

**COS Scientific Program  
September 13-16, 2017  
Victoria Station  
Crowne Plaza Union Station, Indianapolis, IN  
(Presenters and times are subject to change.)**

**Thursday, September 14**

6:00 am – 7:30 am                    **Multimedia Education Session** (*Executive Boardroom*)

7:30 am – 7:40 am                    **Welcome and Opening Remarks**  
*John E. Garber, MD, President*

**Symposium 1**

**Moderator:** John E. Garber, MD, *Witham Orthopedics 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 H. Craig, LAT, ATC, Former Indiana Pacers Trainer*

9:10 am – 9:20 am                    Discussion

9:20 am – 9:40 am                    ***BREAK—Please visit Exhibits (Grand Central Station Foyer)***

**Symposium 2A**

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

9:40 am – 10:10 am                    Trauma  
*Renn J. Crichlow, MD, OrthoIndy 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 –Hip Arthroplasty (Penn Station A)**

10:50 am – 10:54 am                    Hip Arthroscopy in Patient's with Childhood Hip Conditions: Is There a Functional Difference in Outcomes?  
*Brian M. Godshaw, MD, Ochsner Medical Center*

- 10:54 am – 10:58 am Hip Arthroscopy in Obese Patients: Is There a Functional Difference in Outcomes?  
*Brian M. Godshaw, MD, Ochsner Medical Center*
- 10:58 am – 11:02 am Outcomes of Direct Anterior Total Hip Arthroplasty (DA-THA) in the Elderly Population  
*Neel Gupta, MD, Hahnemann/Drexel*
- 11:02 am – 11:05 am Discussion
- 11:05 am – 11:09 am Same Day Discharge Total Hip Arthroplasty: Who Failed the Program and Why?  
*Joseph I. Levieddin, New York University Medical Center*
- 11:09 am – 11:13 am Total Hip Arthroplasty in Human Immunodeficiency Virus-Positive Patients—Up to 14 Year Follow-Up  
*David Novikov, BS, New York University Medical Center*
- 11:13 am – 11:17 am Risk Factors Associated with Persistent Chronic Opioid Use Following Total Hip Arthroplasty  
*Mackenzie A. Roof, BS, New York University Hospital of Joint Diseases*
- 11:17 am – 11:20 am Discussion

**Rapid Fire Sessions 1B – Misc. (Penn Station B)**

- 10:50 am – 10:54 am Glenoid Neck Hounsfield Units on Computed Tomography Can Risk Stratify Patients with Bone Mineral Density Disease  
*LT Kyle E. Nappo, MD, Walter Reed National Military Medical Center*
- 10:54 am – 10:58 am Do Intraoperative Steroids Result in Elevated Postoperative WBC Count in Spine Surgery?  
*Jack Osborn, Orthopedic Care Center*
- 10:58 am – 11:02 am **First Place Resident/Fellow Rapid Fire Award**  
Screw in Lisfranc Ligament  
*Stephen Sierra, BS, University of Texas Medical Branch*
- 11:02 am – 11:05 am Discussion
- 11:05 am – 11:09 am Subtalar Arthrodesis through a Posterior Surgical Approach in the Treatment of Patients with Painful Disabling Subtalar Joint Arthritis after Calcaneus Fractures

*Raoul P. Rodriguez, MD, Tulane University School of Medicine*

11:09 am – 11:13 am Manipulation Rate after Total Knee Arthroplasty with Patient-Specific Implants: Is It As Concerning As We Have Previously Thought?  
*LT Kyle E. Nappo, MD, Walter Reed National Military Medical Center*

11:13 am – 11:17 am Stress Riser Formation between Adjacent Cortical Plates: A Biomechanical Analysis in an Osteoporotic Model  
*Thomas Githens, DO, Texas Tech University Health Sciences Center*

11:17 am – 11:20 am Discussion

11:20 am – 11:40 am ***BREAK—Please visit Exhibits (Grand Central Station Foyer)***

### **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 with Exhibitors**

### **Special Presentation**

1:45 pm – 1:55 pm ABOS Update  
*David F. Martin, MD, Wake Forest University*

### **Symposium 3**

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

1:55 pm – 2:25 pm Astro Orthopaedics  
*Melissa A. Kacena, PhD, Presidential Guest Speaker, NASA Consultant/Indiana University School of Medicine*

2:25 pm – 2:55 pm Recent Advances in the Pediatric Hip  
*Randall T. Loder, MD, Indiana University Health*

2:55 pm – 3:25 pm Patient Presentation

*Randall T. Loder, MD, Indiana University Health*

3:25 pm – 3:35 pm

Discussion

3:35 pm – 3:55 pm

***BREAK—Please visit Exhibits (Grand Central Station Foyer)***

#### **Symposium 4**

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

3:55 pm – 4:25 pm

Physician Personal Finance: Knowledge to Avoid Mistakes  
*John T. Wortman, CFP and J.P. Wyand, CFP, Valeo Financial Advisors*

4:25 pm – 4:55 pm

History of the Clinical Orthopaedic Society  
*Bess E. Brackett, MD, Sutter Health and E. Boone Brackett, MD, iTriage*

4:55 pm – 5:25 pm

Advocacy in Orthopaedics  
*James A. Slough, MD, Excelsior Orthopaedics and Lawrence S. Halperin, MD, Orlando Orthopaedic Center*

5:25 pm – 5:35 pm

Discussion

#### **Friday, September 15**

6:00 am – 7:45 am

**Multimedia Education Session** (*Executive Boardroom*)

#### **General Session 1: Resident Papers**

**Moderator:** Ramon F. Rodriguez, MD, *Tulane University*

7:45 am – 7:51 am

Tourniquetless Surgery Decreases Opioid Consumption in Contemporary Total Knee Arthroplasty with Modern Perioperative Protocols  
*Mark J. Hood Jr., MD, Indiana University*

7:51 am – 7:57 am

Serum D-Dimer: A New Test for Timing of Reimplantation  
*Alisina Shahi, MD, Rothman Institute at Thomas Jefferson University*

7:57 am – 8:03 am

Home Health Services Are Not Required Following Total Hip Arthroplasty  
*David Novikov, BS, New York University Medical Center*

8:03 am – 8:09 am

The Early Immunologic Response in Multiply Injured Patients with Orthopaedic Injuries Is Associated with Organ Dysfunction

*Robert P. Wessel, MD, Indiana University*

- 8:09 am – 8:15 am      Cyclops lesions after ACL Reconstruction: Bone-Tendon-Bone Autograft Compared to Hamstring Autograft  
*Zachary K. Pharr, MD, University of Tennessee Campbell Clinic*
- 8:15 am – 8:21 am      Management of Pressure Injury with Autologous Bone Marrow Mononuclear Cells (BM-MNCs) in Spinal Cord Injury (SCI) Patients  
*Rajeshwar N. Srivastava, MS, King George's Medical University*
- 8:21 am – 8:27 am      Minimum 20-year Results of Anterior Cruciate Ligament Reconstruction with Patellar Tendon Autograft  
*Tinker Gray, MA, ELS, Shelbourne Knee Center*
- 8:27 am – 8:33 am      **Resident Paper Award**  
Anterior (Smith-Petersen) Approach for Open Reduction and Internal Fixation of Acute Unstable Slipped Capital Femoral Epiphysis  
*Margaret A. Baldwin, MD, University of Oklahoma Health Science Center*
- 8:33 am – 8:45 am      Discussion
- 8:45 am – 9:05 am      ***BREAK—Please visit Exhibits (Grand Central Station Foyer)***

### **Symposium 5**

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

- 9:05 am – 9:35 am      Management of Musculoskeletal Tumors  
*L. Daniel Wurtz, MD, University Orthopaedics Associates*
- 9:35 am – 10:05 am      Orthopaedic Injuries and Complications of the Civil War  
*Fred Schaefer, CSFA-OS, OrthoIndy*
- 10:05 am – 10:35 am      Anterior Hip Arthroplasty in Obese Patients  
*Gregory P. McComis MD, North Point Orthopaedics*
- 10:35 am – 10:45 am      Discussion
- 10:45 am – 11:05 am      ***BREAK—Please visit Exhibits (Grand Central Station Foyer)***

### **Rapid Fire Sessions 2A – Knee (Penn Station A)**

- 11:05 am – 11:09 am      Hyaluronic Acid Injections of the Knee: Predictors of Successful Treatment

*Eric N. Bowman, MD, University of Tennessee Campbell Clinic*

11:09 am – 11:13 am      Medial Patellofemoral Ligament Complex Reconstruction without Transosseous Patellar Fixation: A Technique Description and Short-Term Outcomes

*Eric N. Bowman, MD, University of Tennessee Campbell Clinic*

11:13 am – 11:17 am      Trochlear Resection Variation and "Understuffing" with a Contemporary Total Knee Arthroplasty Design

*Tinker Gray, MA, ELS, Shelbourne Knee Center*

11:17 am – 11:20 am      Discussion

11:20 am – 11:24 am      The Association of Vitamin K Deficiencies with Accelerated Knee Osteoarthritis

*Reuben Horace Jr., BS, Brown University*

11:24 am – 11:28 am      Biomechanical Evaluation of Graft Preparation Systems in a Cadaveric Knee Model

*Michael Mafilios, BA, Health Economics Associates*

11:28 am – 11:32 am      Low Incidence of Neurovascular Complications Following Proximal Tibial Traction Pins

*Garret Sobol, MD, Rutgers*

11:32 am – 11:35 am      Discussion

**Rapid Fire Sessions 2B – Misc. (Penn Station B)**

11:05 am – 11:09 am      Microfracture Augmentation Techniques for Chondral Defects: A Review of Literature

*Khoa B. Nguyen, BS, Nirschl Orthopaedic Center*

11:09 am – 11:13 am      Eighty-two Cases of Venous Thromboembolism: Analysis of Adherence to Accepted Methods of Prophylaxis

*Joseph I. Levieddin, New York University Medical Center*

11:13 am – 11:17 am      Maintenance of Board Certification in Orthopaedics

*Samrath Bhimani, MD, Ortho Georgia*

11:17 am – 11:20 am      Discussion

11:20 am – 11:24 am      Outcomes of Tertiary Care Joint Arthroplasty Perioperative Surgical Home Initiative

*Eric L. Smith, MD, Boston Medical Center*

11:24 am – 11:28 am      Perioperative Orthopaedic Surgical Home (POSH): Optimizing Patient Health and Preventing Readmission in Total Joint Arthroplasty

*Kelvin Kim, BA, New York University Medical Center*

11:28 am – 11:32 am      Predicting Next-Day Discharge in Total Joint Arthroplasty

*Kelvin Kim, BA, New York University Medical Center*

11:32 am – 11:35 am      Discussion

### **Symposium 6A**

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

11:35 am – 12:10 pm      Dr. and Mrs. J. Elmer Nix Presentation and Lecture  
Operation Walk

*Wesley G. Lackey, MD, Midwest Center for Joint Replacement*

12:10 pm – 1:10 pm      **COS Luncheon with Exhibitors**

### **Symposium 6B**

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

1:10 pm – 1:40 pm      How to Stay Energized for a Career in Orthopaedic Surgery

*John D. Kelly IV MD, Presidential Guest Speaker, University of Pennsylvania*

1:40 pm – 2:10 pm      Non-Operative Treatment of Knee Osteoarthritis and  
Rehabilitation after Total Knee Surgery

*K. Donald Shelbourne, MD, Shelbourne Knee Center*

2:10 pm – 2:15 pm      Discussion

2:15 pm – 2:35 pm      ***BREAK—Please visit Exhibits (Grand Central Station Foyer)***

### **Symposium 7**

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

2:35 pm – 3:05 pm      Infection Management in Total Knee Arthroplasty and Total Hip  
Arthroplasty: A 2017 Update

*Lucian C. Warth, MD, Indiana University Health*

3:05 pm – 3:35 pm      Arthroscopic Abductor Tendon Repair

*Ricardo J. Rodriguez, MD, Baton Rouge Orthopaedic Clinic, LLC*

3:35 pm – 4:05 pm      Successful Implementation of a Reduced Opioid Program for Total  
Joint Replacement

*Stephen F. Mitros, MD, Mitros Orthopaedics*

4:05 pm – 4:15 pm Discussion

**Rapid Fire Sessions 3A – Upper Extremity (Penn Station A)**

4:20 pm – 4:24 pm Surgeon Experience, Sagittal Reduction, and Complications of Proximal Humerus Fractures  
*Tomas Liskutin, MS, Loyola University Chicago Stritch School of Medicine*

4:24 pm – 4:28 pm Outcomes of Surgical Treatment for High-Energy Open Forearm Fractures  
*LT Kyle E. Nappo, MD, Walter Reed National Military Medical Center*

4:28 pm – 4:32 pm The Tritomic Approach: A Triceps-Sparing Posterior Approach to the Elbow  
*Colton Webber, Mercer University School of Medicine*

4:32 pm – 4:35 pm Discussion

4:35 pm – 4:39 pm Comparative Outcomes of Various Combinations of Bilateral Shoulder Arthroplasty  
*Brandon Horn, DO, Witham Hospital Lebanon/Anson*

4:39 pm – 4:43 pm Loss of Functional Internal Rotation Following Various Combinations of Bilateral Shoulder Arthroplasty  
*Brandon Horn, DO, Witham Hospital Lebanon/Anson*

4:43 pm – 4:47 pm Stenosing Tenosynovitis: An Exploration of Glucocorticoid Induced Heterotopic Ossification  
*Austinn Miller, BS, Mercer University*

4:47 pm – 4:50 pm Discussion

**Rapid Fire Sessions 3B – Total Joint (Penn Station B)**

4:20 pm – 4:24 pm A Novel Skin Closure Device for Total Knee Arthroplasty: Randomized, Controlled Trial versus Staples  
*Tinker Gray, MA, ELS, Shelbourne Knee Center*

4:24 pm – 4:28 pm **Third Place Resident/Fellow Rapid Fire Award**  
Are Tourniquets Indicated in Total Knee Arthroplasty in the Era of Tranexamic Acid: A Meta-analysis and Systematic Review  
*David Novikov, BS, New York University Medical Center*



- 4:28 pm – 4:32 pm      Preoperative Chronic Opioid Users in Total Knee Arthroplasty – Identification of At-Risk Patients for Continued Opioid Use after Surgery?  
*Mackenzie A. Roof, BS, New York University Hospital of Joint Diseases*
- 4:32 pm – 4:35 pm      Discussion
- 4:35 pm – 4:39 pm      Same Day Discharge for Unicompartmental and Total Knee Arthroplasty: Two-Year Experience in a Large Urban Academic Center  
*Matthew Siow, BA, New York University Hospital of Joint Diseases*
- 4:39 pm – 4:43 pm      **Second Place Resident/Fellow Rapid Fire Award**  
Risk Factors of a Major Cause of In-Hospital Mortality in Total Hip and Knee Arthroplasty Patients; In-Hospital Venous Thromboembolism  
*Alisina Shahi, MD Rothman Institute at Thomas Jefferson University*
- 4:43 pm – 4:47 pm      The Utility of Synovial Absolute Neutrophil Count in Diagnosing Periprosthetic Joint Infection  
*Alisina Shahi, MD Rothman Institute at Thomas Jefferson University*
- 4:47 pm – 4:50 pm      Discussion
- 6:00 pm – 7:00 pm      **Multimedia Education Session** (*Executive Boardroom*)

**Saturday, September 16**

- 6:30 am – 8:15 am      **Multimedia Education Session** (*Executive Boardroom*)

**General Session 3 - Resident Papers**

**Moderator:** Ramon F. Rodriguez, MD, *Tulane University*

- 8:15 am – 8:21 am      Use of the Risk Assessment Prediction Tool (RAPT) to Determine if Total Joint Patients Will Benefit from Extending Length of Stay to Avoid Discharge to Post-Acute Rehabilitation Facilities  
*Joseph Levieddin, MD, New York University Medical Center*

- 8:21 am – 8:27 am      Posterior Malleolar Fixation Reduces the Need for Trans-Syndesmotic Fixation in Rotational Ankle Fractures  
*Rajkishen Narayanan, MS, New York University Hospital of Joint Diseases*
- 8:27 am – 8:33 am      Do Local Antibiotics Reduce Periprosthetic Joint Infections?  
*Craig A. Winkler, MD, Texas Tech University Health Sciences Center*
- 8:33 am – 8:39 am      The Effects of Preoperative Chronic Opioid Use in Total Hip Arthroplasty  
*Mackenzie A. Roof, BS, New York University Hospital of Joint Diseases*
- 8:39 am – 8:45 am      Flexible Distal Femur Fracture Constructs Lead to Decreased Nonunion Rate  
*Michael R. Koerner, MD, Greenville Health System*
- 8:45 am – 8:51 am      Robotic versus Traditional Unicompartmental Knee Arthroplasty: A Short-Term Comparative Analysis  
*Kelvin Kim, BA, New York University Hospital of Joint Diseases*
- 8:51 am – 8:57 am      Pre-Operative Glycemic Control Predicts Peri-Operative Serum Glucose Levels in Patients Undergoing Total Joint Arthroplasty  
*Brian M. Godshaw, MD, Ochsner Medical Center*
- 8:57 am – 9:03 am      Biomechanical Strength of a Novel Tendon Splicing Open Book Technique Compared to the Pulvertaft Method Using Unembalmed Human Cadaveric Tissue  
*Eric S. Wait, MD, Texas Tech Health Science Center*

### **Symposium 8**

**Moderator:** Ricardo 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*
- 10:45 am – 10:55 am      Discussion
- 10:55 am – 11:05 am      **REFRESHMENT BREAK** (*Grand Central Station Foyer*)

## **Symposium 9**

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

- |                     |  |
|---------------------|--|
| 11:05 am – 11:35 am | Ankle Fractures—Syndesmosis Injuries in the Athlete<br><i>David A. Porter, MD, Methodist Sports Medicine</i>                 |
| 11:35 am – 12:00 pm | Clinical Orthopaedic Society Annual Membership & Business Meeting<br><i>John E. Garber MD, Witham Orthopaedic Associates</i> |
| 12:00 pm – 12:15 pm | Presidential Address / Passing of the Gavel / Adjournment<br><i>John E. Garber MD, Witham Orthopaedic Associates</i>         |