



# 20/20:

**Practical News  
You Can Use:  
20 Ways to Battle  
Proof and Improve  
Your Treatment of  
Common Hand  
Problems**

## **HAND SURGERY SYMPOSIUM**

MARCH 12 - 14, 2016  
PHILADELPHIA MARRIOTT DOWNTOWN HOTEL

**HONORED PROFESSORS:** *Marco Rizzo, MD; Melvin P. Rosenwasser, MD;  
William H. Seitz, MD; Dean G. Sotereanos, MD*

**CHAIRMEN:** *A. Lee Osterman, MD; Randall W. Culp, MD;  
Meredith N. Osterman, MD*

**Friday, March 11, 2016**

**Pediatric Upper Extremity Pre-Course for Surgeons and Therapists**

**COURSE DIRECTORS:** *Joshua M. Abzug, MD; Scott H. Kozin, MD;  
Dan A. Zlotolow, MD*

*A one-day course of pediatric upper extremity surgery and therapy that focuses on the hand, including common, traumatic and congenital conditions.*

Presented by:



Hand Rehabilitation  
Foundation

Sponsored by:



University of Colorado  
Anschutz Medical Campus

Endorsed by:



American Association  
of Hand Surgery

Supported by:

Jefferson  
Health System



# 20/20:

## Practical News You Can Use: 20 Ways to Battle Proof and Improve Your Treatment of Common Hand Problems

The Philadelphia Hand Rehabilitation Foundation is proud to present the **18th Annual Hand Surgery Symposium**, which will provide a comprehensive exploration of tried and true, as well as new treatments for the management of diverse hand problems presented by an internationally renowned faculty. Didactic presentations will provide the framework, and cadaver surgery demonstrations will provide the picture of anatomy and techniques of management with unparalleled clarity. Exhibitor sponsored training labs will be offered as in previous years to provide demonstrations and hands-on experience with the latest in technology.

### TARGET AUDIENCE:

Hand, Orthopaedic, Plastic and General Surgeons, Sports Medicine Physicians, Fellows, Residents, Students, Physiatrists

## SATURDAY, MARCH 12, 2016

- 6:30 - 7:30 am REGISTRATION  
CONTINENTAL BREAKFAST
- 7:30 am GENERAL SESSION  
WELCOME: *A. Lee Osterman, MD*

\* Indicates cadaver demo

### FLEXOR TENDONS

Moderator: David S. Zelouf, MD

- 7:35 am 20 Questions on Flexor Tendon Injury  
*Peter C. Amadio, MD*
- 7:55 am \* Classic Flexor Tendon Zone II Repair  
*John S. Taras, MD*
- 8:10 am Practical Tips on Flexor Tendon Surgery  
and Rehab  
*Donald H. Lalonde, MD*
- 8:25 am \* Transverse Incisions for Flexor Tendon Repair  
*Leonard Gordon, MD*
- 8:40 am 20 Questions on Taking Flexor Tendon Grafts  
*Randall W. Culp, MD*
- 9:00 am A Live Patient with Flexor Tendon  
Injury/Repair
- 9:10 am \* Taking a Tendon Graft  
*Eon K. Shin, MD*
- 9:25 am Pulley Your Finger Out of You're A\$\$  
*Mark E. Baratz, MD*
- 9:45 Coffee Break/Exhibits

### MORE TENDON INVESTIGATIONS

Moderator: Meredith N. Osterman, MD

- 10:15 am When the Trigger Finger Shoots the Surgeon  
*A. Lee Osterman, MD*
- 10:30 am \* Ultrasound Guidance for Percutaneous Trigger  
Finger Release  
*Brian Jurbala, MD*
- 10:45 am Solving the Chronic Boutonniere  
*Donald H. Lalonde, MD*
- 11:00 am \* Yoke Splint  
*Donald H. Lalonde, MD*
- 11:15 am 20 Questions on Wrist Tendonitis  
*Steve K. Lee, MD*
- 11:30 am Live Patient with Mallet Finger  
*John D. Lubahn, MD*

11:40 am Panel – Troublesome Tendon Problems in a New York State of Mind  
**Moderator:** *Melvin P. Rosenwasser, MD & Steve K. Lee, MD*  
**Panelists:** *Peter C. Amadio, MD; Brian Jurbala, MD; Donald H. Lalonde, MD; John D. Lubahn, MD; Dean G. Sotereanos, MD*

12:30 pm LUNCH (provided) /EXHIBITS

**FRACTURES**  
**Moderator:** John M. Bednar, MD

1:30 pm 20 Questions on Finger Fractures  
*Peter J. Stern, MD*

1:45 pm \* All You need is 1 cc – Finger Fixation  
*Ryan Katz, MD*

1:55 pm Avoiding Complications in Finger Fractures  
*Donald H. Lalonde, MD*

2:10 pm 20 Questions on Scaphoid Fractures  
*Hill Hastings, III, MD*

2:30 pm \* Percutaneous Scaphoid Fixation – Volar vs. Dorsal  
*Randall W. Culp, MD*

2:45 pm 20 Questions on Carpal Dislocations  
*William H. Seitz, MD*

3:00 pm Coffee Break/Exhibits

3:30-5:30 pm CONCURRENT PANELS  
*Please Choose One Panel*

**Panel 1: Distal Radius Interactive Round Table**

*Limited to 60 people (10 tables of 6)*

**Moderator:** *A. Lee Osterman, MD*

**Panelists:** *Pedro K. Beredjikian, MD; Thomas J. Gillon, MD; Leonard Gordon, MD; Jesse B. Jupiter, MD; Patrick Kane, MD; John D. Lubahn, MD; David S. Ruch, MD; Dean G. Sotereanos, MD; Stephanie Sweet, MD; John S. Taras, MD*

**Panel 2: Nerve Reconstruction:**

**Side-to-Side or You Decide**

**Moderator:** *Steve K. Lee, MD*

**Panelists:** *Randall W. Culp, MD; L. Scott Levin, MD; Marco Rizzo, MD*

**Panel 3: What Every Hand Surgeon Should Know About Pediatric Hand Surgery**

**Moderator:** *Scott H. Kozin, MD*

**Panelists:** *Joshua M. Abzug, MD; William H. Seitz, MD; Dan A. Zlotolow, MD*

**SUNDAY, MARCH 13, 2016**

6:30 am CONTINENTAL BREAKFAST

**THE NUTS AND BOLTS OF HAND PRACTICE**  
**Moderator:** Michael R. Hausman, MD

7:15 am Too Much Time for the Time Out: Antibiotics, Prepping and Efficient OR Use  
*Pedro K. Beredjikian, MD*

7:30 am The Smartphone Makes You Smarter  
*Sidney M. Jacoby, MD*

7:45 am Gentian Violet  
*Wyndell H. Merritt, MD*

8:00 am 20 Ways to Nail the IME  
*David S. Zelouf, MD*

**DISTAL RADIUS FRACTURES**  
**Moderator:** Leonid I. Katolik, MD

8:15 am 20 Questions about Distal Radius Fractures  
*David S. Ruch, MD*

8:35 am \* Conventus  
*Steve K. Lee, MD*

8:45 am Don't Cry for Me Argen-teardrop  
*Jessie B. Jupiter, MD*

8:55 am \* The Ex-Fix Reinvented  
*William H. Seitz, MD*

9:15 am What You Missed While Measuring Your Dorsal Tilt  
*Hill Hastings, III, MD*

9:30 am Coffee Break/Exhibits

10:00 am 20 Questions on RSD and CRP  
*L. Andrew Koman, MD*

10:20 am Orange Juice and Your Distal Radius Fracture  
*Ryan Katz, MD*

10:30-11:30 am Distinguished Lecture: CRP and RSD  
*Wyndell H. Merritt, MD*

11:30 am EXHIBITOR SPONSORED TRAINING LABS  
*Please Choose One Lab (not for CME)*

**Lab 1:** Skeletal Dynamics

**Lab 2:** TriMed, Inc.

**Lab 3:** A. M. Surgical

**Lab 4:** Checkpoint Surgical, LLC

12:30 pm LUNCH (provided)/EXHIBITS

## WRIST ARTHRITIS

Moderator: Sidney M. Jacoby, MD

- 1:00 pm 20 Questions on Wrist Arthritis  
*Marco Rizzo, MD*
- 1:20 pm \* Hemi Replacement  
*Steve K. Lee, MD*
- 1:35 pm De-innervate and Arthroscopically Debride  
*A. Lee Osterman, MD*
- 1:45 pm \* The Future: Arthrosurface for Wrist Arthritis  
*Hill Hastings, III, MD*
- 2:00 pm Panel – DRUJ Arthritis  
Moderators: *Jesse B. Jupiter, MD;*  
*Douglas P. Hanel, MD*  
Panelists: *Marco Rizzo, MD; David, S. Ruch, MD;*  
*William H. Seitz, MD; Dean G. Sotereanos, MD*
- 3:00 pm Coffee Break/Exhibits
- 3:30-5:30 pm CONCURRENT PANELS  
*Please Choose One Panel*
- Panel 4: Carpal Injuries, Interactive Round Table**  
*Limited to 60 people (10 tables of 6)*  
Moderator: *Randall W. Culp, MD*  
Panelists: *Mark E. Baratz, MD;*  
*Sidney M. Jacoby, MD; Steve K. Lee, MD;*  
*John D. Lubahn, MD; Mark S. Rekan, MD;*  
*Blane A. Sessions, MD; Eon K. Shin, MD;*  
*Peter J. Stern, MD; Stephanie Sweet, MD;*  
*David S. Zelouf, MD*
- Panel 5: Thumb CMC Arthritis**  
Moderator: *Marco Rizzo, MD*  
Panelists: *Jorge L. Orbay, MD; A. Lee Osterman, MD;*  
*Melvin P. Rosenwasser, MD*
- Panel 6: Elbow Fractures: Simple to Complex**  
Moderator: *Jesse B. Jupiter, MD*  
Panelists: *Douglas P. Hanel, MD; Hill Hastings, III, MD;*  
*Dean G. Sotereanos, MD*
- 5:30 pm EXHIBITOR SPONSORED TRAINING LABS  
*Please Choose One Lab (not for CME)*
- Lab 5: Skeletal Dynamics**  
**Lab 6:** *Check online for updated lab schedule*  
**Lab 7:** *Check online for updated lab schedule*  
**Lab 8:** *Check online for updated lab schedule*

## MONDAY, MARCH 14, 2016

6:15 am CONTINENTAL BREAKFAST

## WHEN NERVES GET ON YOUR NERVES

Moderator: Rowena McBeath, MD, PhD

- 7:00 am 20 Questions on Carpal Tunnel Syndrome  
*Douglas P. Hanel, MD*
- 7:20 am \* Digital Nerve Repair: To Conduit or Not  
*Mark S. Rekan, MD*
- 7:30 am 20 Questions on Ulnar Nerve  
*Marco Rizzo, MD*
- 7:50 am \* Endoscopic Cubital Tunnel  
*Blane A. Sessions, MD*
- 8:00 am Ulnar Artery Thrombosis: How to Evaluate and Operate  
*L. Andrew Koman, MD*
- 8:15 am \* Compartment Release and Closure  
*Stephanie Sweet, MD*
- 8:25 am 20 Questions on Dupuytren's Release  
*John D. Lubahn, MD*
- 8:45 am Live Patient Xiaflex® Release
- 8:55 am Panel – Complications of Soft Tissue Elbow Surgery: Joints I'd Rather Smoke than Treat  
Moderator: *Randall W. Culp, MD;*  
*A. Lee Osterman, MD*  
Panelists: *Michael R. Hausman, MD;*  
*Melvin P. Rosenwasser, MD;*  
*Dean G. Sotereanos, MD*
- 10:00 am Coffee Break/Exhibits
- 10:30 am EXHIBITOR SPONSORED TRAINING LABS  
*Please Choose One Lab (not for CME)*
- Lab 9: Skeletal Dynamics**  
**Lab 10:** *Check online for updated lab schedule*  
**Lab 11:** *Check online for updated lab schedule*  
**Lab 12:** *Check online for updated lab schedule*
- 11:30 pm LUNCH (provided)/EXHIBITS
- 12:30-2 pm Panel – Hindsight is 20/20  
Moderator: *Randall W. Culp, MD*  
Panelists: *Hill Hastings, III, MD;*  
*Michael R. Hausman, MD; A. Lee Osterman, MD;*  
*Peter J. Stern, MD; David S. Zelouf, MD*
- 2:00 pm Adjourn and goodbye

## ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Elements by the Accreditation Council for Continuing Medical Education (ACCME) through the joint providorship 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.

## CME CREDIT

The University of Colorado School of Medicine designates this live activity for a maximum of 27.50 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### At the conclusion of this activity, the participants will:

- Implement and perform the varying surgical techniques observed and practiced through the surgery demonstrations on upper extremity injuries
- Evaluate the latest treatment strategies of hand fractures and amputations
- Assess the most effective management of carpal injuries and consider the options for treatment
- Improve their knowledge and understanding of the clinical presentation, management and rehabilitation for hand and wrist arthritis
- Develop the surgical skills acquired and practiced during the meeting

# 2016 Faculty

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

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Joshua M. Abzug, MD\*  
*Monkton, MD*

Peter C. Amadio, MD  
*Rochester, MN*

Mark E. Baratz, MD  
*Washington, PA*

Andrea S. Bauer, MD\*  
*Boston, MA*

John M. Bednar, MD  
*Cherry Hill, NJ*

Pedro Beredjikian, MD  
*Media, PA*

Roger Cornwall, MD\*  
*Cincinnati, OH*

Randall W. Culp, MD  
*King of Prussia, PA*

Thomas J. Gillon, MD  
*King of Prussia, PA*

Leonard Gordon, MD  
*San Francisco, CA*

Douglas P. Hanel, MD  
*Seattle, WA*

Hill Hastings, III, MD  
*Indianapolis IN*

Michael R. Hausman, MD  
*New York, NY*

Sidney M. Jacoby, MD  
*Philadelphia, PA*

Jesse B. Jupiter, MD  
*Boston, MA*

Brian Jurbala, MD  
*Lakeland, FL*

Patrick M. Kane, MD  
*Philadelphia, PA*

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*St. John, NB, Canada*

Steve K. Lee, MD  
*New York, NY*

L. Scott Levin, MD  
*Philadelphia, PA*

John D. Lubahn, MD  
*Erie, PA*

Rowena McBeath, MD, PhD  
*Philadelphia, PA*

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Jorge L. Orbay, MD  
*Miami, FL*

A. Lee Osterman, MD  
*King of Prussia, PA*

Meredith N. Osterman, MD  
*King of Prussia, PA*

Mark S. Rekant, MD  
*Cherry Hill, NJ*

Michael Rivlin, MD  
*Philadelphia, PA*

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*Rochester, MN*  
Honored Professor

Melvin P. Rosenwasser, MD  
*Englewood, NJ*

Honored Professor

David S. Ruch, MD  
*Durham, NC*

Lawrence H. Schneider, MD  
*New York, NY*

William H. Seitz, MD  
*Cleveland, OH*  
Honored Professor

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Eon K. Shin, MD  
*Philadelphia, PA*

Dean G. Sotereanos, MD  
*Pittsburgh, PA*  
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Stephanie Sweet, MD  
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*Philadelphia, PA*

Theresa O. Wyrick, MD\*  
*Mabelvale, AR*

David S. Zelouf, MD  
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Dan A. Zlotolow, MD\*  
*Philadelphia, PA*

\* Pediatric Pre-Course Faculty

Pediatric Pre-Course  
Therapy Faculty

Sarah Ashworth, OTR/L, CHT  
*Philadelphia, PA*

Jenny Dorich, OTR/L, MBA  
*Cincinnati, OH*

Heather Weesner, OTR/L, CHT  
*Ellicott City, MD*

# PEDIATRIC UPPER EXTREMITY PRE-COURSE FOR SURGEONS AND OCCUPATIONAL THERAPISTS



## 20/20: Practical News You Can Use – 20 Ways to Battle Proof and Improve Your Treatment of Common Hand Problems

**Friday, March 11, 2016**

**7:30 am – 5:00 pm**

- 6:30 am Registration and Continental Breakfast
- 7:30 am Welcome  
*Joshua M. Abzug, MD; Scott H. Kozin, MD;  
Dan A. Zlotolow, MD*

### CONGENITAL HAND I

Moderator: **Roger Cornwall, MD**

- 7:40 am **Syndactyly**  
*Roger Cornwall, MD*
- 7:50 am **Radial Polydactyly**  
*Joshua M. Abzug, MD*
- 8:00 am **Central and Ulnar Polydactyly**  
*Kevin J. Little, MD*
- 8:10 am **Occupational Therapy Following Syndactyly Release**  
*Jenny M. Dorich, MBA, OTR/L, CHT*
- 8:20 am **Questions/Case Presentations**

### CONGENITAL HAND II

Moderator: **Scott H. Kozin, MD**

- 8:45 am **Macroductyly**  
*Scott H. Kozin, MD*
- 8:55 am **Thumb Hypoplasia**  
*Roger Cornwall, MD*
- 9:05 am **Constriction Band Syndrome**  
*Dan A. Zlotolow, MD*
- 9:15 am **Camptodactyly and Clinodactyly**  
*Andrea S. Bauer, MD*
- 9:25 am **Occupational Therapy Following Thumb Reconstruction/Pollicization**  
*Sarah Ashworth, OTR/L*
- 9:35 am **Questions/Case Presentations**
- 10:00 am **Coffee Break**

### HAND POTPOURRI

Moderator: **L. Andrew Koman, MD**

- 10:30 am **Arthrogyposis of the Hand**  
*Dan A. Zlotolow, MD*
- 10:40 am **Cerebral Palsy Affecting the Hand**  
*L. Andrew Koman, MD*
- 10:50 am **Occupational Therapy for Arthrogyposis and Cerebral Palsy of the Hand**  
*Jenny M. Dorich, MBA, OTR/L, CHT*
- 11:00 am **Trigger Digits**  
*Theresa O. Wyrick, MD*
- 11:10 am **Burns of the Hand**  
*Scott H. Kozin, MD*
- 11:20 am **Occupational Therapy Following Burns of the Hand**  
*Sarah Ashworth, OTR/L*
- 11:30 am **Questions/Case Presentations**
- 12:00 pm **Lunch (provided)**

### SOFT TISSUE TRAUMA OF THE HAND

Moderator: **Dan A. Zlotolow, MD**

- 1:00 pm **Nerve Injuries of the Hand**  
*Scott H. Kozin, MD*
- 1:10 pm **Occupational Therapy Following Nerve Injuries of the Hand**  
*Jenny M. Dorich, MBA, OTR/L, CHT*
- 1:20 pm **Flexor Tendon Injuries**  
*Kevin J. Little, MD*
- 1:30 pm **Extensor Tendon Injuries**  
*L. Andrew Koman, MD*
- 1:40 pm **Occupational Therapy Following Flexor Tendon Injuries**  
*Heather Weesner, OT, CHT*
- 1:50 pm **Questions/Case Presentations**
- 2:30 pm **Coffee Break**
- 3:00 pm **Free Paper Session**  
*Moderators: Joshua M. Abzug, MD; Scott H. Kozin, MD*

### HAND FRACTURES

Moderator: **Joshua M. Abzug, MD**

- 3:30 pm **Metacarpal Fractures**  
*Theresa O. Wyrick, MD*
- 3:40 pm **Phalangeal Neck Fractures**  
*Andrea S. Bauer, MD*
- 3:50 pm **Unicondylar Phalangeal Fractures**  
*Kevin J. Little, MD*
- 4:00 pm **Seymour Fractures**  
*Dan A. Zlotolow, MD*
- 4:10 pm **Amputations/Replantations**  
*Joshua M. Abzug, MD*
- 4:20 pm **Occupational Therapy Hand Fractures**  
*Heather Weesner, OT, CHT*
- 4:30 pm **Questions/Case Presentations**
- 5:00 pm **Adjourn**

## REGISTRATION

Name \_\_\_\_\_ Degree \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 E-Mail (required) \_\_\_\_\_  
 Telephone (Work) \_\_\_\_\_ (Home) \_\_\_\_\_ (Fax) \_\_\_\_\_

Concurrent Panels and Labs	Day/Date	Session (Check online for updates to labs and program)	1st Choice	2nd Choice	3rd Choice
Please indicate your first, second and third choices in order of preference for each day	Saturday, March 12	Panel 3:30 – 5:30 PM			
	Sunday, March 13	Lab 11:30 AM – 12:30 PM			
	Sunday, March 13	Panel 3:30 – 5:30 PM			
	Sunday, March 13	Lab 5:30 – 6:30 PM			
	Monday, March 14	Lab 10:30 AM – 11:30 AM			

Registrations must be received (postmarked/faxed/submitted online) by February 28, 2016 to avoid late fee.		FEE
1-Day Pediatric Pre-course – Friday, March 11, 2016	\$350	
Surgeon/Physician (including \$20 donation to HRF)	\$1040 (\$1020 without donation)	
Allied Health Professional (including \$20 donation to HRF)	\$865 (\$845 without donation)	
Resident/Fellow (Must include letter from Chief of Service)	\$845	
Virtual Syllabus - Watch for details about downloading the APP! (there will be NO syllabus book)		
Late Fee (Add \$50 to all Registrations Postmarked/Faxed/Online after February 28, 2016)		
Yes! I would like to make a donation to Hand Rehabilitation Foundation (tax deductible) \$100 ___ \$50 ___ \$25 ___ Other \$ _____	\$	
<b>TOTAL</b>		
<b>Cancellation Policy:</b> A Full Refund less a \$75 cancellation fee will be issued if written notification is received by February 28, 2016. No refunds after February 28, 2016		
Please complete form; fax or mail to Hand Rehabilitation Foundation, 700 S. Henderson Rd., Suite 100, King of Prussia, PA 19406		

Check or Money Order in US Funds payable to Hand Rehabilitation Foundation

Visa    MasterCard    American Express

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Security Code: \_\_\_\_\_

Print Name as it appears on card \_\_\_\_\_

CardHolder's Signature \_\_\_\_\_



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

### MEETING AND HOTEL INFORMATION:

Philadelphia Marriott Downtown  
 1201 Market St. Philadelphia, PA 19107

Room Rate: \$229.00/night.  
 Deadline for reduced rates is February 25, 2016

**METHOD OF RESERVATIONS:** The Marriott Hotel is pleased to offer the use of their group reservations system. All reservations will be made, modified or cancelled by individuals by calling Marriott's Reservations toll free number 800-266-9423.

### HAND REHABILITATION FOUNDATION:

Phone 610.768.5958 • Fax 610.768.8887 • hrf@handfoundation.org

**REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG**



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18TH ANNUAL  
**HAND SURGERY SYMPOSIUM**

MARCH 12 - 14, 2016

PHILADELPHIA MARRIOTT  
DOWNTOWN HOTEL