FEBRUARY 11 | AFTERNOON SESSION

Ulnar Wrist Pain Moderators: Daniel J. Nagle, MD; Mark S. Rekant, MD

- 4:00 Ulnar Wrist Pain
Moderators: Daniel J. Nagle, MD; Mark S. Rekant, MD
Case 1 - A. Lee Osterman, MD
Case 2 - Amy L. Ladd, MD
Case 3 - John S. Taras, MD
Case 4 - Douglas P. Hanel, MD
Case 5 - Mickey J. V. Gordon, MD
- 4:30 Four-Corner Arthrodesis: When and How I Do It *Mark E. Baratz, MD*
- 4:45 Proximal Row Carpectomy: No Corners is Better than Four Corners *Mark S. Rekant, MD*
- 5:00 Wrist Tendonitis 20/20: 20 Questions and 20 Answers *A. Lee Osterman, MD*
- 6:00 Closing Remarks

Sponsored by the University of Colorado School of Medicine Office of Continuing Education

Presented by the Hand Rehabilitation Foundation

- Implement and perform the varying surgical options for distal radius fractures
- Evaluate the latest treatment strategies of bone, soft tissue and joint replacement in the upper extremity
- Implement the most effective management of rotator cuff injuries and consider the options for treatment of them
- Improve their knowledge of the clinical presentation, management and rehabilitation for common hand and arm fractures
- Develop the surgical skills acquired and practiced during the meeting

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Colorado School of Medicine and the Hand Rehabilitation Foundation. The University of Colorado School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this live activity for a maximum of 19.50 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

REGISTRATION FORM | Reconstructive Surgery of the Shoulder, Elbow and Wrist

THE VICEROY HOTEL
FEBRUARY 7 -11, 2016

For Hotel Accommodations,
please contact The Viceroy Hotel
Telephone: (970) 923-8000
www.viceroyhotelsandresorts.com

Name badge will appear exactly as entered below

Name _____


Degree/Credentials _____

Address _____

City/State/Zip _____

Telephone _____

E-Mail (required) _____

 Please indicate if you have any need for auxiliary aids or special assistance services.

Title:

Orthopaedic Surgeon

Plastic Surgeon

Hand Fellow

Resident

Allied Health Professional

Fee:

Surgeon/Physician \$995

Fellow/Resident \$750

(Must include letter from Chief of Service)

Allied Health Professional \$750

Military \$750

Virtual Syllabus

Watch for details about downloading the APP!

(There will be NO syllabus book)



Discounted lift tickets available for purchase onsite and throughout the conference from Hand Rehabilitation Foundation

Payment by:

Check Enclosed *(Please make checks payable to Hand Rehabilitation Foundation)*

Credit Card (MasterCard/Visa/Amex)

Name on Card _____

Credit Card Number _____ Security Code _____

Expiration Date _____

Register online at: www.handfoundation.org

or complete registration form and forward payment to:

HAND REHABILITATION FOUNDATION

700 S. Henderson Rd., Suite 100, King of Prussia, PA 19406

Telephone 610.768.5958 Fax 610.768.8887 Questions? hfr@handfoundation.org

Course Description

An up close and personal experience in the reconstruction and rehabilitation of the upper extremity from a world renowned faculty.

The course encompasses both acute fractures and secondary reconstruction. Clinical topics address and critically assess the latest clinical management of shoulder fractures, instability and replacement. Similarly, elbow topics range from complex trauma through contracture and other soft tissue problems to arthroplasty. The final two days emphasize the new developments in the treatment of distal radius fractures, including analysis and recognition of fracture patterns, optimization of fracture stability, options for fracture fixation, recognition and treatment of distal radioulnar joint injuries, treatment of associated carpal and soft tissue injuries. In addition, the course will cover prevention and treatment of complications as well as correction of malunions and both wrist and distal radioulnar joint arthroplasty. Didactic lectures, panel sessions, video surgery demonstrations and hands-on labs will provide the participant with the vital information to treat these problems.

Centrally located at the base of Snowmass Mountain and the Village Mall, The Viceroy Hotel is an incomparable vacation resort. Ski-in/ski-out with onsite equipment rental and ski valet, an all-season heated saline pool, terrace cabanas, signature lobby cocktail bar and lobby-side lounge, destination restaurant with stunning views, Nest lounge/café, health club, steam room and massage service, concierge, exemplary service and more all contribute to the total convenience you will experience when you stay at the Viceroy Hotel.

The Viceroy Hotel

130 Wood Rd., PO Box 6985
Snowmass Village, Colorado 81615
Reservations: (877) 235-7577
Guests/General Line: (970) 923-8000
Guest Fax: (970) 923-8001

reservations@viceroyssnowmass.com
www.viceroyhotelsandresorts.com

Room Rate: \$335.00

Transportation

Aspen's Sardy Field (ASE) located just three miles from Aspen and eight miles from Snowmass Village, is the most conveniently located ski resort airport in the world. Up to 126 flights per week offer reliable, same day connections from points across the globe. The Viceroy Hotel supplies complimentary Aspen airport shuttle service; please call from the transportation services kiosk. Aspen airport is currently serviced by United Express, Northwest Jet AirlinK and America West Express. Three airlines are offering direct service into Aspen/Snowmass. For flight information, please visit www.aspenairport.com.



**RESERVATIONS MUST
BE RECEIVED BY FRIDAY,
JANUARY 22, 2016**

*Late fee after
January 22, 2016 -
\$50.00*

COURSE CHAIRMEN

Mark E. Baratz, MD

*Professor and Vice-Chair, Department of Orthopaedic Surgery
Director, Hand and Upper Extremity Fellowship Program
University of Pittsburgh Medical Center, Pittsburgh, Pennsylvania*

N. Lindsay Harris, MD

Fellowship Director of the Aspen Sports Medicine Foundation Fellowship Program Denver, Colorado

Mark D. Lazarus, MD

Department of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, Pennsylvania

A. Lee Osterman, MD

*Professor and Chairman Division of Hand Surgery
Department of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, Pennsylvania*

FACULTY

Julie Adams, MD

*Assistant Professor of Orthopaedics,
Mayo Clinic College of Medicine
Rochester, Minnesota*

Neal C. Chen, MD

*Program Director, Hand Surgery Fellowship
Program, Instructor in Orthopaedic Surgery
Harvard Medical School, Boston, Massachusetts*

Mickey J. V. Gordon, MD

*Associate Professor, Director, Hand Surgery
University of Colorado at Denver Health
Sciences Center, Denver, Colorado*

Douglas P. Hanel, MD

*Professor, Department of Orthopaedic Surgery,
University of Washington, Harborview Medical
Center, Seattle, Washington*

Michael R. Hausman, MD

*Lippman Professor Orthopaedic Surgery,
Chief Hand and Elbow Surgery
Mt. Sinai Medical Center, New York, New York*

Jesse B. Jupiter, MD

*Professor, Department of Orthopaedic Surgery,
Harvard Medical School, Boston, Massachusetts*

Graham J. W. King, MD, FRCS

*University of Western Ontario, St. Joseph's
Health Centre, London, Ontario*

Amy L. Ladd, MD

*Professor, Department of Orthopaedic Surgery,
Stanford University, Palo Alto, California*

Tito J. Liotta, MD

*Orthopaedic Associates of Aspen and
Glenwood, Aspen, Colorado*

John D. Lubahn, MD

*Orthopaedic Residency and Hand Fellow
Program Director, University of Pittsburgh
Medical Center, Erie, Pennsylvania*

Robert J. Medoff, MD

*Assistant Professor, Orthopaedic Surgery,
University of Hawaii, Kailua, Hawaii*

Daniel J. Nagle, MD

*Professor of Clinical Orthopaedic Surgery at
Northwestern Feinberg School of Medicine,
Chicago, IL*

Jorge L. Orbay, MD

Miami Hand Center, Miami, Florida

Kevin D. Plancher, MD

*Clinical Professor of Orthopaedics,
Albert Einstein College of Medicine
New York, New York*

Mark S. Rekant, MD

*Assistant Clinical Professor, Department of
Orthopaedic Surgery, Thomas Jefferson
University, Philadelphia, Pennsylvania*

Benjamin Sears, MD

Synergy Orthopedics, Westminster, Colorado

T. Greg Sommerkamp, MD

*Clinical Instructor of Orthopaedic Surgery,
University of Cincinnati, Edgewood, Kentucky*

Scott P. Steinmann, MD

*Professor of Orthopaedics, Mayo Clinic College
of Medicine, Rochester, Minnesota*

Jason A. Suda, MS, OTR/L, CHT

*The Philadelphia Hand Center, PC
Philadelphia, Pennsylvania*

John S. Taras, MD

*Professor, Department of Orthopaedic Surgery,
Thomas Jefferson University, Philadelphia,
Pennsylvania*

Scott W. Wolfe, MD

*Professor, Department of Orthopaedic Surgery,
Weill-Cornell Medical College, Hospital for
Special Surgery, New York,
New York*

Terri L. Wolfe, OTR/L, CHT

*Director, Hand and Upper Body Rehabilitation
Center, Erie, Pennsylvania*

Thomas W. Wright, MD

*Director, Interdisciplinary Center for
Musculoskeletal Training and Research,
Hand, Upper Extremity and Microsurgery,
University of Florida, Gainesville, Florida*

David S. Zelouf, MD

*Assistant Professor, Thomas Jefferson
University School of Medicine, Philadelphia,
Pennsylvania*

HAND REHABILITATION FOUNDATION
700 S. HENDERSON RD., SUITE 100
KING OF PRUSSIA, PA 19406

NON-PROFIT ORGANIZATION
U.S. POSTAGE
PAID
PHILADELPHIA, PA
PERMIT NO. 559

12TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

**February 7 -11, 2016
Snowmass, Colorado**

Sponsored by:

University of Colorado School of Medicine
Office of Continuing Medical Education

This program is a part of the Colorado Statewide
Extended Campus. State funds were not used to
develop or administer this program



Presented by:

Hand Rehabilitation Foundation



Endorsed by:

American Association of Hand Surgery

