16TH ANNUAL
UPPER EXTREMITY TUTORIAL COURSE

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

www.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 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

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 CHAIRMAN

Mark E. Baratz, MD
Clinical Professor, Director Hand and Upper Extremity Fellowship
University of Pittsburg 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
Assistant Clinical Professor, Department of Orthopaedic Surgery,
Thomas Jefferson University, Philadelphia, Pennsylvania

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

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
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

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,
Professor, Department of Orthopaedic Surgery and Rehabilitation,
Gainesville, Florida
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: TBD *Not for CME

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

**DAY 3 | TUESDAY, FEBRUARY 11, 2020 AFTERNOON SESSION**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00</td>
<td>CAPTAIN’S CHOICE ELBOW SCRAMBLE</td>
</tr>
<tr>
<td></td>
<td>Moderators: Mark E. Baratz, MD</td>
</tr>
<tr>
<td></td>
<td>Michael R. Hausman, MD</td>
</tr>
<tr>
<td></td>
<td>Panelists: Julie Adams, MD</td>
</tr>
<tr>
<td></td>
<td>Douglas P. Hanel, MD</td>
</tr>
<tr>
<td></td>
<td>Jesse B. Jupiter, MD</td>
</tr>
<tr>
<td></td>
<td>Graham J. W. King, MD, FRCSC</td>
</tr>
<tr>
<td></td>
<td>Robert J. Medoff, MD</td>
</tr>
<tr>
<td></td>
<td>Jorge L. Orbay, MD</td>
</tr>
<tr>
<td></td>
<td>Scott P. Steinmann, MD</td>
</tr>
<tr>
<td>5:00</td>
<td>THERAPY BREAKOUT SESSION IV: Anatomy for Therapists</td>
</tr>
<tr>
<td></td>
<td>Mark E. Baratz, MD</td>
</tr>
<tr>
<td></td>
<td>Jason A. Suda, MOTR/L, CHT</td>
</tr>
<tr>
<td></td>
<td>Terri L. Wolfe, OTR/L, CHT</td>
</tr>
<tr>
<td>5:00</td>
<td>BIOSKILLS LAB E: Skeletal Dynamics *Not for CME</td>
</tr>
</tbody>
</table>

**DAY 3 | WEDNESDAY, FEBRUARY 12, 2020 MORNING SESSION**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00</td>
<td>CONTINENTAL BREAKFAST</td>
</tr>
<tr>
<td>6:30</td>
<td>Assessment and Management of the Snapping Elbow</td>
</tr>
<tr>
<td></td>
<td>Graham J. W. King, MD, FRCSC</td>
</tr>
<tr>
<td>6:45</td>
<td>Elbow OCD Scott P. Steinmann, MD</td>
</tr>
<tr>
<td>7:00</td>
<td>Update on Ulnar Collateral Ligament Injuries</td>
</tr>
<tr>
<td></td>
<td>Scott P. Steinmann, MD</td>
</tr>
<tr>
<td>7:15</td>
<td>Novel Approach to Proximal Radioulunar Synostosis Michael R. Hausman, MD</td>
</tr>
<tr>
<td>7:30</td>
<td>Chronic Elbow Instability</td>
</tr>
<tr>
<td></td>
<td>Jorge L. Orbay, MD</td>
</tr>
<tr>
<td>7:45</td>
<td>Questions/Discussion</td>
</tr>
<tr>
<td>8:00</td>
<td>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</td>
</tr>
<tr>
<td>8:00</td>
<td>BIOSKILLS LAB F: Skeletal Dynamics *Not for CME</td>
</tr>
<tr>
<td>9:00</td>
<td>Recess</td>
</tr>
</tbody>
</table>

**DAY 4 | WEDNESDAY, FEBRUARY 12, 2020 AFTERNOON SESSION**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00</td>
<td>CASE PRESENTATIONS: TRAUMATIC WRIST PAIN</td>
</tr>
<tr>
<td></td>
<td>Moderators: Amy L. Ladd, MD</td>
</tr>
<tr>
<td></td>
<td>Scott W. Wolfe, MD</td>
</tr>
<tr>
<td></td>
<td>Panelists: Julie Adams, MD</td>
</tr>
<tr>
<td></td>
<td>Douglas P. Hanel, MD</td>
</tr>
<tr>
<td></td>
<td>Jesse B. Jupiter, MD</td>
</tr>
<tr>
<td></td>
<td>Graham J. W. King, MD, FRCSC</td>
</tr>
<tr>
<td></td>
<td>Robert J. Medoff, MD</td>
</tr>
<tr>
<td></td>
<td>Daniel J. Nagle, MD</td>
</tr>
<tr>
<td></td>
<td>Jorge L. Orbay, MD</td>
</tr>
<tr>
<td></td>
<td>A. Lee Osterman, MD</td>
</tr>
<tr>
<td></td>
<td>Mark S. Rekant, MD</td>
</tr>
<tr>
<td></td>
<td>T. Greg Sommerkamp, MD</td>
</tr>
<tr>
<td>6:00</td>
<td>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</td>
</tr>
<tr>
<td>6:00</td>
<td>BIOSKILLS LAB G: Trice Medical *Not for CME</td>
</tr>
</tbody>
</table>
**DAY 5 | THURSDAY, FEBRUARY 13, 2020**

**MORNING SESSION**

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
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

---

**DAY 5 | THURSDAY, FEBRUARY 13, 2020**

**AFTERNOON SESSION**

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
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.
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

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
☐ Allied Health Professional $750
☐ Military $750

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? hrf@handfoundation.org

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.
16TH ANNUAL
UPPER EXTREMITY
TUTORIAL COURSE
February 9 – 13, 2020
Snowmass Village, Colorado

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

Presented by
Hand Rehabilitation Foundation