

17TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

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

The Viceroy Hotel, Snowmass Village, Colorado

February 13 - 17, 2022

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 on site 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 **WRIST2022**

Room Rate: \$416.00



**RESERVATIONS MUST
BE RECEIVED BY**

FRIDAY, JANUARY 14, 2022

*Conference rate MAY NOT be
available after January 14, 2022*

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. Over 125 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 Airlines and American Airlines. These airlines are offering direct service into Aspen/Snowmass. For flight information, please visit www.aspenairport.com.

TARGET AUDIENCE Hand, Orthopaedic, Plastic and General Surgeons, Sports Medicine Physicians, Nurse Practitioners, RNs, Occupational and Physical Therapists, Psychiatrists, Allied Health Professionals, Fellows and Residents.

COURSE CHAIRMEN

Mark E. Baratz, MD

Clinical Professor and Vice Chairman
Hand and Upper Extremity Fellowship Director, Department of Orthopedics
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, Sidney Kimmel Medical College. 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,
Thomas Jefferson University, Philadelphia, Pennsylvania

Jeffrey Yao, MD

Professor, Director, Hand and Upper Extremity Surgery Fellowship, 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, Tennessee*

Douglas P. Hanel, MD

*Professor Department of Orthopaedics and
Sports Medicine Section of Hand and Microsurgery
University of Washington
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

*Emeritus 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 Emeritus Clinical Orthopedic Surgery,
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

Wexler Medical Center, Columbus, 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 13, 2022

Registration 4:00 pm – 8:00 pm

- 4:25 Welcome *A. Lee Osterman, MD*
- 4:30 **Difficult Shoulder Choices: Make your Case (Quickly)**
- A. 64 yo active patient, acute on chronic rotator cuff tear, dominant shoulder**
Moderator: Mark D. Lazarus, MD
- 4:30 Non-operative Management
Benjamin Sears, MD
- 4:35 Traditional Transosseous Equivalent
Kenneth A. Kearns, MD
- 4:40 Anchorless RCR
Mark D. Lazarus, MD
- 4:45 RCR with Biologic Augment (PRP, patch, marrow stimulation)
Scott P. Steinmann, MD
- 4:50 Discussion/Audience Vote
- B. 72 yo RHD dominant woman with right-sided 3-part proximal humeral fracture**
Moderator: Kenneth A. Kearns, MD
- 5:00 ORIF or IM Nail
Benjamin Sears, MD
- 5:05 RSA
Thomas W. Wright, MD
- 5:10 Discussion/Audience Vote
- C. 68 yo old man, sedentary, OA with B2 Glenoid, 30° retroversion, 80% posterior subluxation**
Moderator: Thomas W. Wright, MD
- 5:15 TSA with Augmented Glenoid
Scott P. Steinmann, MD
- 5:20 TSA, Inset and Play it Where it Lies
Benjamin Sears, MD
- 5:25 RSA
Thomas W. Wright, MD
- 5:30 Discussion/Audience Vote
- D. 18 yo lacrosse player, dominant shoulder, two traumatic dislocations, 15% glenoid bone loss, small Hill-Sachs lesion**
Moderator: Benjamin Sears, MD
- 5:40 Arthroscopic Bankart/Capsular Shift
Mark D. Lazarus, MD
- 5:45 Open Bankart/Capsular Shift
Scott P. Steinmann, MD

- 5:50 Latarjet
Kenneth A. Kearns, MD
- 5:55 Discussion/Audience Vote
- E. 64 yo laborer with RCT supra and infra retracted to the glenoid rim, Gr II fatty infiltration: active elevation 100°, 4-/5 ER strength, 10° ER lag, subscap intact, no DJD**
Moderator: N. Lindsay Harris, MD
- 6:00 Partial RCR
N. Lindsay Harris, MD
- 6:05 SCR
Scott P. Steinmann, MD
- 6:10 Lower Trapezial Transfer
Mark D. Lazarus, MD
- 6:15 RSA
Thomas W. Wright, MD
- 6:20 Discussion/Audience Vote
- 6:30 Opening Reception

DAY 2 | MONDAY, FEBRUARY 14, 2022
MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
- 6:30 **SHOULDER DEBATES: No Fighting-This is a Ski Trip!**
- A. Displaced Midshaft Clavicle Fracture**
Moderator: Benjamin Sears, MD
- 6:30 Non-operative Treatment
Jesse B. Jupiter, MD
- 6:35 ORIF
Kenneth A. Kearns, MD
- 6:40 Discussion
- B. Type III A-C Separation**
- 6:45 Non-operative Treatment
Benjamin Sears, MD
- 6:50 Operative Management
Mark D. Lazarus, MD
- 6:55 Discussion
- C. Type II Slap, Dominant Shoulder, Recreational Thrower, Failed PT**
- 7:00 SLAP Repair
Kenneth A. Kearns, MD
- 7:05 Biceps Tenodesis
N. Lindsay Harris, MD

7:10 Discussion

D. 42 yo Avid Weightlifter, OA with a Mild B2 Glenoid

7:15 Chondroplasty/CAM/Release
N. Lindsay Harris, MD

7:25 TSA+/- Augmented Glenoid
Scott P. Steinmann, MD

7:35 Ream and Run
Mark D. Lazarus, MD

7:45 Discussion

E. RSA Mechanics

7:50 "Mark, you're an idiot – this is why you should lateralize on the humeral side."
Thomas W. Wright, MD

7:55 "Tom, you're a dope – this is why you should lateralize on the glenoid side."
Mark D. Lazarus, MD

8:00 Discussion

8:15 THERAPY BREAKOUT SESSION I:
Postoperative Rehabilitation after Soft Tissue Surgery About the Shoulder
Mark D. Lazarus, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT
Thomas W. Wright, MD

8:15 Bioskills Lab A: TBD
**Not for CME*

9:15 Recess

DAY 2 | MONDAY, FEBRUARY 14, 2022
AFTERNOON SESSION

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

Moderator: *Mark D. Lazarus, MD*
Panelists: *N. Lindsay Harris, MD*
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
Mark D. Lazarus, 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*

DAY 3 | TUESDAY, FEBRUARY 15, 2022
MORNING SESSION

6:30 CONTINENTAL BREAKFAST

7:00 **YARD SALE = COMMINUTED DISTAL HUMERUS IN A 72 YO**
Moderator: *Mark E. Baratz, MD*

7:00 You Can Fix These
Douglas P. Hanel, MD

7:15 What to do When that Distal Humerus Won't Heal
Jesse B. Jupiter, MD

7:30 Better Living Through Hemi-arthroplasty
Graham J. W. King, MD; FRCSC

7:45 Just Replace the Whole Thing
Scott P. Steinmann, MD

8:00 THERAPY BREAKOUT SESSION III:
Therapy Post Elbow Trauma
Jesse B. Jupiter, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT

8:00 BIOSKILLS LAB D: TBD
**Not for CME*

9:00 Recess

DAY 3 | TUESDAY, FEBRUARY 15, 2022
AFTERNOON SESSION

4:00 **CAUGHT AIR – GOT ELBOW FRACTURE-DISLOCATION. NOW WHAT?**

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
Jorge L. Orbay, MD
Scott P. Steinmann, MD

5:00 THERAPY BREAKOUT SESSION IV:
Therapy for the Unstable Elbow
Julie Adams, MD
Scott P. Steinmann, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT

5:00 BIOSKILLS LAB E: TBD
**Not for CME*

Faculty dinner: 7:00 pm – ALO HOUSE

DAY 4 | WEDNESDAY, FEBRUARY 16, 2022
MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
- 6:30 **STIFF AND SWOLLEN ELBOW; NOW WHAT?**
Moderator: *Douglas P. Hanel, MD*
- 6:30 The Elbow as a Break-through Joint in Inflammatory Arthritis
Mark E. Baratz, MD
- 6:45 Arthroscopic Management for Elbow OA
Scott P. Steinmann, MD
- 7:00 Arthroscopic Management of Synostosis
Michael R. Hausman, MD
- 7:15 Pediatric Elbow Contractures
Michael R. Hausman, MD
- 7:30 Open Release for Elbow Contractures
Douglas P. Hanel, MD
- 8:00 THERAPY BREAKOUT SESSION V:
Hand Dissection
Mark E. Baratz, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT
- 8:00 BIOSKILLS LAB F: TBD
**Not for CME*
- 9:00 Recess

DAY 4 | WEDNESDAY, FEBRUARY 16, 2022
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; Douglas P. Hanel, MD;
Michael R. Hausman, MD;
Jesse B. Jupiter, MD; John D. Lubahn, MD;
Daniel J. Nagle, MD; Jorge L. Orbay, MD;
A. Lee Osterman, MD; Mark S. Rekant, MD;
David Ruch, MD; T. Greg Sommerkamp, MD;
Jeffrey Yao, MD

- 6:00 THERAPY BREAKOUT SESSION VI:
Ulnar and Dorsal Sided Wrist Pain and
Cadaveric Dissection
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT
Scott W. Wolfe, MD

- 6:00 BIOSKILLS LAB G: TBD
**Not for CME*

DAY 5 | THURSDAY, FEBRUARY 17, 2022
MORNING SESSION

- 6:00 Continental Breakfast

DEBATES PART I

Moderator: *David S. Ruch, MD*

**A. I am 40 years old with Disabling DRUJ
Arthritis, What Should I Do?**

- 6:30 Biologic Solution
Scott W. Wolfe, MD
- 6:37 Implant is the Way to Go
Jorge L. Orbay, MD
- 6:44 ...and the winner is?
(Audience Response)

**B. I am 30 years old with a 1 mm UPV and a
Peripheral TFCC Tear**

- 6:45 Wrist Arthroscopy and TFCC Repair
Only
A. Lee Osterman, MD
- 6:52 TFCC Repair and USO
Amy L. Ladd, MD
- 6:59 ...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; 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; Jeffrey Yao, MD

Fellows Post-Course

Friday, February 18, 2022 | 7am – 12pm

Limited space with scholarships available. Sponsored by TriMed.

8:00 **THERAPY BREAKOUT SESSION VII:**
Thought Provoking Hand Fractures
Julie Adams, MD
Jason A. Suda, MOTR/L, CHT
Terri L. Wolfe, OTR/L, CHT

8:00 **BIOSKILLS LAB H: TBD**
**Not for CME*

9:00 Recess

DAY 5 | THURSDAY, FEBRUARY 17, 2022
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; 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; Jeffrey Yao, MD

DEBATES, PART II

Moderators: *Mark S. Rekant, MD*
Jeffrey Yao, 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
Jeffrey Yao, 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

Course Objectives

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. Identify and perform the varying surgical options for wrist and hand fractures, ligament, and nerve injuries.
5. Discuss how to optimize surgical outcomes via appropriate upper extremity rehabilitation principles.

Accreditation

In support of improving patient care, this activity has been planned and implemented by Cine-Med and Hand Rehabilitation Foundation. Cine-Med is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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Physicians

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

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For Hotel Accommodations, please contact
The Viceroy Hotel • Telephone: 877-235-7577
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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
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(Must include letter from Chief of Service)
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- Check Enclosed (Please make checks payable to Hand Rehabilitation Foundation)
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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 30, 2022. **No Refunds after January 30, 2022.**

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

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Questions? hfr@handfoundation.org