

CLINICAL ORTHOPAEDIC SOCIETY

97th Annual Meeting
September 10–12, 2009

Grand Hotel Marriott
Resort, Golf Club & Spa
Point Clear, Alabama



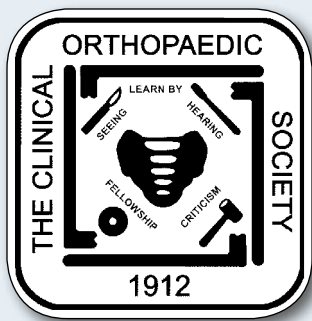
COS AOS 2009

A Joint Meeting with the Alabama Orthopaedic Society

For up-to-date program information and registration details, please visit

www.cosociety.org





CLINICAL ORTHOPAEDIC SOCIETY

2008 - 2009
Board of Directors
& Officers

PRESIDENT

Dabney Y. Hofammann, MD

FIRST PRESIDENT- ELECT

Frederick N. Meyer, MD

SECOND PRESIDENT- ELECT

L. Andrew Koman, MD

SECRETARY-TREASURER

Bess E. Brackett, MD

LIBRARIAN HISTORIAN

J. Donald Opgrande, MD

IMMEDIATE PAST PRESIDENT

Angus M. McBryde, Jr., MD

PAST PRESIDENT

Kenneth L. Moore, MD

MEMBERS AT LARGE

William C. Warner, Jr., MD

Ricardo J. Rodriguez, MD

Peter G. Mangone, MD

Mark W. Sciolli, MD

EXECUTIVE DIRECTOR

Stewart Hinckley, CMP

ASSOCIATION MANAGER

Betsy Crowell



**97th Annual Meeting
is a Joint Meeting with the
Alabama Orthopaedic Society**

Clinical Orthopaedic Society

2209 Dickens Road • Richmond, VA 23230-2005
(804) 565-6366 • FAX: (804) 282-0090
E-mail: cos@societyhq.com • www.cosociety.org

A Message From the President of the Clinical Orthopaedic Society

Welcome Members, Visitors and Guests to the 97th Annual Meeting of the Clinical Orthopaedic Society. Dr. Fred Meyer has assembled a spectacular group of informative speakers. Our Visiting Professor, Dr. Charlie Rockwood of San Antonio, and our Guest Speaker, Dr. Ben Bierbaum of Boston, will provide insightful and interesting commentary on a variety of subjects. I hope you will take the time and get to know these legendary surgeons and educators. There will be Live Patient Presentations, as is our hallmark. Adequate time for discussions has been allotted and your participation is crucial.

The Clinical Orthopaedic Society is approaching a milestone: Our Centennial. Few organizations survive 100 years and continue to be relevant to their members. In this achievement we can all take pride.

A Steering Committee is in place to help plan and organize that meeting in 2012, chaired by Dr. James Hamilton. The meeting will be held at the Palmer House in Chicago, the site of the first meeting of the COS. Anyone interested in participating is welcome and any help is appreciated.

During the past year your Board has worked on several fronts in an effort to recruit new members and to retain our membership. To that end I would ask all members to look at colleagues in your area and identify those who might be worthy members of this organization. Encourage them to join. The annual meeting is unique in it's Live Patient Presentations. It is an excellent source of CME's, those necessary evils in all our lives. The meeting also provides an opportunity to make new friends, see old friends and share ideas. To those ends I encourage your participation.

Point Clear and its surroundings are beautiful as well, as enchanting. I urge you to explore this area. Take time with your spouse and enjoy this unique part of the Gulf Coast. On behalf of your Board of Directors, my wife Leslie and me, welcome to the 97th Annual Meeting of the Clinical Orthopaedic Society!



Dabney Y. Hofammann, MD
COS President

Hotel Reservations

To make hotel reservations, please contact the Marriott Grand Hotel Point Clear Resort and Spa at 800-544-9933 and tell the reservationist that you are with the Clinical Orthopaedic Society group or visit the hotel website at www.marriottgrand.com and enter **coscosa** in the Group Code area. The Clinical Orthopaedic Society group rate is \$189 plus tax & resort fees (single/double room). **The cut off date is August 10, 2009.** Rooms and rates are subject to availability.

Rental Car Reservations

To reserve a rental car, please provide the code **CV#04C40001** when making reservations. You can make reservations online at www.hertz.com or call Hertz directly. In the U.S. and Canada: 1-800-654-2240. (Mid-Size Car rental \$53.00 daily per day; \$30.00 weekend per day; \$206.00 weekly). Other rates can be viewed on the COS website, www.cosociety.org, by clicking on Hertz Car Rental.

Hotel Transportation Reservations

Shuttle Service is available to and from the Mobile and Pensacola Airports. The cost is approximately \$75.00 per person one way from Mobile and \$75.00 per person one way from Pensacola (subject to change). Reservations for arrival and departure are required. Reservations can be made by calling the hotel's transportation department at 251-928-9201, extension 6624, or email to transportation@marriottgrand.com. Departure Times: please allow 2 hours for your departure. Meet at the Bellstand for departures. Cancellations must have a minimum of 24-hour notice for cancellation and 6-hour notice for flight changes.

Things to Do While at the Meeting

For additional activities visit www.eschamber.com

Faculty

Jorge E. Alonso, MD

Professor, Director of Orthopaedic Trauma University of South Alabama Department of Orthopaedic Surgery Mobile, AL

James T. Bennett, MD

Professor of Orthopaedics Tulane University School of Medicine New Orleans, LA

Benjamin E. Bierbaum, MD

Chair Emeritus Department of Orthopaedic Surgery New England Baptist Hospital Clinical Professor, Tufts University Boston, MA

William J. Bose, MD

The Orthopaedic Group, PC Clinical Associate Professor Mobile, AL

Nilesh M. Chaudhari, MD

The University of Alabama, Birmingham Birmingham, AL

Jeffrey M. Conrad, MD

The Orthopaedic Group, PC Mobile, AL

John M. Cuckler, MD

President, Alabama Spine & Joint Center Brookwood Hospital Birmingham, AL

Kyle F. Dickson, MD, MBA

Professor of Orthopaedic Surgery University of Texas, Houston Bellaire, TX

J. Ollie Edmunds, Jr., MD

Tulane University School of Medicine Professor Emeritus of Orthopaedic Surgery New Orleans, LA

William B. Geissler, MD

Professor University of Mississippi Healthcare Jackson, MS

C. Parker Gibbs, MD

Associate Professor University of Florida Department of Orthopaedic Surgery Gainesville, FL

Michael Lee Granberry, MD

Associate Clinical Professor, USAMC Alabama Orthopaedic Clinic Mobile, AL

Clinton Wilbur Howard, MD

The Orthopaedic Group, PC Mobile, AL

Earl Rhett Hubley, MD

Baldwin Bone & Joint, PC Clinical Professor University of South Alabama Daphne, AL

R. Lance Johansen, MD

Mississippi Orthopaedic Institute Adjutant Professor USA Chair, Joint Replacement Center of Mississippi Gulfport, MS

Andrew G. King, MD

Professor, Department Chair Department of Orthopaedics LSU Health Science Center New Orleans, LA

Clayton G. Lane, MD

Alabama Orthopaedic Clinic Sports & Shoulder Surgery Mobile, AL

Donald H. Lee, MD

Professor Vanderbilt University Medical Center Nashville, TN

Sudhakar Madanagopal, MD

Assistant Professor University of South Alabama Department of Orthopaedic Surgery Mobile, AL

Robert A. McGuire, Jr., MD

Professor and Chairman University Mississippi Medical Center Jackson, MS

Frederick N. Meyer, MD

Professor and Chairman Department of Orthopaedics University of South Alabama Mobile, AL

Prasit Nimityongskul, MD

Professor University of South Alabama Department of Orthopaedic Surgery Mobile, AL

Todd M. Oliver, MD

Director of Orthopaedic Trauma Boone Hospital Center Columbia, MO

Lonnie E. Paulos, MD

Adjunct Clinical Professor University of South Alabama Gulf Breeze, FL

Terrance D. Peabody, MD

The Simon and Kalt Families Professor Chief, Section of Orthopaedic Surgery and Rehabilitation Medicine University of Chicago Chicago, IL

Albert Pearsall, IV, MD

Professor University of South Alabama Department of Orthopaedic Surgery Mobile, AL

Mark D. Perry, MD

Professor University of South Alabama Department of Orthopaedic Surgery Mobile, AL

Bendt P. Petersen, III, MD

Adjunct Associate Professor University of South Alabama Mobile, AL

Brent A. Ponce, MD

Assistant Professor University of Alabama at Birmingham Orthopaedic Surgery Birmingham, AL

Charles A. Rockwood, Jr., MD

Professor & Chair Emeritus Department of Orthopaedics University of Texas Health Science Center San Antonio, TX

Ramon F. Rodriguez, MD

Ascension Orthopaedic Clinic Gonzales, LA

Raoul P. Rodriguez, MD

Professor and Chairman Tulane University School of Medicine Department of Orthopaedic Surgery New Orleans, LA

G. James Sammarco, MD

Professor of Orthopedic Surgery Tulane University School of Medicine New Orleans, LA

Felix H. Savoie, III, MD

Lee C. Schlesinger, Professor of Orthopaedics Tulane University School of Medicine New Orleans, LA

Herrick J. Siegel, MD

Associate Professor of Surgery University of Alabama at Birmingham School of Medicine Birmingham, AL

James P. Stannard, MD

Professor, Chief of Orthopaedic Trauma University of Alabama at Birmingham Birmingham, AL

Michael Suk, MD, JD

Assistant Professor Division of Orthopaedic Trauma Surgery Ambulatory Care Center Jacksonville, FL

David A. Volgas, MD

Associate Professor University of Alabama at Birmingham Birmingham, AL

James L. West, III, MD

The Orthopaedic Group, PC Clinical Associate Professor Department of Orthopaedic Surgery University of South Alabama Mobile, AL

Robert Joseph Zarzour, MD

Associate Professor University of South Alabama Alabama Orthopaedic Clinics Mobile, AL

Michele M. Zembo, MD

Associate Professor Tulane University School of Medicine New Orleans, LA

Joseph D. Zuckerman, MD

Professor and Chairman Department of Orthopaedic Surgery NYU Hospital for Joint Diseases New York, NY

97th Annual Meeting Program

Mission & Audience

THURSDAY, SEPTEMBER 10, 2009

6:00 AM Registration/Continental Breakfast with Exhibitors

7:00 AM Welcome and Opening Remarks

Adult Reconstruction

Moderators: William J. Bose, MD and Michael L. Granberry, MD

7:10 AM Revision Total Hip Arthroplasty Using a Modular, Three-Part Prosthesis
William J. Bose, MD

7:30 AM Recent Advances in Total Joint Surgery
Michael L. Granberry, MD

7:50 AM Management of the Valgus Total Knee
Robert J. Zarzour, MD

8:10 AM The Birmingham Hip
E. Rhett Hubley, MD

8:30 AM Top 10 Ways to Ruin a Perfectly Good Total Knee
John M. Cuckler, MD

8:50 AM Computer Assisted Total Knee Surgery
R. Lance Johansen, MD

9:10 AM Break with Exhibitors

9:40 AM Live Patient Participation/Discussion

10:10 AM Presidential Guest Speaker: Current Trends in Surgery of the Hip
Benjamin E. Bierbaum, MD

11:00 AM Questions/Discussion

Sports Medicine

Moderators: Albert Pearsall, IV, MD and Brent A. Ponce, MD

11:20 AM Midtarsal Arthrodesis in the Treatment of Charcot Midfoot Arthropathy
G. James Sammarco, MD

11:40 AM The Role of Single Versus Double Bundle ACL Reconstruction: Is the Double Bundle Overrated, or is the Single Bundle Outdated?
Albert W. Pearsall, IV, MD

12:00 PM Lunch - Supported by NextGen Healthcare Information Systems, Inc.
Selecting an Electronic Health Record for Your Practice
Michele M. Zembo, MD

1:00 PM Arthroscopic Management of the Arthritic Elbow
Felix H. Savoie, III, MD

1:20 PM Operative Management of Fractures of the Clavicle and Scapula
William B. Geissler, MD

1:40 PM How the Pivot-Shift Test Relates to the ACL and Knee Position
Clayton G. Lane, MD

2:00 PM Update on Shoulder Instability
Brent A. Ponce, MD

2:20 PM Presidential Guest Speaker: History of Shoulder Arthroplasty
Charles A. Rockwood, Jr., MD

3:00 PM Break with Exhibitors

3:30 PM Live Patient Participation/Discussion

4:00 PM Arthroscopic Rotator Cuff Repair
Jeffrey M. Conrad, MD

4:20 PM New and Innovative Approaches to Patello-Femoral Instability
Lonnie E. Paulos, MD

Meeting Mission Statement

The 2009 Annual Meeting of the Clinical Orthopaedic Society and the Alabama Orthopaedic Society will offer participants a comprehensive review of orthopaedic conditions including joint arthroplasty, sports medicine, trauma, spine, foot and ankle, pediatric orthopaedics, orthopaedic oncology, and hand surgery. Meeting attendees will review tried and true methods of diagnosis and treatments in addition to acquiring knowledge in the latest diagnostic and treatment techniques in each of these areas. COS and AOS program faculty for 2009 are experts in the orthopaedic sub-specialty topics represented and will be available to clinicians throughout the meeting. Dialogue and interaction between the audience and presenters will be highly encouraged.

In a special session, participants will learn the challenges and opportunities related to the selection and implementation of electronic health records. Another meeting highlight will feature live patient participation that will allow participants to view patient-physician interactions. This program is sponsored by the Clinical Orthopaedic Society and the Alabama Orthopaedic Society for members and non-members and has been designed to meet the needs of practicing orthopaedic surgeons.

Target Audience

Orthopaedic surgeons, orthopaedic residents, sports medicine physicians, physician assistants, nurse practitioners, nurses, physical therapists, occupational therapists, trainers and other allied health personnel, epidemiologists, researchers, and all those involved with the care of patients with orthopaedic conditions will benefit from attending the 2009 Annual Meeting of the Clinical Orthopaedic Society and the Alabama Orthopaedic Society.

Overall Course Objectives

Course participants will be presented with updates in the orthopaedic fields of arthroplasty, sports medicine, oncology, spine, trauma, pediatrics, and foot and ankle. Live patient presentations will emphasize patient advocacy and participation, allowing attendees to view patient-physician interactions.

Arthroplasty

Participants will review the latest options for DVT prophylaxis after total joint arthroplasty, surgical approaches to the hip, and total knee prosthesis design concepts and availability. Participants will also learn how to implement a total joint center at their hospital.

Foot & Ankle

Participants will review the latest diagnosis and treatment options for Lisfranc injuries. Participants will be presented with decision criteria for choosing techniques for hind foot fusion. They will also be taught how to manage foot drop.

Hand Surgery

Participants will review the latest diagnostic and treatment techniques for hand and wrist trauma including carpal instability, distal radio ulnar instability, distal radius fractures and Bennett's fractures.

Oncology

Participants will learn to make appropriate decisions in assessing and treating soft tissue tumors. They will also learn the management dos and don'ts of metastatic disease.

Pediatrics

Participants should be able to recognize and appropriately treat common pediatric conditions including early onset scoliosis. They will also learn about the new technique of CT directed spine surgery.

4:40 PM Questions and Discussion

5:00 PM Adjourn

6:30 -7:30 PM President's Welcome Reception with Exhibits

FRIDAY, SEPTEMBER 11, 2009

6:00 AM Registration/Continental Breakfast with Exhibitors

Trauma

Moderator: Jorge E. Alonso, MD

- 7:00 AM Femoral Neck and Proximal Femur: Plate vs. Nail vs. Arthroplasty**
Sudhakar Madanagopal, MD
- 7:20 AM New Perspective on Diagnostic Imaging and Technology in Orthopaedic Trauma. Do We Need Them?**
Jorge E. Alonso, MD
- 7:40 AM Small Surgical Footprints**
Michael Suk, MD, JD
- 8:00 AM The Locking Plate Addiction**
Kyle F. Dickson, MD
- 8:20 AM Humerus Fractures Made Easy**
Todd M. Oliver, MD
- 8:40 AM Let's Cover that Wound. VACs or Flaps?**
David A. Volgas, MD
- 9:00 AM Fill That Hole. Bone Graft and Bone Defects**
James P. Stannard, MD
- 9:20 AM Discussion/Questions
- 9:30 AM Break with Exhibitors
- 10:00 AM Live Patient Participation/Discussion**

Spine

Moderators: Robert A. McGuire, Jr., MD & James L. West, III, MD

- 10:30 AM Management of the Degenerative Cervical Spine**
Robert A. McGuire, Jr., MD
- 10:50 AM Advances in the Management of Idiopathic Scoliosis**
James L. West, III, MD
- 11:10 AM Management of the Degenerative Lumbar Spine**
Bendt P. Peterson, III, MD
- 11:30 AM New Techniques in the Management of Thoraco-Lumbar Burst Fractures**
Clinton W. Howard, MD

Foot and Ankle

Moderators: Raoul Rodriguez, MD and Mark D. Perry, MD

- 11:50 AM Management of Lisfranc Injuries**
Mark D. Perry, MD
- 12:10 PM Hind Foot Fusion**
Ramon F. Rodriguez, MD
- 12:30 PM The "Bridle Procedure"**
Raoul P. Rodriguez, MD
- 12:50 PM Questions/Discussion
- 1:00 PM Adjourn

SATURDAY, SEPTEMBER 12, 2009

6:00 AM Registration/Continental Breakfast

Orthopaedic Oncology

Moderator: C. Parker Gibbs, MD

- 7:00 AM Soft Tissue Lumps and Bumps, When and When Not to Worry**
C. Parker Gibbs, MD
- 7:20 AM Metastatic Disease. Management Dos and Don'ts for the Practicing Orthopaedist**
Terrance D. Peabody, MD
- 7:40 AM Unplanned Surgical Excision of Bone and Soft-tissue Sarcomas**
Herrick J. Siegel, MD

Pediatric Orthopaedics

Moderator: James T. Bennett, MD

- 8:00 AM Examination of the Pediatric Orthopaedic Patient**
Prasit Nimityongskul, MD
- 8:20 AM CT Directed Spine Surgery**
James T. Bennett, MD
- 8:40 AM Early Onset Scoliosis**
Andrew G. King, MD
- 9:00 AM AAOS Update**
Joseph D. Zuckerman, MD - President AAOS
- 9:30 AM Orthopaedic Resident Education: From Bench to the Bedside**
Joseph D. Zuckerman, MD
- 10:00 AM Break
- 10:15 AM Live Patient Participation/Discussion**

Hand Surgery

Moderator: L. Andrew Koman, MD

- 10:45 AM Carpal Instability**
Nilesh M. Chaudhari, MD
- 11:05 AM How To Treat Bennett's Fracture Dislocation of the Thumb**
J. Ollie Edmunds, Jr., MD
- 11:25 AM Current Management of Distal Radius Fractures**
Donald H. Lee, MD
- 11:45 AM Management of Instability of the Distal Radioulnar Joint**
Frederick N. Meyer, MD
- 12:05 PM COS Presidential Address**
Dabney Y. Hofmann, MD
- 12:20 PM Resident Papers**
- 1:30 PM Adjourn**

Spine

Participants will be presented updates on spinal surgical techniques, management of thoracolumbar burst fractures, the latest techniques in the management of idiopathic scoliosis and the management of degenerative disease of the cervical and lumbar spine.

Sports Medicine

Participants will review various surgical techniques to address sports medicine injuries of the upper and lower extremities.

Trauma

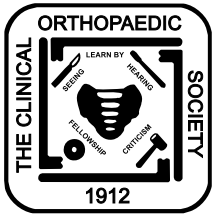
Participants will review latest techniques in the management of trauma including minimally invasive surgery, the appropriate use of locking plates, advances in imaging technology and wound management.

Accreditation

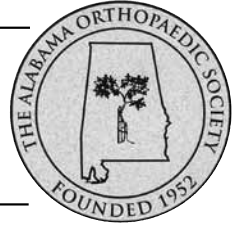
This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Academy of Orthopaedic Surgeons and the Clinical Orthopaedic Society.

The American Academy of Orthopaedic Surgeons is accredited by the ACCME to sponsor continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this educational activity for a maximum of 21 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.



A JOINT MEETING
CLINICAL ORTHOPAEDIC SOCIETY
ALABAMA ORTHOPAEDIC SOCIETY



MEETING REGISTRATION FORM

If paying by check, please make check payable to **COS** and mail to:
 2209 Dickens Road, Richmond, VA 23230-2005; Phone: (804) 565-6366; Fax: (804) 282-0090

PLEASE PRINT OR TYPE

Name _____
 Last First MI MD PhD DO
 CRNA Other:
 Preferred Mailing Address _____
 City / State / Zip _____ Email Address _____
 Office Phone _____ Home Phone _____ Fax # _____

Registration Policy: All attendees including spouse/guest must pay a registration fee to attend any COS event unless otherwise noted below. Badges are required for entrance to all scientific sessions and social functions. Registration fees include: Welcome Reception, Physician and spouse/guest breakfast and breaks. **Plus Live Patient Case Presentations.** All fees help to cover meeting expenses. Please complete all areas on this form. All fees are per person.

Check all that apply	Through 8/6/09	After 8/6/09	= \$ _____
<input type="checkbox"/> COS Member	\$575	\$675	= \$ _____
<input type="checkbox"/> AOS Member	\$575	\$675	= \$ _____
<input type="checkbox"/> Non-Member - US & Canada	\$675	\$775	= \$ _____
<input type="checkbox"/> One day registration <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday	\$225	\$275	= \$ _____
<input type="checkbox"/> Emeritus	\$295	\$295	= \$ _____
<input type="checkbox"/> First Year Member	\$295	\$295	= \$ _____
<input type="checkbox"/> Physician Assistant	\$495	\$595	= \$ _____
<input type="checkbox"/> Spouse/Guest(s) # _____	\$75 each	\$100 each	= \$ _____
Name: _____	E-Mail: _____		

Fee includes Welcome Reception & three Continental Breakfasts

Orthopaedic Resident* Fee waived Fee waived = \$ _____
 I plan to attend the Welcome Reception

* When accompanied by a letter from department chair, verifying resident status.

TOTAL = \$ _____

How did you hear about the meeting? Website Printed Program Word of mouth
 Postcard Other

Please Send Payment to:

Clinical Orthopaedic Society, 2209 Dickens Road, Richmond, VA 23230-2005

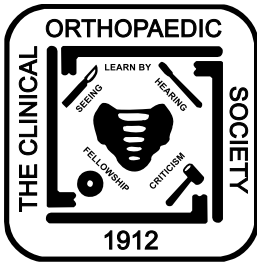
(Credit Card payments may be faxed to 804-282-0090)

Personal Check VISA MasterCard American Express

Card No _____ Exp. Date _____
 Signature _____ Printed Name on Card _____

Refund Policy: 50% refund through 8/6/2009; no refunds after 8/6/2009. Refund will be determined by date *written* cancellation is received.

If you do not receive a confirmation letter from the COS within 30 days of submitting your registration, please call the office at 804-565-6366 or email: cos@societyhq.com to confirm that your registration material has been received.



2209 Dickens Road
Richmond, VA 23230-2005

PRESORT
STANDARD
US POSTAGE
PAID
RICHMOND, VA
PERMIT NO 1225

CLINICAL ORTHOPAEDIC SOCIETY



97th Annual Meeting | September 10–12, 2009

A Joint Meeting with the Alabama Orthopaedic Society

Grand Hotel Marriott Resort, Golf Club & Spa
Point Clear, Alabama



COS AOS 2009

For up-to-date program information and registration details, please visit www.cosociety.org