Course Directors

Anthony A. Romeo, MD
Professor, Director
Section of Shoulder and Elbow
Rush University Medical Center
Orthopaedic Surgeon
Midwest Orthopaedics at Rush
Chicago, IL

Nikhil Verma, MD
Assistant Professor
Rush University Medical Center
Orthopaedic Surgeon
Midwest Orthopaedics at Rush
Chicago, IL

Faculty

Bernard R. Bach, Jr., MD
Professor, Orthopaedic Surgery
Rush University Medical Center
Chicago, IL

Charles A. Bush-Joseph, MD
Professor
Rush University Medical Center
Chicago, IL

Dominic Carreira, MD
Orthopaedic Group
Ft. Lauderdale, FL

Mark S. Cohen, MD
Professor, Director, Section of Hand and Elbow Surgery
Rush University Medical Center
Chicago, IL

Brian J. Cole, MD, MBA
Chairman
Rush University Medical Center
Chicago, IL

George Davies, DPT
Professor
Armstrong Atlantic State University
Gunderson Lutheran Sports Medicine
Savannah, GA

Pete Draovitch, PT, MS, ATC, CSCS, SCS
Clinical Supervisor
James M. Benson Sports Rehabilitation Center
Hospital for Special Surgery
New York, NY

Warren Dunn, MD, MPH
Head of the Division of Sports Medicine
University of Wisconsin Hospital and Clinics
Madison, WI

Michael Ellman, MD
Panorama Orthopaedic and Spine Center
Golden, CO

Jack Farr, II, MD
Cartilage Restoration, Knee, Sports Medicine
Ortholndy South, IOH South
Greenwood, IN

John Fernandez, MD
Assistant Professor
Rush University Medical Center
Chicago, IL

Brian Forsythe, MD
Assistant Professor
Rush University Medical Center
Team Physician Chicago White Sox
Midwest Orthopaedics at Rush
Chicago, IL

Andreas H. Gomoll, MD
Board Certified Orthopaedic Surgeon
Bingham and Women’s Hospital,
Cartilage Repair Center
Chestnut Hill, MA

Robert Grumet, MD
Orthopaedic Surgeon
Orange, CA

Joshua Harris, MD
Orthopaedic Surgeon
Methodist Orthopaedics and Sports Medicine
Houston, TX

Timothy Hewett, PhD
Director
OSU Sports Health & Performance Institute
Columbus, OH

Christian Lattermann, MD
Director for Cartilage Repair and Restoration
University of Kentucky Health Care
Lexington, KY

Richard C. Mather, Ill, MD
Assistant Professor
Department of Orthopaedic Surgery
Duke University Medical Center
Durham, NC

Augustus D. Mazzocca, MD, MS
Director
New England Musculoskeletal Institute
Farmington, CT

Eric McCarty, MD
Director of Sports Medicine
University of Colorado
Boulder, CO

L. Pearce McCarty, Ill, MD
President & CEO
Sports and Orthopaedic Specialists, PA.
Edina, MN

Shane J. Nho, MD, MS
Assistant Professor
Midwest Orthopaedics at Rush
Chicago, IL

Gregory P. Nicholson, MD
Associate Professor
Rush University Medical Center
Orthopaedic Surgeon
Midwest Orthopaedics at Rush
Chicago, IL

Nicholas Papendieck
Head Strength Coach
Chicago Bulls
Chicago, IL

Matthew Provencher, MD
Chief, Sports Medicine Service
Massachusetts General Hospital
Boston, MA

Michael J. Salta, MD
Orthopaedic Surgeon
University Hospitals
Cleveland, OH

Matthew Saltzman, MD
Northwest Memorial Hospital
Chicago, IL

Catherine Stegemann, PT
Midwest Orthopaedics at Rush
Chicago, IL

Michael D. Stover, MD
Professor
Northwestern Medicine
Chicago, IL

Eric J. Strauss, MD
Assistant Professor
Department of Orthopaedic Surgery
NYU Hospital for Joint Diseases
New York, NY

Scott Trenhaile, MD
Orthopaedic Surgeon
Rockford Orthopaedic Associates, Ltd
Rockford, IL

Geoffrey S. Van Thiel, MD, MBA
Attending Orthopaedic Surgeon
Rockford Orthopaedic Associates, Ltd
Rockford, IL

Kevin Wilk, PT, DPT, FAPTA
Associate Clinical Director
Champion Sports Medicine
Director, Rehabilitative Research
American Sports Medicine Institute
Birmingham, AL

Brian Wolf, MD
Associate Professor of Physical Therapy and Rehabilitation Science
Vice-Chairman of Finance and Academic Affairs
Director
University of Iowa Sports Medicine
Head Team Physician
University of Iowa Athletics
University of Iowa Hospitals & Clinics
Iowa City, IA

Thomas Wuerz, MD, MSc, MS
New England Baptist Hospital
Dedham, MA

Adam Yanke, MD
Assistant Professor
Department of Orthopaedics
Assistant Director
Cartilage Restoration Center
Rush University Medical Center
Orthopaedic Surgeon
Midwest Orthopaedics at Rush
Chicago, IL
Course Description

This course has been designed to present knee, shoulder, elbow, hip and sports medicine ailments and the most advanced treatment options from nationally and internationally recognized orthopaedic surgeons. Live surgery broadcasts, workshops, case presentations and panel discussions will offer the participants the opportunity to interact with faculty and learn the most current solutions to these challenging problems.

Objectives

Upon completion of this course, attendees will be able to:

• Manage complex glenohumeral instability, advanced arthroscopic instability techniques, and management of anterior and posterior bone loss
• Manage rotator cuff tears from partial to massive tears, including complex tendon transfer and patch augmentation
• Recognize and evaluate contemporary management strategies for articular cartilage reconstruction
• Evaluate and treat basic and complex knee ligament injuries
• Identify, evaluate, and manage Femoral Acetabular Impingement and Labral Tears of the hip
• Understand contemporary rehabilitation programs and return to play guidelines for common shoulder, knee and hip problems.
• Evaluation management of sports elbow conditions including epicondylitis, ulnar nerve entrapment and ligament repair.

Target Audience

Orthopaedic surgeons, primary care practitioners, physician assistants, nurses, athletic trainers, physical therapists and other healthcare professionals whose scope of practice includes sports medicine.

Accreditation

Physicians: The Foundation for Orthopaedic Research and Education (FORE) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

FORE designates this live activity for a maximum of 23.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For the purpose of recertification, the following organizations accept AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

• American Academy of Physician Assistants (AAPA)
• American Nurses Credentialing Center (ANCC)

Athletic Trainers: Foundation for Orthopaedic Research and Education is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers. This program has been approved for 23.5 hours of category A continuing education. Certified athletic trainers are responsible for claiming only those hours spent participating in the CE Activity.
**AGENDA**

**FRIDAY, AUGUST 5, 2016**

6:00 AM  Registration & Breakfast

7:00 AM  **Live Surgery Broadcast**  
Arthroscopic Stabilization  
Arthroscopic Rotator Cuff Repair  
**Moderator:** Anthony A. Romeo, MD  
**Surgeon:** Brian Cole, MD  
**Surgeon:** Nikhil Verma, MD

### SESSION I: Shoulder

**8:10 AM**  **First Time Dislocation Debate**  
We Should Fix  
We Can Wait  
In Season Management

### Concurrent Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Track</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>Tips for Success: Arthroscopic Stabilization</td>
<td>Physician</td>
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<tr>
<td>1:10 PM</td>
<td>Technique Spotlight: Arthroscopic Management of Bony Bankart</td>
<td>Physician</td>
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<tr>
<td>1:20 PM</td>
<td>Open Shoulder Stabilization: Is it Still Relevant?</td>
<td>Physician</td>
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<tr>
<td>1:30 PM</td>
<td>Latarjet: Its Simple and It Works!</td>
<td>Physician</td>
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<tr>
<td>1:50 PM</td>
<td>Remplissage: How and When</td>
<td>Physician</td>
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<tr>
<td>2:00 PM</td>
<td>Posterior Instability: Bone Loss and Contemporary Techniques</td>
<td>Physician</td>
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</tbody>
</table>
| 2:10 PM | **Biceps Tenodesis**  
Arthroscopic Made Easy  
Sub-pec is the Only Way | Physician   |
| 2:20 PM | Failed SLAP: What Do I Do Now?                                       | Physical     |
| 2:30 PM | Case Panel/ Q and A                                                   | Physical     |
| 3:00 PM | Coffee Break with Exhibitors                                          |             |
| 3:30 PM | Partial Rotator Cuff Tear: What Do I Do?                              |             |
3:40 PM Advances in Cuff Fixation: Do We Need Knots?

3:50 PM **Massive Rotator Cuff Tear Management Options**
- Primary Repair Patch Augmentation
- Superior Capsular Reconstruction
- Tendon Transfer
- Reverse or Repair: How Do I Decide?

4:40 PM Suprascapular Nerve Decompression: Should I Do It and How?

4:50 PM Non-Arthroplasty Options for Shoulder Arthritis

5:00 PM AC Joint Update

5:10 PM Clavicle Fractures: Should We Be Fixing More and How?

5:20 PM Case Presentations & Discussion

6:00 PM Adjourn to Welcome Reception

**SATURDAY, AUGUST 6, 2016**

6:30 AM Breakfast

**7:00 AM Live Surgery Broadcast**

Moderator: Geoffrey Van Thiel, MD & Richard Mather, MD

Surgeon: Brian Cole, MD

Surgeon: Shane Nho, MD, MS

**Cartilage procedure**

**Hip #1**

**SESSION II: ACL and More**

8:00 AM OCD Lesion: Diagnosis, Evaluation and Management

8:10 AM Microfracture: Is There a Role in 2016 and How?

8:20 AM Surface Options for Articular Cartilage Reconstruction

8:30 AM Osteochondral Graft Options: Auto and Allograft

8:40 AM Osteotomies and Articular Cartilage Lesions: Indications in 2016

8:50 AM Patellofemoral Pain and Articular Injury: What Can We Do?

9:00 AM Stem Cells and PRP: What's the Evidence?

9:10 AM Case Presentations, Question and Answer

9:40 AM Coffee Break with Exhibits

10:10 AM ACL Injuries: Can They Be Prevented

10:20 AM ACL Anatomy: From the Cadaver to the Camera

10:30 AM ACL Tear, Hemarthrosis, Osseous Impact: The Die is Cast

10:40 AM ACL Grafts Location? Living? Radiated?

10:50 AM Transtibial Reconstruction: Is It Still Relevant

11:00 AM AM and Accessory Portal Techniques

11:10 AM ACL Revision: My Bag of Tricks

11:20 AM Revising a Well Done ACL: Concomitant Pathology that Increases Risk

11:30 AM ACL Outcomes: Take Homes from the Moon Group

11:40 AM Case Presentations, Q and A, ACL

12:00 PM Lunch

**12:00 PM Live Surgery Broadcast**

Moderator: Michael J. Salata, MD

Surgeon: Shane Nho, MD

Surgeon: Charles Bush-Joseph, MD

**Hip #2**

**Anterior Cruciate Ligament (ACL)**

**Concurrent Sessions**

**Physician Track**

1:00 PM MCL: When to Fix? Technique and Evidence

1:10 PM LCL/PLC: Technique and Evidence

1:20 PM PCL Reconstruction: Current Controversies

1:30 PM Meniscus Repair: Common Techniques/Outcomes/Evidence

**Physical Therapy Track**

Physical Exam of Hip

Elite Strength and Conditioning: Bridging the Gap Between Rehab and Sport
<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter/Panelists</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:40 PM</td>
<td>Complex Meniscus Repair: Root, Radial, Revision</td>
<td>Clinical Problem Solving for the “Problem Hip Scope Patient”</td>
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<tr>
<td>1:50 PM</td>
<td>Meniscus Transplant: A Decade of Experience</td>
<td>Return to Sport – LE Functional Assessments</td>
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<tr>
<td>2:00 PM</td>
<td>MPFL: Anatomy, Reconstruction, and Why it Matters</td>
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<tr>
<td>2:10 PM</td>
<td>Patellar Instability: Looking Outside the MPFL (Alta/Dysplasia/Malalignment)</td>
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<tr>
<td>2:20 PM</td>
<td>Rehabilitation of the Knee: When Can I Return to Sport?</td>
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<tr>
<td>2:30 PM</td>
<td>Patella/Multiligament Instability Cases: Good, Bad and Ugly</td>
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<tr>
<td>2:50 PM</td>
<td>Coffee Break with Exhibits</td>
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<tr>
<td>3:20 PM</td>
<td>Distal Biceps Repair: Contemporary Options</td>
<td>Techniques to Enhance Proprioception, Strength and Neuromuscular Control for the Shoulder Complex</td>
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<tr>
<td>3:30 PM</td>
<td>Lateral Epicondylitis: Scope or Open?</td>
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<tr>
<td>3:40 PM</td>
<td>Ulnar Nerve: What Should I Do?</td>
<td>Panel Discussion of Presented Knee Cases by Participants</td>
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<tr>
<td>3:50 PM</td>
<td>UCL Update 2015</td>
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<tr>
<td>4:00 PM</td>
<td>Rehabilitation of the Knee: When Can I Return to Sport?</td>
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<tr>
<td>5:30 PM</td>
<td>Adjourn for the Day</td>
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**SUNDAY, AUGUST 7, 2016**

**SESSION III: Hip**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter/Panelists</th>
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<tbody>
<tr>
<td>6:30 AM</td>
<td>Breakfast</td>
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<tr>
<td>7:00 AM</td>
<td>Patient Presentation and Selection</td>
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<tr>
<td>7:10 AM</td>
<td>Diagnostic Studies: Plain Radiographs, MRI, CT, and Computer Modeling</td>
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<tr>
<td>7:20 AM</td>
<td>Technique: How I Address Acetabular Rim and Subspine Pathology</td>
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<tr>
<td>7:30 AM</td>
<td>Technique: How I Address Femoral Pathology</td>
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<tr>
<td>7:40 AM</td>
<td>Subtle Deformities (Borderline Dysplasia, Femoral Version, Femoral Valgus) and the Role of Joint Capsule</td>
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<tr>
<td>7:50 AM</td>
<td>Hip Instability: Traumatic, FAI-Induced, Microinstability, and Iatrogenic</td>
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<tr>
<td>8:00 AM</td>
<td>When Arthroscopy is Not Indicated</td>
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<td>8:10 AM</td>
<td>Approach to the Failed Hip Procedure</td>
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<td>8:20 AM</td>
<td>Labrum: When to Repair, Resect, or Reconstruct?</td>
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<td>8:30 AM</td>
<td>Chondral Defects: When to Debride or Microfracture? How Much OA Can You Accept?</td>
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<td>8:40 AM</td>
<td>Outcomes Assessment after Hip Arthroscopy</td>
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<tr>
<td>8:50 AM</td>
<td>Rehabilitation after Hip Arthroscopy</td>
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<tr>
<td>9:00 AM</td>
<td>Case Presentations / Panel Discussion: FAI, Labrum</td>
<td>Moderator: Michael Salata, MD</td>
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<tr>
<td></td>
<td>Panel: Shane J. Nho, MD, MS, Michael D. Stover, MD, Michael J. Salata, MD, Richard C. Mather III, MD, Joshua Harris, MD</td>
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<tr>
<td>9:30 AM</td>
<td>Coffee Break with Exhibitors</td>
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<tr>
<td>10:00 AM</td>
<td>Greater Trochanteric Pain Syndrome: Who Will Benefit From Surgery and How Do I Interpret MRI?</td>
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<tr>
<td>10:10 AM</td>
<td>Endoscopic Gluteus Medius Repair Is Best!</td>
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<tr>
<td>10:20 AM</td>
<td>Just Open It: Open Gluteus Medius Repair or Gluteus Maximus Transfer</td>
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<tr>
<td>10:30 AM</td>
<td>Extra-Articular Impingement: Does Subspine, Ischiofemoral, and Trochanteric Pelvic Impingement Actually Exist?</td>
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<tr>
<td>10:40 AM</td>
<td>Hamstring Tears: Proximal Hamstring Syndrome to Chronic Retracted Tears</td>
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<tr>
<td>10:50 AM</td>
<td>Rehab for Extra-Articular Hip Pathology</td>
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<tr>
<td>11:00 AM</td>
<td>Case Presentations / Panel Discussion / Audience Q &amp; A</td>
<td>Moderator: Richard C. Mather III, MD</td>
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<tr>
<td></td>
<td>Panel: Thomas Wuerz, MD, Shane J. Nho, MD, Geoffrey S. Van Thiel, MD, MBA, Dominic S. Carreira, MD</td>
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<tr>
<td>11:30 AM</td>
<td>Course Adjourns</td>
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REGISTRATION FEE INCLUDES COURSE MATERIALS, WORKSHOPS, BREAKS, BREAKFASTS, LUNCHES, AND AN EVENING WELCOME RECEPTION FOR THE PARTICIPANT ONLY.

ON OR BEFORE 7/5/2016

PHYSICIANS.......................................................... $650
FELLOWS AND OTHER HEALTHCARE PROFESSIONALS............. $375
INDUSTRY PROFESSIONALS........................................ $400
RESIDENTS........................................................................ $150 LIMITED AVAILABILITY
WELCOME RECEPTION GUEST FEE......................................................... $35

AFTER 7/5/2016

PHYSICIANS........................................................................ $750
FELLOWS AND OTHER HEALTHCARE PROFESSIONALS......... $475
INDUSTRY PROFESSIONALS............................................... $500
RESIDENTS........................................................................ $475
WELCOME RECEPTION GUEST FEE......................................................... $35

REGISTRATION FEE INCLUDES COURSE MATERIALS, WORKSHOPS, BREAKS, BREAKFASTS, LUNCHES, AND AN EVENING WELCOME RECEPTION FOR THE PARTICIPANT ONLY.

WAYS TO REGISTER
1 ONLINE: FOREONLINE.ORG
2 PHONE: 813-877-8096

ACCOMMODATIONS

Loews Downtown Chicago

455 N Park Drive
Chicago, IL 60611
PHONE: 312-840-6600
WWW.LOEWSHOTELS.COM/CHICAGO-DOWNTOWN

Experience Chicago from the heart of the city and enjoy spectacular city skyline and lake views at the new Loews Chicago Hotel, located near North Michigan Avenue. The hotel is within walking distance of museums, upscale shopping and theatres. Navy Pier, Shedd Aquarium and Oak Street Beach are minutes away. A room block has been reserved at the Loews Chicago hotel at the rate of $259 per night plus taxes and hotel fees before July 8, 2016. Please mention “Chicago Sports Medicine Symposium ” when making a reservation.

REFUND POLICY

Cancellation notification must be in writing (email cme@foreonline.org) and received by the close of business on July 5, 2016. A cancellation fee of $50 will be assessed. Cancellations received after July 5, 2016 will not receive a refund. No-shows will not receive a refund. FORE reserves the right to cancel this program due to unforeseen circumstances, in which case a full refund of registration fees will be given to participants. FORE will not be responsible for travel expenses incurred by the participant in the unlikely event that the program is cancelled.

DISABILITIES

Please notify the Continuing Medical Education Office, 13020 Telecom Parkway N, Tampa, FL 33637 or call 813-877-8096 a minimum of ten working days in advance of the event if a reasonable accommodation for a disability is needed. Events, activities and facilities of Foundation for Orthopaedic Research and Education are available without regard to race, color, sex, national origin, disability, age or veteran status as provided by the law and in accordance with FORE’s respect for personal dignity.