

# WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

*\*Agenda Subject to Change*

## THURSDAY, FEBRUARY 21, 2019

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

6:40 AM Welcome and Introduction

Anthony A. Romeo, MD

### 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

Matthew L. 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 A. 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 Audience Q&A

William N. Levine, MD

### 8:35 AM - 9:00 AM BREAK

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

**Moderator:**

**Anand M. Murthi, MD**

9:00 AM Posterior Instability Without Bone Loss

Charles Getz, MD

9:05 AM Posterior Instability with Bone Loss

James P. Bradley, MD

9:10 AM Multidirectional Instability

Matthew L. 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 A. 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 S. 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 /  
Audience Q&A / Panel Discussion

Anand M. Murthi, MD

11:00 AM **MORNING SESSION ADJOURNS**

### 2:30 PM - 3:00 PM APRÈS SKI

# WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

*\*Agenda Subject to Change*

## THURSDAY, FEBRUARY 21, 2019

<b>3:00 PM</b>	<b>-</b>	<b>5:00 PM</b>	<b>ROTATOR CUFF – PART I</b>	<b>Moderator:</b> <b>Matthew L. Ramsey, MD</b>
3:00 PM			Diagnosis of Rotator Cuff Tears – Top 5 Pearls	Mark A. Mighell, MD
3:05 PM			<b>Video Spotlight:</b> Complete Examination of the Rotator Cuff	Evan S. 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			<b>Keynote:</b> Basic Science and Clinical Practice – Are We Any Closer to a Cuff Scaffold That Will Help Patients?	Anthony A. 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	James P. Bradley, MD
3:50 PM			Single, Double, Triple Row – Does it Matter?	Anand M. Murthi, MD
3:55 PM			<b>Video Spotlight:</b> Subscapularis Repair	Charles Getz, MD
4:00 PM			<b>Video Spotlight:</b> 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 / Audience Q&A / Panel Discussion	Matthew L. Ramsey, MD
<b>5:00 PM</b>	<b>-</b>	<b>5:30 PM</b>	<b>BREAK</b>	
<b>5:30 PM</b>	<b>-</b>	<b>7:00 PM</b>	<b>ROTATOR CUFF – PART II</b>	<b>Moderator:</b> <b>Augustus Mazzocca, MD</b>
5:30 PM			Questions to the Audience	Augustus Mazzocca, MD
5:35 PM			Irreparable Cuff Tear – Is it Really Irreparable? How to Decide?	Anand M. Murthi, MD
5:40 PM			Palliative Surgery - Indications for SAD, DCR, Biceps with Irreparable Cuff	Robert Z. Tashjian, MD
5:45 PM			<b>Video Spotlight:</b> How I Mobilize the Cuff Before Repair	Matthew L. 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 S. Lederman, MD
6:00 PM			<b>Video Spotlight:</b> 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			<b>Video Spotlight:</b> Reverse Total Shoulder Arthroplasty for Irreparable Rotator Cuff – Technical Pearls	Robert Z. Tashjian, MD
6:15 PM			Case Presentations: Massive Rotator Cuff Tears / Audience Q&A / Panel Discussion	Augustus Mazzocca, MD
<b>7:00 PM</b>			<b>AFTERNOON SESSION ADJOURNS</b>	
<b>7:00 PM</b>	<b>-</b>	<b>8:00 PM</b>	<b>WELCOME RECEPTION</b>	

# WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

*\*Agenda Subject to Change*

## 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 Z. 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?	Matthew L. 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 A. Mighell, MD
7:10 AM	Glenoid Component - None, Poly, Metal - What Will Last the Longest?	Anand M. 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 A. 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: Shoulder / Audience Q&A / Panel Discussion	Charles Getz, MD

**8:00 AM - 8:30 AM BREAK**

**8:30 AM - 11:00 AM SPORTS MEDICINE**

**Moderator:**  
**James P. Bradley, MD**

8:30 AM	Questions to the Audience	James P. Bradley, MD
8:35 AM	AC Joint Injuries: Indications, Current Techniques, Complications	Evan S. Lederman, MD
8:40 AM	Clavicle Fractures in Collision Sports	Mark A. Mighell, MD
8:45 AM	Clinical Evaluation of the SLAP-Biceps Complex	James P. Bradley, MD
8:50 AM	SLAP Tears in Athletes Under 30: When to Fix vs Biceps Tenodesis	Asheesh Bedi, MD
8:55 AM	<b>Video Spotlight:</b> SLAP Repair in Overhead Athlete	Matthew Provencher, MD
9:00 AM	<b>Video Spotlight:</b> Arthroscopic AC Joint Stabilization	Thomas DeBerardino, MD
9:05 AM	<b>Keynote:</b> Rehabilitation of the Overhead Athletes Shoulder	Martin Kelley, DPT
9:15 AM	Partial Thickness Rotator Cuff Tears in Athletes	Matthew Provencher, MD
9:20 AM	Latissimus & Teres Major Injuries in Athletes	Anthony A. Romeo, MD
9:25 AM	Tendon Injuries to the Elbow: Epicondylitis, Biceps, Triceps	Asheesh Bedi, MD
9:35 AM	<b>Keynote:</b> Ulnar collateral Ligament Injuries of the Elbow	Anthony A. Romeo, MD
9:45 AM	<b>Keynote:</b> Orthobiologics; Regenerative Medicine for Sports Injuries	Jason L. Dragoo, MD
10:00 AM	Long Thoracic Neuropathy / Scapular Winging	Robert Z. Tashjian, MD
10:05 AM	Developing Criteria for Return to Sport After Shoulder & Elbow Problems	Martin Kelley, DPT
10:15 AM	Case Presentations Sports Medicine / Audience Q&A / Panel Discussion	James P. Bradley, MD

**11:00 AM MORNING SESSION ADJOURNS**

# WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

*\*Agenda Subject to Change*

## FRIDAY, FEBRUARY 22, 2019

**2:30 PM - 3:00 PM APRÈS SKI**

**3:00 PM - 4:00 PM KNEE – ACL Part I**

**Moderator:**  
**Michael Stuart, MD**

3:00 PM	Questions for the Audience	Michael Stuart, MD
3:05 PM	Mechanisms of ACL Injuries	Timothy Hewett, MD
3:15 PM	Nonoperative vs. Operative Treatment of an ACL Tear: Who Should Have Surgery?	Daniel Saris, MD
3:20 PM	ACL Repair: Is This the Future?	Thomas DeBerardino, MD
3:25 PM	ACL Graft Selection 2018	James P. Bradley, MD
3:30 PM	<b>Video Spotlight:</b> Single Bundle ACL Reconstruction	Daniel E. Cooper, MD
3:35 PM	ACL Reconstruction Outcomes	Christopher Kaeding, MD
3:40 PM	Pediatric ACL Injuries	Stephen Aoki, MD
3:45 PM	<b>Keynote:</b> Prevention of Primary and Secondary of ACL injuries	Timothy Hewett, MD

**4:00 PM - 4:30 PM BREAK**

**4:30 PM - 5:50 PM KNEE – ACL Part II**

**Moderator:**  
**Thomas DeBerardino, MD**

4:30 PM	<b>Questions for Audience</b>	Thomas DeBerardino, MD
4:35 PM	Anterolateral Lateral Complex Injuries	Christopher Larson, MD
4:40 PM	<b>Video Spotlight:</b> ALL Reconstruction	Christopher Larson, MD
4:45 PM	ACL Reconstruction: Tips to Prevent Failure	Michael Stuart, MD
4:55 PM	The Team Approach to ACL Rehabilitation	Corey Kunzer, DPT, SCS, ATC
5:05 PM	MCL with ACL: What Do We Do Now?	Matthew Provencher, MD
5:10 PM	Revision ACL: How Did We Get Here?	Christopher Kaeding, MD
5:15 PM	Single Stage vs. Two Stage Revision ACLR	Thomas DeBerardino, MD
5:20 PM	ACL Return to Sport criteria and challenging decisions	Corey Kunzer, DPT, SCS, ATC
5:30 PM	Case Presentations / Audience Q&A / Panel Discussion	Christopher Kaeding, MD
5:50 PM	<b>ADJOURN FOR THE DAY</b>	

## SATURDAY, FEBRUARY 23, 2019

**6:00 AM - 6:40 AM BREAKFAST**

**6:45 AM - 10:30 AM KNEE – ARTICULAR CARTILAGE, OSTEOTOMY & ARTHROPLASTY**

**Moderator:**  
**Andreas Gomoll, MD**

6:45 AM	Questions for the Audience	Andreas Gomoll, MD
6:50 AM	Imaging of Articular Cartilage Lesions: What to Look for Preoperatively?	Aaron Krych, MD
6:55 AM	Microfracture	Daniel Saris, MD
7:00 AM	Viable Osteochondral Allografting for Cartilage Lesions	Andreas Gomoll, MD
7:05 AM	Autologous Cultured Chondrocytes on Collagen Membrane	Daniel Saris, MD
7:10 AM	Osteochondral Autograft Transfer	Thomas Carter, MD
7:15 AM	Osteochondral Allograft Transplantation	Aaron Krych, MD
7:20 AM	<b>Video Spotlight:</b> Osteochondral Transplantation	Thomas DeBerardino, MD

# WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

*\*Agenda Subject to Change*

## SATURDAY, FEBRUARY 23, 2019

7:25 AM	Patellofemoral Lesion: Why These are Different and Tricks for Managing	Andreas Gomoll, MD
7:30 AM	Combined Lesions: Putting it All Together	Daniel Saris, MD
7:35 AM	Rehabilitation After Cartilage Procedures	Michael Matthews, PT, DPT, CSCS
7:45 AM	<b>Keynote:</b> Cartilage Lesions of the Knee - the Present, and the Future	Jason L. Dragoo, MD
7:55 AM	Case Presentations Articular Cartilage / Audience Q&A / Panel Discussion	Aaron Krych, MD

**8:25 AM - 8:55 AM BREAK**

**8:55 AM - 10:30 AM KNEE – ARTICULAR CARTILAGE, OSTEOTOMY & ARTHROPLASTY**

**Moderator:**  
**Thomas Carter, MD**

8:55 AM	Questions for the Audience	Thomas Carter, MD
9:00 AM	Cortisone and Viscosupplementation: Do Injections Actually Work?	Jason L. Dragoo, MD
9:05 AM	<b>Keynote:</b> PRP, BMAC, Stem Cells - Where's the Evidence?	James P. Bradley, MD
9:15 AM	Indications for Osteotomy - Why is There Conflict Between Europe and USA?	Andreas H. Gomoll, MD
9:20 AM	Osteotomy About the Knee: How do I Plan for Surgery?	Michael Stuart, MD
9:25 AM	<b>Video Spotlight:</b> Proximal Tibial Osteotomy	Michael Stuart, MD
9:35 AM	<b>Video Spotlight:</b> Distal Femoral Osteotomy	Andreas H. Gomoll, MD
9:40 AM	Knee Arthritis in Young, Active Patients: Osteotomy or Arthroplasty?	Michael Stuart, MD
9:50 AM	<b>Video Spotlight:</b> Unicompartmental Knee Arthroplasty	Thomas Carter, MD
9:55 AM	Outpatient Knee Arthroplasty	Thomas DeBerardino, MD
10:00 AM	Pain Management After Knee Surgery	Michael Stuart, MD
10:10 AM	Case Presentations Osteotomy & Arthroplasty / Audience Q&A / Panel Discussion	Michael Stuart, MD

**10:30 AM MORNING SESSION ADJOURNS**

**2:30 PM - 3:20 PM APRÈS SKI**

**3:30 PM - 4:15 PM KNEE – MENISCUS & PATELLOFEMORAL**

**Moderator: James P. Bradley, MD**

3:30 PM	Questions to the Audience	James P. Bradley, MD
3:35 PM	When is Meniscectomy the Best Option?	Christopher Larson, MD
3:40 PM	Meniscus Tears - Which Ones Need Repair?	Daniel E. Cooper, MD
3:45 PM	Is There a Role for Orthobiologics in Meniscal Repairs?	Daniel Saris, MD
3:50 PM	<b>Video Spotlight:</b> Meniscal Root Repair	Aaron Krych, MD
3:55 PM	Rehabilitation After Meniscus Repair	Christopher Larson, MD
4:00 PM	Criteria to Return to Sport Following Meniscal Surgery	Travis Maak, MD
4:05 PM	What are the Indications for a Meniscal Allograft?	Aaron Krych, MD
4:10 PM	<b>Video Spotlight:</b> Meniscal Allograft	Thomas Carter, MD
4:15 PM	Case Presentations: Meniscus / Audience Q&A / Panel Discussion	Christopher Larson, MD

**4:35 PM - 5:05 PM BREAK**

**5:05 PM - 6:10 PM KNEE – MENISCUS & PATELLOFEMORAL**

**Moderator: Thomas DeBerardino, MD**

5:05 PM	Questions for the Audience	Thomas DeBerardino, MD
---------	----------------------------	------------------------

# WINTER SKS

2019 SHOULDER, KNEE, & SPORTS MEETING

FEBRUARY 21-24, 2019 - SNOWBIRD, UT

*\*Agenda Subject to Change*

## SATURDAY, FEBRUARY 23, 2019

5:10 PM	Is Lateral Release EVER Indicated?	Thomas DeBerardino, MD
5:15 PM	First Time Patellar Dislocations: When is it Best to Intervene?	James P. Bradley, MD
5:20 PM	Imaging for Recurrent Patellar Instability in Athletes: What to Look For?	Rachel Frank, MD
5:25 PM	<b>Video Spotlight:</b> Tibial Tubercle Osteotomy	Thomas DeBerardino, MD
5:30 PM	When Should I Perform a Trochleoplasty?	Aaron Krych, MD
5:35 PM	<b>Video Spotlight:</b> Trochleoplasty	Matthew Provencher, MD
5:40 PM	<b>Keynote:</b> Rehabilitation After Patellofemoral Instability Surgery	Michael Matthews, PT, DPT
5:50 PM	Case Presentations: Patellofemoral / Audience Q&A / Panel Discussion	Matthew Provencher, MD
<b>6:10 PM</b>	<b>ADJOURN FOR THE DAY</b>	

## SUNDAY, FEBRUARY 24, 2019

**6:00 AM - 6:45 AM BREAKFAST**

**6:45 AM - 9:50 AM KNEE – MULTILIGAMENT & GENERAL**

**Moderator:**  
**Daniel E. Cooper, MD**

6:45 AM	Questions for the Audience	Daniel E. Cooper, MD
6:50 AM	Evaluation of the Dislocated Knee	Rachel Frank, MD
7:00 AM	PCL Injuries: When to Fix?	Daniel E. Cooper, MD
7:05 AM	<b>Video Spotlight:</b> PCL Reconstruction	Michael Stuart, MD
7:10 AM	MCL & Posteromedial Corner: When & How to Fix?	Daniel E. Cooper, MD
7:20 AM	LCL & Posterolateral Corner: When & How to Fix?	Thomas Carter, MD
7:30 AM	Technical Pearls when Reconstructing the Multi-Ligament Knee	Rachel Frank, MD
7:35 AM	Rehab After Multiligamentous Knee: Can We Prevent Stiffness?	Michael Matthews, PT, DPT
7:45 AM	<b>Keynote:</b> On the Field Management of a Knee Ligament Injury - From ACL to Multiligament	Daniel E. Cooper, MD
8:00 AM	Case Presentations: Multiligament / Audience Q&A / Panel Discussion	Rachel Frank, MD

**8:15 AM - 8:45 AM BREAK**

8:45 AM	Anticoagulants or Antibiotics – Are They Necessary?	Rachel Frank, MD
8:50 AM	Extensor Mechanism Rupture: Repair or Augmentation?	Michael Stuart, MD
9:00 AM	Tibial Spine Fractures	Stephen Aoki, MD
9:10 AM	Pre-Performance Medications - What is Safe, What is Allowed?	Thomas Carter, MD
9:15 AM	When is Bracing Indicated for the Sports Knee?	Rachel Frank, MD
9:20 AM	<b>Keynote:</b> Osteochondritis Dissecans in the Young Athlete	Stephen Aoki, MD
9:30 AM	Concussion Update 2019	Michael Stuart, MD
9:40 AM	Case Presentations / Audience Q&A / Panel Discussion	Travis Maak, MD
9:55 AM	Closing Remarks / Adjourn / Plan for 2020	Anthony A. Romeo, MD

**10:00 AM COURSE ADJOURNS**