



NERVES

TENDONS

**TO INFINITY
AND BEYOND**

March 16 – March 18, 2024 | 25th Annual Hand Surgery Symposium

Tendon and Nerve — The 5th Decade: To Infinity and Beyond

Honored Professors:

Bobby Chhabra, MD
Donald H. LaLonde, MD
Steven L. Moran, MD
Jin Bo Tang, MD

Chairmen:

A. Lee Osterman, MD
Meredith N. Osterman, MD
Daniel Lorenzana, MD

Friday, March 15, 2024 | 7:30 am-5:00 pm

Pediatric Upper Extremity Pre-Course for Surgeons & Therapists

Course Directors: Joshua M. Abzug, MD, Scott H. Kozin, MD, and Dan A. Zlotolow, MD

Monday, March 18, 2024 | 1:00 pm–5:00 pm

Ultrasound Post-Course: Fundamentals of Diagnostic & Interventional MSK Ultrasound for Hand Surgeons

Presented by Sonex Health

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Tendon and Nerve — The 5th Decade: To Infinity and Beyond

SATURDAY
MARCH 16, 2024



Denotes Cadaver Demo

- 6:30 am Registration & Continental Breakfast
- 7:30 am **GENERAL SESSION - WELCOME**
Impact and Historical Overview of Tendon Injuries
A. Lee Osterman, MD
-  **THE SCIENCE OF TENDON HEALING**
Moderator: Rowena McBeath MD, PhD
- 7:55 am **Tendon Biology and Phases of Healing**
Rowena McBeath MD, PhD
- 8:05 am **Biomechanics of Tendon Gliding**
Peter C. Amadio, MD
- 8:15 am **The Microenvironment: Growth Factors and Implications for Healing and for Future Treatment**
Bobby Chhabra, MD
- 8:30 am **Pearls and Zones of Flexor Tendon Anatomy**
David S. Ruch, MD
-  8:50 am **Flexor Tendon Adhesions**
Peter C. Amadio, MD
- 9:00 am **PANEL: HOW THE BASIC SCIENCE HAS CHANGED MY CLINICAL PRACTICE**
Moderators: Steven L. Moran, MD, David S. Ruch, MD
Panelists: Jin Bo Tang, MD, Bobby Chhabra, MD, Rowena McBeath MD, PhD, Donald H. Lalonde, MD
- 9:45 am Coffee Break/Exhibit
-  **FLEXOR TENDON REPAIR**
Moderator: Stephanie Sweet, MD
- 10:15 am **Current Principles of Flexor Tendon Repair**
Daniel J. Lorenzana, MD
- 10:30 am **THE M-Tang Repair**
Jin Bo Tang, MD
-  10:45 am **Pediatric Flexor Tendon Injuries**
Dan A. Zlotolow MD
- 10:55 am **Connexions Repair**
Kenneth R. Means, Jr., MD
- 11:10 am **Benefits of Wide Awake Repair**
Donald H. Lalonde, MD
- 11:25 am **Zone IV Flexor Tendon Injury**
John R. Fowler, MD
-  11:40 am **Zone I Flexor Tendon Injury**
Nina Suh, MD

- 11:50 am **Zone I Flexor Tendon Repair My Way**
R. Glenn Gaston, MD
-  12:00 pm **Special Consideration for FPL Repair**
Bobby Chhabra, MD
- 12:15 pm **Rehabilitation after Flexor Tendon Repair**
Roslyn B. Evans, OTR/L, CHT
- 12:30 pm LUNCH (provided) /EXHIBITS
-  **COMPLICATIONS OF FLEXOR TENDON INJURIES**
Moderator: Thomas J. Gillon, MD
- 1:30 pm **Rupture After Repair**
Melvin P. Rosenwasser, MD
- 1:45 pm **Pulley Rupture and Reconstruction**
R. Glenn Gaston, MD
-  2:00 pm **Tenolysis after Flexor Tendon Repair**
Donald H. Lalonde, MD
- 2:15 pm **Stage I Silicone Rod and Tendon Graft Reconstruction**
David S. Zelouf, MD
- 2:30 pm **PANEL DISCUSSION**
Moderators: Steven L. Moran, MD, Melvin P. Rosenwasser, MD
Panelists: Jin Bo Tang, MD, David S. Zelouf, MD, R. Glenn Gaston, MD, Mark E. Baratz, MD
- 3:00 pm Coffee Break/Exhibit
- 3:30 pm - **CONCURRENT PANELS**
- 5:30 pm **PANEL I**
Combined Tendon Injuries with Fractures, Nerve, Skin and Amputation
Moderator: Warren C. Hammert, MD
Panelists: Jin Bo Tang, MD, Nina Suh, MD, Kenneth R. Means, MD
- PANEL II**
Wide-Awake: The Ins, Outs, Ups and Downs
Moderator: Donald H. Lalonde, MD
Panelists: Sidney M. Jacoby, MD, Steven M. Koehler, MD, Mark E. Baratz, MD
- PANEL III**
Tendon Rupture and Repair from Wrist to the Elbow
Moderator: Mark S. Rekant, MD
Panelists: Christopher C. Schmidt, MD, Kenneth A. Kearns, MD, R. Glenn Gaston, MD
- 5:30 pm Exhibitor Sponsored Training Labs (Not for CME)
Lab 1: Endo Pharmaceuticals
Lab 2: Conventus Flower Orthopedics
Lab 3: TBA

SUNDAY MARCH 17, 2024

6:30 am Continental Breakfast



EXTENSOR TENDON INJURIES

Moderator: Eon K. Shin, MD

7:15 am **Extensor Tendon Injury Overview: A Different Beast**
John D. Lubahn, MD

7:30 am **Mallet Fracture Repair**
Matthew S. Wilson, MD

7:40 am **Central Slip Repair Techniques**
Andrew J. Miller, MD

7:55 am **Boutonniere Deformity – Does Anything Work?**
Donald H. Lalonde, MD

8:05 am **The Symptomatic Swan Neck**
Ryan D. Katz, MD

8:20 am **Attritional Extensor Tendon Ruptures at the Wrist**
Matthew S. Wilson, MD

8:30 am **Extensor Tendon Subluxation – Sagittal Bands, ECU and Post DeQuervains Release**
Warren C. Hammert, MD

8:45 am **PANEL: DIFFICULT EXTENSOR TENDON CASES**
Moderator: Melvin P. Rosenwasser, MD
Panelists: Ryan D. Katz, MD, John D. Lubahn, MD, Warren C. Hammert, MD, Steven L. Moran, MD

9:30 am Coffee Break/Exhibits

10:00 am - **PANEL: CASE BY CASE**
11:30 am **Moderators:** Mark E. Baratz, MD, A. Lee Osterman, MD, Warren Hammert, MD

Panelists:
Peter C. Amadio, MD **vs** Jin Bo Tang, MD
Bobby Chhabra, MD **vs** R. Glenn Gaston, MD
Chris C. Schmidt, MD **vs** Kenneth A. Kearns, MD
Mark S. Rekant, MD **vs** Peter C. Amadio, MD
Steven M. Koehler, MD **vs** Kenneth R. Means, Jr., MD
David S. Ruch, MD **vs** John D. Lubahn, MD
Jaques Henri Hacquebord, MD **vs** Ryan D. Katz, MD

11:30 pm Exhibitor Sponsored Training Labs (Not for CME)
Lab 4: Mission Surgical
Lab 5: Simpura Surgical
Lab 6: TBA

12:15 pm LUNCH (provided) /EXHIBIT



NERVE COMPRESSION

Moderator: Andrew J. Miller, MD

1:00 pm **Ultrasound for Diagnosis of Carpal Tunnel Syndrome**
John R. Fowler, MD

1:15 pm **Ultrasound Release of the Carpal Tunnel– Sonex Health Device**
John Fowler, MD

1:30 pm **Practical Uses of A Nerve Stimulator**
Michael R. Hausman, MD

1:40 pm

Pronator Release and AIN Compression
Adam B. Strohl, MD

1:55 pm

Evolution and Solution of Cubital Tunnel Surgery
Jesse B. Jupiter, MD

2:05 pm

Radial Tunnel Syndrome – Real or Imagined?
Sami Tuffaha, MD

2:15 pm

AIN Nerve Transfer in Chronic Cubital Tunnel: Indications and Surgical Technique
Jonathan E. Isaacs, MD

2:30 pm

Salvage of Failed Nerve Surgery: Flaps and Conduits
A. Lee Osterman, MD

2:40 pm

Tendon Transfers to Restore Opposition
Mark S. Rekant, MD

2:50 pm

THE OSTERMAN AWARD PRESENTATION
David S. Ruch, MD

3:05 pm Coffee Break/Exhibit

3:30 pm - **CONCURRENT PANELS**

5:30 pm **PANEL IV**
Soft Tissue Coverage With Associated Tendon Injuries

Moderator: Ryan D. Katz, MD

Panelists: Jacques Henri Hacquebord, MD, Adam B. Strohl, MD, Steven L. Moran, MD

PANEL V
Tendon Transfers Post Nerve And Tendon Injury

Moderator: Nina Suh, MD

Panelists: John R. Fowler, MD, Matthew S. Wilson, MD, Dan A. Zlotolow, MD

PANEL VI
Uncommon Compressive Neuropathies of the Upper Extremity

Moderator: Jonathan E. Isaacs, MD

Panelists: John D. Lubahn, MD, Jesse B. Jupiter, MD, Andrew J. Miller, MD

MONDAY MARCH 18, 2024

6:15 Continental Breakfast



NERVE IN THE NEW MILLENIUM

Moderator: Patrick M. Kane, MD

7:00 am

Crash Course in Nerve Evaluation: What's New in the Diagnosis Of Nerve Injury
Adam B. Strohl, MD

7:10 am





Nerve Repair: Tips and Tricks
Jonathan E. Isaacs, MD

7:25 am

How to Introduce Nerve Transfer into Your Practice: Where Do I Start?
Jaques Henri Hacquebord, MD

7:35 am

Challenging the DOGMA of Nerve Surgery: Operating on Patients with CRPS
Jesse B. Jupiter, MD

8:00 am	 Nerve Transfer to Restore Pinch <i>Jacques Henri Hacquebord, MD</i>	<i>Mark E. Baratz, MD (tendon) vs Sami Tuffaha, MD (nerve)</i>
8:15 am	Dealing with Neuromas and Neuropathic Pain <i>Michael R. Hausmann, MD</i>	Thumb Opposition <i>David S. Zelouf, MD (tendon) vs Jonathan E. Isaacs, MD (nerve)</i>
8:25 am	DENNERVATION Moderator: <i>Meredeth N. Osterman, MD</i>	Radial Nerve Injury <i>A. Lee Osterman, MD (tendon) vs Matthew S. Wilson, MD (nerve)</i>
	The Wrist <i>Melvin P. Rosenwasser, MD</i>	10:00 am Coffee Break/Exhibit
	The Thumb CMC <i>Adam B. Strohl, MD</i>	10:30 am Exhibitor Sponsored Training Labs (<i>Not for CME</i>) Lab 7: TBA Lab 8: TBA Lab 9: TBA
	Interphalangeal Joints <i>Sami Taffaha, MD</i>	
8:50 am	PANEL: THE GREAT DEBATE: NERVE TRANSFER VS TENDON TRANSFER Moderator: <i>A. Lee Osterman, MD</i> Hand Intrinsic Function	11:30 am Meeting Adjourn

SONEX HEALTH ULTRASOUND POST-COURSE
Fundamentals of Diagnostic & Interventional MSK Ultrasound for Hand Surgeons
Course Faculty: Dr. Jay Smith and Dr. Victor Marwin, Sonex Health
*Monday, March 18, 2024 | 1:00 pm – 5:00 pm**

1:00 pm	Welcome/Didactic MSK Presentation	2:45 pm	Hands-On Practice • Identify normal tissues in the volar wrist region • Obtain high quality images of the carpal tunnel region • Measure median nerve cross sectional area • Measure safe zones in the carpal tunnel region • Label, save and review US images and videos
1:30 pm	Scanning Technique: Holding the Transducer and Aligning It with the Target (Including Live Demonstration) • How US works and why should you care? • Getting the transducer aligned with the target	3:15 pm	Break
1:45 pm	Hands-On Practice • Practicing transducer manipulations • Moving from 2D to 3D • Localizing and imaging structures using US	3:15 pm	CTR w/UltraGuide CTR (Including Live Demonstration)
2:00 pm	Acquiring and Optimizing an US Image (Including Live Demonstration)	3:30 pm	Hands-On Practice • UltraGuide CTR with Realtime Ultrasound Guidance cadaveric practice
2:15 pm	Hands-On Practice • Getting oriented • Optimizing an US image • Transitioning between imaging planes - staying oriented • Controlling anisotropy, including differential anisotropy	4:15 pm	Trigger Finger Release Using UltraGuide TFR Demonstration
2:30 pm	Sonographic Appearance of Normal Tissues: Using the Carpal Tunnel as a Foundation for Learning MSK US	4:30 pm	Hands-On Practice • TFR w/UltraGuide TFR
		5:00 pm	Post-Course Adjourn

** Not for CME*

Pediatric Upper Extremity Pre-Course 2023 for Surgeons and Therapists

To Infinity and Beyond | Friday, March 15, 2024 | 7:30 am – 5:00 pm

7:30 am **Welcome**
Joshua M. Abzug, MD
Scott H. Kozin, MD
Dan Zlotolow, MD

Congenital

Moderator: Carley Vuillermin, MD

7:45 am Syndactyly – Graft, Timing, Special Considerations
Carley Vuillermin, MD

7:55 am Macrodactyly – Operative and Non-Operative Management
Scott H. Kozin, MD

8:05 am Radial Polydactyly – Tried and True vs. New Advancements (Extraperiosteal Toe Transfers)
Steven Moran, MD

8:15 am Madelung's
Dan Zlotolow, MD

8:25 am Camptodactyly
Kevin Little, MD

8:35 am Congenital Therapy
Sandra L. Schmeig, OTR/L, CHT

8:50 am Case Presentations: Potpourri
Carley Vuillermin, MD

9:15 pm Coffee Break

Fractures

Moderator: Apurva Shah, MD

9:45 am Clavicle Fractures – Have We Come Full Circle?
Theresa Wyrick, MD

9:55 am Proximal Humerus
Joshua M. Abzug, MD

10:05 am Forearm – To Plate or Nail
Scott H. Kozin, MD

10:15 am Olecranon Fractures
Apurva Shah, MD

10:25 am Wide Awake Surgery for Pediatric Fracture Care
Donald Lalonde, MD

10:35 am Splinting for Humerus and Forearm Fractures
Nicole Bickhart, OT, CHT

10:40 am Case Presentations
Apurva Shah, MD, Haley Jacobs, PA-C, Emily Stankowski, PA-C

Tendon

Moderator: Jin Bo Tang, MD

11:00 am Pediatric Tendon Injuries: Are Kids the Same as Adults? – East Coast Perspective
Jin Bo Tang, MD

11:10 am Wide Awake for Tendon Injuries
Donald Lalonde, MD

11:20 am Occupational Therapy for Tendon Injuries
Jaclyn Miley, MS, OTR/L

11:35 am Case Presentations
Jin Bo Tang, MD

12:00 pm Lunch

Spasticity

Moderator: TBA

1:00 pm Arm and Forearm CP/Spasticity - The Role of Muscle Tendon Lengthenings
Scott H. Kozin, MD

1:10 pm Arm and Forearm CP/Spasticity - The Role of Selective Denervation
Eugene Park, MD

1:20 pm Upper Extremity Spasticity: Is There Still a Role for Arthrodesis?
Dan A. Zlotolow, MD

1:30 pm Occupational Therapy for Children with Spasticity
Jenny Dorich, PhD, OTR/L, CHT

Nerve

Moderator: Steven L. Moran, MD

1:45 pm Targeted Muscle Reinnervation
Steven L. Moran, MD

1:55 pm Nerve Transfers for Spinal Cord Injury
Dan Zlotolow, MD

2:05 pm Occupational Therapy for Targeted Muscle Reinnervation
Justine LaPierre, MS, OTR/L, CHT

2:15 pm Acute Rehabilitation for Spinal Cord Rehab
Bethany M. Lipa, MD

2:25 pm Cases
Steven L. Moran, MD

2:45 pm Coffee Break

Sports Injuries

Moderator: Dan Zlotolow, MD

3:15 pm Medial Elbow Injuries/UCL
Dan Zlotolow, MD

3:25 pm TFCC
Theresa Wyrick, MD

3:35 pm OCD of the Elbow
Apurva Shah, MD

3:45 pm Gymnast Wrist
Joshua M. Abzug, MD

3:55 pm Occupational Therapy
Heather Weesner, OT, CHT

4:05 pm Discussion/Case Examples
Dan Zlotolow, MD

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Endorsed By

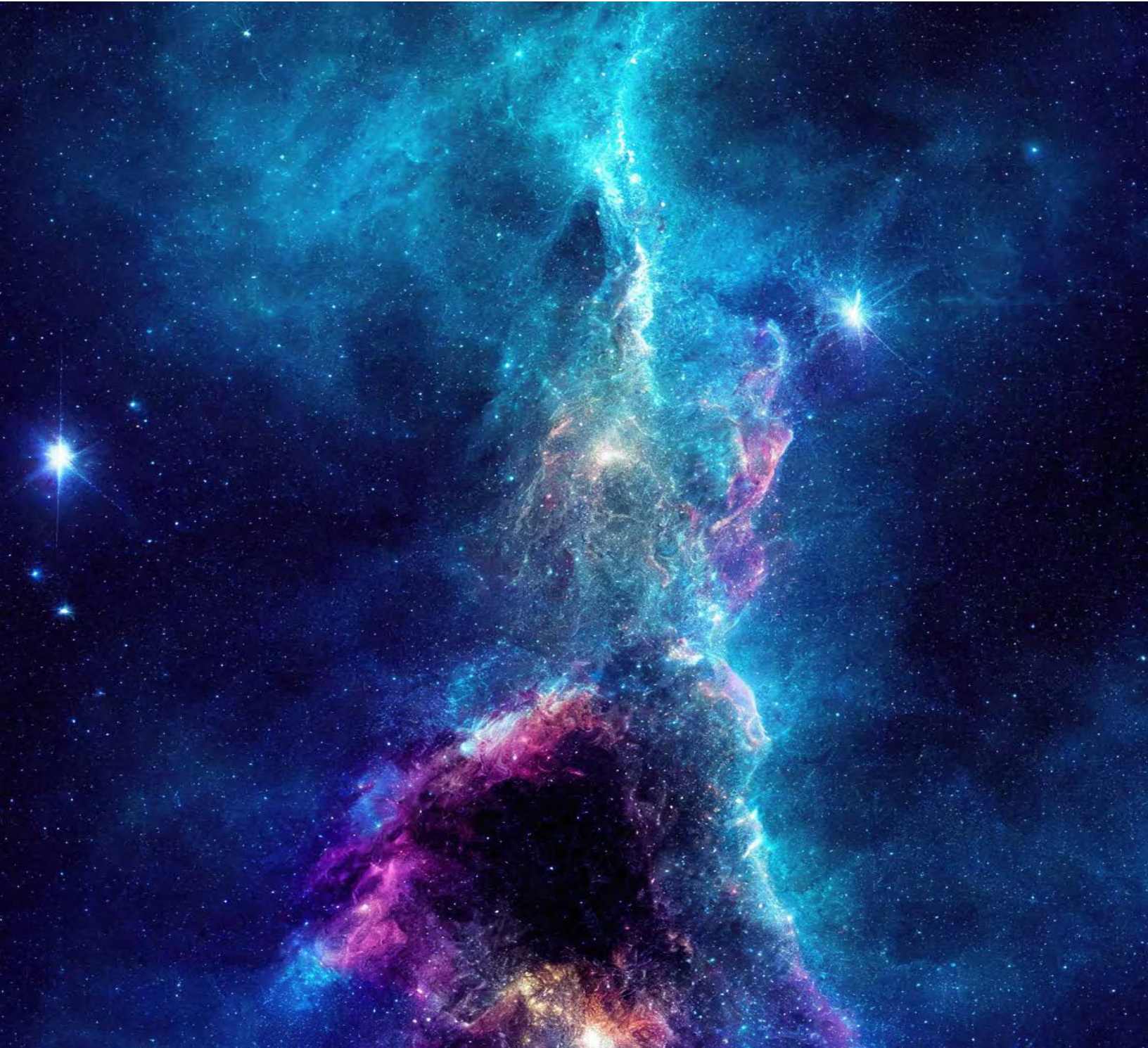


POSNA
 PEDIATRIC ORTHOPAEDIC SOCIETY
 OF NORTH AMERICA

Brachial Plexus Birth Palsy Reconstructive Surgery

Moderator: Kevin Little, MD

4:15 pm	Assessment and Treatment of The Elbow Beyond Primary Nerve Surgery Scott H. Kozin, MD	4:35 pm	Assessment and Treatment of The Hand Beyond Primary Nerve Surgery Kevin Little, MD
4:25 pm	Assessment and Treatment of The Wrist Beyond Primary Nerve Surgery Carley Vuillermin, MD	4:45 pm	Occupational Therapy for Elbow, Wrist and Hand Procedures Jenny Dorich, PhD, OTR/L, CHT
		4:55 pm	Discussion Scott H. Kozin, MD
		5:00 pm	Pre-Course Adjourn



Tendon and Nerve — The 5th Decade: To Infinity and Beyond

The Philadelphia Hand Rehabilitation Foundation is proud to present the **25th Annual Hand Surgery Symposium**, which will provide a comprehensive exploration of tried and true, as well as new treatments for the management of diverse upper extremity 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, and Physiatrists.

At the conclusion of this activity, the participants will:

1. Define and identify conditions of the upper extremity, including tendon and nerve injuries, how to avoid them and how to treat them when they occur.
2. Review complex tendon and nerve injuries; recognize appropriate surgical reconstructive options.
3. Evaluate and classify these conditions and determine the best course of treatment.
4. Explain and perform the varying surgical options for tendon and nerve injuries as well as nerve compressions.
5. Explain 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 the 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 **28.50 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.

MEETING AND HOTEL INFORMATION

The Logan Philadelphia, Curio Collection by Hilton

One Logan Square

Philadelphia, Pennsylvania, 19103

Reservations: 844-634-3605 Hotel Direct: 215-963-1500

Room Rate: \$219.00/night.

Deadline for reduced rates: February 23, 2024

HOTEL RESERVATIONS

By phone: Please identify yourself as part of the Hand Rehabilitation Foundation Group when calling the Reservations Center. Call 215-963-1500 and follow the prompts to make a new reservation. Once connected with an agent, you must provide the group code GSHRF.

Book Online: <https://bit.ly/HandSurgery2023>

REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG | ON-SITE ONLY AFTER MARCH 1, 2024

2024 FACULTY

Joshua Abzug, MD[§]

Timonium, MD

Peter C. Amadio, MD

Rochester, MN

Mark E. Baratz, MD

Bethel Park, PA

Bobby Chhabra, MDF*

Charlottesville, VA

John R. Fowler, MD

Pittsburgh, PA

R. Glenn Gaston, MD

Charlotte, NC

Thomas J. Gillon, MD

Rockledge, PA

Jacques Henri Hacquebord, MD

New York, NY

Warren C. Hammert, MD

Morrisville, NC

Michael R. Hausman, MD

New York, NY

Jonathan E. Isaacs, MD

Richmond, VA

Sidney M. Jacoby, MD

King of Prussia, PA

Jesse B. Jupiter, MD

Boston, MA

Patrick M. Kane, MD

Cherry Hill, NJ

Ryan D. Katz, MD

Baltimore, MD

Kenneth A. Kearns, MD

King of Prussia, PA

Steven M. Koehler, MD

Bronx, NY

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Donald H. Lalonde, MDF*[§]

Saint John, Canada

Kevin J. Little, MD[§]

Cincinnati, OH

Bethany M. Lipa, MD[§]

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Daniel A. Loranzano, MD

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John D. Lubahn, MD

Erie, PA

Rowena McBeath, MD, PhD

Langhorne, PA

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Baltimore, MD

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Langhorne, PA

Adam B. Strohl, MD

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Smyrna, GA

Stephanie Sweet, MD

King of Prussia, PA

Jin Bo Tang, MDF*[§]

Jiangsu, China

Sami Tuffaha, MD

Baltimore, MD

Carley Vuillermin, MD[§]

Boston, MA

Matthew S. Wilson, MD

Philadelphia, PA

Theresa O. Wyrick, MD[§]

Mabelvale, AR

David S. Zelouf, MD

King of Prussia, PA

Dan A. Zlotolow, MD[§]

Philadelphia, PA

PEDIATRIC THERAPY FACULTY

Nicole Bickhart, OT, CHT

Jenny Dorich, PhD, OTR/L, CHT

Haley Jacobs, PA-C

Justine LaPierre, MS, OTR/L, CHT

Jaclyn Miley, MS, OTR/L

Sandra L. Schmieg, OTR/L, CHT

Emily Stankowski, PA-C

Heather Weesner, OT, CHT

**Honored Professor*

§Pediatric Pre-Course Faculty



25TH ANNUAL HAND SURGERY SYMPOSIUM
Tendon and Nerve — The 5th Decade: To Infinity and Beyond
March 16 – 18, 2024

Name _____ Degree _____
Address _____
City, State, Zip _____
E-Mail (Required) _____
Telephone (Work) _____ (Home) _____ (Fax) _____

Table with 6 columns: Concurrent Panels and Labs, Day/Date, Session, 1st Choice, 2nd Choice, 3rd Choice. Rows include dates from Saturday, March 16 to Monday, March 18 with session details.

Registration ON SITE ONLY after March 1, 2024. Table with 3 columns: Category, Fee, and FEE. Rows include Surgeon/Physician (\$1,250), Military (\$750), Pre-Course (\$425), and a TOTAL row.

Check or Money Order in U.S. funds payable to Hand Rehabilitation Foundation. Please indicate if you have any need for auxiliary aids or special assistance services.

Credit card registrations please register online at www.handfoundation.org/symposia

Hand Rehabilitation Foundation logo and contact info: Please complete this form and mail to: Hand Rehabilitation Foundation, 120 Huntingdon Pike, Ste 100, Rockledge, PA 19046. Virtual Syllabus 2024: Watch your email for details! There will be NO syllabus book.

REGISTER ONLINE AT WWW.HANDFOUNDATION.ORG | ON-SITE ONLY AFTER MARCH 1, 2024