18th Annual AAOS/AOSSM Sports Medicine Course

February 8 – 12, 2017 • Steamboat Springs, CO

Keeping Patients Active Through Biologics, Therapy and Contemporary Surgical Techniques

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18th Annual AAOS/AOSSM Sports Medicine Course
Keeping Patients Active Through Biologics, Therapy and Contemporary Surgical Techniques

Ensure your sports medicine treatment and rehabilitation decisions are current in this rapidly evolving field. This highly interactive experience features small faculty-led case-based groups, participant-expert panel discussions, and open dialogue with faculty on decision-making and treatment strategies. Re-examine clinical content with the guidance of unparalleled expertise with the goal of keeping your active patients at every level – high school, college, weekend, and professional – at play. No sitting back – be ready to participate and engage!

Bring your extended care team, PAs and PTs for an excellent update from pre-participation to injury treatment and rehabilitation.

Engaging highlights include:
• Keynotes on Top Trending Sports Medicine topics for 2017
• Live patient evaluation with optional half-day interventional ultrasound sessions
• Panels and debates offer differing perspectives and preferences on controversial areas of decision making and treatment approaches

Mid-day Recreation Breaks with discounts for premier lodging, lift tickets and rentals. Great destination for a family vacation/work combo – easy ski-in ski-out! Visit aaos.org/SportsMed for more details.

At the conclusion of this course, learners should be able to:
• Compare short-term and long-term treatment strategies for team physicians
• Compare and contrast the various surgical and nonsurgical treatment protocols for instability conditions of the knee, injuries of knee ligaments, and cartilage disorders
• Prescribe correct knee, shoulder, hip, foot/ankle and hand/wrist rehabilitation protocols to maximize post-surgical and post-injury function
• Review the anatomy, function, and injuries of the acromioclavicular joint of the shoulder, and both non-operative and operative treatment strategies for athletic AC joint injuries
• Compare and contrast the indications and treatment for hip arthroscopy
• Evaluate indications for tenotomy vs. tenodesis for biceps tendon pathology
• Review the performance enhancing drugs and medications, side effects, screening protocols, workup, and deficiency of athletes with sports endocrine axis disorders

The Academy would like to thank the American Orthopaedic Society for Sports Medicine for the many contributions made by its members in the presentation of this program. The Academy and orthopaedic specialty societies work together to provide orthopaedic surgeons with the highest quality educational programs and publications. This cooperative spirit among colleague organizations is an important resource and valuable asset for the orthopaedic community.
**WEDNESDAY, FEBRUARY 8**

**Registration (3:00 – 4:00pm)**
Welcome and Introduction

**KEYNOTE – Optimization of the Aging Athlete: Recommendations that Really Work**

**Anterior Cruciate Injuries**
- The ACL in 2017: Where Are We Now?
- **VIDEO SPOTLIGHT SESSION – ACL Technique Corner: When and How**
  - The Lateral Side: Extra-Articular Reconstruction
  - Revision ACL: Top 5 Reasons We Fail and How We Fix It
  - Open Growth Plates: How Will We Manage?
  - ACL Prevention, Rehabilitation and Return-to-Sport

**FACULTY/PARTICIPANT ROUND TABLE CASE PRESENTATIONS AND DISCUSSION**

**Anterior Cruciate Injuries**
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**Posterior Cruciate and Collateral Ligament Injuries**
- The PCL in 2017: Where Are We Now?
- The MCL in the Athlete: Rehabilitation, Repair or Reconstruct

**KEYNOTE – Maximizing the Athlete's Health and Performance through Proper Nutrition (webcast)**

**LIVE CASE DEMONSTRATION/PRESENTATION: KNEE LIGAMENT**

**FACULTY/PARTICIPANT ROUND TABLE CASE PRESENTATIONS AND DISCUSSION**

**THURSDAY, FEBRUARY 9**

**KEYNOTE – My Top 10 Rehabilitation Principles for the Young Injured Shoulder**

**The Athlete’s Shoulder – Slap, Biceps and Anterior Instability**
- SLAP and Biceps: Decision-Making
- SLAP and Biceps: Technique Focus
- The First-Time Dislocator: Getting Them Back to Sport without Surgery
- **Anterior Instability Repair: Arthroscopic Top 10 Pearls**
- Managing Bone Loss: Assessment and Indications for Specific Treatment Strategies

**LIVE CASE DEMONSTRATION/PRESENTATION: SHOULDER**

**FACULTY/PARTICIPANT ROUND TABLE CASE PRESENTATIONS AND DISCUSSION**

**Team Physician and Sports Medicine**

**KEYNOTE – Strength and Conditioning in the Aging Athlete…Is it Ever Too Late?**

**KEYNOTE – The Psychological Aspect of Returning to Play After Injury (webcast)**
- Pre-participation Physical: Top 5 Most Important Things NOT to Miss
- Pain Management in the Locker Room
- Concussion Management in 2017

**The Business of Medicine**
- Establishing Ancillaries in Your Practice
- The “Branded” Medical Team: Maximizing the Output of Your Physician Extenders
- The Basics of Office-Based Ultrasound: Implementation, Coding and Billing

**FACULTY/PARTICIPANT ROUND TABLE CASE PRESENTATIONS AND DISCUSSION**
- The Most Financially Impactful Practice Strategies

**FRIDAY, FEBRUARY 10**

**Complex Instability (Posterior, Multi-Directional and Failure)**
- Performance Enhancement Training for the Athlete’s Shoulder
- Multi-Directional and Posterior Shoulder Instability: When to Operate and How To Do It

**VIDEO SPOTLIGHT SESSION – Bone Loss: Why and How**

**FACULTY/PARTICIPANT ROUND TABLE CASE PRESENTATIONS AND DISCUSSION**

**KEYNOTE – Diagnostic and Therapeutic Ultrasound of the Shoulder**

**KEYNOTE – The Painful Hip: FAI, Labrum and Myotendinous Injury**

**KEYNOTE – The Most Common Foot and Ankle Injuries**

**ENJOY RECREATIONAL BREAK TIME**

For full schedule and to register, visit aaos.org/SportsMed
Call AAOS Customer Service at 1-800-626-6726
FRIDAY, FEBRUARY 10, continued

INDUSTRY SPOTLIGHT SESSION – Applied Biologic: Amniotic Tissue: Science, Indications, and Reimbursement (Non-CME)

Cartilage
- Management of OC Lesions of the Knee: Case-Based Decision Making
- Decision-Making in Cartilage Restoration
- Osteotomy and Realignment
- Technique Focus: Articular Cartilage Repair
  - Microfracture “Plus” BioCartilage
  - DeNovo NT
  - Cartiform
  - Osteochondral Autograft
- Osteochondral Allograft
- Autologous Chondrocyte
- Subchondroplasty

KEYNOTE – The Use of Stem Cells and PRP for Articular Cartilage Disease and Rotator Cuff
- Patellar Instability: Observe, Repair, Realign or Reconstruct
- Rehabilitation of the PF Joint: Pre- and Post-Operative Considerations

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SATURDAY, FEBRUARY 11

Meniscus Treatment
- Meniscus Repair: Surgical Techniques
- Meniscus Transplantation: 2 Decades of Experience

Upper Extremity Issues
- Pec Major and Latisimus Tears: Acute and Chronic
- Management of the AC Joint in the Athlete: State of the Art in 2017
- Management of the SC Joint: State of the Art in 2017
- Distal Biceps Tendon Tears: Technique Focus
- Medial and Lateral Epicondylitis: Technique Focus

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ENJOY RECREATIONAL BREAK TIME

INDUSTRY SPOTLIGHT SESSION – Arthrex: SLAP, Biceps and Instability Repair (Non-CME)

Rotator Cuff Problems
- Partial Thickness Rotator Cuff Tears...Leave it, Complete it, In Situ Repair
- Full Thickness Rotator Cuff Tears – Techniques and State-of-the-Art Management
- Massive Cuff Tears: What are the Options?

FACULTY/PARTICIPANT ROUND TABLE CASE PRESENTATIONS AND DISCUSSION

NEW – Select from Two Sessions! ULTRASOUND COURSE
Diagnostic and Therapeutic Ultrasound Hands-on Training

Saturday, February 11: 6:30 – 9:00pm OR Sunday, February 12: 7:00 – 9:00am

Shoulder Pathology with Demo Exam
Knee Pathology with Demo Exam
Elbow Pathology with Demo Exam
Live Model Lab

ENJOY RECREATIONAL BREAK TIME
How to Register:
2. Call AAOS Customer Service at 1-800-626-6726 from 8:00 am to 5:00 pm CT. Outside U.S. dial +1-847-823-7186.

Registration fees
AAOS/AOSSM Member/Candidate Member/Associate Member/International Member: $925
Orthopaedic Resident/Post Residency Fellow/Nurse/Allied Health/PA/Athletic Trainer/U.S. Military*: $825
Nonmember/International Nonmember/Other Physician/Non-MD Practitioner/Non-Physician: $1225
AAOS/AOSSM Emeritus Member: $625
*For AAOS/AOSSM members in active U.S. military duty only

Hotel
Sheraton Steamboat Resort & Villas
2200 Village Inn Court
Steamboat Springs, CO 80477
Phone: (970) 879-2220
Reservations: (800) 848-8877

Housing Reservation Deadline: January 14, 2017
Room Rate: $269 Single or Double occupancy;
$20 Resort fee per day

Accreditation Statement
The American Academy of Orthopaedic Surgeons is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education (CME) for physicians.

AMA Credit Designation Statement
This live activity is designated for a maximum of 17 AMA PRA Category 1 Credit(s)™. The optional ultrasound session is available for a maximum of 2.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

Obtaining CME Credit
Course participants must complete and submit an online evaluation form to receive CME credit.

Continuing Education for Athletic Trainers
The American Orthopaedic Society for Sports Medicine (AOSSM) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 17.25 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. Provider Number: P460

Priority code: 2585