



# CLINICAL ORTHOPAEDIC SOCIETY

## Charleston's Famous Rainbow Row

Photo courtesy of the Charleston Area Convention and Visitor Bureau

**22.75**

AMA PRA  
Category 1  
Credits™

# 99<sup>th</sup> Annual Meeting

Featuring  
LIVE PATIENT PRESENTATIONS



September 29 - October 1, 2011 • Francis Marion Hotel • Charleston, SC

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

**WWW.COSOCIETY.ORG**



## CLINICAL ORTHOPAEDIC SOCIETY

2010 - 2011  
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John E. Garber, MD

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**PROGRAM CHAIRS**

L. Andrew Koman, MD

Robert M. Peroutka, MD

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Clinical Orthopaedic Society  
2209 Dickens Road • Richmond, VA 23230-2005  
(804) 565-6366 • FAX: (804) 282-0090  
E-mail: [cos@societyhq.com](mailto:cos@societyhq.com) • [www.cosociety.org](http://www.cosociety.org)

## Welcome from the President



**O**n behalf of the Board of Directors, I am delighted to welcome our members, guests, and the other regional Society Presidents to beautiful Charleston, South Carolina and the 99th Annual Meeting of the Clinical Orthopaedic Society. Many thanks to our local hosts: Dr. James Mooney, Dr. Langdon Hartsock and Dr. Donald R. Johnson, III, for helping make this meeting possible.

This year we have three outstanding presidential lecturers: James A. Nunley II, MD, the J. Leonard Goldner Professor and Chair at Duke University is an international expert on foot and ankle trauma and its reconstruction; A. Lee Osterman, MD, Professor and Chair

of Hand Surgery at Thomas Jefferson University,

is renowned for his expertise in hand surgery and the acute and reconstructive management of upper extremity trauma; Chitranjan Ranawat, MD, Professor at Cornell, is recognized globally as a premier adult reconstructive surgeon. Dr. Ranawat will be honored as our Dr. and Mrs. J. Elmer Nix Ethics Award winner at the meeting.

Dr. Robert Peroutka and his committee have created an outstanding educational program involving all orthopaedic sub-specialties, with a special emphasis on upper and lower extremity trauma. The program provides 22.75 CME credits to our attendees.

This year we have initiated a special residents and fellows award, and we are fortunate to have residents and fellows from the seven orthopaedic programs in the Carolinas attending this meeting. This resident opportunity was made possible by our industry sponsors. In addition, we have scientific and technical exhibits which will be stimulating and educational.

When not attending the meeting, please take the opportunity to enjoy Charleston. Charleston, the second largest city in South Carolina, is one of the top tourist attractions in the United States and is known for its Southern hospitality. In fact, in 1995, America's most-published etiquette expert, Marjabelle Young Stewart, recognized Charleston as the "best-mannered" city in the U.S. Charleston offers wonderful attractions, fabulous restaurants and a multitude of outdoor and leisure activities.

Thank you for joining us at this meeting--we hope you benefit from the scientific program while taking advantage of all that Charleston and the Clinical Orthopaedic Society has to offer.

Sincerely,

L. Andrew Koman, MD  
COS President

# Faculty

**C. Lowry Barnes, MD**

Arkansas Specialty Orthopaedics  
Hip Knee Arkansas Foundation  
Little Rock, AR

**Daniel J. Berry, MD**

L.Z. Gund Professor and Chairman  
Department of Orthopaedic Surgery  
Mayo Clinic  
Rochester, MN

**Michael P. Bolognesi, MD**

Assistant Professor, Chief, Division of Adult  
Reconstruction  
Duke University Medical Center  
Durham, NC

**Bess E. Brackett, MD**

Gifford Medical Center  
Berlin, VT

**Walton W. Curl, MD**

Professor of Orthopaedic Surgery  
Wake Forest University Medical Center  
Winston-Salem, NC

**John E. Garber, MD**

Witham Health Services  
Lebanon, IN

**Langdon Hartsock, MD**

Charleston, SC

**Dabney Y. Hofammann, MD**

Decatur Orthopaedic Clinic  
Decatur, AL

**Shepard R. Hurwitz, MD**

Professor of Orthopaedics  
University of North Carolina  
American Board of Orthopaedic Surgery  
Chapel Hill, NC

**Riyaz H. Jinnah, MD, FRCS**

Professor  
Wake Forest School of Medicine  
Winston-Salem, NC

**Donald R. Johnson II, MD**

Clinical Associate Professor  
Southeastern Spine Institute  
Mt. Pleasant, SC

**Lynne C. Jones, PhD**

Associate Professor, Orthopaedic Surgery  
Johns Hopkins University School of Medicine  
Baltimore, MD

**Thomas N. Joseph, MD**

Camden Bone and Joint  
Camden, SC

**Z. John Li, MD, PhD**

Associate Professor  
Wake Forest School of Medicine  
Winston-Salem, NC

**Angus M. McBryde, Jr., MD**

Fellowship Director, Ankle and Foot Service  
Alabama Sports Medicine  
Andrews Sports Medicine and Orthopaedic  
Center  
Birmingham, AL

**Simon C. Mears, MD**

Associate Professor and Chairman  
Johns Hopkins Bayview Medical Center  
Baltimore, MD

**Frederick N. Meyer, MD**

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

**James F. Mooney III, MD**

Professor, Department of Orthopaedic Surgery  
Medical University of South Carolina  
Charleston, SC

**James A. Nunley II, MD**

Professor and Chair, Department of Orthopaedic  
Surgery  
Duke University  
Durham, NC

**Steven A. Olson, MD**

Professor and Vice-Chair  
Duke University Medical Center  
Durham, NC

**J. Donald Opgrande, MD**

Professor and Chairman  
University of North Dakota School of Medicine  
Fargo, ND

**A. Lee Osterman, MD**

Professor of Hand and Orthopedics  
Philadelphia Hand Center at Thomas Jefferson  
Villanova, PA

**Steven C. Poletti, MD**

Southeastern Spine Institute  
Mt. Pleasant, SC

**Chitranjan S. Ranawat, MD**

Professor of Orthopaedic Surgery  
Ranawat Orthopaedics  
Hospital for Special Surgery  
New York, NY

**Ricardo J. Rodriguez, MD**

Assistant Clinical Professor  
Baton Rouge Orthopaedic Clinic, LLC  
Baton Rouge, LA

**David Ruch, MD**

Professor and Vice Chairman  
Duke University Medical Center  
Durham, NC

**Allston J. Stubbs, MD**

Assistant Professor  
Wake Forest University  
Winston-Salem, NC

**Daniel Valaik, MD**

Assistant Professor  
Johns Hopkins Orthopaedics  
Baltimore, MD

**Mark Van Dyke, PhD**

Assistant Professor  
Wake Forest School of Medicine  
Winston-Salem, NC

**William C. Warner, Jr., MD**

Campbell Clinic, Inc.  
Germantown, TN

**Bashir A. Zikria, MD**

Assistant Professor  
Johns Hopkins School of Medicine  
Baltimore, MD

# Mission & Audience

## MEETING MISSION STATEMENT

The 2011 Annual Meeting of the Clinical Orthopaedic Society will offer participants a comprehensive review of orthopaedic conditions including joint arthroplasty, sports medicine, patient safety, trauma, foot and ankle, pediatric orthopaedics, arthroscopy hand and upper extremity 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 program faculty for 2011 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.

Highlighting this year's program is a live patient presentation that will allow participants to view patient-physician interactions. This program is sponsored by the Clinical 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 2011 Annual Meeting of the Clinical Orthopaedic Society.



This program is sponsored by and the speaker is presenting on behalf of Lilly USA, LLC. It is being presented consistent with FDA guidelines and is not approved for continuing education credit. Lunch will be provided for attendees of this program.

As of January 1, 2011, if you are a US medical doctor or doctor of osteopathy with an active state license number, the value of the meal that you receive when attending this program may be disclosed on Eli Lilly and Company's Physician Payment Registry as a transfer of value made to you by Lilly. As a result of enacted state regulations, food, beverage and/or meals will not be provided for healthcare professionals from the states of Minnesota, Massachusetts and Vermont. This medical presentation is intended only for invited healthcare professionals for whom the information to be presented is relevant to their practice. We regret that spouses or other guests cannot be accommodated.

# 99th Annual Meeting Program

## THURSDAY, SEPTEMBER 29, 2011

6:00 am - 5:30 pm

**Registration**

6:00 am - 7:00 am

**Breakfast with Exhibitors**

7:00 am - 7:15 am

**Welcome and Opening Remarks** – L. Andrew Koman, MD

### Biotechnology Session - Moderator: Bess E. Brackett, MD

7:15 am - 7:35 am

**Regenerative Medicine's Role in Orthopaedic Surgery**  
Mark Van Dyke, PhD

7:35 am - 7:55 am

**Osteonecrosis: Where Do We Go From Here?**  
Lynne C. Jones, PhD

7:55 am - 8:15 am

**Translation of Biomaterial Technologies from Academic Research to Commercial Use** – Mark Van Dyke, PhD

8:15 am - 8:35 am

**Stem Cell Therapy in Orthopaedics: A SWOT Analysis**  
Lynne C. Jones, PhD

8:35 am - 9:00 am

**You Can't Shake Hands With An iPhone**  
A. Lee Osterman, MD

9:15 am - 9:45 am

**Break with Exhibitors**

### Arthroplasty Session - Moderator: Dabney Y. Hofmann, MD

9:45 am - 10:10 am

**Past, Present and Future of Total Knee Replacement**  
Chitranjan S. Ranawat, MD

10:10 am - 10:35 am

**Robotics in Orthopaedics** – Riyaz H. Jinnah, MD, FRCS

10:35 am - 11:00 am

**Patient Specific Instrumentation for TKA**  
Michael P. Bolognesi, MD

11:00 am - 11:25 am

**Current State of Unicondylar Knee Arthroplasty**  
Riyaz H. Jinnah, MD, FRCS

11:50 am - 12:00 pm

**Participant and Panel Discussion**

12:00 pm - 1:00 pm

**Optional Non-CME Lunch – Pathophysiology of Pain: Mechanisms and Manifestations** – Sponsored by Lilly USA, LLC 

**Live Patient Presentation**

### Upper Extremity Session

1:30 pm - 1:50 pm

**Supracondylar Elbow Fractures** – Frederick N. Meyer, MD

1:50 pm - 2:10 pm

**The Art of Placebo** – A. Lee Osterman, MD

2:10 pm - 2:30 pm

**Maintenance of Certification Update** – Shepard R. Hurwitz, MD

2:30 pm - 2:50 pm

**Current Concepts in the Treatment of Comminuted Distal Radius Fractures with External Fixation**  
J. Donald Opgrande, MD

2:50 pm - 3:10 pm

**Treatment of Distal Radius Fracture: From Cast to Paperclips** – A. Lee Osterman, MD

3:00 pm - 3:30 pm

**Break with Exhibitors**

### Sports Medicine Session - Moderator: Ricardo J. Rodriguez, MD

3:30 pm - 3:55 pm

**Anatomical ACL Reconstruction** – Bashir A. Zikria, MD

3:55 pm - 4:20 pm

**The ACL Today and Future Directions** – Walton W. Curl, MD

4:20 pm - 4:45 pm

**Knee Dislocation** – Bashir A. Zikria, MD

4:45 pm - 5:10 pm

**Exertional Compartment Syndrome** – Angus M. McBryde, Jr., MD

5:10 pm - 5:30 pm

**Panel Discussion**

6:30 pm - 7:30 pm

**President's Reception with Exhibitors**

# 99th Annual Meeting Program

# Course Objectives

## FRIDAY, SEPTEMBER 30, 2011

- 6:00 am - 5:00 pm **Registration**  
6:00 am - 7:00 am **Breakfast with Exhibitors**  
7:00 am - 8:00 am **Resident Papers with Discussion** - Moderator: Riyaz H. Jinah, MD, FRCS

### Arthroplasty Session - Moderator: John E. Garber, MD

- 8:00 am - 8:25 am **Pre-Op Navigation: Using the Computer Before You Get To The Operating Room** - C. Lowry Barnes, MD  
8:25 am - 8:50 am **The Prearthritic Hip: A 21st Century Paradigm**  
Allston J. Stubbs, MD  
8:50 am - 9:15 am **Modular Necks in Total Hip Replacement: Is there a role?**  
- C. Lowry Barnes, MD  
9:15 am - 9:40 am **Hip Arthroscopy for Chondrolabral Dysfunction**  
Allston J. Stubbs, MD  
9:40 am - 10:05 am **Participant and Panel Discussion**  
10:05 am - 10:35 am **Break with Exhibitors**

### Trauma Session

- 10:35 am - 11:00 am **Current Concepts in Lower Extremity Trauma**  
Langdon Hartsock, MD  
11:00 am - 11:25 am **Orthopedic Trauma Experience from the Wars in Iraq and Afghanistan** - Daniel Valaik, MD  
11:25 am - 11:50 am **Management of Pediatric Femoral Shaft and Supracondylar Humerus Fractures: Current state of the art**  
James F. Mooney III, MD  
11:50 am - 12:15 pm **AC Joint Injuries** - Bashir A. Zikria, MD  
12:15 pm - 12:40 pm **Orthopaedic Aspects of Child Abuse: An Update**  
James F. Mooney III, MD  
12:40 pm - 1:10 pm **Live Patient Presentation**  
1:10 pm - 2:00 pm **Lunch Break**  
2:00 pm - 2:05 pm **Dr. and Mrs. J. Elmer Nix Ethics Award**  
Chitranjan S. Ranawat, MD - Introduction: L. Andrew Koman, MD  
2:05 pm - 2:30 pm **Bearing Surfaces in Total Hip Replacements: What's the rub?** - Chitranjan S. Ranawat, MD

### Hip Session - Moderator: Dabney Y. Hofmann, MD

- 2:30 pm - 2:50 pm **Co-Management of Elderly Hip Fracture Patients**  
Simon C. Mears, MD  
2:50 pm - 3:10 pm **Hip Fracture Update** - Steven A. Olson, MD  
3:10 pm - 3:30 pm **Postoperative Delirium of Hip Fracture Patients**  
Simon C. Mears, MD  
3:30 pm - 3:50 pm **Gait Recovery Following THA: What is the Effect of Surgical Approach?**  
Michael P. Bolognesi, MD  
3:50 pm - 4:10 pm **Recent Trends in Articular Fractures** - Steven A. Olson, MD  
4:10 pm - 4:30 pm **Break**

### SPINE SESSION - Moderator: William C. Warner, Jr., MD

- 4:30 pm - 4:50 pm **Minimally Invasive Surgery for Adult Degenerative Scoliosis** - Donald R. Johnson III, MD; Steven C. Poletti, MD

## OVERALL COURSE OBJECTIVES

### Sports and Arthroscopy

Understand the latest trends and techniques in sports related surgery and arthroscopy and how they affect patient out-comes. Develop a plan for incorporating new techniques that may benefit patients in your practice.

### Hand and Upper Extremity

Develop a comprehensive management plan for ligament injuries leading to an unstable wrist including, but not limited to, acute stabilization as well as the late reconstruction of the unstable wrist with advancing arthritis.

### Pediatrics

Describe the clinical challenges in pediatric patients who require sports and tumor related surgery on future growth patterns and how potential problems can be prevented.

### Arthroplasty

Describe the latest controversies in Total Joint Arthroplasty regarding implant design and surgical approaches and how you might incorporate recent advances in your practice.

### Orthopaedic Trauma

Understand the outcomes in patients who sustain lower extremity injuries, and incorporate this information in to your practice when discussing outcomes with patients who have sustained open fractures of the lower extremity.

### Patient Safety

Understand the greatest medical legal risks facing orthopaedic surgeons and institute measures in your practice to improve patient safety and minimize adverse outcomes.

### ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Academy of Orthopaedic Surgeons and Clinical Orthopaedic Society. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of 22.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Hotel Information

## Francis Marion Hotel

387 King Street  
Charleston, SC 29403

843-722-0600 • Toll Free: 1-877-756-2121  
Fax: 843-723-4633

For room rates and reservations,  
please visit:  
[www.francismarioncharleston.com](http://www.francismarioncharleston.com)  
CODE is COS99.

A deposit (first night's room & tax) or credit card is required for a room reservation. Should you need to cancel, please do so (1) one week in advance of arrival or you will be charged. Reservations requested after the group cut-off date are subject to availability of traditional rooms. All reservations are subject to a destination fee of \$1.00 per room per night and all applicable taxes (which currently total 12.5%).



# 99th Annual Meeting Program

4:50 pm - 5:10 pm

## Palpation Spine Surgery

Donald R. Johnson III, MD; Steven C. Poletti, MD

5:10 pm - 5:30 pm

## What's New in Spine Surgery?

Donald R. Johnson III, MD; Steven C. Poletti, MD

## SATURDAY, OCTOBER 1, 2011

6:30 am - 12:30 pm

### Registration

6:30 am - 7:00 am

### Continental Breakfast

7:00 am - 8:00 am

**Resident Papers with Discussion** - Michael P. Bolognesi, MD

### Foot & Ankle Session - Moderator: Thomas N. Joseph, MD

8:00 am - 8:25 am

#### Current State of Total Ankle Replacement

James A. Nunley II, MD

8:25 am - 8:50 am

**Arthroscopic Ankle Arthrodesis** - Angus M. McBryde, Jr., MD

8:50 am - 9:15 am

#### Insertional Achilles Tendon Disorders

James A. Nunley II, MD

9:15 am - 9:40 am

#### Live Patient Presentation

9:40 am - 10:05 am

#### Break

10:05 am - 10:35 am

**AAOS Update** - Daniel J. Berry, MD

### Upper Extremity Session - Moderator: Bess E. Brackett, MD

10:35 am - 11:00 am

**Salvage Procedure for DRUJ** - Frederick N. Meyer, MD

11:00 am - 11:25 am

**The Significance of the Palmar Lunate Facet in the Management of Intra-Articular Fractures of the Distal Radius** - David S. Ruch, MD

11:25 am - 11:50 am

**Current Concepts in the Treatment of Basilar Arthritis of the Thumb** - J. Donald Opgrande, MD

11:50 am - 12:15 pm

**Long Thoracic Nerve Palsy: Should We Wait or Should We Operate?** - Z. John Li, MD, PhD

12:15 pm - 12:40 pm

**Surgical Management for Axillary Nerve Injuries**  
Z. John Li, MD, PhD

12:40 pm - 1:10 pm

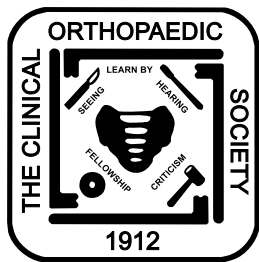
**Fixation of the Coronoid Process in Elbow Fracture Dislocation** - David S. Ruch, MD

1:10 pm - 1:40 pm

**Presidential Address** - L. Andrew Koman, MD

1:40 pm

**Adjournment**



99<sup>th</sup> **CLINICAL ORTHOPAEDIC SOCIETY**  
*Annual Meeting*  
 SEPTEMBER 29 - OCTOBER 1, 2011 • FRANCIS MARION HOTEL • CHARLESTON, SC

**MEETING REGISTRATION FORM**

If paying by check, please make check payable to **COS** and mail to: 2209 Dickens Road, Richmond, VA 23230-2005

PLEASE PRINT OR TYPE

Name \_\_\_\_\_  MD  PhD  DO  
 CRNA  Other: \_\_\_\_\_  
 Last First MI  
 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 Resident Scholar Program Workshops.** All fees help to cover meeting expenses. Please complete all areas on this form. All fees are per person.

Check all that apply	Through 9/7/11	After 9/7/11	
<input type="checkbox"/> Clinical Orthopaedic Society 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	= \$ _____
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<input type="checkbox"/> Physician Assistant	\$495	\$595	= \$ _____
<input type="checkbox"/> Orthopaedic Resident*	Fee waived	Fee waived	= \$ _____
<input type="checkbox"/> Spouse/Guest(s) # _____	\$75 each	\$100 each	= \$ _____

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Fee includes Reception with Exhibitors & three continental breakfasts.

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

**TOTAL = \$ \_\_\_\_\_**

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

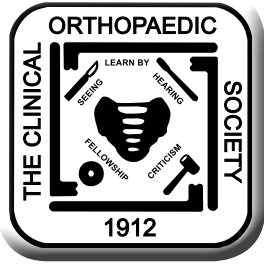
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Refund Policy: 50% refund through 9/7/11; no refunds after 9/7/11. Refund will be determined by date *written* cancellation is received.

**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](mailto:cos@societyhq.com) to confirm that your registration material has been received.**



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2209 Dickens Road  
Richmond, VA 23230-2005

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