

*The 5th Annual Extremity Summit:
What's New in Hand Surgery and Foot/Ankle Surgery
at*

The
Greenbrier Medical Institute
World Class Healthcare

Co-Sponsored by the Southern Orthopaedic Association

The Greenbrier
White Sulphur Springs,
West Virginia

Resident & Fellows
Meeting
June 3, 2016
(Non-CME)

Upper Extremity &
Foot/Ankle
June 4, 2016
(CME)

Conference Chair

L. Andrew Koman, MD

Directors: Upper Extremity

Ethan R. Wiesler, MD

Zhongyu Li, MD

Director: Foot/Ankle

James A. Nunley, MD



Special room rates starting at \$309.00 for attendees
\$150.00 for residents/fellows

Umur Aydogan, MD	Assistant Professor, Penn State University, Hershey, PA
A. Bobby Chhabra, MD	Professor, University of Virginia, Charlottesville, VA
M. Truitt Cooper, MD	Assistant Professor, University of Virginia, Charlottesville, VA
Stephen L. Conti, MD	UPMC, Pittsburgh, PA
William S. Corey, MD	Lowcountry Orthopaedics & Sports Medicine, Charleston, SC
Daniel J. Cuttica, DO	The Orthopaedic Foot & Ankle Center, Washington, D.C.
D. Nicole Deal, MD	Associate Professor, University of Virginia, Charlottesville, VA
Aaron M. Freilich, MD	Associate Professor, University of Virginia, Charlottesville, VA
R. Glenn Gaston, MD	OrthoCarolina Hand Center, Charlotte, NC
Benjamin R. Graves, MD	Assistant Professor, Wake Forest School of Medicine, Winston-Salem, NC
Brian M. Jurbala, MD	Highland Center for Orthopaedics, Lakeland, Florida
L. Andrew Koman, MD	Professor and Chair, Wake Forest School of Medicine, Winston-Salem, NC
Zhongyu Li, MD	Professor, Wake Forest School of Medicine, Winston-Salem, NC
John D. Lubahn, MD	Professor, UPMC Hamot, Erie, PA
Peter G. Mangone, MD	Blue Ridge Bone & Joint, Asheville, North Carolina
Daniel J. Nagle, MD	Professor, Northwestern University, Chicago, IL
James A. Nunley, II, MD	Professor, Duke University Medical Center, Durham, NC
Jorge L. Orbay, MD	Miami Hand and Upper Extremity Institute, Miami, Florida
A. Lee Osterman, MD	Chief, Division of Hand Surgery, Dept. of Orthopaedic Surgery at Thomas Jefferson Medical College, Philadelphia, Pennsylvania
Joseph S. Park, MD	Assistant Professor, University of Virginia, Charlottesville, VA
Vankat Partumal, MD	Assistant Professor, University of Virginia, Charlottesville, VA
Thomas H. Sanders, MD	The Orthopedic Foot and Ankle Center, Washington, DC
Robert D. Santrock, MD	Professor, West Virginia University, Morgantown, WV
William E. Saar, DO	UPMC, Pittsburgh, PA
Omar P. Sanguenza, MD	Professor, Wake Forest School of Medicine, Winston-Salem, NC
Ellen S. Satteson, MD	Resident, Wake Forest School of Medicine, Winston-Salem, NC
Aaron T. Scott, MD	Associate Professor, Wake Forest School of Medicine, Winston-Salem, NC
W. Bret Smith, DO	Palmetto Health, Columbia, SC
Robert L. B. Sprinkle, III, DPM	Associate Professor, Wake Forest School of Medicine, Winston-Salem, NC
Shruti Tannan, MD	Assistant Professor, Wake Forest School of Medicine, Winston-Salem, NC
Robert D. Teasdall, MD	Professor, Wake Forest School of Medicine, Winston-Salem, NC
Scott L. Tucker, MD	Salem Plastic Surgery, Winston-Salem, NC
Christopher J. Tuohy, MD	Assistant Professor - Wake Forest School of Medicine, Winston-Salem, NC
Keith L. Wapner, MD	Clinical Professor, University of Pennsylvania, Philadelphia, Pennsylvania
Mark J. Warburton, MD	UNG Regional Orthopaedics, High Point, NC
Ethan R. Wiesler, MD	Professor - Wake Forest School of Medicine, Winston-Salem, NC
Dane K. Wukich, MD	Professor, UPMC, Pittsburgh, PA

ACCREDITATION INFORMATION

2016 PROGRAM COMMITTEE

The following orthopaedic surgeons are gratefully acknowledged for their contribution to the development of the scientific program:

L. Andrew Koman, MD, Chair

Ethan R. Wiesler, MD

James A. Nunley, II, MD

Mary Lee Rippey

Mission:

The Mission is to provide an update on the state-of-the-art care of the upper extremity and foot & ankle.

TARGET AUDIENCE

The 5th Annual Extremity Summit: What's New in Hand Surgery and Foot/Ankle Surgery has been developed primarily to meet the needs of orthopaedic and trauma surgeons who specialize in the areas of Upper Extremity and Foot & Ankle.

CME CREDIT

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 American Academy of Orthopaedic Surgeons and the Southern Orthopaedic Association. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of 7.5 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*7.25 CME Credits for Hand Program

*7.5 CME Credits for Foot and Ankle Program

PURPOSE

1. To provide the attendees principles of diagnosis, management and referral for upper extremity conditions including Dupuytren's contracture; elbow, wrist and forearm fracture (adult and children); shoulder, elbow and wrist conditions; non-union complications; compartmental syndrome (CRPS). In addition, an update on ICD 10 and procedure codes will be provided;
2. To provide attendees an understanding of the various techniques for repair of Achilles tendon injuries, calcaneal fractures, hallux valgus and adult flat foot.
3. Engage in professional interactions with colleagues and faculties which will improve their knowledge base and clinical expertise; and
4. Discuss and critique clinical care and research findings in the hand and upper extremity and the foot and ankle.

OBJECTIVES

Educational objectives will be met through a combination of guest lectures, case presentations, and discussions with attendees. The following objectives will be addressed during the Scientific Program, such that at the conclusion of this course the attendees should be able to:

1. Understand the current treatment options available for nerve damaged upper extremity conditions that are within the grasp of all treating physicians.
2. Be able to come to a consensus about the use and evaluation of upper extremity evaluation modules (i.e. quick DASH).
3. Be able to perform and appropriately utilize the wound VAC and adjunctive options from this technology for hand and upper extremity wound care.
4. Be familiar with current technologies in upper extremity trauma.
5. Understand management options for ankle arthritis including ankle fusion and total ankle replacement.
6. Understand current management of bunions.
7. Understand state-of-the-art management techniques for ankle sprain, tendon Achilles repair.

These educational objectives will be obtained through guest lectures and discussions with attendees.

NON CME SCHEDULEFriday, June 3, 2016

12:45—5:00 pm Upper Extremity Residents/Fellows Conference
Lodge—Greenbrier Sporting Club

12:45—5:00 pm Foot/Ankle Residents/Fellows Conference
Lodge—Greenbrier Sporting Club

Sunday, June 5, 2016

7:45—12:00 pm Wake Forest Hand Fellowship Alumni Meeting
Lodge—Greenbrier Sporting Club

Hand and Upper Extremity

Saturday June 4, 2016

7:00—9:00 am	Open for breakfast and exhibitors	McKinley Room
7:20—7:25 am	Welcome and Introduction - Ethan R. Wiesler, MD	McKinley Room

Soft TissueS

Session I

Moderator - Ethan R. Wiesler, MD

7:25—7:30 am	When trigger finger shoot the surgeon	A. Lee Osterman, MD
7:31—7:40 am	Release trigger in office	Brian M. Jurbala, MD
7:41—7:46 am	Dupuytren's Disease	R. Glenn Gaston, MD
7:47—7:52 am	Flexor tendon repair—what's new?	D. Nicole Deal, MD
7:53—7:58 am	Extensor tendon repair—what's old?	Aaron M. Freilich, MD
7:58—8:20 am	Questions	

Nerve—Session II

Moderator - Zhongyu Li, MD

8:21—8:26 am	Diagnosis cubital tunnel	Mark J. Warburton, MD
8:27—8:32 am	Cubital tunnel decompression	Daniel J. Nagle, MD
8:33—8:38 am	Medial nerve compression in forearm	Benjamin R. Graves, MD
8:39—8:44 am	Nerve repair—1°, 2°, graft, conduits	Zhongyu Li, MD
8:45—9:00 am	Discussion	
9:00—9:19 am	Break with exhibitors	
9:20—9:25 am	Fibromyalgia	D. Nicole Deal, MD
9:26—9:31 am	Nonunion Radius	R. Glenn Gaston, MD
9:32—9:37 am	Nerve transfer Update	Zhongyu Li, MD
9:38—9:43 am	Distal Biceps Repair: to do or not to do	John D. Lubahn, MD
9:44—10:00 am	Discussion	

High Performance Patients/Athletes/Common Concerns

Session III

Moderator: R. Glenn Gaston, MD

10:00—10:05 am	"Pro" Athletes—how they differ	R. Glenn Gaston, MD
10:06—10:11 am	OCD lesions in athletes	A. Bobby Chhabra, MD
10:12—10:17 am	New imaging	Ethan R. Wiesler, MD
10:18—10:25 am	Pain/compartiment syndrome	L. Andrew Koman, MD
10:26—10:45 am	Discussion	

Hand and Upper Extremity

Saturday June 4, 2016

Business of Medicare Session IV Moderator - L. Andrew Koman, MD

10:45—11:00 am	Update MACRA (another set of initials)	Daniel J. Nagle, MD
11:01—11:15 am	Resident/Fellow Education	L. Andrew Koman, MD
11:16—11:30 am	Discussion	

Wrist Session V Moderator - Ethan R. Wiesler, MD

11:31—11:40 am	Wrist fracture-when to and when to not operate	Jorge L. Orbay, MD
11:41—11:51 am	Wrist arthroscopy update	Ethan R. Wiesler, MD
11:52—12:00 pm	Discussion	
12:00—1:00 pm	Lunch/workshops	

Finger Session VI Moderator - A. Bobby Chhabra, MD

1:00—1:09 pm	Coding EMR (ICD-10 update on Deformity	L. Andrew Koman, MD
1:10—1:20 pm	Mallet/Boutonniere Deformity Management	A. Bobby Chhabra, MD
1:21—1:30 pm	Arthritis MCP—is fusion obsolete	Jorge L. Orbay, MD
1:31—1:45 pm	Discussion	

Basal or Joint Arthritis Session VII Moderator: Benjamin R. Graves, MD

1:45—1:55 pm	Interposition arthroplasty	John D. Lubahn, MD
1:56—2:04 pm	Arthrodesis	Benjamin R. Graves, MD
2:05—2:12 pm	Arthroplasty	A. Lee Osterman, MD
2:12—2:17 pm	Splinting/watchful waiting—why prostheses for CMC arthritis	Ellen S. Satteson, MD
2:18—2:30 pm	Discussion	
2:30—2:45 pm	Exhibitors	

Hand and Upper Extremity

Saturday June 4, 2016

Fractures (Humerus)

Session VIII

Moderator - Benjamin R. Graves, MD

2:45—2:55 pm	Midshaft humerus	Benjamin R. Graves, MD
2:56—3:05 pm	Adult Elbow	Zhongyu Li, MD
3:06—3:15 pm	Pediatric Elbow	L. Andrew Koman, MD
3:16—3:30 pm	Discussion	
3:31—3:40 pm	Biopsies—what to do and not to do	Scott L. Tucker, MD
3:41—3:50 pm	How to interpret the pathologist's interpretation	Omar P. Sanguenza, MD
3:51—4:00 pm	Discussion	

Fractures (Forearm)

Session IX

Moderator - John D. Lubahn, MD

4:00—4:06 pm	Monteggia Fractures	John D. Lubahn, MD
4:07—4:13 pm	Galeazzi Fractures	A. Bobby Chhabra, MD
4:14—4:21 pm	Pediatric Forearm	R. Glenn Gaston, MD
4:22—4:30 pm	Discussion	

Techniques

Session X

Moderator - Shruti C. Tannan, MD

4:30—4:40 pm	Ultrasound—who should do/how do you code	L. Andrew Koman, MD and Brian M. Jurbala, MD
4:40—4:50 pm	Soft Tissue Management in Upper Extremity	Shruti C. Tannan, MD
4:51—5:00 pm	Discussion	

Foot and Ankle

Saturday June 4, 2016

7:00—9:00 am	Open for breakfast and exhibitors	Fillmore Room
7:20—7:30 am	Welcome and Introduction - James A. Nunley, MD	Fillmore Room

Session 1

Moderator - James A. Nunley, MD

7:30—7:39 am	Achilles Tendon— should I repair or not?	M. Truitt Cooper, MD
7:40—7:49 am	Achilles Tendon— mini open technique	Aaron T. Scott, MD
7:50—7:59 am	Achilles Tendon— treating a gap	Vankat Partumal, MD
8:00- 8:09 am	Achilles Tendon— rehab techniques	Thomas H. Sanders, MD
8:10—8:19 am	Calcaneal Fractures-open lateral approach	Thomas H. Sanders, MD
8:20—8:29 am	Calcaneal Fractures— sinus tarsi approach	W. Bret Smith, MD
8:30—8:39 am	Calcaneal Fractures— percutaneous technique	Aaron T. Scott, MD
8:40—8:39 am	Calcaneal Fractures—malunion and arthritis	Keith L. Wapner, MD
8:40—9:00 am	Discussion	

Session II

Moderator - Robert D. Santrock, MD

9:00—9:09 am	Post Traumatic Ankle Pain—Case for open fusion	Aaron T. Scott, MD
9:10— 9:19 am	Post Traumatic Ankle Pain—Case for arthroscopic fusion	Robert D. Santrock, MD
9:20—9:29 am	Post Traumatic Ankle Pain—Case for TAA	James A. Nunley, MD
9:30—9:39 am	Post Traumatic Ankle Pain—Pitfalls for TAA	James A. Nunley, MD
9:40—9:49 am	Diabetic Foot—wound care techniques	Dane K. Wukich, MD
9:50—9:59 am	Diabetic Foot—Charcot—peri-op optimization	Keith L. Wapner, MD
10:00—10:09 am	Diabetic Foot—when should I use a frame?	Keith L. Wapner, MD
10:10—10:19 am	Diabetic Foot—when should I use internal fixator?	Keith L. Wapner, MD
10:20—10:30 am	Discussion	

Session III

Moderator—Aaron T. Scott, MD

10:30—10:39 am	Arthroscopy—posterior impingement of the ankle	Peter G. Mangone, MD
10:40—10:49 am	Arthroscopy—anterior impingement of the ankle	Peter G. Mangone, MD
10:50—10:59 am	Arthroscopy—sub-talar indications & techniques	Aaron T. Scott, MD
11:00—11:09 am	Arthroscopy—retro-calcaneal indications & techniques	Peter G. Mangone, MD
11:10—11:19 am	Ankle Instability-arthroscopic lateral recon techniques	Peter G. Mangone, MD
11:20—11:29 am	Ankle Instability— open modified Brostrum techniques	William S. Corey, MD
11:30—11:39 am	Ankle Instability—internal brace techniques	James A. Nunley, MD
11:40—11:49 am	Ankle Instability—when are grafts needed?	Daniel J. Cuttica, DO
11:50—12:00 pm	Discussion	

Foot and Ankle

Saturday June 4, 2016

12:00—1:00 pm Lunch and workshops

Session IV

Moderator—Keith L. Wapner, MD

1:00—1:09 pm	OCD—why do they occur—what is the pathology?	William S. Corey, MD
1:10—1:19 pm	OCD—how to improve the results if micro-fractures?	Daniel J. Cuttica, DO
1:20—1:29 pm	OCD—when should we use de Novo	Joseph S. Park, MD
1:30—1:39 pm	OCD—when are allografts needed?	James A. Nunley, MD
1:40—1:49 pm	HV—is rotation the cause of deformity	Robert D. Santrock, MD
1:50—1:59 pm	HV—what is the best osteotomy for mod-severe deformity	Umur Aydogan, MD
2:00—2:09 pm	HV—when should we do a Lapidus?	W. Bret Smith, DO
2:10—2:19 pm	HV—when should we fuse the toe?	Robert L. B. Sprinkle, III, DPM
2:20—2:30 pm	Discussion	
2:30—3:00 pm	Break—Exhibitors	

Session V

Moderator - Keith Wapner, MD

3:00—3:09 pm	AFFD—can stems cells be the answer?	Umur Aydogan, MD
3:10—3:19 pm	AFFD—should I always repair the spring ligament?	Robert D. Teasdall, MD
3:20—3:29 pm	AFFD—how should I do a lateral column lengthening	Keith L. Wapner, MD
3:30—3:39 pm	AFFD—how much deformity is too much?	M. Truitt Cooper, MD
3:40—3:49 pm	Expert Topic—Charcot Stage 0	Dane K. Wukich, MD
3:50—3:59 pm	Expert Topic—Cross-over toe technique-EDB tx and Labral Tape	Dane K. Wukich, MD
4:00—4:09 pm	Expert Topic—PRP for Achilles Tendinitis	William E. Saar, MD
4:10—4:19 pm	Expert Topic—Vascularized bone grafts and flaps for foot & ankle salvage	Keith L. Wapner, MD
4:20—4:30 pm	Discussion	
	Resident/Fellow Symposium	Stephen F. Conti, MD