



The American Orthopaedic
Society for Sports Medicine

AAOS

AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS

17th Annual AAOS/AOSSM Sports Medicine Course:

Keeping Patients Active through Innovation and
Contemporary Surgical Techniques

January 27 – 31, 2016
Steamboat Springs, CO

Brian J. Cole, MD, MBA
Course Director

Leslie J. Bisson, MD, and John M. Tokish, MD
Course Co-Directors

**Implement these multi-disciplinary approaches and
treatment strategies for contemporary solutions and
decision-making in your daily practice, and safely
return your active patients to play.**

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Keeping up with all levels of sport injury

Ensure your grasp of treatment decisions and rehabilitation solutions is current in this rapidly evolving field. Avoid lecture monotony and instead, participate in these interactive sessions. Small faculty-led case-based groups and participant-expert panel discussions engage you in open dialogue with faculty on different treatment strategies. Re-examine clinical content and decision-making with multimedia resources and unparalleled expertise.

Bring your extended care team for an excellent comprehensive update, from pre-participation to injury treatment and rehabilitation, to safely get your patients back in the game.

Engaging highlights include:

- Innovation and emerging technology in sports medicine with keynote lectures on the Top 7 Trending Sports Medicine topics for 2016
- Tap into faculty expertise in small group case-based discussions and one-on-one consults
- Panels and debates offer differing perspectives and preferences on controversial areas of decision-making and treatment approaches



At the conclusion of this course, learners should be able to:

- Compare and contrast the various surgical and nonsurgical treatment protocols for instability conditions of the knee, injuries to knee ligaments, and cartilage disorders
- 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 performance enhancing medications, side effects, screening protocols, workup, and deficiency of athletes with sports endocrine axis disorders
- Prescribe correct knee, shoulder, hip, foot/ankle and hand/wrist rehabilitation protocols to maximize post-surgical and post-injury function
- Compare short-term and long-term treatment strategies for team physicians
- Identify practice efficiencies, optimal use of physician extenders (ultrasound, injections, etc.), and reduction in costs in the ambulatory setting

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, JANUARY 27

Registration, Welcome and Introduction

Each topic segment is followed by a Question & Answer session.

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

Anterior Cruciate Injuries

Panel Presentation / Debate: ACL Technique Update in 2016: Graft Selection

Panel Presentation / Debate: Tunnel and Portal Placement

- Open Growth Plates: Protecting Them During ACL Reconstruction
- ACL Surgery: My Top 5 Challenges and Complications
- Controlling Costs, CPT Coding, and Measuring Outcomes that Matter

Case Presentations: 4 Patient Cases: Graft Selection

Posterior Cruciate and Collateral Ligament Injuries

Panel Presentation / Debate: PCL Technique Update in 2016

- How to do a PCL: Why My Technique is Best!
- Beyond the PCL
- PCL/PLC: My Top 5 Challenges and Complications

Case Presentations: 4 Patient Cases: Decision-Making

THURSDAY, JANUARY 28

Each topic segment is followed by a Question & Answer session.

The Business of Medicine

- E & M Coding: The Compliant RVU and Taking it off the Table!
- Maximizing the Output of Your Physician Extenders

Team Physician and Sports Medicine

KEYNOTE – Exercise is Medicine: The Benefits of Physical Activity

- Pre-participation Physical: Things NOT to Miss
- Pain Management in the Locker Room
- Concussion Management in 2016
- Female Athletes: Why Are They Different?

Case Presentations: 5 Patient Cases

Shoulder Instability Part I

- Non- and Post-Operative Management of Shoulder Instability

Panel Presentation / Debate: The First Time Dislocation In-Season

Case Presentations: 2 Patient Cases

MID-DAY RECREATION BREAK

Each topic segment is followed by a Question & Answer session.

Shoulder Instability Part II

- Open Stabilization: Anterior and Posterior
- Managing Failed Instability Arthroscopically
- Recognizing and Managing Glenoid and Humeral Bone Loss
- My Top 5 Challenges and Complications
- Controlling Costs, CPT Coding, and Measuring Outcomes that Matter

Case Presentations: 4 Patient Cases

The Overhead Athlete, SLAP and Biceps Complex

KEYNOTE – Overhead Athlete: Floor to Ceiling – Restoring Balance and Keeping Them Out of the OR

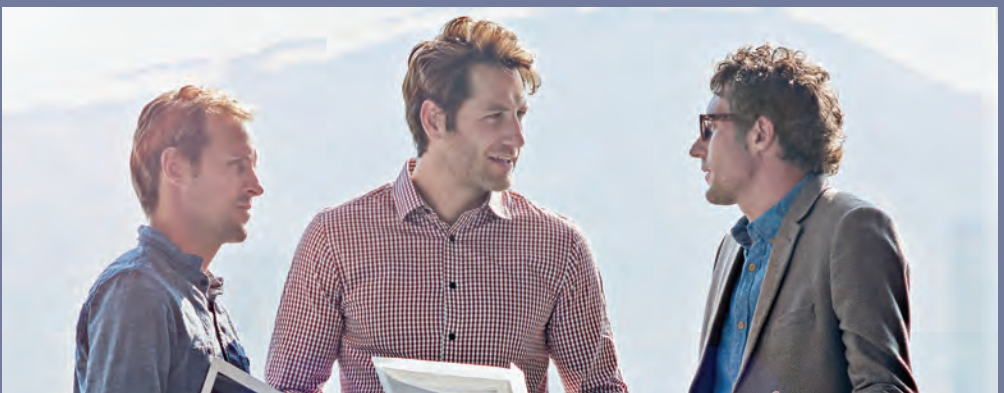
- Evaluating the Overhead Athlete: What is Causing the Pain?
- Biceps and SLAP Tears: Repair, Fix, or Cut

Case Presentations: 5 Patient Cases

Afternoon 3:00 – 7:25 pm

Morning 7:00 – 10:00 am

Afternoon 3:45 – 6:40 pm



FRIDAY, JANUARY 29

Each topic segment is followed by a Question & Answer session.

KEYNOTE – Identifying the Risks for ACL Injury: Prevention and Return to Sport

Meniscus: Updates in 2016

- Knee Injections: What Works and How To Do It
- Meniscus Repair Techniques
- Fix the Root: It Makes a Difference! This is How!
- Meniscus Transplantation: 18 Years of Experience
- Osteotomies: Why, When, and How?

Cartilage

- Managing OCD: Case-Based Decision-Making
- Overview and Outcomes of Cartilage Restoration

Panel Presentation / Debate: Technique Focus: Articular Cartilage Repair and the Subchondral Bone

Case Presentations: 4 Patient Cases; A Symposium for Decision-Making

MID-DAY RECREATION BREAK

Each topic segment is followed by a Question & Answer session.

Patellofemoral Joint

- Patellar Instability: Observe, Repair, or Reconstruct How Do We Decide and How Do We Do It?
- Distal Realignment: Why, When, and How?
- Rehabilitation of the PF Joint

Case Presentations: 4 Patient Cases

The Painful Non-Arthritic Hip

- Femoroacetabular Impingement
- Hip Instability
- Myotendinous Issues
- Athletic Pubalgia

Case Presentations: 2 Patient Cases; What Would You Do?

SATURDAY, JANUARY 30

Each topic segment is followed by a Question & Answer session.

KEYNOTE – The Use of Stem Cells, PRP in the Treatment of Osteoarthritis and Articular Disease

Miscellaneous Upper Extremity Issues in the Athlete

- Pectoralis Ruptures: Management of Acute and Chronic Tears
- Management of the AC Joint in the Athlete: State of the Art in 2016
- Clavicle Fractures: When and How to Best Perform This?
- The Stiff and Painful Shoulder: DJD in Those Who Wish to Regain or Remain Highly Active

Case Presentations: 5 Patient Cases

MID-DAY RECREATION BREAK

Each topic segment is followed by a Question & Answer session.

KEYNOTE – Biologics and Scaffolds in the Shoulder: What Really Works

Rotator Cuff Problems

Panel Presentation / Debate: Partial Thickness Rotator Cuff Tears

- Full Thickness Rotator Cuff Tears: Techniques and State of the Art Management
- Suprascapular Nerve Decompression in 2016
- Pre- and Post-operative Rotator Cuff Management: Getting Them Back to Play

Case Presentations: 4 Patient Cases

Hand and Wrist

- The Athlete's Hand: Top 5 Things You Will See
- The Athlete's Wrist: Don't Miss a Scaphoid Injury – Top 5 Things You Will See

Case Presentations: 4 Patient Cases

SUNDAY, JANUARY 31

Evaluation and Treatment of the Athlete's Elbow

KEYNOTE – Update on MUCL Injuries in 2016

- Medial and Lateral Epicondylitis: Evaluation and Management – What Does The Evidence Show?
- Elbow Arthroscopy for Loose Bodies and Chondral Lesions, and Valgus-Extension Overload
- Distal Biceps Tendon Rupture: Acute and Chronic – 1 or 2 Incisions?

Case Presentations: 2 Patient Cases

Foot and Ankle

- The Athlete's Foot and Ankle: Nonsurgical Management – From Orthotics to Shock Wave Therapy
- Top 8 Foot and Ankle Injuries in Athletes: What Not to Miss and How Best to Treat

Case Presentations

For full schedule and to register, visit aaos.org/3243

Morning 7:00 – 10:00 am

Afternoon 3:45 – 6:20 pm

Morning 7:00 – 8:55 am

Afternoon 3:45 – 6:45 pm

Morning 7:00 – 9:40 am



DIRECTOR

Brian J. Cole, MD, MBA

Team Physician – Chicago Bulls and Chicago White Sox



CO-DIRECTORS

Leslie J. Bisson, MD

Head Team Physician – Buffalo Bills

Team Physician – Buffalo Sabres



John M. Tokish, MD

Head Team Physician/Chief of Sports Medicine – United States Air Force Academy, 2001-2009

Team Physician – Phoenix Coyotes, 2010

FACULTY

Robert A. Arciero, MD

Stephen F. Brockmeier, MD

Charles A. Bush-Joseph, MD

Steven B. Cohen, MD

Jason L. Dragoo, MD

John J. Fernandez, MD

Larry D. Field, MD

Timothy E. Hewett, PhD

Darren L. Johnson, MD

Simon Lee, MD

Eric C. McCarty, MD

Marc J. Philippon, MD

Robert E. Sallis, MD

Felix H. Savoie III, MD

Mark S. Schickendantz, MD

Nikhil N. Verma, MD

Kevin E. Wilk, DPT, PT

Adam B. Yanke, MD

How to Register:

1. **Online** at aaos.org/3243.
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**.
3. **Print** registration form at aaos.org/3243. Mail the completed form to AAOS, 9400 W. Higgins Rd., Rosemont, IL 60018. Or fax to **1-800-823-8025**. Outside U.S. fax to **+1-847-823-8125**.

Registration fees

AAOS/AOSSM Member/Candidate Member/Associate Member/International Member **\$925**

Orthopaedic Resident/Post Residency Fellow/Nurse/Allied Health
Physician Assistant/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 4, 2016

Room Rate: \$259 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

AAOS designates this live activity for a maximum of 21 **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 21 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

AAOS CME COURSE REGISTRATION FORM

Please print and mail with check or credit card details to: **AAOS, 9400 West Higgins Road, Rosemont, Illinois 60018**
(Allow 3 weeks to process mailed registrations.)

OR Please print and fax with credit card details to: **(847) 823-8125**

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Course Tuition

Registration fee includes course materials, electronic syllabus, and refreshments. Enrollment for this course is limited to 150 participants.

Check only one:

- AAOS/AOSSM Member/Candidate Member/Associate Member/International Member **\$925**
- Orthopaedic Resident/Post Residency Fellow/Nurse/Allied Health/Physician Assistant/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

Tuition enclosed \$ _____ (U.S. Dollars only, payable to American Academy of Orthopaedic Surgeons)

Print clearly please

NAME _____ ACADEMY ID# _____

ADDRESS _____


CITY _____ STATE _____ ZIP _____ COUNTRY _____

WORK TELEPHONE _____ MOBILE TELEPHONE _____

EMAIL ADDRESS _____ FAX NUMBER _____

Visa Mastercard American Express

CREDIT CARD NUMBER _____ EXPIRATION DATE _____

Check here if ADA (Americans with Disabilities Act) accommodation is desired. An AAOS staff person will contact you. 

Housing Information

A block of hotel rooms is reserved for course registrants until the deadline specified online. If the room block fills prior to the deadline, the hotel cannot guarantee availability and/or the special AAOS room rate. To make your reservations please contact the hotel directly or select the course web page at aaos.org/courses and select the "housing reservations online" link. All hotel reservations require an advance room deposit.

Airfare/Discounted Rental Car

Contact CorpTravel Management, the AAOS official air travel coordinator, at 1-800-211-8016 or select your preferred airline/travel site. Individuals traveling from outside the U.S. and Canada need to contact a travel agency or airline directly within their country.

For discounted car rental, contact Hertz Rent-a-Car at 1-800-654-2240 or www.hertz.com and reference CVO2KS0021.

IMPORTANT: Please call AAOS Customer Service at 1-800-626-6726 to confirm your course registration before making airline reservations.

For additional travel and housing details or updated course details please visit the course web page at aaos.org/courses.

Refunds

Requests for a refund must be received in writing at the Academy offices (AAOS, 9400 West Higgins Road, Rosemont, Illinois 60018) or email customerservice@aaos.org at least one week prior to the course. In all instances, a \$100 cancellation fee will be charged. Beyond this deadline no monetary refund is issued. Instead, the tuition amount, less cancellation fee, will be credited toward another AAOS course within one year.

Course Cancellation

AAOS reserves the right to cancel a course thirty (30) days prior to the course date. If a course must be cancelled, we will notify registrants by email and follow-up by phone if we have a contact number for you. AAOS will refund your course registration fee in full. However, other costs, such as airline or hotel penalties, are your responsibility.