

16TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

**THERAPY
BREAKOUT
SESSIONS**
NOW INCLUDING
CADAVERIC
SESSIONS!

The Viceroy Hotel, Snowmass Village, Colorado

February 9 – 13, 2020

Reconstructive Surgery of the Shoulder, Elbow, and Wrist

An intimate didactic and hands-on laboratory course
with limited registration



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 and interactive 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 newly renovated 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, refined Latin contemporary dining at Toro Kitchen and Lounge 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

Visit www.viceroyhotelsandresorts.com to register with group booking code WRIST2020

Room Rate: \$390.00



**RESERVATIONS MUST
BE RECEIVED BY**

FRIDAY, JANUARY 10, 2020

*Conference rate MAY NOT be
available after January 10, 2020*

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.

COURSE CHAIRMEN

Mark E. Baratz, MD

Clinical Professor, Director Hand and Upper Extremity Fellowship
University of Pittsburgh Medical Center, Pittsburgh, Pennsylvania

N. Lindsay Harris, MD

Department of Orthopaedics, Grand River Health, Rifle, Colorado

Mark D. Lazarus, MD

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

A. Lee Osterman, MD Emeritus

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

Mark S. Rekant, MD

Associate Professor, Department of Orthopaedic Surgery,
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Jeffrey Yao, MD

Associate Professor, Robert A. Chase Hand and Upper Limb Center, Department of Orthopaedic Surgery,
Stanford University Medical Center, Redwood City, California

FACULTY

Julie Adams MD

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Erlanger Hospital, Chattanooga, Tennessee

Mickey J. V. Gordon, MD

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

Hansjoerg Wyss/AO Professor, Harvard Medical School,
Visiting Orthopaedic Surgeon, Massachusetts General
Hospital, Boston, Massachusetts

Kenneth A. Kearns, MD

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

Graham J. W. King, MD, FRCSC

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

John D. Lubahn, MD

Orthopaedic Hand Fellowship 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, FAAOS, FACS

Professor Clinical Orthopedics, Northwestern Feinberg
School of Medicine, Chicago, Illinois

Jorge L. Orbay, MD

Miami Hand & Upper Extremity Institute, Miami, Florida

David S. Ruch, MD

Professor, Chief, Division of Hand & Microvascular
Surgery, Duke Health;
Adjunct Professor of Plastic and Reconstructive Surgery,
Duke University School of Medicine, Durham, North Carolina

Benjamin Sears, MD

Western Orthopaedics, Denver, Colorado

T. Greg Sommerkamp, MD

Clinical Assistant Professor, Department of Orthopedic Surgery,
University of Cincinnati, Englewood, Kentucky

Scott P. Steinmann, MD

Chair Orthopedic Surgery, Professor of Orthopedic Surgery
University of Tennessee College of Medicine
Chattanooga Erlanger Hospital, Chattanooga, Tennessee

Jason A. Suda, MOTR/L, CHT

NovaCare, Greenville, Ohio

Scott W. Wolfe, MD

Professor of Orthopedic Surgery, Weill Medical College of
Cornell University, Attending Orthopedic Surgeon,
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

Chief, Division of Hand to Shoulder, University of Florida Health;
Professor, Department of Orthopaedic Surgery and Rehabilitation,
University of Florida College of Medicine, Gainesville, Florida

COURSE SCHEDULE

DAY 1 | SUNDAY, FEBRUARY 9, 2020

4:00 Registration

4:30 Welcome *A. Lee Osterman, MD*

BONEY DECISIONS

Moderator: *Kenneth A. Kearns, MD*

4:35 Too Smashed to Fix: Hemi vs. RSA for Proximal Humeral Fracture
Kenneth A. Kearns, MD

4:50 Questions/Discussion

5:00 Young Patient with Arthritis – What To Do?
N. Lindsay Harris, MD

5:15 Questions/Discussion

5:20 Glenoid Bone Loss – Augmented TSA vs. RSA
Thomas W. Wright, MD

5:35 Questions/Discussion

5:45 Case Presentations/Panel Discussion

Moderator: *Mark D. Lazarus, MD*

Panel: *N. Lindsay Harris, MD*

Kenneth A. Kearns, MD

Scott P. Steinmann, MD

Thomas W. Wright, MD

Opening Reception 6:30 pm – 8:00 pm

DAY 2 | MONDAY, FEBRUARY 10, 2020 MORNING SESSION

6:00 CONTINENTAL BREAKFAST

SOFT TISSUE DECISIONS

Moderator: *N. Lindsay Harris, MD*

No Fighting, It's a Ski Trip – 65 y.o. with an Irreparable Rotator Cuff Tear

6:30 Partial RCR *Mark D. Lazarus, MD*

6:42 SCR
N. Lindsay Harris, MD

6:54 Lower Trap Transfer
Scott P. Steinmann, MD

7:06 RSA
Thomas W. Wright, MD

7:18 Questions/Discussion

7:30 Instability: Soft Tissue vs. Boney Procedure
Kenneth A. Kearns, MD

7:45 Questions/Discussion

7:50 RTC Post-op: Early vs. Late Rehabilitation
Benjamin Sears, MD

8:05 Questions/Discussion

8:15 THERAPY BREAKOUT SESSION I: Postoperative Rehabilitation after Soft Tissue Surgery About the Shoulder
Kenneth A. Kearns, MD
Benjamin Sears, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT

8:15 BIOSKILLS LAB A: **Skeletal Dynamics**
**Not for CME*

9:15 Recess

DAY 2 | MONDAY, FEBRUARY 10, 2020 AFTERNOON SESSION

4:00 SHOULDER FREE-FOR-ALL: ANYTHING GOES!

Moderator: *Mark D. Lazarus, MD*

Panelists: *Kenneth A. Kearns, MD*

Benjamin Sears, MD

Scott P. Steinmann, MD

Thomas W. Wright, MD

5:15 THERAPY BREAKOUT SESSION II: Rehabilitation Considerations After Anatomic and Reverse Shoulder Arthroplasty for Arthritis and Fracture
Scott P. Steinmann, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT
Thomas W. Wright, MD

5:15 BIOSKILLS LAB B: **Wright**
**Not for CME*

6:15 BIOSKILLS LAB C: **SonicSurg Innovations**
**Not for CME*

DAY 3 | TUESDAY, FEBRUARY 11, 2020
MORNING SESSION

6:00 CONTINENTAL BREAKFAST

ACUTE ELBOW INJURIES

Moderator: Mark E. Baratz, MD

- 6:30 Anteromedial Coronoid Fractures:
When and How to Fix
Graham J. W. King, MD, FRCSC
- 6:45 Acute Elbow Instability: Medial Side
Michael R. Hausman, MD
- 7:00 Recognizing and Managing Acute PLRI
Mark E. Baratz, MD
- 7:15 Contemporary Perspectives on the Assessment and Management of the Ulnar Nerve with Elbow Trauma: a 40-year Perspective
Jesse B. Jupiter, MD
- 7:30 Essex Lopresti Injuries
A. Lee Osterman, MD
- 7:45 Tennis Elbow: Thought You Already Knew Everything About this Problem?
Jeffrey Yao, MD
- 8:00 THERAPY BREAKOUT SESSION III:
Things That Bump in the Night After Elbow Trauma: Impediments to Regaining Motion and Maintaining a Stable Elbow
Jesse B. Jupiter, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT
- 8:00 BIOSKILLS LAB D: **ExsoMed** *Not for CME
- 9:00 Recess

DAY 3 | TUESDAY, FEBRUARY 11, 2020
AFTERNOON SESSION

4:00 CAPTAIN'S CHOICE ELBOW SCRAMBLE

Moderators: Mark E. Baratz, MD;

Michael R. Hausman, MD

Panelists: Julie Adams, MD

Douglas P. Hanel, MD; Jesse B. Jupiter, MD

Graham J. W. King, MD, FRCSC

Robert J. Medoff, MD; Jorge L. Orbay, MD

Scott P. Steinmann, MD

5:00 THERAPY BREAKOUT SESSION IV:
Anatomy for Therapists

Mark E. Baratz, MD

Jason A. Suda, MOTR/L, CHT

Terri L. Wolfe, OTR/L, CHT

5:00 BIOSKILLS LAB E: **Skeletal Dynamics**

*Not for CME

DAY 4 | WEDNESDAY, FEBRUARY 12, 2020
MORNING SESSION

6:00 CONTINENTAL BREAKFAST

CHRONIC ELBOW CONDITIONS

Moderator: Jorge L. Orbay, MD

- 6:30 Assessment and Management of the Snapping Elbow
Graham J. W. King, MD, FRCSC
- 6:45 Elbow OCD *Scott P. Steinmann, MD*
- 7:00 Update on Ulnar Collateral Ligament Injuries *Scott P. Steinmann, MD*
- 7:15 Novel Approach to Proximal Radioulnar Synostosis
Michael R. Hausman, MD
- 7:30 Chronic Elbow Instability
Jorge L. Orbay, MD
- 7:45 Questions/Discussion
- 8:00 THERAPY BREAKOUT SESSION V:
Therapy Following Internal or External Stabilization of the Elbow
Jorge L. Orbay, MD; Jason A. Suda, MOTR/L, CHT; Terri L. Wolfe, OTR/L, CHT
- 8:00 BIOSKILLS LAB F: **Skeletal Dynamics**
*Not for CME
- 9:00 Recess

DAY 4 | WEDNESDAY, FEBRUARY 12, 2020
AFTERNOON SESSION

**4:00 CASE PRESENTATIONS:
TRAUMATIC WRIST PAIN**

Moderators: Amy L. Ladd, MD

Scott W. Wolfe, MD

Panelists: Julie Adams, MD

Mark E. Baratz, MD; Mickey J. V. Gordon, MD

Douglas P. Hanel, MD;

Michael R. Hausman, MD

Jesse B. Jupiter, MD; John D. Lubahn, MD

Robert J. Medoff, MD; Daniel J. Nagle, MD

Jorge L. Orbay, MD; A. Lee Osterman, MD

Mark S. Rekant, MD; David S. Ruch, MD;

T. Greg Sommerkamp, MD

6:00 THERAPY BREAKOUT SESSION VI:
Ulnar and Dorsal Sided Wrist Pain and Cadaveric Dissection

Jason A. Suda, MOTR/L, CHT

Scott W. Wolfe, MD; Terri L. Wolfe, OTR/L, CHT

6:00 BIOSKILLS LAB G: **Trice Medical**

*Not for CME

6:00 Continental Breakfast

DEBATES PART I

Moderator: T. Greg Sommerkamp, MD

A. I am 40 years old with Ongoing SL Joint Instability - What Should I Do?

- 6:30 Chronic SLIL: Repair, Reconstruct or Retreat?
Scott W. Wolfe, MD
- 6:36 Denervate is the Way to Go
John D. Lubahn, MD
- 6:42 ...and the winner is?
(Audience Response)

B. I am 30 Years Old with 1 mm UPV and a Peripheral TFCC Tear

- 6:45 Wrist Arthroscopy and TFCC Repair Only
A. Lee Osterman, MD
- 6:51 TFCC Repair and USO
Amy L. Ladd, MD
- 6:57 ...and the winner is?
(Audience Response)

7:00 THOUGHT PROVOKING HAND FRACTURES

Moderators: Jesse B. Jupiter, MD

Mark S. Rekant, MD

Panelists: Julie Adams, MD

Mark E. Baratz, MD; Mickey J.V. Gordon, MD

Douglas P. Hanel, MD

Michael R. Hausman, MD; Amy L. Ladd, MD

John D. Lubahn, MD; Robert J. Medoff, MD

Daniel J. Nagle, MD; Jorge L. Orbay, MD

A. Lee Osterman, MD; David S. Ruch, MD;

T. Greg Sommerkamp, MD

Scott W. Wolfe, MD

8:00 THERAPY BREAKOUT SESSION VII:

Anatomy of the Digits and Thumb with Common Clinical Conditions

Julie Adams, MD

Jason A. Suda, MOTR/L, CHT

Terri L. Wolfe, OTR/L, CHT

8:00 BIOSKILLS LAB H: Arthrex

**Not for CME*

9:00 Recess

4:00 CASE PRESENTATIONS: ARTHRITIS OF THE WRIST

Moderators: Douglas P. Hanel MD

Michael R. Hausman, MD

Panelists: Julie Adams, MD

Mark E. Baratz, MD; Mickey J.V. Gordon, MD

Jesse B. Jupiter, MD; Amy L. Ladd, MD

John D. Lubahn, MD; Robert J. Medoff, MD

Daniel J. Nagle, MD; Jorge L. Orbay, MD

A. Lee Osterman, MD; Mark S. Rekant, MD

David S. Ruch, MD; T. Greg Sommerkamp, MD;

Scott W. Wolfe, MD

DEBATES, PART II

Moderator: Mickey J. V. Gordon, MD

A. Highly Comminuted, C3 Distal Radius Fracture

- 5:00 Volar Plate is the Workhorse
Jorge L. Orbay, MD
- 5:06 Volar Plate is NOT the Panacea!
Robert J. Medoff, MD
- 5:12 Bridge Plate and Wait
Douglas P. Hanel, MD
- 5:18 ...and the winner is?
(Audience Response)

B. 4 Week Old Ring Finger Zone 2 FDP Laceration in a 45 year old Librarian

- 5:22 Try a Primary Repair
John D. Lubahn, MD
- 5:28 2-Stage Reconstruction
Julie Adams, MD
- 5:34 Fuse the DIP
T. Greg Sommerkamp, MD
- 5:40 ...and the winner is?
(Audience Response)

C. Cubital Tunnel Syndrome in a Diabetic with a Subluxating Ulnar Nerve

- 5:43 Medial Epicondylectomy
Daniel J. Nagle, MD
- 5:49 Transposition
Mark S. Rekant, MD
- 5:55 ...and the winner is?
(Audience Response)

6:00 Closing Remarks and Adjourn

Fellows Post-Course

Friday, February 14, 2020 | 7am – 12pm

Limited space with scholarships available. Sponsored by TriMed.

**Sponsored by the University of Colorado School of Medicine Office of Continuing Education
Presented by the Hand Rehabilitation Foundation**

1. Define complications of traumatic injuries to the upper extremity, know how to avoid them and how to treat them when they occur.
2. Review complex shoulder injuries including fractures, instability, rotator cuff injury, and arthritis; recognize appropriate surgical reconstructive options.
3. Evaluate and classify complex elbow fractures and determine the best course of treatment.
4. Understand and perform the varying surgical options for wrist and hand fractures, ligament, and nerve injuries.
5. Understand how to optimize surgical outcomes via appropriate upper extremity rehabilitation principles.

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 **21.25 AMA PRA Category 1 Credits™**. 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 9 – 13, 2020**

*For Hotel Accommodations, please contact
The Viceroy Hotel • Telephone: 877-235-7577
Visit www.viceroyhotelsandresorts.com to
register with group booking code WRIST2020*

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



Discounted lift tickets
will be available through
a 3rd party vendor. Go to:
www.handfoundation.org
for more information and to
download the order form.

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 _____

Cancellation Policy: A full refund less \$75.00 cancellation fee will be issued if written notification is received by January 26, 2020. **No Refunds after January 26, 2020.**

Register Online at: www.handfoundation.org or complete registration form and forward payment to:

HAND REHABILITATION FOUNDATION
120 Huntingdon Pike, Suite 100, Rockledge, PA 19046

Phone 610.768.5958 Fax 610.768.8887
Questions? hrrf@handfoundation.org

Hand Rehabilitation Foundation
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Rockledge, PA 19046

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