

INVITED FACULTY

M. Mike Malek M.D. F.A.C.S.

Co-Director
Director, Washington Orthopaedic and Knee Clinic
President, National Knee Research and Education Foundation
Fairfax, VA

Benjamin S Shaffer M.D.

Co-Director
Director, Washington Orthopaedics & Sports Medicine Institute
Partner, Washington Orthopaedics and Sports Medicine
Washington, DC

Jeffery S. Abrams M.D.

Attending Surgeon, University Medical Center at Princeton
Clinical Professor, Seton Hall University
Princeton, NJ

Robert A. Arciero M.D.

Professor, Department of Orthopaedic Surgery, UConn Health Center
Chief, Sports Medicine Division, Department of Orthopaedic Surgery, UConn Health Center
Director, Orthopaedic Sports Medicine Fellowship Program, UConn Health Center
New England Musculoskeletal Institute
Farmington, CT

William Beach M.D.

Director of Orthopedic Research of Virginia
President of Tuckahoe Orthopaedic Associates
Richmond, VA

Jack Bert M.D.

Medical Director, Minnesota Bone & Joint Specialists
Founder, Cartilage Restoration Center of Minnesota
Woodbury, MN

Donald Buford M.D., RMSK

Partner, Sports Medicine Clinic of North Texas
Founder, OrthoTalk, Inc.
San Antonio, TX

Travis Burns M.D.

Brooke Army Medical Center
Fort Sam
Houston, TX

Brian J. Cole, M.D., MBA

Professor, Departments of Orthopedics & Anatomy and Cell Biology
Division of Sports Medicine
Section Head, Cartilage Restoration Center at Rush
Rush University Medical Center
Chicago, IL

Alan Curtis M.D.

Boston Sports and Shoulder Center
Asst. Team Physician, Boston Celtics
Asst. Clinical Professor of Orthopaedic Surgery at Tufts University
Chief of the New England Baptist

Hospital Bioskills Center
Founder/Chairman, Annual Boston Shoulder and Sports Symposium
Boston, MA

COL Jeffrey Davila, M.D.

Walter Reed National Military Medical Center
Bethesda, MD

Jonathan Dickens M.D.

Fellow, United States Military Academy
West Point, NY

Scott Gillogly M.D.

Dir. of Sports Medicine Training for the Atlanta Medical Center Orthopaedic Residency Program
Medical Director of the Cartilage Repair Centers of America.

Chairman of the AAOS Committee on Sports Medicine Evaluation
Ret. Lieutenant Colonel, Chief of Orthopedics during Operations Desert Shield/Storm
Atlanta, GA

Jeffery Giuliani M.D.

Walter Reed National Military Medical Center
Bethesda, MD

Robert Hunter M.D.

Director, Heart of the Rockies Regional Medical Center
Salida, CO

J. Martin Leland III M.D.

Medical Director of Sports Medicine
University Hospitals Geauga Medical Center
Cleveland, OH

James Lubowitz M.D.

Editor-in-Chief, Arthroscopy: The Journal of Arthroscopic and Related Surgery.

Medical Staff, United States Ski and Snowboard Team.
Clinical Asst. Professor, Dept. of Orthopaedic Surgery, University of New Mexico School of Medicine.
Sante Fe, NM

Matthew Matava M.D.

Head Team Physician, St. Louis Rams
Team Physician for the St. Louis Blues
Team Physician for Washington University Athletics
Barnes-Jewish & Washington University Orthopedics Center
Chesterfield, MO

Gus Mazzocca M.D.

Professor, Department of Orthopaedic Surgery, UConn Health Center
Director, New England Musculoskeletal Institute
Chair, Department of Orthopaedic Surgery
Director of Clinical Biomechanics and the Bioskills Laboratory, Department of Orthopaedic Surgery

Team Physician, University of Connecticut Sports
Co-Founder, The New England Shoulder and Elbow Society
Farmington, CT

Michael McCabe M.D.

Lieutenant Commander, Medical Corps, United States Navy
Walter Reed National Military Medical Center
Department of Orthopaedic Surgery
Bethesda, MD

Edward McFarland M.D.

John Hopkins University
Division Chief, Adult Orthopaedics
Team Physician, Department of Athletics
Baltimore, MD

Anthony Miniaci M.D.

Director Cleveland Clinic Sports Health, Head Sports Medicine
Orthopaedic Consultant, Toronto Blue Jays
Garfield Heights, OH

Mark Murphey M.D.

Walter Reed National Military Medical Center
Bethesda, MD

Wayne Olan M.D.

Director of Interventional & Endovascular Neurosurgery, GW Medical Center
Medical Director, Bethesda Chevy Chase Surgery Center
Washington, DC

Kevin D. Plancher, MD

Clinical Professor
Albert Einstein College of Medicine
Bronx, New York

Jonas "JR" Rudzki M.D.

Clinical Assistant Professor, Dept. of Orthopaedic Surgery
The George Washington University School of Medicine
Partner, Washington Orthopaedics & Sports Medicine
Washington, DC

John-Paul Rue M.D.

Head Team Physician, United States Naval Academy
West Point, NY

Nicholas A. Sgaglione M.D.

Program Director, Associate Chairman, Department of Orthopaedics
North Shore University Hospital
Associate Clinical Professor of Orthopaedics, Albert Einstein College of Medicine
Member, Board of Directors of the Arthroscopy Association of North America
Manhasset, NY

Chad Silverberg, D.O.

Progressive Radiology
Washington, DC

John W. Sperling M.D., MBA

Professor of Orthopedic Surgery, Mayo Clinic
Rochester, MN

LTC Steven Svoboda M.D.

Head Team Physician, United States Military Academy
West Point, NY

Peter Sharkey M.D.

Director, Rothman Institute at Riddle Hospital's Center of Orthopaedic Excellence
Professor of Orthopaedic Surgery at Thomas Jefferson University Hospital
King of Prussia, PA

Laura Tosi M.D.

Director, Bone Health Program at Children's National Medical Center
Children's National Medical Center Faculty, Orthopaedic Surgery Principal Investigator, Children's Research Institute (CRI)
Washington, DC

Anthony Unger M.D.

Medical director, Sibley Total Joint Replacement Center
Partner, Washington Orthopaedics & Sports Medicine
Director, Minimally Invasive Surgery (MIS) Hip/Knee Surgery Center
The GW University Medical Center
Co-director, Orthopaedic Section, The Georgetown University Hemophilic Center
Director, Washington Center for Hip and Knee Surgery
Clinical professor, Orthopaedic Surgery, Department of Orthopaedics, GW University Medical Center
Associate clinical professor, Department of Orthopaedics, Georgetown University Medical Center
Washington, D.C.

Robin West M.D.

Medical Director, Sports Medicine Institute at Inova
Fairfax, VA

John Henry Wilckens M.D.

Medical Director White Marsh Surgical Center
Associate Professor of Orthopaedic Surgery
Johns Hopkins Medical Center
Team physician for the U.S. Naval Academy Athletic Department
Team Physician, Baltimore Orioles
Baltimore, MD

Andrew Wolff M.D.

Partner, Washington Orthopaedics & Sports Medicine
Washington, DC

POLICY

ACCREDITATION STATEMENT

The Sibley Memorial Hospital is accredited by MedChi, The Maryland State Medical Society to provide continuing medical education for physicians.

DESIGNATION STATEMENT

The Sibley Memorial Hospital designates this live activity for an estimated 25 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PLANNING

This activity has been planned and implemented in accordance with the Essentials and Elements of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Sibley Memorial Hospital and National Knee Research & Education Foundation and Washington Orthopaedics & Sports Medicine Institute.

COURSE OBJECTIVES

- 1 Be familiar with common orthopaedic conditions of the shoulder, hip, and knee.
- 2 Understand how to evaluate pathology of various orthopedic conditions afflicting the shoulder, hip, and knee.
- 3 Recognize indications and contraindications for arthroscopic treatment of shoulder instability, lesions of the labrum and biceps tendon, and rotator cuff tears.
- 4 Appreciate indications and contraindications for minimally invasive arthroplasty alternatives in the treatment of osteoarthritis of the knee, hip and shoulder
- 5 Describe current surgical techniques in the arthroscopic and open treatment of disorders of the shoulder, elbow, hip, and knee.
- 6 Be aware of advances in treatment of meniscus, articular cartilage and ligament disorders of the knee
- 7 Become knowledgeable about the role and technique of arthroscopic surgery of the hip, including injuries to the labrum, FAI and snapping hip syndromes.
- 8 Foster resident and junior staff education in the field of orthopaedic sports medicine through expert lectures and engaging discussions among sports medicine trained orthopaedic surgeons
- 9 Develop comradery, professional relationships, and the exchange of sports medicine education to enhance

the care of the active duty soldier and athlete

10 Build relationships, educational and research opportunities between regional military and civilian sports medicine physicians
11 Establish mentorship opportunities between residents and junior faculty with current leaders in military sports medicine and established nationally recognized sports medicine faculty

TARGET AUDIENCE

Orthopaedic surgeons in practice, orthopaedic surgery resident and fellows, physical therapists, athletic trainers, physician assistants, nurse practitioners and operating room personnel.

ACCOMMODATION

All educational activities will be conducted at The Waterview Conference Center. To make reservations, please call the LeMeridien Hotel (adjacent to the conference center) 866-505-1001 and indicate that you are attending the 34TH Annual Cherry Blossom Seminar to receive the special rate of \$189.00/nightly.

ADA STATEMENT

The National Knee Research & Education Foundation, Sibley Memorial Hospital and Washington Orthopaedics & Sports Medicine Institute wish to take those steps that are required to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently than other individuals because of absence of auxiliary aids or services. If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act, please provide this information to WOSMI at least 10 days prior to the meeting.

REFUND & CANCELLATION POLICY

Requests for refunds must be received in writing postmarked prior to March 9, 2015. No refunds will be issued beyond this date for any circumstances. Refunds will be subject to a \$75.00 administrative and processing fee. We reserve the right to cancel or substitute topics and/or speakers. In case of course cancellation, persons registered for the course will be notified by telephone / or email using the number(s) they have provided on the registration form and the registration fee will be refunded.

National Knee Research and Education Foundation

34th Annual
CHERRY BLOSSOM
Seminar

c/o Washington Orthopaedics & Sports Medicine Institute
6728 Kenyon Dr. Alexandria VA 22307

Contact:

Course Coordinator: Ashley Perkins, PA-C, MMS
E-mail: cherryblossomseminar@gmail.com
Phone: 607-592-2929

April 9-12, 2015

The Modern Orthopaedists
Survival Guide 2015

"We are Green!" Syllabus will be provided via a USB jump drive - bring your laptop to follow along live with the course! You may select the option to have a paper syllabus when you register; requests must be completed with your initial registration. www.cherryblossomseminar.com

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34th Annual CHERRY BLOSSOM Seminar[™]

April 9-12, 2015
Waterview Conference Center
Rosslyn, VA (Washington, DC)

*The Modern Orthopaedists
Survival Guide 2015*

*in conjugation with the
Third Annual Walter Reed Sports Medicine Symposium
honoring Orthopaedic Surgery in our Military*

This course is estimated to offer 25 AMA PRA
Category 1 Credit(s)[™].

Course Directors:

M. Mike Malek M.D. F.A.C.S.
Director, Washington Orthopaedic and Knee Clinic
Fairfax, VA

Benjamin S Shaffer M.D.
Washington Orthopaedics and Sports Medicine
Washington, DC

JOINT SPONSORS



Online Registration Available!
www.cherryblossomseminar.com

Thursday April 9th

1pm: Welcome/Announcements
3rd Annual Walter Reed Military Sports Medicine Symposium
 1:00-1:05 Introduction

Session I Shoulder Instability

Moderator: **John Paul Rue MD**
 1:05-1:25 Postoperative imaging of the Shoulder: What does failure look like?
Mark Murphy MD
 1:25-1:45 Point: Counter-Point #1: 18 yo football player with recurrent dislocation, 10% bone loss
 1:25-1:35 Arthroscopic Stabilization is the Way to Go and Here's Why
Steve Svoboda MD
 1:35-1:45 Fix it Right the First Time- The Argument for Open Repair
Robert Arciero MD
 1:45-2:05 Point: Counter-Point #2: Same patient with 15% bone loss
 1:45-1:55 You Can Still do this Arthroscopically and Here's How
Steve Svoboda MD
 1:55-2:05 Seriously? Do a Latarjet
Robert Arciero MD
 2:05-2:15 Posterior and Combined Instability in the Contact Athlete
John Paul Rue MD
 2:15-2:25 Q&A

Session II Rotator Cuff

Moderator: **Jeff Giuliani MD** and **Robert Arciero MD**
 2:25-2:35 Rotator Cuff Tear Pearls: Get it Right the First Time
Ben Shaffer MD
 2:35-2:45 Options for Mobilization and Repair in Massive Rotator Cuff Tears
Jeff Abrams MD
 2:45-2:55 Last Resort Options: Scaffolds and Tendon Transfers
Jeff Davila MD
 2:55-3:05 Arthroplasty Options: Young Patient with Irreparable RCT
Travis Burns MD
 3:05-3:15 Discussion
 3:15-3:45 Break with Refreshments

Session III Knee

Moderator: **Ben Shaffer MD**
 3:45-4:05 Predictive Factors in Treating Chondral Defects of the Knee
Scott Gillogly MD
 4:05-4:15 Meniscus Repair: inside-out & root repairs
Robert Arciero MD
 4:15-4:25 Q&A
 4:25-4:40 Break with Refreshments

Session IV The "Blown Up" Knee

Moderator: **Jeff Giuliani MD** and **Scott Gillogly MD**
 4:40-5:00 Tunnel Options and Pearls
 4:40-4:50 Getting Where You Need to Go with Transtibial Tunnels
John Wilckens MD
 4:50-5:00 Anterior Medial Portal Technique Tips and Outcomes
Jeff Giuliani MD
 5:00-5:10 How to Look Good with All Inside ACL Reconstruction Technique
Mike McCabe MD
 5:10-5:20 Important Consideration in Revision ACL Reconstruction
Travis Burns MD
 5:20-5:30 Discussion and Closing Remarks

Friday April 10th

7:00-7:50 Registration/Exhibits/Continental breakfast
 7:55-8:00 Welcome/Announcements
M. Mike Malek MD
 8:00-8:25 MRI of the Shoulder with Clinical Correlation
Chad Silverberg MD
 8:25-8:35 Q and A

Session I Shoulder Instability

Moderator: **Jeff Abrams MD**
 8:35-8:50 Trending up in Anterior Shoulder Instability: Arthroscopic Stabilization
Jeff Abrams MD
 8:50-9:05 Bridge to Somewhere: Bony Dual Row Bridge Technique in Bony Bankart Lesions
Benjamin Shaffer MD
 9:05-9:20 Bone Deficiency in the Treatment of Anterior Shoulder Instability: Arthroscopic Options
Alan Curtis MD
 9:20-9:35 Bone Deficiency in the Treatment of Anterior Shoulder Instability: Open Options
Anthony Miniaci MD
 9:35-9:50 Posterior shoulder instability: What's usually wrong and how should we address it?
Benjamin Shaffer MD
 9:50-10:20 Questions and Answers
 10:20-10:50 Refreshments and Exhibits

Session II Controversies in Treatment of SLAP Lesions and Long Head Biceps Pathology

Moderator: **Benjamin Shaffer MD**
 10:50-11:00 SLAP lesions
 Fix them: Here's How
William Beach MD
 11:00-11:10 Don't Bother- Just do a Biceps Tenodesis and here's Why
Martin Leland MD
 11:10-11:20 Biceps Tendon Long Head
 Tenodesis it Arthroscopically: Here's How
Jonas "JR" Rudzki MD
 11:20-11:30 Do it Open: Why I Prefer the Subpec Tenodesis Approach
Ed McFarland MD
 11:30-Noon Questions and Answers
 12:00-1:00 Hosted Lunch with Dr James Lubowitz
 Efficient Time and Energy Management

Session III Rotator Cuff

Moderator: **Edward McFarland MD**
 1:00-1:15 Arthroscopic Rotator Cuff Repair 101: Why (and How) I Try to Restore the Footprint
Brian Cole MD
 1:15-1:30 Arthroscopic Rotator Cuff Repairs 201: No Way I can bring this Together-Now What? Intra-operative Strategies that can help you get it Together (Literally)
Jeff Abrams MD
 1:30-1:45 Arthroscopic Rotator Cuff Repair 301: When Your Best isn't good enough: Other (non-arthroplasty) options worth considering when dealing with an Irreparable Cuff Tear
Ed McFarland MD
 1:45-2:00 Arthroscopic Rotator Cuff Repair 401: Plan B: Time for a Reverse
 John Sperling MD
 2:00-2:25 Questions and Answers

Session IV Miscellaneous

Moderator: **Jonas "JR" Rudzki MD**
 2:25-2:35 AC Joint Instability: When you need to fix it, here's how
Gus Mazzocca MD
 2:35-2:45 Proximal Humerus Fractures: Tips and Tricks in Achieving Anatomic Reduction and Fixation
Jonas "JR" Rudzki MD
 2:45-2:55 Tips and techniques in Primary Total Shoulder Arthroplasty
John Sperling MD
 2:55-3:05 Patient Specific Instrumentation for Shoulder Arthroplasty
John Sperling MD
 3:05-3:20 Questions and Answers
 3:20-3:30 Refreshments/Break/Visit Exhibits

Session V Challenging Shoulder Cases: Help the Doctor

Moderator: **Benjamin Shaffer MD**
 3:30-4:30 Panelists: **Jeff Abrams, Ed McFarland, Brian Cole, Alan Curtis, Gus Mazzocca**

Session VI Breakouts

4:30-5:30 Break Out I (choose 1)
 1. Reverse Total Shoulder Lab
John Sperling MD
 2. Ultrasound and Practical Application Techniques in the Shoulder
Don Buford MD
 5:30-6:30 Break Out II (choose 1)
 1. Reverse Total Shoulder Lab
John Sperling MD
 2. Ultrasound and Practical Application Techniques
Don Buford MD
 6:00-8:00 Welcome Reception: Attendees, Faculty & Exhibitors

Saturday April 11th

7:00-8:00 Continental Breakfast/Visit Exhibits
 8:00-8:05 Announcements
Benjamin Shaffer MD

Session I MRI of the Knee, Meniscus and Patella

Moderator: **Mike Malek MD**
 8:05-8:30 MRI of the Knee and Arthroscopic Correlation
Chad Silverberg MD
 8:30-8:40 Meniscus Lesions: What to Resect and what to leave alone and what is available for Repair in 2015 , Devices, Technique and Indications
Nicholas Sgaglione MD
 8:40-8:50 Meniscal Transplantation and Where are we in 2015?
Matthew Matava MD
 8:50-9:00 Current Concept in Treatment of Patello-Femoral Instability, Evaluation and Management
Robin West MD
 9:00-9:10 Tibial Tubercle Transfer for Patellar Instability
Robert Hunter MD
 9:10-9:30 Q & A
 9:30-10:15 Refreshments/Visit Exhibits

Session II ACL/PCL

Moderator: **Nicholas Sgaglione MD**
 10:15-10:25 Anatomy of ACL and Correct Graft Placement
James Lubowitz MD
 10:25-10:35 Single-Bundle Transtibial ACLR Can Restore anatomy and Function, a Radiographic and Outcome Study (Autograft/Allograft)
Kevin Plancher MD
 10:35-10:45 All Inside ACL reconstruction
James Lubowitz MD
 10:45-10:55 Complications and Pitfalls in ACL Surgery
Mike Malek MD
 10:55-11:05 Economic Implications of Autograft/Allograft ACL reconstruction
Kevin Plancher MD
 11:05-11:15 Arthroscopically Assisted PCL reconstruction: Technique and Result
Mike Malek MD
 11:15-11:45 Q & A
 12:00-1:00 Hosted Lunch with Dr Laura Tosi
 "Own the Bone": The Management of Osteoporosis

Session III Articular Cartilage

Moderator: **Kevin Plancher MD**
 1:30-1:40 Overview of Available Cartilage Restoration Procedures
Nicholas Sgaglione MD
 1:40-1:50 Is it time to abandon Microfracture as a surgical procedure?
Jack Bert MD
 1:50-2:00 Management of Osteochondral Defects with osteochondral Transfer
Anthony Miniaci MD
 2:00-2:10 Proximal Tibial osteotomy. How and why?
Robert Hunter MD
 2:10-2:20 Autologous Cartilage Implantation (ACI) Technique and Long Term Results
Scott Gillogly MD
 2:20-2:30 Subchondroplasty
Peter Sharkey MD
 2:30-3:00 Q&A
 3:00-3:20 Refreshments & Exhibits

Session IV Arthritic Knee

Moderator: **Scott Gillogly MD**
 3:20-3:30 Current Concept in Orthobiologic Treatment of the Knee
Robin West MD
 3:30-3:40 Osteochondral Resurfacing for early OA in young patients
Anthony Miniaci MD
 3:40-3:50 Unicompartamental Arthroplasty, What is different now?
Jack Bert MD
 3:50-4:00 Young Arthritic Knee, from Arthroscopy to Total Knee Arthroplasty
Kevin Plancher MD
 4:00-6:00 Workshop Subchondroplasty or Unicompartamental (Zimmer)
 4:00-6:00 Round Table and case Presentation with Faculty

Sunday April 12th

7:00-7:55 Continental Breakfast/Exhibits
 7:55-8:00 Opening Remarks
Benjamin Shaffer MD
 8:00-8:20 MRI of the Hip: What to order and what to look for?
Chad Silverberg MD
 8:20-8:30 Questions and Answers

Session I Hip

Moderator: **Andrew Wolff MD**
 8:30-8:50 Hip Arthroscopy 2015: Where have we been, where are we going?
Andrew Wolff MD
 8:50-9:00 My Preference in Hip Arthroplasty: The Direct Anterior Approach
Anthony Unger MD
 9:00-10:00 LIVE SURGICAL DEMO: ANTERIOR HIP REPLACEMENT
 10:00-10:30 Questions & Answers
 10:30-11:00 Refreshments/Exhibits

Session II What you really need to know

Moderator: **Benjamin Shaffer MD**
 11:00-11:15 Indications, Technique and the Practical Value of Ultrasound in your Orthopaedic Practice
Don Buford MD
 11:15-11:30 Shoot Me Up Doc-Should I Try PRP, APIC or Stem Cells?
Wayne Olan MD
 11:30-11:45 Social Media: From Zero to Hero in 15 minutes
Martin Leland MD
 11:45-12:00 Questions and Answers

Session III Practice Management

Moderator: **Mike Malek MD**
 12:00-12:45 Ready or not, here it comes: IDC-10
William Beach, MD
 12:45-1:00 Questions and Answers
 Noon Adjourn

COURSE REGISTRATION

NAME/TITLE: _____
 ADDRESS: _____
 CITY/STATE/ZIP: _____
 TELEPHONE: (CELL) _____
 EMAIL: _____

- Regular Registration \$895.00
 Active Military *free*
 Allied Health (RN, PT, PA, ATC) \$395.00
 Residents (with letter from Chief of Service)/Students \$295.00
 Paper Syllabus Requested (*you must select this in order to receive a copy during the seminar weekend. If you do not, you will be given an electronic copy on a USB jump drive.*) \$75.00

Breakouts-\$75 each

Reverse Friday Ultrasound
 5:30 pm or 6:30 pm 5:30 pm or 6:30 pm

Saturday

Unicondylar 4 pm SubChondroplasty 4 pm

Each breakout session adds 1 CME credit to your total CME.

- Check or Money Order Enclosed Amount \$ _____
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Online: www.cherryblossomseminar.com

HOTEL REGISTRATION

LeMeridien

(connected to Waterview Conference Center)
 1121 19th Street North, Arlington, VA 22209
 PHONE (703) 351-9170

Reservations under "Cherry Blossom Seminar"
 Registration Tel 866-505-1001

CUT-OFF DATE: March 9th, 2015

(Reservations received after that date will be on a space available basis and not necessarily at the meeting rate.) All reservations must be guaranteed with a one-night room deposit. Payment may be by Check or Visa, Master Card, American Express, Carte Blanche, Discover card.

PLEASE NOTE: Cancellations must be received 48 hours prior to the date of arrival to avoid a one-night charge.

Rates: Single / Double: \$189.00

Check-in time: 3.00 p.m., Checkout time 12:00 pm