

WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

THURSDAY, FEBRUARY 21, 2019

6:00 AM - 6:40 AM REGISTRATION & BREAKFAST

6:40 AM Welcome and Introduction

7:00 AM - 8:30 AM SHOULDER INSTABILITY - PART I

Moderator:

William N. Levine, MD

7:00 AM Shoulder Examination for Instability

William N. Levine, MD

7:10 AM X-Ray, MRI, CT – Top 5 pearls for Instability

James P. Bradley, MD

7:15 AM Rehabilitation for the Unstable Shoulder; Can We Avoid Surgery?

Martin Kelley, DPT

7:20 AM First Time Dislocators – Fix

Augustus Mazzocca, MD

7:25 AM First Time Dislocators – Don't Fix

Charles Getz, MD

7:30 AM Bone Loss – Glenoid

Eric Ricchetti, MD

7:35 AM Bone Loss – Humeral Side

Matt Ramsey, MD

7:45 AM Case Presentation: Anterior Instability;
Questions from the Audience

Robert Z. Tashjian, MD

8:00 AM **Video Spotlight:** How I Do an Arthroscopic Bony Bankart Repair?

William N. Levine, MD

8:05 AM **Video Spotlight:** How I Do a Remplissage?

Mark Mighell, MD

8:10 AM **Video Spotlight:** How I Do an Open Latarjet Procedure?

Anthony A. Romeo, MD

8:15 AM **KEYNOTE:** Anterior Instability – What Have I Learned in 20 Years?

Augustus Mazzocca, MD

8:30 AM Question & Answer

8:35 AM - 9:00 AM BREAK

9:00 AM - 11:00 AM SHOULDER INSTABILITY – PART II

Moderator:

Anand Murthi, MD

9:00 AM Posterior Instability Without Bone Loss

Charles Getz, MD

9:05 AM Posterior Instability with Bone Loss

Jim Bradley, MD

9:10 AM Multidirectional Instability

Matt Ramsey, MD

9:15 AM 360-Degree Labral Tears – Where Do I Begin?

Robert Z. Tashjian, MD

9:20 AM How I Manage the Failed Latarjet?

Mark A. Mighell, MD

9:25 AM Failed Latarjet: What to do?

Anthony Romeo, MD

Video Spotlight: Distal Tibia Allograft

9:30 AM **KEYNOTE:** How I Manage Posterior Instability in the NFL – What Translates to the Weekend Warrior?

James P. Bradley, MD

9:45 AM **KEYNOTE:** When Can We Return our Athletes to Play After Surgery?

Martin Kelley, DPT

9:55 AM **Video Spotlight:** Arthroscopic Treatment of Multidirectional Instability

Evan Lederman, MD

10:00 AM **Video Spotlight:** Open Treatment of Multidirectional Instability

Eric Ricchetti, MD

10:05 AM The Role of the Scapula in Rehabilitation

Martin Kelley, DPT

10:15 AM Case Presentations: Miscellaneous Instability; Complications;
Questions from the Audience

Anand Murthi, MD

11:00 AM **MORNING SESSION ADJOURNS**

2:30 PM - 3:00 PM APRÈS SKI

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THURSDAY, FEBRUARY 21, 2019

3:00 PM - 5:00 PM ROTATOR CUFF – PART I

Moderator:
Matt Ramsey, MD

- 3:00 PM Diagnosis of Rotator Cuff Tears – Top 5 Pearls
Mark Mighell, MD
- 3:05 PM **Video Spotlight:** Complete Examination of the Rotator Cuff
Evan Lederman, MD
- 3:15 PM Top 5 pearls – Xray/MRI/CT Evaluation of Cuff
Charles Getz, MD
- 3:20 PM Put Your Knife Away – Non-Op for the Cuff
Eric Ricchetti, MD
- 3:25 PM Rehabilitation for the Injured Rotator Cuff
Martin Kelley, DPT
- 3:30 PM **KEYNOTE:** Basic Science and Clinical Practice – Are We Any Closer to a Cuff Scaffold That Will Help Patients?
Anthony Romeo, MD
- 3:40 PM When Should You Take Out the Distal Clavicle?
Augustus Mazzocca, MD
- 3:45 PM Biceps Tenotomy or Tenodesis - When is it Indicated?
Technique Tips
Jim Bradley, MD
- 3:50 PM Single, Double, Triple Row – Does it Matter?
Anand Murthi, MD
- 3:55 PM **Video Spotlight:** Subscapularis Repair
Charles Getz, MD
- 4:00 PM **Video Spotlight:** Supraspinatus + Infraspinatus Repair
William N. Levine, MD
- 4:10 PM Improving Healing Rates After Rotator Cuff Repair:
Does anything we do work?
Robert Z. Tashjian, MD
- 4:15 PM Rehabilitation After Rotator Cuff Repair
Martin Kelley, DPT
- 4:20 PM Case Presentations for Rotator Cuff: Indications, Techniques, Outcomes;
Questions from the Audience
Matt Ramsey, MD

5:00 PM - 5:30 PM BREAK

5:30 PM - 7:00 PM ROTATOR CUFF – PART II

Moderator:
Augustus Mazzocca, MD

- 5:30 PM Questions to the Audience
Augustus Mazzocca, MD
- 5:35 PM Irreparable Cuff Tear – Is it Really Irreparable? How to Decide?
Anand Murthi, MD
- 5:40 PM Palliative Surgery - Indications for SAD, DCR, Biceps with Irreparable Cuff
Robert Z. Tashjian, MD
- 5:45 PM **Video Spotlight:** How I Mobilize the Cuff Before Repair
Matt Ramsey, MD
- 5:50 PM Balloon Spacer – Is it Ready for Primetime?
William N. Levine, MD
- 5:55 PM Rationale, Biomechanics, Early Results After Superior Capsular
Reconstruction
Evan Lederman, MD, MS
- 6:00 PM **Video Spotlight:** Superior Capsular Reconstruction
Mark A. Mighell, MD
- 6:05 PM When is Reverse Total Shoulder Arthroplasty the Only Option?
Anthony A. Romeo, MD
- 6:10 PM **Video Spotlight:** Reverse Total Shoulder Arthroplasty for Irreparable
Rotator Cuff – Technical Pearls
Bob Tashjian, MD
- 6:15 PM Case Presentations: Massive Rotator Cuff Tears;
Questions from Audience
Augustus Mazzocca, MD

7:00 PM AFTERNOON SESSION ADJOURNS

7:00 PM - 8:00 PM WELCOME RECEPTION

WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

FRIDAY, FEBRUARY 22, 2019

6:00 AM - 6:40 AM REGISTRATION & BREAKFAST

6:40 AM - 8:00 AM SHOULDER – ARTHRITIS IN THE ATHLETIC PATIENT

Moderator:
Charles Getz, MD

6:40 AM	Welcome and Introduction	Robert Tashjian, MD
6:50 AM	Questions to the Audience: Arthritis in the Athletic Patient	Anthony A. Romeo, MD
6:55 AM	Do I Need Pre-Op CT to Do Shoulder Arthroplasty?	Matt Ramsey, MD
7:00 AM	Arthroscopic Management of the Arthritic Shoulder – When and How?	Eric Ricchetti, MD
7:05 AM	Pre-Op Evaluation of Glenoid – Anatomic or Reverse?	Mark Mighell, MD
7:10 AM	Glenoid Component - None, Poly, Metal - What Will Last the Longest?	Anand Murthi, MD
7:15 AM	Subscap Tenotomy or Lesser Tuberosity Osteotomy – Is There Really a Difference?	Evan S. Lederman, MD
7:20 AM	Reverse TSA – What Activities/Sports Can Your Patient Perform?	Anthony Romeo, MD
7:25 AM	Stemless, Short-Stem, Long-Stem: What Should I Do?	William N. Levine, MD
7:30 AM	Infection Prevention and Management in Shoulder Arthroplasty	Eric Ricchetti, MD
7:35 AM	Case Presentations; Answer Questions from the Audience	Charles Getz, MD

8:00 AM - 8:30 AM BREAK

8:30 AM - 11:00 AM SPORTS MEDICINE

Moderator:
James P. Bradley, MD

11:00 AM MORNING SESSION ADJOURNS

2:30 PM - 2:55 PM APRÈS SKI

2:55 PM - 5:30 PM KNEE - ACL

Moderator:
Michael Stuart, MD

2:55 PM	Questions for the Audience	Michael Stuart, MD
3:00 PM	Mechanisms of ACL Injuries	Timothy Hewett, MD
3:05 PM	Nonoperative vs. Operative Treatment of an ACL Tear: Who Should Have Surgery?	Christian Lattermann, MD
3:10 PM	ACL Repair: Is This the Future?	
3:15 PM	Video Spotlight: ACL Repair with Internal Brace	Jason Dragoo, MD
3:20 PM	There Really a Superior ACL Reconstruction Surgical Technique?	James Carey, MD
3:30 PM	ACL Graft Selection in 2018	James P. Bradley, MD
3:35 PM	KEYNOTE: Prevention of Primary and Secondary of ACL injuries	Timothy Hewett, MD
3:45 PM	Video Spotlight: Single Bundle ACL Reconstruction	Daniel Cooper, MD
3:50 PM	Outcomes After ACL Reconstruction - Short Term and Long Term	Christopher Kaeding, MD

3:55 PM - 4:20 PM BREAK

4:20 PM	Questions for Audience	Michael Stuart, MD
4:25 PM	Anterolateral Lateral Ligament Injuries: More than Just a Second Fracture	Alan Getgood, MD
4:30 PM	Video Spotlight: ALL and ITB Tenodesis	Alan Getgood, MD
4:35 PM	ACL Reconstruction: Tips to Prevent Failure	Michael Stuart, MD
4:45 PM	The team approach to ACL rehabilitation	Corey Kunzer, DPT
4:55 PM	MCL With ACL: What Do We Do Now?	Alan Getgood, MD
5:00 PM	Revision ACL: How Did We Get Here?	Christopher Kaeding, MD
5:05 PM	Single Stage vs. Two Stage Revision ACLR	

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5:10 PM	ACL Return to Sport criteria and challenging decisions	Corey Kunzer, MD
5:20 PM	Case Presentations / Answer Questions from Audience	Christopher Kaeding, MD
5:30 PM	ADJOURN FOR THE DAY	

SATURDAY, FEBRUARY 23, 2019

6:00 AM - 6:40 AM BREAKFAST

6:40 AM - 8:50 AM KNEE CARTILAGE

Moderator:
Andreas Gomoll, MD

6:45 AM	Welcome and Introduction	Anthony Romeo, MD
6:50 AM	Imaging of Articular Cartilage Lesions: What to Look for Preoperatively?	Aaron Krych, MD
6:55 AM	KEYNOTE: Osteochondritis Dissecans in the Young Athlete	James Carey, MD
7:10 AM	Microfracture	Daniel Saris, MD?
7:15 AM	Viable Osteochondral Allografting for Cartilage Lesions	Andreas Gomoll, MD
7:20 AM	Autologous Cultured Chondrocytes on Collagen Membrane	Christian Lattermann, MD
7:25 AM	Osteochondral Autograft Transfer	Thomas Carter, MD
7:30 AM	Osteochondral Allograft	Aaron Krych, MD
7:35 AM	Video Spotlight: Osteochondral Grafting and Fixation	
7:40 AM	TBD	Daniel Saris, MD
7:45 AM	Combined Lesions: Putting it All Together	Christian Lattermann, MD
7:50 AM	Patellofemoral Lesion: Why These are Different and Tricks for Managing	Andreas Gomoll, MD
7:55 AM	KEYNOTE: Cartilage Lesions of the Knee - the Present, and the Future	Jason Drago, MD
8:00 AM	Rehabilitation After Cartilage Procedures	
8:10 AM	Does Any of This Work to Preserve the Knee?	James Carey, MD
8:15 AM	Case Presentations Cartilage / Answer Questions from the Audience	Aaron Krych, MD

8:50 AM - 9:20 AM BREAK

9:20 AM	Questions for the Audience	Michael Stuart, MD
9:25 AM	Cortisone and Viscosupplement: Do Injections Actually Work?	Jason L. Drago, MD
9:30 AM	KEYNOTE: PRP, BMAC, Stem Cells - Where's the Evidence?	James P. Bradley, MD
9:40 AM	Indications for Osteotomy - Why is There Conflict Between Europe and USA?	Andreas H. Gomoll, MD
9:45 AM	Osteotomy About the Knee: How do I Plan for Surgery?	Michael Stuart, MD?
9:50 AM	Distal Femoral Derotational Osteotomy for Femoral Torsional Malalignment?	
9:55 AM	Video Spotlight: Proximal Tibial Osteotomy	Michael Stuart, MD
10:00 AM	Video Spotlight: Distal Femoral Osteotomy	Andreas H. Gomoll, MD
10:05 AM	Knee Arthritis in Young, Active Patients: Osteotomy or Arthroplasty?	Michael Stuart, MD
10:15 AM	Video Spotlight: Unicompartmental Knee Arthroplasty	Thomas Carter, MD
10:20 AM	Osteotomy & Arthroplasty Case Presentations Answer Audience Questions	Michael Stuart, MD

11:00 AM MORNING SESSION ADJOURNS

2:30 PM - 3:30 PM APRÈS SKI

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SATURDAY, FEBRUARY 23, 2019

3:30 PM - 6:00 PM SPORTS MEDICINE - KNEE

Moderator: James P. Bradley, MD

3:30 PM	Welcome and Introduction	James P. Bradley, MD
3:40 PM	Anticoagulants or Antibiotics – Are They Necessary?	
3:45 PM	When is Meniscectomy the Best Option?	Christopher Larson, MD
3:50 PM	Meniscus Tears - Which Ones Need Repair?	Daniel Cooper, MD
3:55 PM	Is There a Role for Orthobiologics in Meniscal Repairs?	Daniel Saris, MD?
4:00 PM	Video Spotlight: Meniscal Root Repair	Aaron Krych, MD
4:05 PM	Rehabilitation After Meniscus Repair	Christopher Larson, MD
4:10 PM	Criteria to Return to Sport Following Meniscal Surgery	James Carey, MD
4:15 PM	What are the Indications for a Meniscal Allograft?	Aaron Krych, MD
4:20 PM	Video Spotlight: Meniscal Allograft	Thomas Carter, MD
4:25 PM	Meniscus and Cartilage Case Presentations / Questions and Answers	Christopher Larson, MD

4:55 PM - 5:20 PM BREAK

5:25 PM	Questions for the Audience	Anthony Romeo, MD
5:30 PM	Is Lateral Release EVER Indicated?	
5:35 PM	First Time Patellar Dislocations: When is it Best to Intervene?	James P. Bradley, MD
5:40 PM	Imaging for Recurrent Patellar Instability in Athletes: What to Look For?	
5:45 PM	Video Spotlight: Tibial Tubercle Osteotomy Indications and Technique	
5:55 PM	When Should I Perform a Trochleoplasty?	
6:00 PM	Video Spotlight: Trochleoplasty	
6:05 PM	Video Spotlight: MPFL Reconstruction	
6:10 PM	KEYNOTE: Rehabilitation After Patellofemoral Instability Surgery	Michael Mathews, PT, DPT
6:20 PM	Patellofemoral Case Presentations / Answer Questions from Audience	

7:00 PM ADJOURN FOR THE DAY

SUNDAY, FEBRUARY 24, 2019

6:00 AM - 6:40 AM BREAKFAST

6:40 AM - 8:45 AM KNEE – MULTILIGAMENT & COMPLICATIONS

Moderator: Michael Stuart, MD

6:40 AM	Welcome and Introduction	Anthony A. Romeo, MD
6:50 AM	Questions for the Audience	Michael Stuart, MD
6:55 AM	Evaluation of the Dislocated Knee	Alan Getgood, MD
7:05 AM	Management of Multiligament Knee Injury: Surgical Timing	
7:10 AM	Technical Pearls when Reconstructing the Multi-Ligament Knee	Alan Getgood, MD
7:15 AM	Rehab After Multiligamentous Knee: Can We Prevent Stiffness?	Michael Mathews, PT, DPT
7:20 AM	PCL Injuries: When to Fix?	Daniel Cooper, MD
7:25 AM	Video Spotlight: PCL Reconstruction	Michael Stuart, MD
7:30 AM	MCL & Posteromedial Corner: When & How to Fix?	
7:40 AM	LCL & Posterolateral Corner: When & How to Fix?	Thomas Carter, MD

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SUNDAY, FEBRUARY 24, 2019

7:50 AM	KEYNOTE: On the Field Management of a Knee Ligament Injury - From ACL to Multiligament	Daniel Cooper, MD
8:00 AM	Multiligament Case Presentations Answer Questions from Audience	
8:45 AM - 9:15 AM	BREAK	
9:15 AM	KEYNOTE: Extensor Mechanism Rupture: Repair or Augmentation?	Michael Stuart, MD
9:25 AM	Infection	James Carey, MD
9:30 AM	Arthrofibrosis of the Knee	Christian Lattermann, MD
9:35 AM	Pre-Performance Medications - What is Safe, What is Allowed?	Thomas Carter, MD
9:40 AM	When is Bracing Indicated for the Sports Knee?	
9:45 AM	Pain Management After Knee Surgery	Michael Stuart, MD
10:00 AM	Concussion Update 2018	Michael Stuart, MD
10:10 AM	Case Presentations: Complications / Answer Questions from Audience	James Carey, MD
10:45 AM	Closing Remarks / Adjourn / Plan for 2020	Anthony Romeo, MD
11:00 AM	COURSE ADJOURNS	

