VIRGINIA ORTHOPAEDIC SOCIETY

67th Annual Meeting
May 2-4, 2014
Hotel Roanoke • Roanoke, VA

www.vos.org

Virginia Orthopaedic Society
2209 Dickens Road • Richmond, VA 23230-2005
(804) 282-0063 • Fax (804) 282-0090 • Email: vos@societyhq.com
On behalf of the Board of Directors and all the members of the Virginia Orthopaedic Society, welcome to the 67th Annual Meeting located at the historic Hotel Roanoke in Roanoke, VA. We are excited to see the meeting return to western Virginia, and hope you find it educational and enjoyable for you and your family.

This year’s meeting has an eclectic mix of topics and presentation formats, so there should be something for everyone. Our keynote speaker for Saturday, Dr. Giles Scuderi of ISK Institute, is one of the world’s foremost thought leaders in knee replacement, and will update us on the latest trends. Our special guest speaker is former US Army orthopaedist Dr. Joseph Hsu, now at Carolinas Medical Center, who will share with us how his experience with military trauma can inform our civilian practices.

Reprising a popular format, we will feature a debate on surgical approaches to the hip—a timely and controversial subject among those performing hip arthroplasty today. Is the anterior approach a better way to replace the hip, or just a marketing gimmick? Listen to the debate, and then weigh in during the discussion.

We will feature political updates from both President-Elect of the AAOS, Dr. Fred Azar, and Virginia’s own Dr. Wilford Gibson, President of the Board of Councilors. In addition, we will have updates on the new ICD-10, regional anesthesia techniques, use of ultrasound in orthopaedic practice, perioperative cardiology drug management and more. We will again feature breakout sessions geared toward PAs and other ACPs, and hands-on workshops on ultrasound and external fixation will be available. All this in addition to a strong array of podium and poster presentations of original research from around the state, should make for an interesting and educational program.

We are proud to welcome you to the friendly Roanoke Valley and all it has to offer. All members of your family should find activities of interest to them, while you take advantage of several hours of CME credits in a relaxed atmosphere. Thank you again for coming, and we look forward to seeing you at the opening reception Friday evening.

Sincerely,

Michael W. Wolfe, MD
Trevor M. Owen, MD
Conference Co-Chairs

PROGRAM OBJECTIVES

Upon completion, participants in the Virginia Orthopaedic Society’s 67th Annual Meeting should be able to:

1. Understand current diagnostic and anticoagulant management trends in orthopaedic patients from a cardiology perspective.
2. Identify which regional anesthesia techniques are appropriate for orthopaedic procedures.
3. Understand the implications and issues related to ICD-10.
4. Discuss current literature, including management and outcomes of femoroacetabular impingement.
5. Discuss the orthopedist’s role in diagnosing and managing large rotator cuff tears.
6. Understand current management of lateral epicondylitis.
7. Understand the use of prophylactic regimens against DVT in orthopaedic patients.
8. Discuss current management of soft tissue defects in trauma patients.
9. Understand the most recent data from thought leaders in total knee arthroplasty.
# 67th Annual Meeting

**May 2-4, 2014**  
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## Registration

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>3:00 pm – 5:00 pm</td>
<td>Registration</td>
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<tr>
<td>5:00 pm – 7:00 pm</td>
<td>Opening Reception with Posters &amp; Exhibitors</td>
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## Abstract Presentations

**Moderator: Michael W. Wolfe, MD**

- **7:00 am – 7:08 am**  
  The Effect of Tranexamic Acid on Transfusion Rate in Primary Total Hip Arthroplasty  
  Tyler C. Wind, MD

- **7:08 am – 7:16 am**  
  Total Knee Arthroplasty after Bariatric Surgery: A Case Series  
  Matthew T. Joy, MD

- **7:16 am – 7:24 am**  
  Medial Ligamentous Injury in Knee Dislocations: A 12 Year Experience  
  Brian C. Werner, MD

- **7:24 am – 7:32 am**  
  Comparison of Imaging Methods and Radiation Exposure in Posterior Spinal Fusions for Scoliosis  
  Victoria Kuester, MD

- **7:32 am – 7:40 am**  
  Parallel Plating of Simulated Distal Humerus Fractures Demonstrates Superior Mechanical Properties to Orthogonal Plating with a Distal Humerus Locking Plate System  
  Phillip A. Taylor, MD

- **7:40 am – 7:48 am**  
  Outcomes Following Cervical Disc Arthroplasty: A Retrospective Review  
  Scott Wagner, MD

- **7:48 am – 8:10 am**  
  Question and Answer

## PA Breakout Session #1

**Moderator: Joseph R. Howell, DHSc, PA-C**

- **7:00 am – 7:30 am**  
  Orthopaedic Emergencies  
  AJ Manville, PA-C

- **7:30 am – 8:00 am**  
  Ultrasound Guided Injections  
  Cay M. Mierisch, MD

## General Session

**Moderator: Michael W. Wolfe, MD**

- **8:10 am – 8:20 am**  
  Update on Cardiology: Stents and Anticoagulants Peri-operative Management  
  Rodney W. Savage, MD, FACC, FSIA

- **8:20 am – 8:40 am**  
  Ultrasound Usage in Orthopaedics  
  Jeffrey R. Carlson, MD

- **8:40 am – 9:00 am**  
  Update on Anesthesia Regional Anesthesia In Orthopaedics  
  Maxine Lee, MD, MBA
9:00 am – 10:00 am  Keynote Speaker: Total Knee Update  
Giles R. Scuderi, MD

10:00 am – 10:30 am  Break with Posters & Exhibitors

10:30 am – 11:15 am  Debate  
Moderator: Gregory T. Golladay, MD  
Anterior vs. Posterior Approaches for THA  
Joseph T. Moskal, MD  
Thomas E. Brown, MD

11:15 am – 12:00 pm  Special Guest Speaker  
Optimizing Outcomes in Mangled Extremities:  
Tips on Wound Management  
Joseph R. Hsu, MD

12:00 pm – 1:00 pm  Lunch with Exhibitors and Business Meeting

1:00 pm – 4:00 pm  Optional Lab Sessions:  
• Taylor Spatial Frame - Joseph R. Hsu, MD and Trevor M. Owen, MD  
• Sonosite - Jeffrey Carlson, MD

6:30 pm  Dinner, Lifetime Legislator Award & AAOS Update

Abstract Presentations  
Moderator: Trevor M. Owen, MD

7:00 am – 7:08 am  The Impact of Arthritis Type on Post-TJR Functional Gain: Outcomes in RA vs. OA Patients  
Brian Curtin, MD

7:08 am – 7:16 am  Pre-Versus Post-Operative Initiation of Warfarin Therapy in Patients Undergoing Total Hip and Knee Arthroplasty  
Nick Erdle

7:16 am – 7:24 am  Potential Therapeutic Effects of Antioxidative Fullerol on Steroid-Induced Osteonecrosis of the Femoral Head by Inhibition of Adipogenesis  
Xinlin Yang, PhD

7:24 am – 7:32 am  Cost Saving Analysis of Tranexamic Acid on Total Hip Arthroplasty from 2009-2013  
Ryan Harris, DO

7:32 am – 7:40 am  Flexor Digitorum Profundus Reconstruction: A Cadaveric Comparison of Three Techniques  
Ravinder Brar, MD

7:40 am – 8:00 am  Question and Answer

8:00 am – 9:00 am  ICD – 10 Update  
Lesley S. Wagner, CPC, CPC-I, CMC, CMOM, CMIS

9:00 am – 9:30 am  AAOS Board of Councilors Update  
Wilford Gibson, MD

9:30 am – 9:45 am  Break with Posters

Orthopaedic Updates  
Moderator: T. K. Miller, MD

9:45 am – 10:30 am  Femoroacetabular Impingement  
Winston Gwathmey, MD; Quanjun ‘Trey’ Cui, MD

10:30 am – 11:00 am  Cuff Tears – CTA – Reverse TSA  
Cay M. Mierisch, MD

11:00 am – 11:30 am  Concussion  
Brent M. Johnson, MD

11:30 am – 12:00 pm  Surgical Treatment of Diabetic Neuropathy  
Jonathan Isaacs, MD

12:00 pm – 12:30 pm  Closing Business / Awards  
John W. Mann III, MD, Mark Romness, MD

SUNDAY – MAY 4, 2014

6:15 am – 6:45 am  Continental Breakfast with Exhibitors

6:45 am – 7:00 am  Welcome  
Program Directors: Trevor M. Owen, MD; Michael W. Wolfe, MD

PA Breakout Session #2:  
Moderator: Joseph R. Howell, PA-C

8:00 am – 8:30 am  Growth Plate Injuries of the Pelvis in Adolescent Athletes  
Polly A. Porter, MPAS, PA-C, ATC

8:30 am – 9:00 am  Prosthetic Joint Infection  
Michael W. Wolfe, MD

9:00 am – 9:30 am  Orthopaedics in Austere Environments  
Joseph R. Howell, PA-C

FACULTY

A. J. Manville  
Clinical Preceptor  
Carilion Clinic  
Roanoke, VA

Cay M. Mierisch, MD  
Assistant Professor of Orthopaedics  
Carilion Clinic  
Roanoke, VA

T. K. Miller, MD  
Virginia Tech Carilion School of Medicine  
Roanoke, VA

Joseph T. Moskal, MD  
Chief of Orthopaedic Surgery  
Carilion Clinic  
Professor of Surgery  
Virginia Tech Carilion School of Medicine  
Roanoke, VA

David J. Novak, MD  
Commonwealth Orthopaedics  
Fairfax, VA

Trevor M. Owen, MD  
Assistant Professor  
Virginia Tech Carilion School of Medicine  
Roanoke, VA

Polly A. Porter, MPAS, PA-C, ATC  
National Sports Medicine Institute  
Lansdowne, VA

Rodney W. Savage, MD, FACC, FSAI  
Program Director  
Carilion Clinic  
Roanoke, VA

Giles R. Scuderi, MD  
Director of Orthopaedics  
Insall Scott Kelly Institute for Orthopaedics and Sports Medicine  
New York, NY

Lesley S. Wagner, CPC, CPC-I, , CMC, CMOM, CMIS  
Physician Practice Advocate  
Medical Society of Virginia  
Richmond, VA

Michael Wolfe, MD  
Assistant Professor  
Virginia Tech Carilion School of Medicine  
Roanoke, VA

Andrew Wolff, MD  
Washington Orthopaedics & Sports Medicine  
Washington, DC
KEYNOTE SPEAKERS

Giles R. Scuderi, MD

Giles R. Scuderi, MD is an attending orthopaedic surgeon at Lenox Hill Hospital and Franklin Medical Center, Assistant Clinical Professor of Orthopedic Surgery at Albert Einstein College of Medicine and one of the Directors of the Insall Scott Kelly Institute for Orthopedics and Sports Medicine. Following his orthopedic residency at Lenox Hill Hospital, he was the Knee Fellow at the Hospital for Special Surgery. His practice focuses on adult reconstruction and sports medicine. He has a special interest in knee injuries including torn menisci, ligament tears, cartilage injuries, patellofemoral disorders, degenerative arthritis, unicompartmental knee replacement, total knee replacement and revision total knee replacement. His surgical techniques include arthroscopic, minimally invasive and full open procedures.

Dr. Scuderi has extensively published in many medical and orthopedic journals and continues to lecture worldwide on sports medicine and surgical reconstruction of the knee. He has edited several textbooks, including “The Patella”, “Sports Medicine: Principles of Primary Care”, “MIS of the Hip and Knee: A Clinical Perspective” and “Surgical Techniques in Total Knee Arthroplasty.” He also serves on the editorial board of The American Journal of Knee Surgery and Techniques in Knee Surgery. Active as well in The Knee Society, the American Orthopaedic Society of Sports Medicine, and the Arthroscopy Association of North America, he serves on several committees and is Secretary of the Knee Society and Chairman of the Education Committee. His current research interests include minimally invasive knee surgery, high flexion total knee replacement, gender specific knee design, outcome of revision total knee replacement and bloodless surgery.

Joseph Hsu, MD

Joseph R. Hsu, MD is from Baton Rouge, Louisiana. He was an Honor Graduate from the United States Military Academy in 1994. Dr. Hsu attended medical school at the Tulane University School of Medicine in New Orleans, LA. He graduated in 1998.

Dr. Hsu did his residency in Orthopaedic Surgery at Tulane University and Charity Hospital in New Orleans, LA. He subsequently did his fellowship in Orthopaedic Trauma at Tulane University and Charity Hospital. Dr. Hsu also completed Limb Salvage/Reconstruction fellowships in the Ilizarov Method in Lecco, Italy and at the Kurgan Ilizarov Center in Kurgan, Russia.

Dr. Hsu was formerly at the Institute of Surgical Research and Brooke Army Medical Center where he was the Chief of Orthopaedic Trauma and Research Director. Dr. Hsu was deployed in 2006 to Baghdad, Iraq with the 10th Combat Support Hospital at Ibn Sina Hospital.

Dr. Hsu joined the faculty at Carolinas Medical Center in Charlotte, NC in 2013.

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 Virginia 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 9.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Registration Form

One form per registrant. PLEASE PRINT

- Mr. - Mrs. - Ms. - Dr.
- First Name ___________________________ M.I. _______ Last Name ___________________________
- Credentials ____________________________________________________________ Specialty ___________________________
- Affiliation/Business/Organization ___________________________________________________________
- Primary Mailing Address  ❑ Home  ❑ Work ___________________________________________________________
- City/State/Zip __________________________________________________________________________
- Country ____________________________ Office Phone __________________________ Fax ____________________________
- Email* ____________________________ Please print clearly for successful email delivery of your confirmation letter.

*Email is required for registration confirmation.

Are you a Resident Physician?   ❑ Yes ❑ No  A Fellow?   ❑ Yes ❑ No

Do you require special assistance because of a disability or do you have any dietary restrictions? If so, please describe ____________________________

Registration Fees

Please check appropriate category below. After April 5, 2014, late fees apply.

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* Full amount will be applied to 2014 dues and you will receive complimentary meeting registration this year.

TOTAL $ __________

Payment

Make checks (US currency) payable to: Virginia Orthopaedic Society

Credit Card Payment: ❑ VISA ❑ MasterCard ❑ Discover ❑ American Express

Credit Card No. ____________________________________________ Exp. Date __________ CVV Security Code** __________

Billing Address ____________________________________________ Billing Zip Code __________

Signature ____________________________________________ Printed Name on Card

**CVV code is the 3-digit number on the back of VISA, MC or Discover or 4-digit number on front of AMEX card above the card number.

Refund Policy: 80% refund through 4/5/14; no refund after 4/5/14. Refunds will be determined by date written cancellation is received. All cancellations must be in writing. Contact the VOS headquarters with any questions.

Please return this form to:

Virginia Orthopaedic Society
2209 Dickens Road
Richmond, VA 23230-2005
Phone: (804) 282-0063 • Fax: (804) 282-0090

If you do not receive a confirmation letter from the VOS office within 30 days of submitting your completed registration form and payment information, please call the VOS office at (804) 282-0063 to confirm that your registration material has been received.
In order to qualify for these special group rates, The Hotel Roanoke must receive your reservation request by April 2, 2014

Rooms and Rates are Subject to Availability

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**HOTEL RESERVATION INFORMATION**

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<th>Type of Accommodations</th>
<th>Nightly Rate Per Room</th>
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Located in beautiful Roanoke, Virginia, the historic Hotel Roanoke & Conference Center is situated alongside downtown Roanoke in the heart of Virginia’s Blue Ridge Mountains, just minutes from Roanoke Regional Airport.

Built in 1882, the fully-restored Tudor-style Hotel Roanoke is proudly listed on the National Register of Historic Places. As a member of IACC (International Association of Conference Centers), Hotel Roanoke is pleased to offer world-class lodging facilities, including newly renovated guest rooms and 63,000 square feet of state-of-the-art conference space. Come make a statement and dine in the award-winning and newly renovated Regency Room, now celebrating it’s 75th Anniversary! Extensively involved in a shop local, buy local mentality, The Regency Room features seasonal menus and the Grand Brunch Buffet every Sunday!

From the hiking, biking, boating and fishing to scenic drives, wineries, greenways and museums, discover why Roanoke is the best outdoor town on the East Coast!

All rooms are for daily, single or double occupancy and are subject to applicable taxes at the time of stay. Current rates are 14.5% sales taxes. No charge for bookings cancelled by 4pm the day prior to arrival. A credit card is required at time of booking, no charges will be made until check-out. Check-in is 3 pm and check-out is 12 pm.

**AROUND THE HOTEL**

The Roanoke Valley is like no other destination in America. With urban delights and activity in bustling downtown Roanoke to classic small towns, there is so much to explore and discover.

**Roanoke Valley Greenways**

Twenty two miles of greenways with bicycle/pedestrian trails have been built in the Roanoke Valley, with additional hubs of natural surface trails at Mill Mountain, Carvins Cove, and Read Mountain. The Lick Run Greenway begins on the backside of the Hotel and takes you out towards Valley View Mall.

**Downtown Roanoke**

A short walk over the Market Square Walkway Pedestrian Bridge brings you downtown, where you’ll find an eclectic mix of galleries, shops and restaurants and seasonal events.

**The Jefferson Center**

Enjoy year-round performances in the restored and renovated 1920s Shaftman Performance Hall. Performances include an eclectic mix of classical and contemporary entertainment.

**Historic Farmer’s Market**

Recognized as a Great American Public Place, The Historic Roanoke City Market, also called the Farmer’s Market, is the oldest continuously operating open air market in Virginia. There are 42 permanent tables covered by yellow and white awnings that mark an inviting display of fresh fruits, vegetables, flowers, and plants during growing season.

**Reservations can be made online by visiting**

[www.vos.org](http://www.vos.org)

**Or by calling 1-866-594-4722**

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Disclosure of Faculty Financial Affiliations

The American Academy of Orthopaedic Surgeons (AAOS), as an ACCME accredited provider, and the Virginia Orthopaedic Society (VOS) endorse and strive to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The AAOS and VOS require that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All faculty presenters participating in an accredited CME activity are required to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The AAOS and VOS will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the reader. Questions about specific strategies can be directed to the Office of Continuing Medical Education, American Academy of Orthopaedic Surgeons, 6300 North River Road, Rosemont, IL 60018-4262.

Disclosure of Discussion of Non-FDA Approved Uses for Pharmaceutical Products and/or Medical Devices

The American Academy of Orthopaedic Surgeons (AAOS) and VOS, as ACCME providers, require that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. AAOS recommends that each physician fully review all the available data on new products or procedures prior to clinical use.

CME Activity Participant Requirement

The American Academy of Orthopaedic Surgeons Office of Continuing Medical Education and VOS require that all participants at live CME activities sign attendance sheets daily to confirm participation in the CME activity for that day. Certificates of attendance designating the maximum number of hours of participation, are distributed to each participant at the CME activity. Participants are responsible for accurately tracking their actual participation at live events.