

18TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

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

The Viewline Resort, Snowmass Village, Colorado

February 12 - 16, 2023

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.

Located in the heart of Snowmass Village Mall, the newly renovated Marriott Bonvoy property, Viewline Resort Snowmass is an incomparable vacation retreat. The Viewline Resort features ski-in/ski-out with onsite equipment rental and ski valet, an outdoor heated pool and hot tub, large fitness studio; dining options including Starks' Alpine Grill, an après-ski oasis at the Viewline Lobby Bar, and the First Chair, a cozy mountainside café. Offering a full range of treatments and services, relax and rejuvenate at the Lupine Spa. Exemplary service and more all contribute to the total convenience you will experience when you stay at the Viewline Resort Snowmass.

The Viewline Resort Snowmass

100 Elbert Lane, PO Box 5009
Snowmass Village, CO 81615
(970) 923-8200

Scan this code to be linked to The Viewline Resort's reservation page.



Room Rate: \$449.00



**RESERVATIONS MUST
BE RECEIVED BY**

WEDNESDAY, JANUARY 11, 2023

*Conference rate MAY NOT be available
after January 11, 2023*

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 Viewline Resort Snowmass 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, PA

Mark D. Lazarus, MD

Department of Orthopaedic Surgery, Sidney Kimmel Medical College. Thomas Jefferson University, Philadelphia, PA

A. Lee Osterman, MD Emeritus

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

Mark S. Rekant, MD

Associate Professor, Department of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, PA

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, CA

FACULTY

Julie Adams MD

*Professor of Orthopedic Surgery
University of Tennessee College of Medicine
Chattanooga, TN*

Douglas P. Hanel, MD

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

Michael R. Hausman, MD

*Lippman Professor of Orthopaedic Surgery, Chief Hand and Elbow
Surgery, Mt. Sinai Medical Center, New York, NY*

Jesse B. Jupiter, MD

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

Kenneth A. Kearns, MD

*Assistant Professor, Department of Orthopaedic Surgery,
Thomas Jefferson University, Philadelphia, PA*

Graham J. W. King, MD, FRCS

*University of Western Ontario, St. Joseph's Health Centre,
London, Ontario, Canada*

Amy L. Ladd, MD

*Elsbach-Richards Professor of Surgery & Orthopaedic Surgery
Chief, Robert A. Chase Hand Center, Stanford University
Medical Center, Stanford University, Palo Alto, CA*

John D. Lubahn, MD

*Orthopaedic Hand Fellowship Program Director,
University of Pittsburgh Medical Center, Erie, PA*

Robert J. Medoff, MD

*Assistant Professor, Orthopaedic Surgery,
University of Hawaii, Kailua, HI*

Daniel J. Nagle, MD, FAAOS, FACS

*Professor Emeritus Clinical Orthopedic Surgery,
Northwestern Feinberg School of Medicine, Chicago, IL*

Surena Namdari, MD

*Professor, Orthopaedic Surgery, Sidney Kimmel Medical College,
Thomas Jefferson University; Co-Director of Shoulder and Elbow
Research, Rothman Orthopaedic Institute; Fellowship Director,
Shoulder & Elbow Surgery, Rothman Orthopaedic Institute,
Philadelphia, PA*

Jorge L. Orbay, MD

Miami Hand & Upper Extremity Institute, Miami, FL

Marc J. Richard, MD

*Associate Professor Division of Hand & Microvascular Surgery,
Duke Health; Program Training Director, Orthopaedic Hand, Upper
Extremity, and Microvascular Surgery Fellowship, Duke University
School of Medicine, Durham, NC*

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, NC*

Bauback Safa, MD

*Surgeon, Buncke Clinic
San Francisco, CA*

Benjamin Sears, MD

Western Orthopaedics, Denver, CO

T. Greg Sommerkamp, MD

*Clinical Assistant Professor, Department of Orthopedic Surgery,
University of Cincinnati, Englewood, KY*

Scott P. Steinmann, MD

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

Jason A. Suda, MOTR/L, CHT

*Director of Hand Therapy Fellowship,
Ohio State University, Wexler Medical Center
Columbus OH*

Scott W. Wolfe, MD

*Professor of Orthopedic Surgery, Weill Medical College of Cornell
University, Attending Orthopedic Surgeon, Hospital for Special
Surgery, New York, NY*

Terri L. Wolfe, OTR/L, CHT

Director, Hand and Upper Body Rehabilitation Center, Erie, PA

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, FL*

COURSE SCHEDULE

DAY 1 | SUNDAY, FEBRUARY 12, 2023

Registration 4:00 pm – 8:00 pm

- 4:25 Welcome *A. Lee Osterman, MD*
- TELL ME SOMETHING I DON'T KNOW**
Moderator: *Mark D. Lazarus, MD*
- 4:30 Tell Me Something I Don't Know
Benjamin Sears, MD
- 4:36 Discussion
- 4:40 Tell Me Something I Don't Know
Kenneth A. Kearns, MD
- 4:46 Discussion
- 4:50 Tell Me Something I Don't Know
Mark D. Lazarus, MD
- 4:56 Discussion
- 5:00 Tell Me Something I Don't Know
Scott P. Steinmann, MD
- 5:06 Discussion
- 5:10 Tell Me Something I Don't Know
Surena Namdari, MD
- 5:16 Discussion
- 5:20 Tell Me Something I Don't Know
Jesse B. Jupiter, MD
- 5:26 Discussion
- 5:30 Tell Me Something I Don't Know
Thomas W. Wright, MD
- 5:36 Discussion
- 5:40 **SHOULDER DEBATES:**
"NO FIGHTING - THIS IS A SKI TRIP!"
Moderator: *Surena Namdari, MD*
- A. 18 yo lacrosse player, dominant shoulder, two traumatic dislocations, 15% glenoid bone loss, small Hill-Sachs lesion**
- 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

B. 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

- 6:00 Partial RCR, Tuberooplasty +/- Balloon
Mark D. Lazarus, MD
- 6:05 Superior Capsular Reconstruction
Scott P. Steinmann, MD
- 6:10 Lower Trapezial Transfer
Surena Namdari, MD
- 6:15 Reverse Shoulder Replacement
Thomas W. Wright, MD
- 6:20 Discussion
- 6:30 Opening Reception

DAY 2 | MONDAY, FEBRUARY 13, 2023

MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
- 6:30 **SHOULDER DEBATES:**
"DEBATE FAIRLY - IT'S TOO EARLY TO FIGHT."
Moderator: *Benjamin Sears, MD*
- A. 68 yo old man, sedentary; OA with B2 Glenoid, 30° retroversion, 80% posterior subluxation**
- 6:30 TSA with Augmented Glenoid
Scott P. Steinmann, MD
- 6:35 TSA, Inset and Play It Where It Lies
Benjamin Sears, MD
- 6:40 RSA
Thomas W. Wright, MD
- 6:45 Discussion
- B. Displaced midshaft clavicle fracture**
- 6:50 Non-Operative Treatment
Jesse B. Jupiter, MD
- 6:55 ORIF
Kenneth A. Kearns, MD
- 7:00 Discussion
- C. 72 yo female with a displaced 3-part proximal humeral fracture**
- 7:05 Non-Operative Treatment
Kenneth A. Kearns, MD
- 7:10 ORIF with Locking Plate Fixation
Surena Namdari, MD

7:15 ORIF with Humeral Nail
Benjamin Sears, MD

7:20 RSA
Scott P. Steinmann, MD

7:25 Discussion

D. 42 yo avid weightlifter, OA with a mild B2 Glenoid

7:30 Chondroplasty/CAM/Release
Surena Namdari, MD

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

7:40 Discussion

7:45 "Surena, welcome to the faculty but you're an idiot - I never repair the subscapularis during RSA"
Thomas W. Wright, MD

7:50 "Tom, you're a dope - it was put there for a reason. I always repair a repairable subscapularis during RSA"
Surena Namdari, MD

8:00 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: Medartis
**Not for CME*

9:15 Recess

DAY 2 | MONDAY, FEBRUARY 13, 2023
AFTERNOON SESSION

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

Moderator: *Mark D. Lazarus, MD*
Panelists: *Kenneth A. Kearns, MD, Surena Namdari, 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, Surena Namdari MD, Jason A. Suda, MOTR/L, CHT, Terri L. Wolfe, OTR/L, CHT

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

6:15 BIOSKILLS LAB C: **Acumed**
**Not for CME*

DAY 3 | TUESDAY, FEBRUARY 14, 2023
MORNING SESSION

6:30 CONTINENTAL BREAKFAST

7:00 **IS IT BROKEN OR JUST FRACTURED?**
Moderator: *Jesse B. Jupiter, MD*

7:00 Comminuted Distal Humerus Fracture: The Fix
Douglas P. Hanel, MD

7:15 Elbow Arthroplasty Post Trauma; How To Be Safe and Successful
Michael R. Hausman, MD

7:30 Elbow Fracture-Dislocations: The Easy Ones
Mark E. Baratz, MD

7:45 Bridge Plate Fixation for the Hard Ones
Graham J. W. King, MD, FRCSC

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

8:00 BIOSKILLS LAB D: **Skeletal Dynamics**
**Not for CME*

9:00 Recess

DAY 3 | TUESDAY, FEBRUARY 14, 2023
AFTERNOON SESSION

4:00 **ELBOW TRAUMA YARD SALE**
Moderators: *Mark E. Baratz, MD, Michael R. Hausman, MD*
Panelists: *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:**
Reasons That Therapy Stalls After Surgical Treatment
Douglas P. Hanel, MD, Jason A. Suda, MOTR/L, CHT, Terri L. Wolfe, OTR/L, CHT

5:00 BIOSKILLS LAB E: **Skeletal Dynamics**
**Not for CME*

6:00 Recess

DAY 4 | WEDNESDAY, FEBRUARY 15, 2023
MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
- 6:30 **THE SORE ELBOW**
Moderator: Mark E. Baratz, MD
- 6:30 UCL Injuries: Repair v. Reconstruction
Scott P. Steinmann, MD
- 6:45 Partial Biceps Repair
Graham J. W. King, MD, FRCSC
- 7:00 OCD Lesions of the Elbow
Michael R. Hausman, MD
- 7:30 Recurrent Cubital Tunnel
Jesse B. Jupiter, 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: **Stryker**
*Not for CME
- 9:00 Recess

DAY 4 | WEDNESDAY, FEBRUARY 15, 2023
AFTERNOON SESSION

- 4:00 **WRIST AND HAND TRAUMATIC
SNAKES IN THE GRASS:
CASE PRESENTATIONS/
ROUND TABLE DISCUSSION**
Moderators: David S. Ruch, MD,
Scott W. Wolfe, MD
Panelists: Julie Adams, MD,
Douglas P. Hanel, MD, Jesse B. Jupiter, MD,
Amy L. Ladd, MD, John D. Lubahn, MD,
Robert J. Medoff, MD, Daniel J. Nagle, MD,
FAAOS, FACS, Jorge L. Orbay, MD,
A. Lee Osterman, MD, Mark S. Rekant, MD,
Marc J. Richard, MD, Bauback Safa, MD,
T. Greg Sommerkamp, MD, Jeffrey Yao, MD
- 5:30 My Top 5 and Bottom 5 (ones I would never do again) Surgeries and Why
A. Lee Osterman, MD

- 5:45 My Top 5 and Bottom 5 (ones I would never do again) Surgeries and Why
Jesse B. Jupiter, MD
- 6:00 **THERAPY BREAKOUT SESSION VI:**
Thumb and Radial Wrist
Marc J. Richard, MD,
Jason A. Suda, MOTR/L, CHT,
Terri L. Wolfe, OTR/L, CHT
- 6:00 BIOSKILLS LAB G: **Extremity Medical**
*Not for CME
- 7:00 Recess

DAY 5 | THURSDAY, FEBRUARY 16, 2023
MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
HI-YIELD, QUICK HITTERS
Moderator: Jeffrey Yao, MD
- A. Debate: Scaphoid Nonunion With ? AVN**
- 6:30 Needs A Screw, Nothing More.
T. Greg Sommerkamp, MD
- 6:40 Repair and Vascularized Bone Graft It, Please
Jorge L. Orbay, MD
- 6:50 Repair and Nonvascularized Bone Graft It, Please
Scott W. Wolfe, MD
- 7:00 My Top 10 Coding Tricks
Daniel J. Nagle, MD
- 7:15 My Top 10 Surgical Tips and Tricks – Ulnar Sided Wrist Pain
Jeffrey Yao, MD
- 7:30 My Top 10 Surgical Tips and Tricks – My Wrist Fracture Hurts
Marc J. Richard, MD
- 7:45 My Top 10 Surgical Tips and Tricks – My Thumb Hurts Badly
Amy L. Ladd, MD
- 8:00 **THERAPY BREAKOUT SESSION VII:**
Ulnar Wrist Pain
Mark E. Baratz, MD,
Jason A. Suda, MOTR/L, CHT,
Terri L. Wolfe, OTR/L, CHT

FELLOWS POST-COURSE

Friday, February 17, 2023 | 6:30am – 11:45am

Limited space with scholarships available. Sponsored by TriMed.

8:00 BIOSKILLS LAB H: Skeletal Dynamics

**Not for CME*

9:00 Recess

DAY 5 | THURSDAY, FEBRUARY 16, 2023 AFTERNOON SESSION

4:00 **BLACK DIAMOND THUMB, HAND AND WRIST ARTHRITIS CASE PRESENTATIONS AND ROUND TABLE DISCUSSION**

Moderators: Douglas P. Hanel MD,
Jesse B. Jupiter, MD

Panelists: Julie Adams, 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, Marc J. Richard, MD,
David S. Ruch, MD, Bauback Safa, MD,
T. Greg Sommerkamp, MD,
Scott W. Wolfe, MD, Jeffrey Yao, MD

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.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

Physicians

Cine-Med designates this live activity for a maximum of 22 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity

All other healthcare professionals will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for activities designated for AMA PRA Category 1 Credits[™], consult your professional licensing board.

B. Debate: Scapholunate Ligament Tear with Acute Instability

5:50 Fix It
Robert J. Medoff, MD

6:00 Ligament Reconstruction
David S. Ruch, MD

6:10 Rebuttal

6:15 My Top 10 Surgical Tips and Tricks – I Think I Broke My Hand
Julie Adams, MD

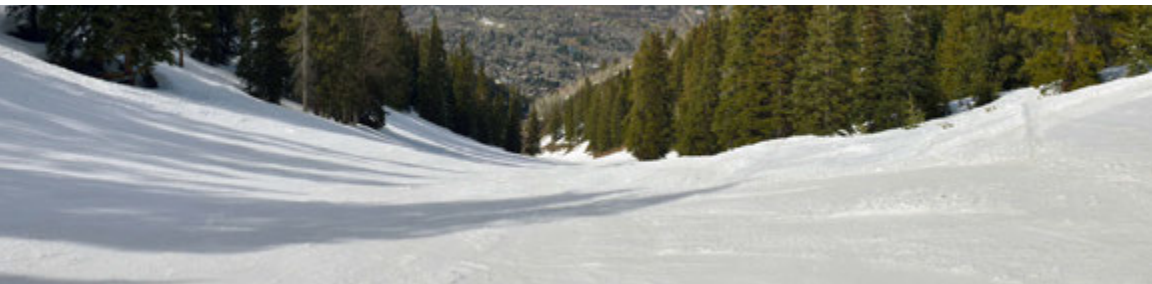
THE NERVE OF THAT NERVE! SYMPOSIUM

6:30 My Top 10 Surgical Tips and Tricks – My Hand is so Numb
John D. Lubahn, MD

6:40 Treatment of the Painful Neuroma: My Tricks
Bauback Safa, MD

6:50 My Top 10 Surgical Tips and Tricks – I Cut My Nerve
Mark S. Rekant, MD

7:00 CLOSING REMARKS and ADJOURN
A. Lee Osterman, MD



18TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

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CineMed



Presented by
Hand Rehabilitation Foundation

Registration Form: Reconstructive Surgery of the Shoulder, Elbow, and Wrist

The Viewline Resort Snowmass

For hotel accommodations, please scan
this QR Code to be linked to
The Viewline Resort's reservation page



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.

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 30, 2023. **No Refunds after January 30, 2023.**

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? hfr@handfoundation.org