Preliminary Program

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

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

Guest Speaker
Greg Sankey
SEC Commissioner
Birmingham, AL

12 CME credits available

Renaissance Ross Bridge Golf Resort & Spa
Birmingham, AL
**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 athleticism 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.

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**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. Maier, 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.

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**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 announce 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.

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**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 Kentucky for Medical Sciences  
Lexington, KY
- **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
- **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. Indelilato, MD**  
University of Florida College of Medicine  
Gainesville, FL
- **Darren L. Johnson, MD**  
University of Kentucky Orthopaedics  
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. Mateva, 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.
Thursday, May 24

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 Medicine, Lexington, KY
8:00 – 8:15 am  Congenital Cervical Stenosis in the Young Athlete
Christopher A. Heck, MD, Southlake Orthopaedics, Birmingham, 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, Birmingham, 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, Knoxville, 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
10:05 – 10:20 am  Shoulder Instability Outcomes – Lessons from the 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 Orthopaedic 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, TX
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
9:20 – 9:50 am  BREAK WITH EXHIBITORS

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, Nashville, TN
8:40 – 8:55 am  MCL Injury – Surgical Treatment, When and How
Damien 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
SPECIAL PRESENTATION BY THE COMMISSIONER OF THE SOUTHEASTERN
CONFERENCE
Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC
9:50 – 10:05 am SEC Commissioner’s Address
Greg Sankey, SEC, Birmingham, AL
10:05 – 10:15 am Discussion

Session 7 – KNEE CARTILAGE
Moderator: Darren L. Johnson, MD, University of Kentucky Sports Medicine, Lexington, KY
10:15 – 10:30 am Meniscal Repair Techniques – Current Concepts
Chaitu S. Malempati, DO, Western Kentucky University, Bowling Green, KY
10:30 – 10:45 am Knee Cartilage Restoration and Meniscal Transplantation
Seth L. Sherman, MD, University of Missouri School of Medicine, Columbia, MO
10:45 - 11:00 am Cell Therapy of the Knee – What Works and What is Unproven
Christopher A. Arnold, MD, University of Arkansas, Fayetteville, AR
11:00 – 11:10 am Discussion
11:00 – 11:25 am BREAK WITH EXHIBITORS

Session 8 - CASE PRESENTATIONS: KNEE
Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC
11:25 am – 12:25 pm Knee 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
11:00 – 11:10 am Discussion
11:00 – 11:25 am BREAK WITH EXHIBITORS

Saturday, May 26

6:30 am – 12:00 pm Speaker Ready Area
6:30 am Registration and Continental Breakfast
7:00 – 7:05 am Welcome
Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC

Session 9 – THROWING ATHLETE
Moderator: Matthew J. Matava, MD, Washington University Orthopaedics, Chesterfield, MO
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
7:20 – 7:35 am Suprascapular Nerve Entrapment in the Throwing Athlete
Jeremy R. Bruce, MD, University of Tennessee College of Medicine at Chattanooga, Chattanooga, TN
7:35 – 7:50 am Treatment of the Softball Athlete
Christopher G. Mazoue, MD, University of South Carolina School of Medicine, Columbia, SC
7:50 – 8:00 am Discussion

Session 10 – KEYNOTE ADDRESS
Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC
8:00 – 8:05 am Introduction of Keynote Speaker
Jeffrey A. Guy, MD, University of South Carolina School of Medicine, Columbia, SC
8:05 – 8:50 am Youth Sports Injuries – Why the Continued Increase?
James R. Andrews, MD, The Andrews Institute, Gulf Breeze, FL
8:50 – 9:05 am Discussion
SEC Award Presentation
Moderator: Scott D. Mair, MD, University of Kentucky, Lexington, KY
9:05 – 9:10 am Presentation of SEC Athletic Orthopaedic Team Of The Year Award
Scott D. Mair, MD, University of Kentucky, Lexington, KY
Recipient of the Award
James R. “Jay” Clugston, MD
University of Florida College of Medicine, Gainesville, FL
9:10 – 9:40 am BREAK WITH EXHIBITORS

Session 11 – SHOULDER
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
Matthew J. Matava, MD, Washington University Orthopaedics, Chesterfield, 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
10:25 – 10:35 am Discussion
10:35 – 10:50 am BREAK WITH EXHIBITORS

Session 12 – MEDICAL
Moderator: Robert G. Hosey, MD, University of Kentucky Sports Medicine, Lexington, KY
10:50 – 11:05 am Sports Dermatology
James D. Robinson, MD, University of Alabama, Tuscaloosa, AL
10:50 – 11:05 am Emergency Management in Athletics
Ronald W. Courson, ATC, University of Georgia, Athens, GA
11:05 – 11:20 am Concussion Management – What’s the Latest?
Stephen W. Etheredge, MD, Louisiana State University, Baton Rouge, LA
11:20 – 11:35 am Concussion Research Update
James R. “Jay” Clugston, MD, University of Florida College of Medicine, Gainesville, FL
11:35 – 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
Name ________________________________________________________________ Degree _______________________

Address _____________________________________________________________________________________________

City ___________________________________________________________ State _____________ ZIP _______________

Email _______________________________________________________________________________________________

Phone ___________________________________________ Fax _______________________________________________

REGISTRATION FEES

□ SOA Member Physician  $395
□ Non-Member Physician $495
□ Non Physician  $225
□ NP / PA $200
□ AT / PT $150
□ Resident/Fellow No Charge
□ Student No Charge

SEC Baseball Tournament Tickets

We have a very limited number of ticket booklets for sale to registered attendees, on a first come, first served basis. Limit 2 ticket booklets per registrant. No refunds.

□ 1 ticket booklet $140
□ 2 ticket booklets $ 280

PAYMENT METHOD

□ Enclosed is a check for $ _________________. Make check payable to SOA.

□ Charge my: □ Visa □ MasterCard □ American Express

Card # ____________________________________________ Exp. Date ______________

Name on Card ____________________________________________ CVV 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.
SOUTHERN AT THE SEC

May 24-26, 2018
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KEYNOTE SPEAKER
James R. Andrews, MD
The Andrews Institute

GUEST SPEAKER
Greg Sankey
SEC Commissioner

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