

# SOUTHERN AT THE SEC

Sports Injury Update & Gase Based Discussion 2018

## Preliminary Program





**Keynote Speaker**James R. Andrews, MD

The Andrews Institute

Gulf Breeze, FL



**Guest Speaker** *Greg Sankey SEC Commissioner Birmingham, AL* 



Renaissance Ross Bridge Golf Resort & Spa Birmingham, AL

#### Accreditation Information

#### **MISSION**

The Southern Orthopaedic Association (SOA) was founded in 1983 solely to develop and foster scientific medicine in the specialty of orthopaedic surgery. Meetings of the Association are dedicated to disseminating current clinical, research, and practice innovations in orthopaedic medicine.

#### **TARGET AUDIENCE**

This program is designed to meet the needs of physicians in orthopaedic surgery and sports medicine. Information presented may also be of interest to allied healthcare professionals (athletic trainers, physical therapists, chiropractors) working in an orthopaedic or sports medicine setting or caring for the athletically active individual with acute or chronic musculoskeletal ailments.

#### **CME CREDIT**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Orthopaedic Surgeons and the Southern Orthopaedic Association. 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 12 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **CEC CREDIT**

Physician's Assistants can receive up to 12 credit hours toward Continuing Education Credits. AAPA accepts American Medical Association Category I, Level 1 CME credit for the Physician's Recognition Award from organizations accredited by the ACCME.

#### **PURPOSE**

In the treatment of musculoskeletal injuries in the athletically active, treatment alternatives are constantly changing. Advances in therapeutic treatment options provide up to date state of the art techniques which allow for the quickest return to athletic participation. These continuous advances make it crucial for physicians to be current on such information to provide the patient with optimal timely care. This course is designed to provide an update on the latest treatment techniques and therapeutic rehabilitation strategies in the evaluation and treatment of the most common musculoskeletal disorders in the athletically active patient.

## Join SOA In Birmingham!

You are invited to attend the Southern Orthopaedic Association's exciting CME program, Southern at the SEC – Sports Injury Update & Case Based Discussion 2018.

Dr. Scott D. Mair, Program Chair and the Program Committee have developed an outstanding program with expert speakers in the specialty of sports medicine injuries.

We have a block of tickets to the SEC Baseball Tournament for purchase by registered attendees of the SOA Meeting. Please make your reservations early, as tickets are limited.



### SEC Athletic Orthopaedic Team of the Year



James R. "Jay" Clugston, MD, CAQSM University of Florida College of Medicine

One of the highlights of the SOA SEC Program is a special presentation honoring the outstanding SEC Athletic Orthopaedic Team of the Year, chosen by the SEC Head Athletic Trainers. We are pleased to announced Dr. James Clugston as the recipient of this distinguished award.

Dr. Clugston is an Associate Professor in the Department of Community Health & Family Medicine with a joint appointment in the Department of Neurology at the University of Florida College of Medicine. He is a team physician for the UF Athletic Association, completing his 15th year covering the Gators with primary responsibility for football, men's basketball and men's golf. Presently he serves on the NCAA Division I Autonomy Concussion

Safety Protocol Review Committee; the Operating Committee of the NCAA/DoD Concussion Assessment, Research and Education Consortium; the Brain Trauma Foundation Evidenced Based Consortium to classify concussion subtypes; and the American Medical Society for Sports Medicine Concussion Position Statement writing group. He directs UF Student Health's Sports Concussion Center, which provides clinical care to UF students and performs concussion research. In 2006, he started the UF Sports Medicine Fellowship to train primary care sports physicians after residency and currently serves as its Associate Director.

Congratulations to James R. "Jay" Clugston, MD, who will receive the 2017-2018 award at the meeting. In addition, the University of Florida College of Medicine Athletic Training Staff will receive a check for \$1000.00 to be used for student athletic trainer education, courtesy of DJO Global, who has sponsored this stipend since the award's inception in 2003.

The SEC Athletic Orthopaedic Team of the Year Award is sponsored by DJO Global and the Southern Orthopaedic Association.

### Keynote Speaker



James R. Andrews, MD The Andrews Institute Gulf Breeze, FL

The Southern Orthopaedic Association is pleased to have James R. Andrews, MD

as the Keynote Speaker for the SEC Sports Injury Update 2018 Program. Dr. Andrews is a founder of Andrews Sports Medicine and Orthopaedic Center and the American Sports Medicine Institute in Birmingham, Alabama and The Andrews Institute in Gulf Breeze, Florida.

Dr. Andrews has mentored more than 250 Orthopaedic Sports Medicine Fellows and 50

Primary Care Sports Medicine Fellows. He currently practices at The Andrews Institute in Gulf Breeze, Florida. He graduated from Louisiana State University in 1963, completed LSU School of Medicine in 1967 and his orthopaedic residency at Tulane Medical School in 1972. He is a member of the American Board of Orthopaedic Surgery and the American Academy of Orthopaedic Surgeons and is Past-President of the American Orthopaedic Society for Sports Medicine.

Dr. Andrews is Clinical Professor of Orthopaedic Surgery at the University of Alabama Birmingham Medical School. He serves as Medical Director for several collegiate and professional teams.

### **Program Committee**

Scott D. Mair, MD, Program Chair

University of Kentucky Sports Medicine Lexington, KY

Jeffrey A. Guy, MD, Program, Vice Chair

University of South Carolina School of Medicine Columbia, SC

Robert G. Hosey, MD

University of Kentucky Sports Medicine Lexington, KY

## **Faculty**

James R. Andrews MD

The Andrews Institute Gulf Breeze, FL

Christopher A. Arnold, MD

University of Arkansas Fayetteville, AR

C. Lowry Barnes, MD

University of Arkansas for Medical Sciences Little Rock, AR

Russell A. Betcher, MD

Knoxville Orthopaedic Clinic Knoxville, TN

Matthew H. Blake. MD

Avera Orthopedics Sioux Falls, SD

Daniel L. Boyd, MD

University of Mississippi Oxford, MS

Joe P. Bramhall, MD

Central Texas Sports Medicine & Orthopaedics Bryan, TX

Jeremy R. Bruce, MD

University of Tennessee College of Medicine, Chattanooga Chattanooga, TN

E. Lyle Cain Jr., MD

Andrews Sports Medicine and Orthopaedic Center Birmingham, AL

James R. "Jay" Clugston, MD

University of Florida College of Medicine Gainesville, FL

Ronald W. Courson. ATC

University of Georgia Athens. GA

Charles L Cox, MD

Vanderbilt Sports Medicine Nashville, TN

Stephen W. Etheredge, MD

Louisiana State University Baton Rouge, LA

Kevin W. Farmer, MD

University of Florida Orthopaedics and Sports Medicine Institute Gainesville, FL Andrew J. Gregory, MD

Vanderbilt University Nashville, TN

Christopher A. Heck, MD

Southlake Orthopaedics Birmingham, AL

Carolyn M. Hettrich, MD

University of Kentucky Lexington, KY

Peter A. Indelicato, MD

University of Florida College of Medicine Gainesville, FL

Darren L. Johnson, MD

University of Kentucky Sports Medicine Lexington, KY

Kimberly A. Kaiser, MD

University of Kentucky Sports Medicine Lexington, KY

Chaitu S. Malempati, DO

Western Kentucky University Bowling Green, KY

Matthew J. Matava, MD

Washington University Orthopaedics/Chesterfield Chesterfield, MO

Christopher G. Mazoue, MD

University of South Carolina School of Medicine Columbia, SC

James D. Robinson, MD

University of Alabama Tuscaloosa, AL

**Greg Sankey** 

SEC

Birmingham, AL

Seth L. Sherman, MD

University of Missouri School of Medicine Columbia, MO

James P. Stannard, MD

University of Missouri School of Medicine Columbia, MO

Brian R. Waterman, MD

Wake Forest School of Medicine Winston-Salem, NC

Kevin E. Wilk, PT, DPT

Champion Sports Medicine Birmingham, AL

#### Accreditation Information

#### **OBJECTIVES**

Through a combination of lectures, panel discussions, and audience participation, participants will have the opportunity to exchange information relative to current and emerging clinical concerns about the musculoskeletal problems seen in the upper and lower extremity. At the conclusion of the meeting, participants should be able to:

UNDERSTAND current controversies in treatment of shoulder, elbow, knee, hip, and spine disorders commonly seen in the athletically active.

EVALUATE injury patterns and prevention strategies of upper and lower extremity problems in the athletic population.

ANALYZE challenges encountered with rehabilitation of the shoulder, elbow, and knee in the athlete, as well as the older athletically active weekend warrior.

SELECT appropriate management options for the most commonly seen sports specific injuries; shoulder instability, rotator cuff tears, elbow ligament injuries; as well as knee injuries (ligament, menisci, articular cartilage).

DIAGNOSE and manage shoulder impingement, labral tears, rotator cuff tears, elbow instability as well as knee instability with associated meniscal and articular cartilage pathology.

RECOGNIZE and treat medical conditions commonly seen in athletes, and discuss cases related to concussion, sports dermatology, nutrition, injury prevention, and psychological issues.

#### **DISCLAIMER**

The products, procedures, and opinions presented at this meeting reflect the viewpoint or approach of the presenter only, and are not to be attributed to the Southern Orthopaedic Association. The Southern Orthopaedic Association presents such material for informational purposes only, and does not endorse any such product or the content of any such presentation.

#### **FORMAT**

The educational sessions will be held Thursday, Friday and Saturday, May 24-26, from approximately 7:00 am – 12:00 pm at the Renaissance Ross Bridge Hotel in Birmingham, Alabama, allowing free time in the afternoons.

#### PHYSICIAN REGISTRATION FEE

Registration fee covers the Scientific Program Sessions, Syllabus, Scientific Program Expenses, General Meeting Expenses and Daily Continental Breakfasts and Breaks.



## Sports Injury Update & Ca Scientific Program and

May 24-

Events, dates and times are subject to change. (

Thursda	v Mav	24
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6:30 am Registration and Continental Breakfast

6:30 am- 12:00 pm Speaker Ready Area

7:25 - 7:30 am Welcome

Scott D. Mair, MD, Program Chair

#### Session 1 - MEDICAL, SPINE

Moderator: Robert G. Hosey, MD, University of Kentucky Sports Medicine, Lexington, KY

7:30 – 7:45 am Injury Prevention – Evidence Based Medicine

Andrew J. Gregory, MD, Vanderbilt University, Nashville, TN

7:45 – 8:00 am Sports Nutrition and Energy Availability in Athletes Kimberly A Kaiser, MD, University of Kentucky Sports Medi-

cine, Lexington, KY

8:00 – 8:15 am Congenital Cervical Stenosis in the Young Athlete

Christopher A. Heck, MD, Southlake Orthopaedics, Birming-

ham, AL

8:15 - 8:25 am Discussion

#### Session 2 - ELBOW

Moderator: Carolyn M. Hettrich, MD, University of Kentucky, Lexington, KY

8:25 – 8:40 am Rehabilitation Following UCL Surgeries in Athletes:

Reconstruction and Internal Brace Repair

Kevin E. Wilk, PT, DPT, Champion Sports Medicine, Birming-

ham, AL

8:40 – 8:55 am Management of Pediatric Elbow OCD

Joe P. Bramhall, MD, Central Texas Sports Medicine &

Orthopaedics, Bryan, TX

8:55 - 9:10 am Elbow Overuse Injuries

Russell A. Betcher, MD, Knoxville Orthopaedic Clinic, Knox-

ville, TN

9:10 - 9:20 am Discussion

9:20 - 9:50 am BREAK WITH EXHIBITORS

#### Session 3 - SHOULDER INSTABILITY

Moderator: Joe P. Bramhall, MD, Central Texas Sports Medicine & Orthopaedics, Bryan, TX

9:50 - 10:05 am Anterior Shoulder Instability - Arthroscopic and

Open, Indications and Techniques

Brian R. Waterman, MD, Wake Forest University School of Medicine, Wake Forest Baptist Health, Winston-Salem, NC

Shoulder Instability Outcomes - Lessons from the

10:05 – 10:20 am Shoulder Instability MOON Group

Carolyn M. Hettrich, MD, University of Kentucky, Lexington,

KY

10:20 - 10:35 am SLAP Repair vs. Biceps Tenodesis

E. Lyle Cain Jr., MD, Andrews Sports Medicine and Ortho-

paedic Center, Birmingham, AL

10:35 - 10:45 am Discussion

10:45 - 11:00 am BREAK WITH EXHIBITORS

Session 4 - CASE PRESENTATIONS: SHOULDER & ELBOW

Moderator: Scott D. Mair, MD, University of Kentucky, Lexington, KY

11:00 am - 12:00 pm Shoulder and Elbow

#### Panel:

Russell A. Betcher, MD, Knoxville Orthopaedic Clinic, Knoxville, TN

Joe P. Bramhall, MD, Central Texas Sports Medicine & Orthopaedics, Bryan,

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E. Lyle Cain Jr., MD, Andrews Sports Medicine and Orthopaedic Center,

Birmingham, AL

Carolyn M. Hettrich, MD, University of Kentucky, Lexington, KY

Brian R. Waterman, MD, Wake Forest University School of Medicine, Wake

Forest Baptist Health, Winston-Salem, NC

#### Friday, May 25

6:30 am - 12:00 pm Speaker Ready Area

6:45 am Registration and Continental Breakfast

7:25 - 7:30 am Welcome

Jeffrey A Guy, MD, University of South Carolina School

of Medicine, Columbia, SC

#### Session 5 - MEDICAL, TOTAL JOINTS

Moderator: Chaitu S. Malempati, DO, Western Kentucky University, Bowling Green, KY

7:30 – 7:45 am Pain Management in the Athlete

Robert G. Hosey, MD, University of Kentucky Sports

Medicine, Lexington, KY

7:45 - 8:00 am Psychological Issues Related to Injury - What a

Sports Medicine Team Needs to Know

Peter A. Indelicato, MD, University of Florida College of

Medicine, Gainesville, FL

8:00 – 8:15 am Sports after Total Joint Replacement

C. Lowry Barnes, MD, University of Arkansas for Medical

Sciences, Little Rock, AR

8:15 – 8:25 am Discussion

#### Session 6 - KNEE LIGAMENT

Moderator: Peter A. Indelicato, MD, University of Florida College of Medicine, Gainesville, FL

8:25 – 8:40 am ACL Moon Cohort 10 Year Data – What Have We

Learned?

Charles L. Cox, MD, Vanderbilt Sports Medicine, Nash-

ville, TN

8:40 – 8:55 am MCL Injury – Surgical Treatment, When and How

Darren L. Johnson, MD, University of Kentucky Sports

Medicine, Lexington, KY

8:55 - 9:10 am Evaluation and Management of the Dislocated

Knee

James P. Stannard, MD, University of Missouri School of

Medicine, Columbia, MO

9:10 – 9:20 am Discussion

9:20 - 9:50 am BREAK WITH EXHIBITORS

## se Based Discussion 2018

## nd Schedule of Events

**26, 2018** Check the final program for complete information.

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SPECIAL PRESENTATION BY THE COMMISSIONER OF THE SOUTHEASTERN		7:50 – 8:00 am	Discussion
<b>CONFERENCE</b> Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC		<b>Session 10 - KEYNOTE ADDRESS</b> Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC	
9:50 – 10:05 am	<b>SEC Commissioner's Address</b> Greg Sankey, SEC, Birmingham, AL	8:00 – 8:05 am	Introduction of Keynote Speaker Jeffrey A. Guy, MD, University of South Carolina School
10:05 – 10:15 am	Discussion		of Medicine, Columbia, SC
Session 7 - KNEE CARI Moderator: Darren L. L Lexington, KY	TILAGE  Johnson, MD, University of Kentucky Sports Medicine,	8:05 – 8:50 am	Youth Sports Injuries - Why the Continued Increase?  James R. Andrews, MD, The Andrews Institute, Gulf Breeze, FL
10:15 – 10:30 am	Meniscal Repair Techniques - Current Concepts Chaitu S. Malempati, DO, Western Kentucky University, Bowling Green, KY	8:50 – 9:05 am	Discussion
10:30 - 10:45 am	Knee Cartilage Restoration and Meniscal Transplantation	<b>SEC Award Presentation</b> Moderator: Scott D. Ma	air, MD, University of Kentucky, Lexington, KY
	Seth L Sherman, MD, University of Missouri School of Medicine, Columbia, MO	9:05 – 9:10 am	Presentation of SEC Athletic Orthopaedic Team Of The Year Award Scott D. Mair, MD, University of Kentucky, Lexington, KY
10:45 - 11:00 am	Cell Therapy of the Knee – What Works and What is Unproven Christopher A. Arnold, MD, University of Arkansas, Fayette- ville, AR		Recipient of the Award James R. "Jay" Clugston, MD University of Florida College of Medicine, Gainesville, FL
11:00 - 11:10 am	Discussion	9:10 - 9:40 am	BREAK WITH EXHIBITORS
11:00 - 11:25 am	BREAK WITH EXHIBITORS	Session 11 - SHOULDER	
Session 8 - CASE PRESENTATIONS: KNEE  Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC		Moderator: Kevin W. Farmer, MD, University of Florida Orthopaedics and Sports Medicine Institute, Gainesville, FL  9:40 – 9:55 am Management of Type III and IV AC Separations	
11:25 am – 12:25 pm	Knee	5.40 5.55 dill	Matthew J. Matava, MD, Washington University Ortho- paedics, Chesterfield, MO
Panel: Charles L Cox, MD, Vanderbilt Sports Medicine, Nashville, TN Peter A. Indelicato, MD, University of Florida College of Medicine, Gainesville, FL Darren L Johnson, MD, University of Kentucky Sports Medicine, Lexington, KY Seth L Sherman, MD, University of Missouri School of Medicine, Columbia, MO James P. Stannard, MD, University of Missouri School of Medicine, Columbia, MO		9:55 – 10:10 am	Rotator Cuff Tears Daniel L Boyd, MD, University of Mississippi, Oxford, MS
		10:10 - 10:25 am	Superior Capsule Reconstruction for Massive Rotator Cuff Tears Matthew H. Blake, MD, Avera Orthopedics, Sioux Falls, SD
Saturday, May 26	6	10:25 - 10:35 am	Discussion
6:30 am - 12:00 pm	Speaker Ready Area	10:35 - 10:50 am	BREAK WITH EXHIBITORS
6:30 am	Registration and Continental Breakfast	<b>Session 12 - MEDICAL</b> Moderator: Robert G. Hosey, MD, University of Kentucky Sports Medicine,	
7:00 - 7:05 am	Welcome Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC	Lexington, KY 10:50 - 11:05 am	Sports Dermatology
Session 9 - THROWING	ATHLETE		James D. Robinson, MD, University of Alabama, Tuscaloosa, AL
Chesterfield, MO	J. Matava, MD, Washington University Orthopaedics,	11:05 - 11:20 am	Emergency Management in Athletics Ronald W. Courson, ATC, University of Georgia, Athens,
7:05 - 7:20 am	The Role of the Hips in the Throwing Athlete Kevin W. Farmer, MD, University of Florida Orthopaedics and Sports Medicine Institute, Gainesville, FL	11:20 - 11:35 am	GA  Concussion Management – What's the Latest?  Stephen W. Etheredge, MD, Louisiana State University,
7:20 - 7:35 am	Suprascapular Nerve Entrapment in the Throwing		Baton Rouge, LA
	Athlete Jeremy R. Bruce, MD, University of Tennessee College of Medicine at Chattanooga, Chattanooga, TN	11:35 – 11:50 am	Concussion Research Update James R. "Jay" Clugston, MD, University of Florida Col- lege of Medicine, Gainesville, FL
7:35 – 7:50 am	Treatment of the Softball Athlete Christopher G. Mazoue, MD, University of South Carolina School of Medicine, Columbia, SC	11:50 am - 12:00 pm	Discussion

## **Travel Information**



## Hotel Room Reservations and Rates Renaissance Ross Bridge Golf Resort & Spa



A block of sleeping rooms has been reserved for your convenience while attending the *Southern at the SEC* meeting at the Renaissance Ross Bridge Golf Resort & Spa in Birmingham.

Visitors invariably fall in love with this stylish, historic town. And our elegant resort provides the ideal base camp for your stay. Whether you want to soak in the history at the Birmingham Civil Rights Institute, wander the stunning 30-acre oasis of Aldridge Gardens, or play a round at the Robert Trent Jones Golf trail, our Navigator Amanda can tell you all you need to know to make your day swing.

While back at the resort, the luxurious rooms, including balconies overlooking our palatial grounds and signature waterfall-laden pool, are the perfect place to relax and unwind.

Hotel reservations can be made by calling 1-800-468-3571. Space is limited, so make your reservations now!

Renaissance Birmingham Ross Bridge Golf Resort & Spa 4000 Grand Ave Birmingham, AL 35226

\$179 single/double occupancy per room per night One night's room deposit due upon booking Complimentary Self-Parking

Hotel reservation deadline - April 23, 2018

# Transportation Information Birmingham-Shuttlesworth International Airport

The Birmingham International Airport (BHM) is only 25 minutes from the Renaissance Ross Bridge.

**Taxis:** A cab ride costs approximately \$50 from the airport to the hotel. Pick-up is on the Lower Level outside the baggage claim area.



**Airport Rental Cars:** Hertz car rentals are available at a discounted rate. Please call 1-800-654-2240, and reference CV #04B00010



## 2018 Southern at the SEC Registration Form

May 24-26, 2018 · Renaissance Ross Bridge · Birmingham, AL

Southern Orthopaedic Association • 110 West Road, Suite 227 • Towson, MD 21204 *Call:* 866-762-0730 • *Fax:* 410-494-0515 • *Website:* www.soaassn.org

Name		Degree		
Address				
City		State	ZIP	
Email				
Phone		Fax		
REGISTRATION FEES				
☐ SOA Member Physician	\$395	SEC Baseball Tour	nament Tickets	
☐ Non-Member Physician	\$495		I number of ticket booklets for ndees, on a first come, first served	
☐ Non Physician	\$225		oklets per registrant. No refunds.	
□ NP / PA	\$200	☐ 1 ticket booklet	\$140	
□ AT / PT	\$150	☐ 2 ticket booklets		
☐ Resident/Fellow	No Charge	☐ 2 licket booklets	\$ 200 / 20 18 18 10 mm	
☐ Student	No Charge		Bases	
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PAYMENT METHOD			HOOYER, AL	
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☐ Charge my: ☐ Vis	sa □ MasterCard	☐ American Exp	ress	
Card #			Exp. Date	
Name on Card			CW Code	
Billing Address				
Billing City, State, Zip				

PLEASE NOTE: Courses are subject to cancellation. SOA will not refund travel costs.

CANCELLATION POLICY: Full refund (less \$50.00 administrative fee) will be granted if a cancellation is made prior to 30 business days before the meeting date; a 50% refund if canceled 10 business days before the meeting date. No refund will be granted within 10 business days of the meeting, or anytime thereafter.



