

## PRESIDENTIAL GUEST SPEAKERS



### Melissa A. Kacena, PhD

Associate Professor of Orthopaedic Surgery,  
Indiana University, NASA Co-Investigator

Dr. Kacena is an Associate Professor of Orthopaedic Surgery at Indiana University. Her fracture healing research and development of a bone healing agent led to a collaboration with NASA and the Department of Defense on bone healing in spaceflight.

The study involves 40 mice and compares a common therapy currently used for bone-healing, to Dr. Kacena's therapy that uses a protein to stimulate blood cells that, in turn, stimulate bone cells, triggering the first stage of bone-healing. The SpaceX10 launch in February 2017, carried her team's test subjects to the International Space Station. Then, the return capsule carrying their specimens splashed down in the Pacific on March 19, 2017.

We know you'll enjoy Dr. Kacena's presentation, *Astro Orthopaedics*, on Thursday afternoon.

### John D. Kelly, IV, MD

University of Pennsylvania  
Director, Shoulder Sports Medicine



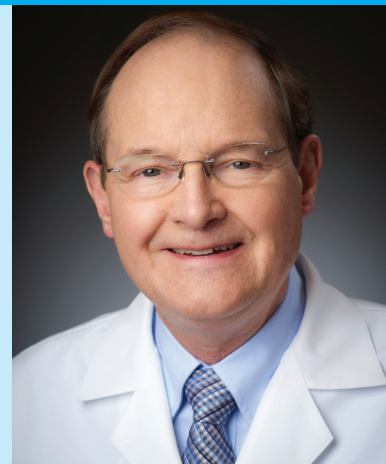
John D. Kelly, IV, MD attended Columbia University in New York before graduating with Honors at the University of Cincinnati College of Medicine. He received his orthopaedic training at the University of Pennsylvania and completed a Fellowship in Sports Medicine at Temple University where he remained as a faculty member for 19 years. He returned to Penn Medicine in 2008 where he serves as Professor of Orthopaedic Surgery and Director of Shoulder Sports Medicine. He also is Director of the Throwing Clinic at Penn Medicine. His clinical and research interests include disorders of the shoulder, arthritis prevention, diabetes, and "holistic orthopaedics." He has a profound interest in physician well-being and lectures extensively on matters of wellness and personal balance. Dr. Kelly has received numerous awards for teaching and clinical excellence including Master Shoulder Surgeon AANA, "Top Docs" Philadelphia Magazine, Joseph Torg Award for Sports Excellence, NATA Honorary Member, EATA Moyer Award, Best Doctors in America, and Nicholson Award for Teaching. Dr. Kelly has been married to the love of his life, Marie S. Kelly, for 29 years and is the proud parent of twin daughters Mary and Ann Marie.

We look forward to Dr. Kelly's presentations on Thursday morning, *Massive Cuff Tear: Alternatives to Reverse Shoulder Arthroplasty*, and on Friday afternoon, *How to Stay Energized for a Career in Orthopaedic Surgery*.

## PRESIDENT'S MESSAGE

### John E. Garber, MD

A NASA orthopaedics consultant, president of the Indianapolis Motor Speedway, Indianapolis Colts orthopaedist, and former longtime Indiana Pacers athletic trainer are among the presenters scheduled for the 105th Annual Meeting of the Clinical Orthopaedic Society on Sept. 13-16, 2017, at the Crowne Plaza Union Station Conference Center in downtown Indianapolis.



Doug Boles, President of the Indianapolis Motor Speedway, will open the educational conference. Other speakers represent the Indiana University Department of Orthopaedic Surgery. Orthopaedic surgeons from throughout Indiana, as well as from New York, Louisiana, Florida, Illinois, Pennsylvania, and California, will discuss a variety of relevant topics that include osteoporosis, trauma, sports medicine, arthroplasty, pediatric orthopaedics, treatment of obese patients, and an update on bone tumors. Residents will present clinical research topics at the conference.

The Clinical Orthopaedic Society is an historic organization founded in 1912 with members from throughout the country. The society's motto is "Learn by seeing, hearing, criticism, and fellowship." Learning takes place during lectures and discussions with peers and experts in the field. There are opportunities to interact with the faculty and view presentations with patients.

I hope you will consider attending the Indianapolis meeting and joining the COS organization. During my 31 years of membership, I have had the opportunity to learn about all of the orthopaedic subspecialties and visit major U.S. cities. When it is time for Board recertification, reviewing for the exam does not seem as difficult because the annual COS meetings are very informative. Society membership also has enabled me to develop long-term friendships with orthopaedic surgeons nationwide. Social events appeal to spouses as well as members.

Registration is available online at [www.cosociety.org](http://www.cosociety.org). I hope to see you there.

Sincerely yours,

John E. Garber, MD  
COS President, 2016-17



Clinical Orthopaedic Society  
110 West Rd, Suite 227  
Towson, MD 21204

See you in Indianapolis!



## CLINICAL ORTHOPAEDIC SOCIETY

Clinical Orthopaedic Society

105<sup>TH</sup>  
**ANNUAL  
MEETING**  
September 13-16, 2017

**REGISTER ONLINE TODAY!**

[www.cosociety.org](http://www.cosociety.org)  
or call 410-307-1013

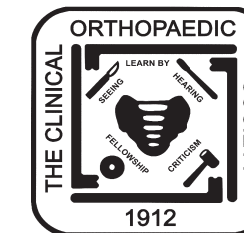
#### Hotel Reservations

Call 317-631-2221 to make your hotel reservations for the COS 105th Annual Meeting being held at the Crowne Plaza Union Station in Indianapolis, IN. The COS group rate is \$175 plus taxes and fees.



Crowne Plaza Union Station  
123 W. Louisiana St.  
Indianapolis, IN 46202  
Phone: 317-631-2221

105<sup>TH</sup>  
**ANNUAL  
MEETING**



Clinical Orthopaedic Society  
September 13-16, 2017  
Crowne Plaza Union Station  
Indianapolis, IN

PRELIMINARY PROGRAM  
23.75 CME CREDITS

# PRELIMINARY COS SCIENTIFIC PROGRAM 105th Annual Meeting | September 13-16, 2017 | Crowne Plaza Union Station, Indianapolis, Indiana

(Presenters and times are subject to change.)

## WEDNESDAY, SEPTEMBER 13

12:00 pm – 5:00 pm **Registration**  
12:00 pm – 5:00 pm **Board Meeting**

## THURSDAY, SEPTEMBER 14

6:30 am – 7:30 am **Multimedia Education Session**  
6:30 am – 7:30 am **Breakfast with Exhibitors**  
6:30 am – 3:00 pm **Registration**  
7:30 am – 7:40 am **Welcome and Opening Remarks**  
*John E. Garber, MD, President*

### Symposium 1

**Moderator:** John E. Garber, MD, Witham Orthopaedics Associates

7:40 am – 8:10 am Indianapolis 500 and Evolution of Driver Safety  
*J. Douglas Boles, President, Indianapolis Motor Speedway*

8:10 am – 8:40 am Cervical Myelopathy  
*Richard C. Sasso, MD, Indiana Spine Group*

8:40 am – 9:10 am Stretching with a Purpose  
*David Craig, LAT, ATC, Former Indiana Pacers Trainer*

9:10 am – 9:20 am Discussion  
9:20 am – 9:40 am **BREAK - Please visit Exhibits**

### Symposium 2A

**Moderator:** James A. Slough, MD, Excelsior Orthopaedics

9:40 am – 10:10 am Trauma  
*Renn J. Crichlow, MD, Ortholndy Trauma*

10:10 am – 10:40 am Throwing Injuries  
*Arthur C. Rettig, MD, Indianapolis Colts Orthopaedist/ Methodist Sports Medicine*

10:40 am – 10:45 am Discussion

### Rapid Fire Sessions 1A-D

10:50 am – 11:20 am Abstract Sessions  
11:20 am – 11:40 am **BREAK - Please visit Exhibits**

### Symposium 2B

**Moderator:** James A. Slough, MD, Excelsior Orthopaedics

11:40 am – 12:10 pm Massive Cuff Tear: Alternatives to Reverse Shoulder Arthroplasty  
*John D. Kelly IV, MD, Presidential Guest Speaker, University of Pennsylvania*

12:10 pm – 12:40 pm Superior Capsular Reconstruction  
*Brian L. Badman, MD, American Health Network*

12:40 pm – 12:45 pm Discussion  
12:45 pm – 1:45 pm **COS Luncheon**

### Symposium 3

**Moderator:** Bess E. Brackett, MD, Sutter Health

1:45 pm – 2:15 pm Astro Orthopaedics  
*Melissa A. Kacena, PhD, NASA Consultant/Indiana University School of Medicine, Presidential Guest Speaker*

2:15 pm – 2:45 pm Recent Advances in the Pediatric Hip  
*Randall T. Loder, MD, Indiana University Health*

2:45 pm – 3:15 pm Patient Presentation  
*Randall T. Loder, MD, Indiana University Health*

3:15 pm – 3:25 pm Discussion  
3:25 pm – 3:45 pm **BREAK - Please visit Exhibits**

### Symposium 4

**Moderator:** George W. Brindley, MD, Texas Tech University Health Sciences Center

3:45 pm – 4:15 pm Physician Personal Finance: Knowledge to Avoid Mistakes  
*John Wortman, CFP and J.P. Wyand, CFP, Valeo Financial Advisors*

4:15 pm – 4:45 pm History of the Clinical Orthopaedic Society  
*Bess E. Brackett, MD, Sutter Health and E. Boone Brackett, MD, iTriage*

4:45 pm – 5:25 pm Advocacy in Orthopaedics  
*James A. Slough, MD, Excelsior Orthopaedics; David McIntosh, JD, Club for Growth; Larry Halperin, MD, Orlando Orthopaedic Center*

5:25 pm – 5:35 pm Discussion  
5:35 pm – 6:35 pm **Multimedia Education Session**  
5:35 pm – 7:00 pm **President's Welcome Reception with Exhibitors**

### FRIDAY, SEPTEMBER 15

7:00 pm **Dine Around**

6:00 am – 7:45 am **Multimedia Education Session**  
7:00 am – 7:30 am **Breakfast with Exhibitors**  
7:00 am – 4:00 pm **Registration**

### General Session 1: Resident Papers

**Moderator:** Ramon J. Rodriguez, MD, Baton Rouge Orthopaedic Clinic, LLC

7:30 am – 8:30 am Resident Papers with Discussion  
8:30 am – 8:50 am **BREAK - Please visit Exhibits**

### Symposium 5

**Moderator:** John Dorris III, MD, Athens Bone & Joint Orthopedic Clinic

8:50 am – 9:20 am Management of Musculoskeletal Tumors  
*L. Daniel Wurtz, MD, University Orthopaedics Associates*

9:20 am – 9:50 am Orthopaedic Injuries and Complications of the Civil War  
*Fred Schaefer, CSFA-OS, Ortholndy*

9:50 am – 10:20 am Anterior Hip Arthroplasty in Obese Patients  
*Gregory P. McComis MD, North Point Orthopaedics*

10:20 am – 10:30 am Discussion  
10:30 am – 10:50 am **BREAK - Please visit Exhibits**

### Rapid Fire Sessions 2A-D

10:50 am – 11:20 am Abstract Sessions

### Symposium 6A

**Moderator:** John E. Garber MD, Witham Orthopaedic Associates

11:20 am – 11:55 am Dr. and Mrs. J. Elmer Nix Presentation and Lecture Operation Walk  
*Wesley G. Lackey, MD, Midwest Center for Joint Replacement*

11:55 am – 12:55 pm **COS Luncheon**

### Symposium 6B

**Moderator:** John E. Garber MD, Witham Orthopaedic Associates

12:55 pm – 1:25 pm How to Stay Energized for a Career in Orthopaedic Surgery  
*John D. Kelly IV MD, Presidential Guest Speaker, University of Pennsylvania*

1:25 pm – 1:55 pm Non-operative Treatment of Knee Osteoarthritis and Rehabilitation after Total Knee Surgery  
*K. Donald Shelbourne, MD, Shelbourne Knee Center*

1:55 pm – 2:05 pm Discussion  
2:05 am – 2:20 am **BREAK - Please visit Exhibits**

### Symposium 7

**Moderator:** J. Randall Riehl, MD, Decatur Orthopaedic Clinic

2:20 pm – 2:50 pm Infection Management in Total Knee Arthroplasty and Total Hip Arthroplasty: A 2016 Update  
*Lucian C. Warth, MD, Indiana University Health*

2:50 pm – 3:20 pm Arthroscopic Abductor Tendon Repair  
*Ricardo J. Rodriguez, MD, Baton Rouge Orthopaedic Clinic, LLC*

3:20 pm – 3:50 pm Successful Implementation of a Reduced Opioid Program for Total Joint Replacement  
*Stephen F. Mitros, MD, Mitros Orthopaedics*

3:50 pm – 4:00 pm Discussion

**General Session 2 - Digital Posters**  
4:00 pm – 6:00 pm **Digital Poster Presentations**  
6:00 pm – 7:00 pm **Multimedia Education Session**

## SATURDAY, SEPTEMBER 16

7:00 am – 8:15 am **Multimedia Education Session**  
7:45 am – 8:15 am **Continental Breakfast**  
7:45 am – 12:00 pm **Registration**

### General Session 3 - Resident Papers

**Moderator:** Ramon J. Rodriguez, MD, Baton Rouge Orthopaedic Clinic, LLC

8:15 am – 9:05 am Resident Papers

### Symposium 8

**Moderator:** Ramon J. Rodriguez, MD, Baton Rouge Orthopaedic Clinic, LLC

9:15 am – 9:45 am Risks of Anemia vs. Transfusion in Orthopaedic Trauma Patients  
*Brian H. Mullis, MD, Indiana University School of Medicine*

9:45 am – 10:15 am Patient Presentation  
*Brian H. Mullis, MD, Indiana University School of Medicine*

10:15 am – 10:45 am Osteoporosis Management  
*Emily Frank, MD, St. Vincent*

10:45 am – 10:55 am Discussion  
10:55 am – 11:05 am **REFRESHMENT BREAK**

### Symposium 9

**Moderator:** John E. Garber MD, Witham Orthopaedic Associates

11:05 am – 11:35 am Ankle Fractures—Syndesmosis Injuries in the Athlete  
*David Porter, MD, Methodist Sports Medicine*

11:35 am – 12:00 pm Clinical Orthopaedic Society Annual Membership and Business Meeting

12:00 pm – 12:15 pm Presidential Address / Passing of the Gavel / Adjournment  
*John E. Garber MD, Witham Orthopaedic Associates*

## Things to Do in Indianapolis

### Indianapolis Motor Speedway

This year's Indianapolis 500 was May 30 ... but even when there isn't a race going on, the iconic track is worth a visit. Regular tours are available, and the adventurous can even schedule a ride around the raceway in an Indy car! For those who'd rather watch, the Hall of Fame Museum is a racing fan's dream, with dozens of championship cars on display.

**Address: 4790 W. 16th St. Phone: 317-492-6700**



### Soldiers' and Sailors' Monument/Indiana War Memorial

Standing just 15 feet shorter than the Statue of Liberty, the Soldiers' and Sailors' Monument at the intersection of Market and Meridian streets marks the center of Monument Circle and is considered the symbol of Indianapolis. Inside is the Colonel Eli Lilly Civil War Museum, open Wed-Sun 10 am-5:30 pm. Just a few minutes walk to the north is the Indiana World War Memorial, with Greek-inspired architecture and its own museum, open Wed-Sun 9 am-5 pm.

**Address: 431 N. Meridian St. Phone: 317-232-7615**



### Eiteljorg Museum of American Indians and Western Art

Indianapolis has lots of museums and art galleries, and a unique one is the Eiteljorg. In the museum's short history, it has acquired one of the finest collections of American Indian art in the country. Don't miss the gift shop, which is filled with handmade jewelry and other unique items.

**Address: 500 W. Washington St. Phone: 317-636-9378**



### NCAA Hall of Champions

Just two blocks west of the Eiteljorg, the NCAA museum houses thousands of photographs and memorabilia from all variety of collegiate athletics.

**Address: 700 W. Washington St. Phone: 317-916-4255**



### Indianapolis Museum of Art

Just north of downtown, this museum ranks as the fifth largest general art museum in the country and boasts a collection of more than 50,000 works. Permanent collections of significance include those of Chinese art and jade, African art, old master paintings, English porcelain, and Neo-Impressionism. Special exhibits: "Chemistry of Color," through Dec. 31st. Admission: \$10-18. Also associated with the museum are 100 Acres: Virginia B. Fairbanks Art & Nature Park (free and open dawn to dusk) and "Oldfields" Lilly House & Gardens. Open Tue-Wed and Fri-Sat 11 am-5 pm, Thu 11 am-9 pm, Sun noon-5 pm.

**Address: 4000 Michigan Rd. Phone: 317-923-1331**



## Dine Around

Join with your colleagues for a night of dining at one of the four reserved restaurants in Indianapolis. COS has made all of the arrangements for you. Just sign up on-site at registration with your friends and enjoy!

### Harry & Izzy's

153 South Illinois St., Indianapolis, IN 46225  
**317-635-9594**

As the companion restaurant to St. Elmo's Steak House, Harry & Izzy's shares a few classic dishes including the world famous St. Elmo's Shrimp Cocktail, steaks and seafood. It also offers a broader menu variety featuring gourmet pizza, pasta and sandwiches. Its speakeasy inspired décor features dark wood, lush fabrics and a large chalkboard updated with daily betting lines that complete an ambience that will take you back to 1933.



### St. Elmo Steak House

127 South Illinois St., Indianapolis, IN 46225  
**317-635-0636**

What started out in 1902 as a small tavern named after the patron saint of sailors has turned into Indianapolis's oldest steakhouse in its original location and, in the process, has earned a national reputation for its top notch steaks, seafood and chops. While it's gone through numerous renovations over the years — including the addition of a wine cellar, open kitchen and private dining rooms — this downtown spot still retains its turn-of-the-century saloon charm.



### Nada Restaurant - Mexican

11 W. Maryland Street, Indianapolis, IN 46225  
**317-638-6232**

The name may translate to "nothing," but Nada has become everything in Indy. The Ohio-transplant has one mission: to "cure the ordinary." Guacamole includes a trendy tuna poke-style, the tacos feature fun twists (like the Sir Winston's Pot Roast), and did we mention there's Mex'orean fried chicken? L, D (daily); brunch (Sa, Su).



### Yard House

15 W. Maryland Street, Indianapolis, IN 46204  
**317-917-4408**

At this bar meets restaurant, the menu is huge, but the beer selection is huger — think like 100 beers, locals and imports. A lively, casual atmosphere caters to everyone from couples to families to gangs of guys watching the game. Pizzas are tasty, appetizers are plenty, and there's even a whole vegetarian section on the menu. Open Su-W 11 am-11 pm, Th 11 am-midnight, F-Sa 11 am-2 am.



*This event is on your own and each individual will be responsible for their own bill.*