

President's Message

H. Clayton Thomason III, MD

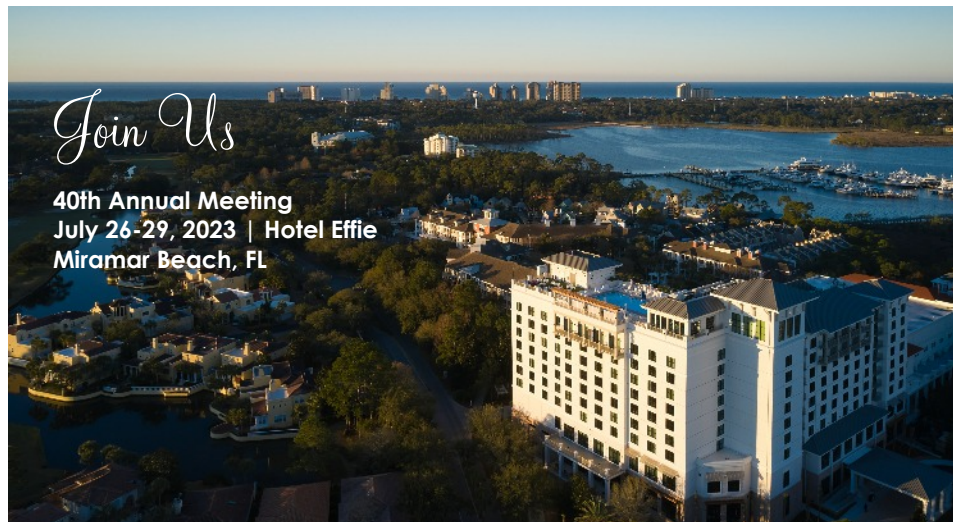


Dear Colleagues,

The 40th Annual Meeting of the Southern Orthopaedic Association will be held from July 26th through 29th, 2023 at the Effie Hotel Grand Sandestin in Mirimar Beach, Florida. It promises to be an exciting time for physicians and their families alike, and we look forward to experiencing it with you!

Our Program Chair, Dr. Shawn (Skip) Gilbert, MD, is busy finalizing a great program with something for everyone, from the academician to the private practitioner. You can look forward to posters, papers and symposia covering all subspecialties of orthopaedic surgery, as well as an impressively broad range of renowned speakers. In addition to reviewing your subspecialty's hot-button topics, you will hear about issues pertinent to all of us, such as sustainable volunteering, diversity in orthopaedics and current issues affecting the practice of medicine from private equity to bundled care opportunities.

My friend and mentor, Dr. Paul Lachiewicz, is our well-deserved 2023 Andrew L. Koman, MD Distinguished Southern Orthopaedist.



Join Us

40th Annual Meeting
July 26-29, 2023 | Hotel Effie
Miramar Beach, FL

My presidential guest speaker is Travis Tygart, CEO of the US Anti-Doping Agency. He will tell us about the current state of performance enhancing drugs in America's athletes, as well as discuss about his role in the downfall of famed cyclist Lance Armstrong.

The new, state-of-the-art resort has an extensive array of ways to entertain you and your family while you are not at the meeting - whether you enjoy world-class golf, tennis, pickleball, salt-water fishing, hiking, exercising, shopping, exploring Baytowne Wharf, swimming in one of the resort's many pools, or simply sitting on beautiful white sand gazing into clear blue water, you are sure to have a great time.

This will be a wonderful opportunity for you to earn CME credits while catching up with friends, as well as to enjoy a memorable family beach vacation in sunny Florida. Register for the meeting today and act fast to book our special hotel rates! We hope to see you there!

Sincerely,

Clay Thomason

H. Clayton Thomason III, MD
President, Southern Orthopaedic Association

INSIDE

2022-2023 Board of Trustees	p. 2
SOA Education Fund	p. 2
Come Join the Fun	p. 3
Annual Meeting Tours & Activities	p. 4
2023 L. Andrew Koman, MD Distinguished Southern Orthopaedist	p. 5
2023 Presidential Guest Speaker	p. 5
2023 Program Chair's Message	p. 6
2023 Program Committee	p. 6
Scientific Program Highlights	p. 6
2023 Award Winners	p. 7
Future SOA Meetings	p. 7



SOA Board of Trustees**PRESIDENT**

H. Clayton Thomason III, MD

PRESIDENT-ELECT

Benjamin A. Alman, MD

SECRETARY/VICE PRESIDENT

Christopher A. Heck, MD

TREASURER

James A. Browne, MD

IMMEDIATE PAST PRESIDENT

Andrew A. Shinar, MD

BOARD OF TRUSTEES

Michael P. Bolognesi, MD

E. Lyle Cain, MD

Kevin W. Farmer, MD

Lee R. Leddy, MD

Scott D. Mair, MD

Michael J. O'Brien, MD

Member Under 40

Gregory Grabowski, MD

Historian (Ex-Officio)

Frederick C. Flandry, MD, FACS

JSOA Co-Editors (Ex-Officio)

L. Andrew Koman, MD

C. Lowry Barnes, MD

SOA BOC Representative

Michael P. Horan, MD

Program Chair

Shawn Gilbert, MD

SAE Chair

Scott D. Mair, MD

Education Committee Chair

Darren L. Johnson, MD

SOA Education Fund

Southern Orthopaedic Education Foundation would like to acknowledge the generous support of the following 2022 contributors. The continued ability for SOA to fund special speakers and Resident/Fellow Awards for the Annual Meeting is due in large part to the generous donations by SOA members and nonmembers. Thank you for your support!

Robert S. Adelaar, MD
Benjamin A. Alman, MD
Willie Banks Jr., MD
C. Lowry Barnes, MD
Robert Beer, MD
Samuel Brown, MD
E. Lyle Cain, MD
Ted Gerlinger, MD
Christopher A. Heck, MD
Deryk G. Jones, MD
Scott D. Mair, MD
Kevin C. McLeod, MD
Jose J. Monsivais, MD
Michael J. O'Brien, MD
William D. Sudduth, MD
H. Clayton Thomason III, MD

Make your mark on the future by helping to support the SOA Education Fund (a 501[C]3 tax-exempt fund) with your charitable contribution. The SOA established this fund to provide educational opportunities for young orthopaedists throughout the territory. We encourage you to make a donation to help the SOA achieve its goals for funding educational programs for residents. It is a worthy endeavor, and one that will endure for generations.

The process to donate is simple. Just go to www.soaassn.org/donations, and you can make a donation instantly.



Make the most of your Member Benefits

- 32 FREE CME credits per year through JSOA
- Complimentary subscription to the quarterly *Journal for Surgical Orthopaedic Advances* (JSOA)
- FREE 10-credit Self Assessment Exam
- Free Access to *Clinical Orthopaedics and Related Research* (CORR)
- Ortho-Preferred® Professional Liability Insurance
- Discount to the SOA Annual Meeting

View your benefits today at
www.soaassn.org/membership

SOA Central Office

110 West Road, Suite 227
Towson, MD 21204-2136

Phone: 866-762-0730

Fax: 410-494-0515

Email: info@soaassn.org

Website: www.soaassn.org

Executive Director

Jessica Quintilian

The SOA

The Southern Orthopaedic Association (SOA) was founded in 1983 for physicians who are engaged in the specialty of orthopaedic and trauma surgery. Its mission is to develop and foster the art and science of medicine in the specialty of orthopaedic and trauma surgery. SOA operates exclusively for charitable, scientific and educational purposes.

Come Join the Fun at the 40th Annual Meeting

The SOA's Annual Meeting will be held July 26th through 29th, 2023 at the Hotel Effie Sandestin in Miramar Beach, Florida.

Northwest Florida's Emerald Coast has pristine white sand beaches carved from quartz carried from the Appalachian Mountains 20,000 years ago. It is a forest by the sea, flanked by towering oaks and pines.

Hotel Effie is found on the banks of the Choctawhatchee Bay, nestled inside the gates of the world-famous Sandestin Golf and Beach Resort and adjacent to the bustling Village at Baytowne Wharf. The vibrant community of Sandestin Golf and Beach Resort and its 2,400 acres of lush landscape and coastal beauty is the perfect backdrop for the southern luxury of Hotel Effie. It is full of charm, elegance, and gracious personality.

For everyone's convenience, SOA has reserved a block of rooms. To make a reservation at the Hotel Effie Sandestin call 833-873-3343. To make a room reservation at the Sandestin Resort Grand Complex, call 1-800-622-1038 or go to <https://sandestin.com/24K6LF>. Space is limited, so make your reservation early and be sure to mention that you are with the Southern Orthopaedic Association to get the discounted rate.

Register for the Meeting at www.soaassn.org. The cut-off for the special SOA room rate is June 23, 2023.

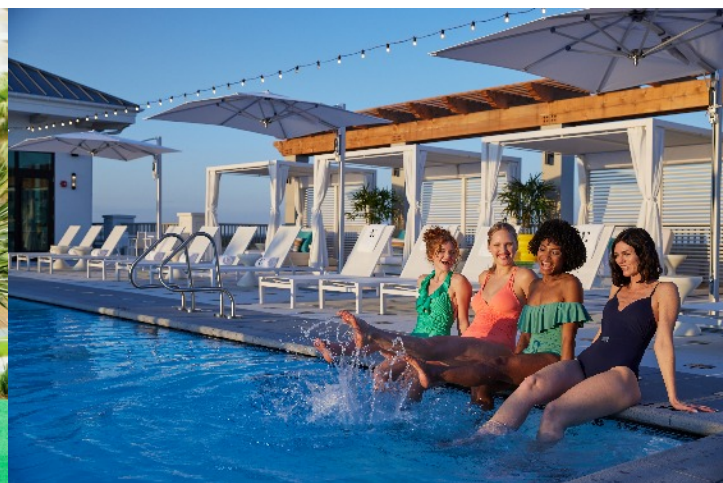
Visit www.soaassn.org to view the Preliminary Program, which includes the complete Meeting information along with tour/activities materials and prices.



Hotel Effie



Sandestin Grand Complex



Annual Meeting Tour/Activities Information

Thursday, July 27

Spouse/Guest and Child Hospitality

Catch up with old friends (and meet some new ones!) while enjoying a continental breakfast.

Junior Golf Clinic at Baytowne Golf Club

One-hour clinic covering the fundamentals of golf. Must wear golf attire (collared shirts, Bermuda shorts and sneakers).



Amazing Race

Sandestin's "Amazing Race" is based on the popular television series, where teams of 5 or 6 race to complete a series of checkpoints before the opposition. Each checkpoint reveals a clue to help you move to the next!

Welcome Dinner

Catch up with colleagues and their families at this year's Welcome Dinner at the Baytowne Marina. Enjoy wonderful food and your favorite drinks from the open bar.

Friday, July 28

Spouse/Guest and Child Hospitality

Catch up with old friends (and meet some new ones!) while enjoying a continental breakfast.



Bay Fishing

Our beautiful boats, outfitted with top-of-the-line light tackle fishing gear, will carry you through the shallow back bays and skinny water grass flats of the Choctawhatchee Bay. We'll target Redfish and speckled trout with live bait or artificial lures.

Tennis Clinic

Looking for a high-energy clinic to work on your skills? Come have fun with your SOA friends in this tennis clinic for all levels. Sandestin serves up the best tennis experience in northwest Florida. Two courts will be available for different skill levels.

Golf Tournament at the Raven Course

Raven Golf Club, home to the 2006 and 2007 Boeing Championship (a stop on the PGA Champions Tour) is masterfully carved through the marshes and pine trees of Sandestin Golf and Beach Resort. Robert Trent Jones Jr. crafted this unique and visually stunning 6,900-yard par 71 into what he calls a "true modern traditional."



Master Class of Wines with Sommelier

We all want to drink good wine, but sometimes we need help choosing the right one. Sandestin's Sommelier will lead this class and you will become a master at pairing wines with confidence.

Exhibitor Reception

Start your evening off with drinks and light hors d'oeuvres with the SOA before dinner.

Saturday, July 29

Spouse/Guest and Child Hospitality

Enjoy a continental breakfast, during which we'll build hygiene kits to donate to a local shelter – a fun and affordable way to contribute to the community.



Private Chartered Dolphin Cruise and a Crab Island

We will cruise beautiful emerald-green waters in search of dolphins (and a peek at the mansions hidden in the canals of Holiday Isle). Then, we'll cool off in the shallow sandbars at Crab Island. The boat is equipped with snorkel gear, floats and paddle boards as well as sodas and water, and Crab Island offers ice cream and food vendors.

Pickleball Clinic

Never played pickleball before, or just beginning to learn the basics? This is the opportunity for you. Learn the rules, strokes, footwork and strategy of pickleball through instruction, drills and play.

Pickleball Open Play

Put your new skills to the test! We will have 6 courts for all levels of play, and the pro will remain to assist with scoring and rules. Paddle and balls are included.

Gala Dinner Dance

Dinner will be an event to remember with world-renowned cuisine, good company and plenty of dancing and music!

Sunday, July 30

Fellowship and Worship

Bring your breakfast and join us for Sunday morning fellowship and worship.

2023 L. Andrew Koman, MD Distinguished Southern Orthopaedist Paul F. Lachiewicz, MD

Presented by Atrium Health
Muskuloskeletal Institute



Dr. Paul F. Lachiewicz is the recipient of the 2023 L. Andrew Koman, MD Distinguished Southern Orthopaedist Award.

He is a Consulting Professor in the Department of Orthopaedic Surgery, Duke University Medical Center, and presently Attending Surgeon at the Durham VA Medical Center, with a career focus on total hip and knee arthroplasty.

Dr. Lachiewicz was an AOA graduate of Cornell-Weill Medical School, completed his orthopaedic residency and fellowship at the Hospital for Special Surgery in New York City, and was a Professor in the Department of Orthopaedic Surgery at UNC-Chapel Hill until retirement in 2009.

He has been a member of the Southern Orthopaedic Association since 1985, and has served on the Board of Directors, as Program Chair, and then as President in 2011. Dr. Lachiewicz is a member of the Knee Society, International Hip Society, and

was President of the North American Hip Society in 2015.

He has over 200 scientific papers and book chapters, with special emphasis on clinical research on thromboembolism prophylaxis, total hip and knee revision surgery, and peri-operative pain management.

He and his wife, Dr. Ave Lachiewicz have five grown children and 11 grandchildren.

2023 Presidential Guest Speaker Travis Tygart, MD



The SOA is pleased to have Travis T. Tygart as the 2023 Presidential Guest Speaker. Mr. Tygart became USADA's Chief Executive Officer in September of 2007, and works closely with the USADA Board of

Directors to carry out the organization's mission of preserving the integrity of competition, inspiring true sport, and protecting the rights of clean athletes.

Under Tygart's leadership, some of USADA's most significant efforts to protect clean athletes have come in the form of major investigations. Working alongside federal authorities, USADA investigated the international steroid bust, Operation Raw Deal, and the international doping conspiracy involving the BALCO laboratory in San Francisco. Tygart also led the investigation into the U.S. Postal Service pro-cycling team doping conspiracy and spearheaded the publication of the Reasoned Decision in the Lance Armstrong case.

In addition to his work at USADA, Tygart currently serves on the Board of Directors for the Sports Lawyers Association and on the Board of Governors of the Partnership for Clean Competition.

Over the course of his career, Tygart has been recognized by *Sports Illustrated* as one of the 50 Most Powerful People in Sports, named to the *TIME* 100 list of Most Influential People in the World for 2013, and deemed one of the Top 12 World Sports Personalities of the Year by *Sport Intern*.

Have you taken the Self Assessment Exam yet?



Earn 10 SAE/CME Credits per exam

FREE Member Benefit / \$95 for Nonmembers

Register today at www.soaassn.org/sae



2023 Program Chair's Message Shawn R. (Skip) Gilbert, MD

Dear fellow SOA Members, Spouses and Guests:

On behalf of the SOA Board of Trustees, President

Clay Thomason, MD, the Program Committee, and myself, we look forward to welcoming you to the Southern Orthopaedic Association's 2023 Annual Meeting July 26th through 29th, at the Hotel Effie Sandestin in Miramar Beach, Florida. We have put together an excellent Academic and Social Program for everyone's enjoyment.

The quality of the submissions this year was extraordinary, with a total 381 abstracts considered for presentations. The program will consist of podium, rapid fire and E-Poster presentations, along with a variety of symposia featuring leaders in orthopaedics. We will also feature concurrent symposia again this year to allow for a larger variety of topics.

We have strived to create a diverse and inclusive academic program including something for

everyone - general orthopaedists and subspecialists alike giving every attendee opportunities to engage. Attendees can earn up to 17.75 CME credits.

Highlights of this year's meeting include our L. Andrew Koman, MD Distinguished Southern Orthopaedist Paul F. Lachiewicz MD (a longtime leader in total joint arthroplasty), as well as Presidential Guest Speaker Travis Tygart, of the US anti-doping agency (who led some of the most notable investigations into steroid use and doping in sports, including the Bay Area Laboratory Co-operative and the US postal service cycling team scandals). Spouses and guests are welcome and encouraged to attend these events, as well.

Symposia will be offered throughout the program covering joint arthroplasty, sports medicine, trauma, addressing health care disparities, and other topics on the foot and ankle as well as the shoulder. Additional sessions will cover practice management for orthopaedists, as well as presentations on topics such as sustainable

2023 Program Committee

The Southern Orthopaedic Association gratefully acknowledges the following orthopaedic surgeons for their contribution to the development of the Scientific Program.

Shawn R. (Skip) Gilbert, MD, Chair
Deryk G. Jones, MD
Jocelyn R. Wittstein, MD

international orthopaedic volunteerism. Concurrent symposia will include topics on orthopaedic biologics, the spine and shoulder and graduate medical education.

We are excited to see you all at the SOA's Annual Meeting, at Hotel Effie Sandestin, with its picturesque beaches and four beautiful golf courses. If you have never visited these calm, white-sand Gulf of Mexico beaches, you owe it to yourself and your family to check it out. We hope you make every effort to attend what should be a great educational and family-friendly event.

Shawn R. (Skip) Gilbert, MD
2023 Program Chair

Scientific Program Highlights

Thursday – July 27, 2023

SYMPOSIUM 1: The Next Decade in Total Hip Arthroplasty: Trends and Innovations

GENERAL SESSION 1: Sustainable Volunteering

RAPID FIRE SESSION 1A-E: Sports Knee, Foot & Ankle, Shoulder & Elbow, Hip Preservation/Hip Arthroplasty & Practice Management / Education

SYMPOSIUM 2: Actionable Steps to Address Health Equity, Diversity, and Inclusion in Orthopaedic Surgery

GENERAL SESSION 2: OREF Report and Presidential Guest Speaker - Travis Tygart

RAPID FIRE SESSIONS 2A-E: Trauma, Foot & Ankle, Shoulder & Elbow, Tumor and Pediatrics

CONCURRENT SYMPOSIUM 3A: Sports Knee

CONCURRENT SYMPOSIUM 3B: Spine Roundtable

SCIENTIFIC E-POSTERS: (Open daily to all participants before and after the Scientific Program.)

Friday – July 28, 2023

SYMPOSIUM 4: Trauma

GENERAL SESSION 3: Sustainable Volunteering Part 2

RAPID FIRE SESSION 3A-E: Sports Knee, Foot & Ankle, Shoulder & Elbow, Hip Preservation/Hip Arthroplasty and Basic Science

SYMPOSIUM 5: Total Knee Arthroplasty

GENERAL SESSION 4: L. Andrew Koman, MD Distinguished Southern Orthopaedist - Paul F. Lachiewicz, MD

RAPID FIRE SESSION 4A-E: Trauma, Total Knee, Sports Shoulder, Upper Extremity and Spine

CONCURRENT SYMPOSIUM 6A: Practice Management

CONCURRENT SYMPOSIUM 6B: Medical Education

CONCURRENT SYMPOSIUM 6C: Orthopaedic Biologics

SCIENTIFIC E-POSTERS: (Open daily to all participants before and after the Scientific Program.)

Saturday – July 29, 2023

SYMPOSIUM 7: Specialty Updates Part 1 – Trauma, Arthroscopy & Sports

GENERAL SESSION 5: Second Business Meeting & AAOS Update

RAPID FIRE SESSION 5A-E: Trauma, Hand & Wrist, Total Joint, Sports and Practice Management / Education

SYMPOSIUM 8: Specialty Updates Part 2 – Foot & Ankle, Peds & Tumor

GENERAL SESSION 6: Resident Award Papers

GENERAL SESSION 7: Presidential Address

RAPID FIRE SESSION 6A-E: Total Knee, Foot & Ankle, Shoulder & Elbow, Sports Medicine and Other

CONCURRENT SYMPOSIUM 9A: Controversies and Treatment Options for Irreparable Rotator Cuff Tears

CONCURRENT SYMPOSIUM 9B: Foot & Ankle

SCIENTIFIC E-POSTERS: (Open daily to all participants before and after the Scientific Program.)

2023 Award Recipients

Congratulations to the following 2023 SOA Award Recipients. The award papers will be presented during the Scientific Program at Hotel Effie in Miramar Beach, FL.

SOA Presidents' Resident Award Winner

Methylprednisolone Taper Reduces Acute Pain and Opioid Consumption after TSA
Zaamin Hussain, MD, EdM, Emory University

Harley & Betty Baxter Resident Award Winners

Timing of Tourniquet Release: A Prospective Randomized Trial
Warren A. Williams, MD, Orlando Health

Non-Operative Management of Frozen Shoulder: A Value-Based Perspective
Nathan J. Cherian, MD, Massachusetts General Hospital

SOA/OREF Resident Award Winners

Nanowarming by Inductive Heating of Vitrified Large Articular Cartilage Specimens
Mary-Katherine Lynch, MD, Medical University of South Carolina

Fertilized Anterior Cruciate Ligament Reconstruction Leads to Superior Early Functional and Patient Reported Outcomes: A Prospective, Randomized Controlled Trial
Andrew L. Schaver, MD, Marshall University Orthopedic Surgery

Radial Lateral Meniscus Tears Affect Contact Forces when the Meniscomfemoral Ligament is Involved: A Cadaveric Study
Sean Sequeira, BS, Union Memorial Hospital

Cynthia Lichtefeld Resident Travel Grant Award Winner

Low-Dose Short-Term Scheduled Ketorolac Reduces Opioid Use in Orthopaedic Polytrauma Patients
Jeffrey A. Foster, MD, University of Kentucky

Harley & Betty Baxter Resident Travel Grant Award Winner

Serum Fructosamine as an Indicator of Perioperative Complications in Patients Undergoing Foot and Ankle Surgery
Yu Min Suh, MD, University of North Carolina

SOA Resident Travel Grant Award Winners

Long-Term Outcomes in Arthroscopic Labral Treatment of Femoroacetabular Impingement in Adolescents with Nested Propensity-Matched Comparison
Paulo A. Padilla, MD, American Hip Institute

The Life Care Specialist and Pain Management in Orthopaedic Trauma
Jesse Seilern und Aspang, MD, Emory University School of Medicine

Patient Reported Outcomes following Gastrocnemius Recession for Heel Pain
Mila B. Scheinberg MD, MS, University of Alabama at Birmingham

2023 SOA Donor Award Recipients

Congratulations to the following 2023 Southern Orthopaedic Association Donor Resident/Fellow Award Recipients. These awards were made possible by generous SOA member donations.

Benjamin A. Alman, MD Donor Award

The Prevalence of Hip Dysplasia Present on Screening Radiographs for Adolescent Idiopathic Scoliosis
Annemarie C. Galasso, MD, Medical University of South Carolina

Dr. & Mrs. James A. Browne, MD Donor Award

Dual Mobility Articulation in Total Hip Arthroplasty: Mixed Femoral and Acetabular Components are a Feasible Option
Christopher Holland, MD, MS, Duke University

E. Lyle Cain, MD Donor Award

Outcomes following Lateral Opening Distal Femoral Osteotomy for Patellar Instability
Thomas E. Moran, MD, University of Virginia

Gregory Grabowski, MD Donor Award

Preoperative Opioid Use Before Hip Arthroscopy Predicts Worse Baseline Measures
Michael S. Rocca, MD, University of Maryland

Christopher A. Heck, MD Donor Award

Superior Capsular Reconstruction with Dermal Allograft Improves Patient Outcomes at 2 Years
Raees Seedat, MD, PRISMA Health

Upcoming SOA Meetings



40th Annual Meeting

July 26-29, 2023
Hotel Effie
Miramar Beach, FL



41st Annual Meeting

July 17-20, 2024
Fountainbleau Miami Beach
Miami Beach, FL

Scott D. Mair, MD Donor Award

Analyzing the Educational Value of Ankle Sprain-Related Videos on TikTok

Albert Anastasio, MD, Duke University School of Medicine

Michael J. O'Brien, MD Donor Award

How Does Alcohol Use Disorder Impact Outcomes following Arthroscopic Rotator Cuff Repair?

Ajit Vakharia, MD, University Hospitals Cleveland Medical Center, Case Western Reserve University

Andrew A. Shinar, MD Donor Award

COVID-19 Diagnosis within 30 Days Prior to Total Joint Arthroplasty Increases the Risk of Adverse Postoperative Outcome Regardless of Vaccination Status

Pramod N. Kamalpathy, University of Virginia

H. Clayton Thomason III, MD Donor Award

Impact of Diabetes on Total Ankle Arthroplasty Complications

Benjamin Farley, MD, George Washington University



Southern Orthopaedic Association

110 West Road, Suite 227

Towson, MD 21204-2136

E-mail: info@soaassn.org

See you in Miramar Beach!

40th Annual Meeting

July 26-29, 2023

Hotel Effie

Miramar Beach, FL

