

42nd Annual

CHERRY BLOSSOM SEMINAR

MARCH 31–APRIL 2, 2023

PARK HYATT WASHINGTON, WASHINGTON, D.C.

Course Chairman: M. Mike Malek, MD

Course Co-Chairmen: Jeffrey S. Abrams, MD | Colonel Steven J. Svoboda, MD, USA, Retired



MEDSTARHEALTH.ORG/CHERRYBLOSSOMSEMINAR

CONTINUING EDUCATION INFORMATION

Musculoskeletal injuries (MSKI) are among the most disabling and costly conditions sustained by Americans. 60% of all unintentional injuries involve the musculoskeletal system and account for the largest number of years lost to disability. Within the US military, non-combat related MSKI remain the largest unsolved public health problem facing the force. The rapidly evolving management of these injuries requires an integrated team that includes not only orthopaedic surgeons, but also allied health professionals such as nurses, physical therapists, and athletic trainers.

The purpose of this three-day seminar is to provide up to date information on the pathogenesis of common orthopaedic injuries as well as provide evidence-based recommendations on the management of these conditions. The seminar will focus on the most common injuries to the shoulder and knee as well as arthritis affecting these joints. Surgical innovations such as minimally invasive techniques and tools to return patients more rapidly to activity will be a particular focus. Innovations in non-operative management will be discussed and the role of orthobiologics will be featured. Through this course, the gap between state-of-the-art practice and current practices will be closed in order to provide a high quality, comprehensive, multidisciplinary approach to patients with orthopaedic injuries. This approach will improve the quality of care provided to patients, decrease the risk of complications and morbidity, and reduce the overall burden of orthopaedic injuries on the patient and society.

Target Audience

This conference is intended for orthopaedic surgeons, orthopaedists, residents, fellows, physician assistants, nurse practitioners, nurses, physical therapists, athletic trainers, medical students, allied health professionals, and other members of the healthcare team interested in the management of orthopaedic surgery, orthopaedics, and sports medicine.

Learning Objectives

- Identify the most common orthopaedic conditions of the knee and shoulder and their significance to the burden of overall disease to society.
- Perform the most appropriate physical examination maneuvers on the knee and shoulder when evaluating an injured patient.
- Identify the currently available, FDA-approved orthobiologic interventions for knee and shoulder conditions and utilize the appropriate application of each intervention.
- Describe non-operative measures, state-of-the-art injection therapy, osteotomy, partial arthroplasty, and total joint arthroplasty options for the spectrum of arthritis for each joint for the management of osteoarthritis of the knee and shoulder.
- Identify the optimal imaging modalities to diagnose and guide treatment of common knee and shoulder injuries in the acute, subacute, and chronic presentations.
- Utilize state-of-the-art on-field diagnostic maneuvers and initial management of common orthopaedic injuries.
- Identify the roles and responsibilities of members of the healthcare team involved in the collaborative care of patients with musculoskeletal injuries.
- Integrate a team-based approach in the care of patients with musculoskeletal injuries.
- Optimize postoperative management and rehabilitative programs following knee and shoulder reconstructive procedures, including patient performed and supervised physical and occupational therapy.

Accreditation



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, MedStar Health 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.

Credit Designation



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 17.50 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physicians: MedStar Health designates this live activity for a maximum of 17.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Physician Assistants: MedStar Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 17.50 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Nurses: This activity is approved for 17.50 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Physical Therapists: An application will be submitted to the Maryland Board of Physical Therapy Examiners for continuing education credits. Once submitted, approval by the Board will be pending, however not guaranteed.



Athletic Trainers: MedStar Health is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 17.50 CEUs. ATs should claim only those hours actually spent in the educational program.



COURSE CHAIRMAN



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COURSE CO-CHAIRMEN



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AGENDA | *Friday, March 31*

7:00 a.m. Registration, Breakfast, and Visit the Exhibits

8:00 a.m. **Welcome and Opening Remarks**
M. Mike Malek, MD

Session I: Meniscus

Moderator: Scott C. Faucett, MD, MS

8:10 a.m. **MRI of the Knee with Clinical Correlation**
Steven A. Meyers, MD

8:30 a.m. **Meniscal Repair: All-Inside, Inside-Out, and Outside-In**
Kevin F. Bonner, MD

8:40 a.m. **Meniscal Transplantation: Where Are We After Two Decades?**
TBD

8:50 a.m. **Collagen Meniscus Implant (CMI) / Menaflex Replacement and Update on Bovine Collagen**
Nicholas A. Sgaglione, MD

9:00 a.m. **Office Arthroscopy**
Sean McMillan, DO

9:10 a.m. **Arthroscopic Management of Baker's Cyst**
Julie Dodds, MD

9:20 a.m. **Session: I Panel Discussion**
Moderator: Scott C. Faucett, MD, MS
Panelists: K. Bonner, J. Dodds, S. McMillan, S. Meyers, N. Sgaglione

9:45 a.m. **Morning Break and Visit the Exhibits**

Session II: Ligaments

Moderator: Sean McMillan, DO

10:00 a.m. **Graft Selection for Anterior Cruciate Ligament (ACL) and Posterior Cruciate Ligament (PCL) Reconstruction**
Julie Dodds, MD

10:10 a.m. **ACL Reconstruction Allograft vs. Autograft: How Do I Choose Who Gets What?**
Nicholas A. Sgaglione, MD

10:20 a.m. **Is ACL Repair an Option?**
Wiemi A. Douoguih, MD

10:30 a.m. **Dealing with ACL Tear Using Bridge-Enhanced Anterior Cruciate Ligament Repair (BEAR) Implant**
Scott C. Faucett, MD, MS

10:40 a.m. **Technique for Transtibial PCL Reconstruction**
M. Mike Malek, MD

10:50 a.m. **Dealing with Multiligament Injuries of the Knee**
TBD

11:00 a.m. **KEYNOTE: Medial Collateral Ligament (MCL) Injuries of the Knee: When I Fix'em and When I Don't**
Peter Indelicato, MD

11:20 a.m. **Session II Panel Discussion**
Moderator: Sean McMillan, DO
Panelists: J. Dodds, W. Douoguih, P. Indelicato, M. Malek, N. Sgaglione

11:45 a.m. **Lunch and Visit the Exhibits**

AGENDA | *Friday, March 31 (Continued)*

Session III: Patella

Moderator: Julie Dodds, MD

- 1:00 p.m. **Treatment of the First Time Dislocator**
William R. Beach, MD
- 1:10 p.m. **Dealing with Recurrent Patella Dislocation**
Jonathan F. Dickens, MD
- 1:20 p.m. **Medial Patellofemoral Ligament (MPFL) Reconstruction Techniques and My Technique of Choice**
William R. Beach, MD
- 1:30 p.m. **Tibial Tubercle Transposition: Is it Still an Option?**
Jonathan F. Dickens, MD
- 1:40 p.m. **Patellofemoral Arthroplasty**
Anthony Miniaci, MD
- 1:50 p.m. **Session III Panel Discussion**
Moderator: Julie Dodds, MD
Panelists: W. Beach, J. Dickens, A. Miniaci

Session IV: Cartilage

- 2:15 p.m. **Abrasion Arthroplasty and Microfracture: How Reliable are They?**
John J. Klimkiewicz, MD
- 2:25 p.m. **Minced Articular Cartilage Implantation / Juvenile Allograft / DeNovo**
John C. Richmond, MD
- 2:35 p.m. **Second Generation of Autologous Cartilage Implantation / Matrix-Induced Autologous Chondrocyte Implantation (MACI)**
Bashir A. Zikria, MD, MSc

- 2:45 p.m. **Osteochondral Allograft in the Knee**
Kevin F. Bonner, MD
- 2:55 p.m. **Session IV Panel Discussion**
Panelists: K. Bonner, J. Klimkiewicz, B. Zikria
- 3:15 p.m. **Afternoon Break and Visit the Exhibits**

Session V: Degenerative Joint Disease

Moderator: Jonathan F. Dickens, MD

- 4:00 p.m. **Algorithm for Treating Degenerative Joint Disease**
Don A. Buford, MD
- 4:10 p.m. **Role of Injectable / Corticosteroid and Viscosupplementation**
Bashir A. Zikria, MD, MSc
- 4:20 p.m. **Orthobiologics / Platelet Rich Plasma (PRP) and Stem Cells**
Don A. Buford, MD
- 4:30 p.m. **Osteotomy Around the Knee**
Wiemi A. Douoguih, MD
- 4:40 p.m. **Outpatient Total Knee Arthroplasty: Pre and Post Operative Considerations**
Bradley Boyd, DO
- 4:50 p.m. **Status of Unicondylar Arthroplasty**
Bradley Boyd, DO
- 5:00 p.m. **Latest Update in Coding and Reimbursement**
TBD
- 5:10 p.m. **Session V Panel Discussion**
Moderator: Jonathan F. Dickens, MD
Panelists: B. Boyd, D. Buford, W. Douoguih
- 5:30 p.m. **Welcome Reception with Exhibitors**
- 6:00 p.m. **Adjourn**

AGENDA | *Saturday, April 1*

7:30 a.m. **Breakfast, Registration, and Visit the Exhibits**

8:30 a.m. **Welcome & Session VI Introduction**
Moderator: Jeffrey S. Abrams, MD

Session VI: Instability

8:40 a.m. **Imaging Session: Assessing Soft Tissue and Bone Loss Preoperatively**
James S. Jelinek, MD

8:50 a.m. **When Should I Perform a Knotless Arthroscopic Bankart Repair?**
Raymond Thal, MD

9:00 a.m. **The Role of Remplissage: Indications and Results**
Larry Field, MD

9:10 a.m. **Risk Factors and Sub-Critical Bone Loss: Preoperative and Intraoperative Findings of the Engaging Hill Sachs Lesion**
Jeffrey R. Giuliani, MD

9:20 a.m. **Morning Break and Visit the Exhibits**

9:30 a.m. **20% Glenoid Bone Loss in an Athlete: Do I Always Need a Latarjet?**
Colonel Steven J. Svoboda, MD, USA, Retired

9:40 a.m. **Latarjet Procedures: What Can I Do to Reduce Complications?**
TBD

9:50 a.m. **Bone Grafting: Techniques and Fixation Options**
Jeffrey S. Abrams, MD

10:00 a.m. **Multidirectional Shoulder Instability: How Can I Balance the Capsule?**
Louis F. McIntyre, MD

10:10 a.m. **Posterior Shoulder Instability: Making the Diagnosis and Treatment Options**
Kevin D. Plancher, MD

10:20 a.m. **Revisions Surgery for Failed Stabilization: Additional Stability to Reduce Risk of Recurrence**
TBD

10:30 a.m. **Session VI Panel Discussion**
Panelists: J. Abrams, J. Giuliani, L. McIntyre, S. Svoboda, R. Thal

10:45 a.m. **Coffee Break and Visit the Exhibits**

Session VII: Rotator Cuff
Moderator: Larry Field, MD

11:00 a.m. **Subscapularis Tears: Preoperative Evaluation and Primary Repair**
Larry Field, MD

11:10 a.m. **Medium Sized Rotator Cuff Tears: Do We Need Double Row Fixation?**
Colonel Christopher J. Tucker, MD

11:20 a.m. **Large and Massive Tears: Planning and Techniques to Improve Our Results**
Kevin D. Plancher, MD, MPH

AGENDA | *Saturday, April 1 (Continued)*

- 11:30 a.m. **Biceps Tendon Augmentation When Treating Rotator Cuff Repairs at Risk**
Jeffrey S. Abrams, MD
- 11:40 a.m. **Grafting Options for Primary and Revision Rotator Cuff Repairs**
Stephen J. Snyder, MD
- 11:50 a.m. **When Is it Too Late to Consider a Rotator Cuff Repair with Chronic Tears?**
TBD
- 12:00 p.m. **How To Evaluate a Stiff Shoulder Following Surgery? What Are Your Treatment Options After Failed Therapy?**
Raymond Thal, MD
- 12:10 p.m. **Session VII Panel Discussion**
Moderator: Larry Field, MD
Panelists: J. Abrams, L. Field, K. Plancher, S. Snyder, C. Tucker
- 12:30 p.m. **Lunch Break and Visit the Exhibits**
- 1:30 p.m. **VISITING PROFESSOR: Stephen Snyder, MD Lifetime Experience**
Stephen J. Snyder, MD
- 1:50 p.m. **Celebrity Interview: Questions Regarding Past, Present, and Future Arthroscopic Surgery of the Shoulder**
Moderator: Jeffrey S. Abrams, MD
Guest: Stephen J. Snyder, MD
- Session VIII: Shoulder Arthroplasty**
Moderator: TBD
- 2:15 p.m. **Preoperative Planning for Patients with Arthritis: Patient Selection, Prosthesis Design, Managing Expectations**
Stephen B. Gunther, MD
- 2:25 p.m. **Anatomic Total Shoulder Arthroplasty, Fewer Indications? Patient Selection and Pearls on Technique**
TBD
- 2:35 p.m. **Resurfacing Shoulder Arthroplasty: Patient Selection, Techniques to Handle the Subscapularis, and Postoperative Management**
Anthony Miniaci, MD
- 2:45 p.m. **Inlay Glenoid Design: What Can We Expect in the Future?**
Stephen B. Gunther, MD
- 2:55 p.m. **Reverse Shoulder Arthroplasty: Growing Indications. What Can Patients Expect After Surgery?**
TBD
- 3:05 p.m. **Panel Discussion: Patient and Procedure Selection**
Moderator: TBD
Panelists: S. Gunther, A. Miniaci
- 3:25 p.m. **Afternoon Break and Visit the Exhibits**

AGENDA | *Saturday, April 1 (Continued)*

Session IX: Complications of Surgery Session

Moderator: TBD

3:45 p.m.	Biceps Tenodesis Above and Below the Groove: Choosing the Best Procedure Stephen B. Gunther, MD	4:15 p.m.	When To Operate on The Painful Shoulder Following Arthroplasty? We Need a Diagnosis. TBD
3:55 p.m.	Shoulder Instability Following Shoulder Arthroplasty. Assessment and Treatment Options TBD	4:25 p.m.	Panel Discussion: Complications and Management Moderator: TBD Panelists: R. Thal
4:05 p.m.	The Infected Shoulder: Single and Multistaged Approaches. Outcomes? TBD	4:45 p.m.	Adjourn

AGENDA | *Sunday, April 2*

7:00 a.m. **Breakfast, Registration, and Visit Exhibit**

8:00 a.m. **Welcome and Opening Remarks**
Colonel Steven J. Svoboda, MD, USA, Retired

Session X: On-Field Athletic Injury Session

Moderator: Colonel Steven J. Svoboda, MD, USA, Retired

8:10 a.m. **Common On-Field Injuries: What Can and Should I Do First?**
Kathryn Brodka, ATC

8:25 a.m. **On-Field Emergencies: Planning First Tells You What to Do Next**
Korin B. Hudson, MD

8:40 a.m. **Communication Within the Athletic Care Team After Competition or Injury (MD/PT/ATC Discussion Panel)**
LTC John Mason, PT, DPT

Session XI: Acute Athletic Injuries in the Outpatient Setting

Moderator: LTC (ret) Michael Johnson, DPT, DSc, USA

8:55 a.m. **Sports Injuries Not to Miss**
Matt Garber, PT

9:10 a.m. **Physical Examination Pearls to Keep You Ahead of the Game**
Matt Garber, PT; R. Lance Kelly, PT, ATC;
CAPT Shane Vath PT

AGENDA | *Sunday, April 2 (Continued)*

9:25 a.m. **Diagnostic Imaging Correlations: What Am I Seeing and How Can This Help Me in Clinic**
CAPT Shane Vath, PT

9:40 a.m. **Panel Discussion: Outpatient Clinic Case Studies**
Moderator: LTC Michael Johnson, DPT, DSc, USA, Retired
Panelists: M. Garber, R. Kelly, J. Mason, S. Svoboda, S. Vath

9:55 a.m. **Morning Break and Visit Exhibits**

Session XII: Return to Play for Lower Extremity Injuries

Moderator: LTC Michael Johnson, DPT, DSc, USA, Retired

10:10 a.m. **An Overview of Return to Play Guidelines for the Post-Surgical Knee**
Kala Flagg, DPT, ATC, CSCS

10:25 a.m. **Post-Surgical Athlete Return to Play: Common Impairments After Surgery**
Amy L. Claypool, PT, DPT

10:40 a.m. **Return to Running for the Injured Athlete**
LTC John Mason, PT, DPT

Session XIII: Blood Flow Restriction for Optimization Rehabilitation and Performance

Moderator: LTC Michael Johnson, DPT, DSc, USA, Retired

11:20 a.m. **Blood Flow Restriction for Overuse Injuries and in the Post-Operative Sports Patient**
Nicholas Rolnick, DPT

11:35 a.m. **Blood Flow Restriction Demonstration / Hands On**
LTC John Mason, PT, DPT; Nicholas Rolnick, DPT

11:30 a.m. **Conference Adjourn**
M. Mike Malek, MD

VENUE INFORMATION

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REGISTRATION INFORMATION

REGISTRATION TYPE	FEE
Active Military/Residents/Fellows <i>(with letter from chief)</i>	COMPLIMENTARY
Physicians	\$645
Non-Military Residents/Fellows	\$200
Physician Assistants	\$300
Nurse Practitioners	\$300
Nurses	\$300
Allied Health Professionals (PT, ATC, Other)	\$300
Non-Military Residents/Fellows	\$200
Industry Representatives	\$850
1 Day Pass Friday or Saturday	\$200
1/2 Day Pass Sunday	\$75

Online Registration Preferred

Please visit **MedStarHealth.org/CherryBlossomSeminar** for updated program and registration information. We are unable to accept registrations or cancellations by telephone.

All registrations will be confirmed by email only. If you have questions or do not receive a confirmation within 1-2 business days, please contact us at medstarcp@medstar.net or (833) 731-1273.

Cancellation Policy

Cancellations made in writing by March 1, 2023 will be subject to a 50% penalty. No refunds will be given after March 1, 2023. In the unlikely event that the course is canceled, MedStar Health will refund the registration fee, but is not responsible for any travel costs.

Special Assistance

MedStar Health wishes to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals because of the absence of auxiliary aids or services identified in the Americans with Disabilities Act. Please contact (833) 731-1273 to notify us of your needs.

For exhibit information please contact Elizabeth Romano at Elizabeth.S.Romano@medstar.net