

19TH ANNUAL UPPER EXTREMITY TUTORIAL COURSE

**THERAPY
BREAKOUT
SESSIONS**
INCLUDING
CADAVERIC
SESSIONS!



www.HandFoundation.org

**The Viceroy Snowmass Hotel
Snowmass Village, Colorado**

February 25 - 29, 2024

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 Viceroy Snowmass 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 Bar and Grill, 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 Snowmass Hotel.

The Viceroy Snowmass Hotel

130 Wood Rd. PO Box 6985
Snowmass Village, CO 81615
(970) 923-8000

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



Room Rate: \$650.00



**RESERVATIONS MUST
BE RECEIVED BY**

WEDNESDAY, JANUARY 24, 2024

*Conference rate MAY NOT be available
after January 24, 2024.*

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, Physiatrists, 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

Kenneth A. Kearns, MD

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

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*

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*

Bryan J. Loeffler, MD

*Chief, Hand Surgery and Associate Professor, Atrium Health
Department of Orthopaedic Surgery, Clinical Faculty, Ortho-
Carolina Hand and Upper Extremity Fellowship, Charlotte NC*

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*

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 25, 2024

Registration 4:00 pm – 8:00 pm

4:25 Welcome A. Lee Osterman, MD

4:30 **SHOULDER DEBATES:**
"No Fighting, This is a Ski Trip"
Moderator: Mark D. Lazarus, MD

A. 18 yo Competitive Skier with 1st Traumatic Dislocation, Small Boney Bankart, Small Hill-Sachs Lesion

4:30 Non-Operative
Bryan J. Loeffler, MD

4:35 Arthroscopic Repair +/- Remplissage
Mark D. Lazarus, MD

4:40 Open Repair
Surena Namdari, MD

4:45 Latarjet
Kenneth A. Kearns, MD

4:50 Discussion

B. 32 yo Recreational CrossFit Athlete with Type 2 SLAP Tear

5:00 Repair
Kenneth A. Kearns, MD

5:05 Tenodesis
Benjamin Sears, MD

5:10 Discussion

C. 43 yo Avid Weightlifter with Acute Long Head Biceps Rupture, Mild Glenohumeral Arthritis

5:20 Non-Operative
Thomas W. Wright, MD

5:25 Tenodesis
Bryan J. Loeffler, MD

5:30 Discussion

D. 20 yo Snowboarder with a Grade 3 AC Separation

5:40 Non-Operative
Benjamin Sears, MD

5:45 Repair
Kenneth A. Kerans, MD

5:50 Discussion

E. 56 yo Laborer with Acute on Chronic Supra/Infra RTC Tear, Grade 2 Supra Atrophy Retracted to Glenoid Rim, Mild Glenohumeral Arthritis

6:00 Partial Tear
Mark D. Lazarus, MD

6:05 Superior Capsular Reconstruction
Kenneth A. Kearns, MD

6:10 Lower Trapezius
Bryan J. Loeffler, MD

6:15 RSA
Thomas W. Wright, MD

6:20 Discussion

6:30 Opening Reception

DAY 2 | MONDAY, FEBRUARY 26, 2024

MORNING SESSION

6:00 CONTINENTAL BREAKFAST

6:30 **SHOULDER DEBATES: "DEBATE FAIRLY - I'M STILL SLEEPING"**
Moderator: Kenneth A. Kearns, MD

A. 71 yo Female with 3-part Proximal Humerus Fracture

6:30 Non-Operative
Kenneth A. Kearns, MD

6:35 ORIF with Plate
Jesse B. Jupiter, MD

6:40 ORIF with Nail
Benjamin Sears, MD

6:45 RSA
Surena Namdari, MD

6:50 Discussion

B. 63 yo Active Male with B2/3 Glenohumeral Arthritis, 24° Retroversion, 50% Posterior Subluxation

7:00 Pyro Hemi/Resurfacing
Surena Namdari, MD

7:05 Ream & Run
Mark D. Lazarus, MD

7:10 TSA with Inset Glenoid
Benjamin Sears, MD

7:15 TSA with Augment
Bryan Loeffler, MD

7:20 RSA
Thomas W. Wright, MD

7:25 Discussion

C. RSA Implanted – What to do with the Subscap?

7:35 Repair
Mark D. Lazarus, MD

7:40 Let it Fly
Thomas W. Wright, MD

7:45 Discussion

D. Axillary Nerve Injury s/p TSA/RSA

7:50 How Long to Wait for Recovery/How Much Recovery is Sufficient?
Surena Namdari, MD

7:55 Acute Referral – What to do: Neurolysis vs. Nerve Transfer
Bauback Safa, MD

8:00 Delayed Referral – When is Nerve Transfer too Late and What Type of Muscle Transfer?
Bryan J. Loeffler, MD

8:05 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: TBD**
*Not for CME

9:15 Recess

DAY 2 | MONDAY, FEBRUARY 26, 2024
AFTERNOON SESSION

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

Moderator: Mark D. Lazarus, MD
Panelists: Kenneth A. Kearns, MD, Bryan J. Loeffler, MD, Benjamin Sears, MD, Surena Namdari, 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, Bryan J. Loeffler, MD, Jason A. Suda, MOTR/L, CHT, Terri L. Wolfe, OTR/L, CHT

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

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

DAY 3 | TUESDAY, FEBRUARY 27, 2024
MORNING SESSION

6:30 CONTINENTAL BREAKFAST

7:00 **"FLAT BROKE AND BUSTED"**
Moderator: Jesse B. Jupiter, MD

7:00 Fragility Fractures in the Distal Humerus
Graham J. W. King, MD, FRCSC

7:15 Bringing Helicopter Instability Down to Earth
Michael R. Hausman, MD

7:30 Fix the Coronoid: Really??
Bryan J. Loeffler, MD

7:45 When is Lateral Instability a Thing?
Mark E. Baratz, MD

8:00 **THERAPY BREAKOUT SESSION III:**
Elbow Therapy After Trauma
Jorge L. Orbay, 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 27, 2024
AFTERNOON SESSION

4:00 **ELBOWS IN A "VALLEY OF PAIN"**
Moderators: Mark E. Baratz, MD, Michael R. Hausman, MD
Panelists: Douglas P. Hanel, MD, Jesse B. Jupiter, MD, Graham J.W. King, MD, FRCSC, Bryan J. Loeffler, MD, Jorge L. Orbay, 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 Guest Speaker: Mike Stevens

DAY 4 | WEDNESDAY, FEBRUARY 28, 2024
MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
- 6:30 **"ELBOW OF A WORKIN' MAN"**
Moderator: Mark E. Baratz, MD
- 6:30 Arthroscopic Management of the Arthritic Elbow
Graham J. W. King, MD, FRCSC
- 6:45 Making Open Release Look Easy
Douglas P. Hanel, MD
- 7:00 When do I Need an Internal or External Frame After Elbow Release?
Jorge L. Orbay, MD
- 7:30 That Cubital Tunnel is on My Last Nerve
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: Skeletal Dynamics**
*Not for CME
- 9:00 Recess

DAY 4 | WEDNESDAY, FEBRUARY 28, 2024
AFTERNOON SESSION

- 4:00 **WRIST AND HAND TRAUMATIC SNAKES IN THE GRASS: JEOPARDY STYLE: CASE PRESENTATIONS/ ROUND TABLE DISCUSSION**
Moderators: Scott W. Wolfe, MD, Jesse B. Jupiter, MD
Panelists: Douglas P. Hanel, 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, Jeffrey Yao, MD
- 5:30 **WISDOM FROM OUR CLEVER FACULTY**
Moderator: Jeffrey Yao, MD
- 5:30 My Top 5 and Bottom 5 (Ones I Would Never Do Again) Surgeries and Why
Jorge Orbay, MD
- 5:45 My Top 5 and Bottom 5 (ones I would never do again) Surgeries and Why
Doug Hanel, MD

- 6:00 Reflections from a Storied and Fruitful Career
A. Lee Osterman, MD
- 6:30 **THERAPY BREAKOUT SESSION VI:**
Thumb and Radial Wrist
Jason S. Suda, MOTR/L, CHT,
Terri L. Wolfe, OTR/L, CHT, Jeffrey Yao, MD
- 6:30 **BIOSKILLS LAB G: TBD**
*Not for CME
- 7:30 Recess

DAY 5 | THURSDAY, FEBRUARY 29, 2024
MORNING SESSION

- 6:00 CONTINENTAL BREAKFAST
- 6:30 **What's the Latest in 2024 on Common Hand Problems?**
Moderator: Mark S. Rekant, MD
- 6:30 Tendinopathies: Trigger Digits and DeQuervain's
Michael R. Hausman, MD
- 6:45 Update on Scapholunate Ligament Tears
Scott W. Wolfe, MD
- 7:00 Wrist Arthropathies: Radiocarpal, Midcarpal, DRUJ
David S. Ruch, MD
- 7:15 **DEBATES**
Moderator: Jeffrey Yao, MD
- A. Carpal and Cubital Tunnel Syndrome:**
- 7:15 Endoscopic is the Way to Go
John D. Lubahn, MD
- 7:25 Open is the Way to Go
Marc J. Richard, MD
- 7:35 Poll the audience and conclude
- B. SNAC/SLAC Wrist Arthritis:**
- 7:40 Proximal Row Carpectomy!
T. Greg Sommerkamp, MD
- 7:50 Partial Wrist Fusion!
Amy L. Ladd, MD
- 8:00 Poll the audience and conclude
- 8:00 **THERAPY BREAKOUT SESSION VII:**
Ulnar Wrist
Robert J. Medoff, MD,
Jason A. Suda, MOTR/L, CHT,
Terri L. Wolfe, OTR/L, CHT
- 8:00 **BIOSKILLS LAB H: Skeletal Dynamics**
*Not for CME
- 9:00 Recess

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

Moderators: *Dave S. Ruch, MD, T. Greg Sommerkamp, MD*
Panelists: *Douglas P. Hanel, 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, Marc J. Richard, MD, Bauback Safa, MD, Scott W. Wolfe, MD, Jeffrey Yao, MD*

6:00 HIGH YIELD TOP 10 LISTS
Moderator: *Jeffrey Yao, MD*

- 6:00 My Top 10 Coding Tricks for 2024
Daniel J. Nagle, MD
- 6:15 My Top 10 Surgical Tips and Tricks – Distal Radius Malunion
Jorge L. Orbay, MD
- 6:30 My Top Flaps Every Surgeon Should Know
Bauback Safa, MD
- 6:40 My Top 10 Surgical Tips and Tricks – Hand Fractures
Jesse B. Jupiter, MD
- 6:50 My Top 10 Surgical Tips and Tricks – Nerve Injuries
Mark S. Rekant, MD
- 7:00 CLOSING REMARKS and ADJOURN
A. Lee Osterman, MD

FELLOWS POST-COURSE

Friday, March 1, 2024 | 6:30am – 11:45am

Limited space with scholarships available. Application on website:
www.handfoundation.org/conferences or contact Iristine@handfoundation.org.

Sponsored by TriMed

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 22.5 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.



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Accredited by
CineMed



Presented by
Hand Rehabilitation Foundation

Register Online at: www.handfoundation.org/conferences



Please scan this QR Code to
be linked to
Conference Registration



Please scan this QR Code
to be linked to The Viceroy
Hotel 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 February 12, 2024. **No Refunds after February 12, 2024.**

HAND REHABILITATION FOUNDATION
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