

Southern Orthopaedic Association

Summer 2025 / Volume 25 / Number 1 / www.soaassn.org

President's Message

Christopher Heck, MD



Dear Colleagues,

My family and I are so excited for our upcoming summer vacation with all of y'all!

As a reminder, the 42nd Annual VACATION of the Southern Orthopaedic Association will be at the JW Marriott Marco Island in Marco Island, FL, from July 23-26, 2025. Having grown up along the Gulf Coast myself, nothing makes a better vacation destination for me than sun, white powder sand under the feet, and water out to the horizon. As if the atmosphere isn't enough, the numerous activities we have scheduled for your family will create enough memories to fill a scrapbook (or at least a few great Instagram posts by my daughter!).



Among the many activities available, I am especially proud to bring back the Bubba Armstrong Clay Shoot, which began over two decades ago in honor of our Distinguished Southern Orthopaedist and Past-President of the SOA, Dr. Bubba Armstrong. I look forward to his speech,

titled "Home-Grown Tomatoes," which is sure to teach us all a life lesson or two.

Of course, the main reason for our meeting is the education. On that note, I am in a debt of gratitude to Dr. Carter Cassidy, whom I have

continued on p. 2

Come Join the Fun at the 42nd Annual Meeting

The SOA's Annual Meeting will be held July 23rd through 26th, 2025 at the JW Marriott Marco Island in Marco Island, Florida.

Immerse yourself in sophisticated luxury at the JW Marriott Marco Island Beach Resort. Situated along three miles of pristine private beaches on the Gulf of Mexico, the hotel on the beach in Marco Island, Florida, balances relaxation with elevated fun and entertainment.

Sample cuisine from around the globe at the Marco Island hotel's 12 restaurants. Tee off from one of two championship golf courses, take a fitness class or simply enjoy family activities. The exquisite hotel spa also offers luxury services and massages to help you recharge and rejuvenate.

For everyone's convenience, SOA has reserved a block of rooms. To make a reservation at the JW Marriott Marco Island, visit SOA's meeting website at www.soaassn.org/current-annual-meeting or call 800-438-4373. Space is limited, so make your reservation early and be sure to mention that you are attending the Southern Orthopaedic Association to get the discounted rate. The cut-off for the special SOA room rate is June 30, 2025.

For meeting details, the Preliminary Program, hotel reservations, and on-line registration, scan the QR code or visit www.soaassn.org/current-annual-meeting.



INSIDE

2025 Board of Trustees	p. 2
SOA Education Fund	p. 2
Annual Meeting Tours & Activities	p. 3
2025 Program Chair's Message	p. 4
2025 Program Committee	p. 4
Scientific Program Highlights	p. 4
2025 Award Winners	p. 5
2025 Donor Award Winners	p. 5
Upcoming SOA Meetings	p. 5
2025 Presidential Guest Speaker - Coach Bruce Pearl	p. 6
2025 Distinguished Southern Orthopaedist - James Armstrong, MD	p. 6
SOA Job Board	p. 6
Make your Hotel Reservations	p. 7
Make the Most of Your Member Benefits	p. 7



Southern Orthopaedic Association

SOA Board of Trustees

PRESIDENT

Christopher A. Heck, MD

PRESIDENT-ELECT

James A. Browne, MD

SECRETARY/VICE PRESIDENT

Lee R. Leddy, MD

TREASURER

Scott D. Mair, MD

IMMEDIATE PAST PRESIDENT

Benjamin A. Alman, MD

BOARD OF TRUSTEES

Michael P. Bolognesi, MD

E. Lyle Cain, MD

Kevin W. Farmer, MD

Gregory Grabowski, MD

Michael J. O'Brien, MD

Holly Tyler-Paris Pilson, MD

Member Under 40

Aaron Casp, 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

R. Carter Cassidy, MD

SAE Chair

Scott D. Mair, MD

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

President's Message continued

known since residency over 20 years ago at the University of Kentucky, for his unrecognized efforts in creating a robust academic program full of current concepts and best techniques across the breadth of orthopaedic specialties, providing something for everyone. The educational component of the meeting is also enhanced by our industry supporters. This year will feature several long-standing as well as brand new vendors, with state-of-the-art products and services to not only enhance your diagnostic and surgical skills, but also the overall management of your orthopaedic practice.

Finally, I am honored to host our additional guest speakers including Dr. Larry Bucshon, a cardiothoracic surgeon and 14-year U.S. Congressman, who will give us an update on the

current political landscape in D.C. This year's Presidential Guest Speaker is Coach Bruce Pearl, head men's basketball coach for Auburn University (gotta give a gratuitous "War Eagle!") who recently led the Auburn Tigers men's basketball team to the Final Four.

So, as you make plans for this summer, please join my family and I at the beach for some sun, fun, and a ton...of learning!

All the best,

Chris Heck

Christopher A. Heck, MD

President, Southern Orthopaedic Association

SOA Education Fund

Southern Orthopaedic Education Foundation would like to acknowledge the generous support of the following 2024 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!

Willie Banks Jr., MD
James A. Browne, MD
E. Lyle Cain, MD
Gregory Grabowski, MD
Stanley E. Harrison Jr, MD
Christopher A. Heck, MD
L. Andrew Koman, MD
James P. Lawrence, MD
Lee R. Leddy, MD
Scott D. Mair, MD
Robert McAfee, MD

Michael J. O'Brien, MD
H. Clayton Thomason, MD
Lance E. Westerlund, MD
Porter Young, 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.

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.

Annual Meeting Tour/Activities Information

Wednesday, July 23

Offshore Fishing

The subtropical beauty and bounty of the Gulf of Mexico provides excellent year-round action for anglers, for both seasoned fisherman and the novice alike.

Sailing & Shelling Excursion

Embark on a memorable 3-hour cruise aboard a luxurious 6-passenger catamaran, guided by a US Coast Guard Captain. Set sail along the Gulf of Mexico and take in the breathtaking beauty of Marco Island.

Thursday, July 24

Yoga

Practice calming, rejuvenating yoga poses and stretching on the beach. Connect with your breath, improve flexibility, and find inner peace.

Spouse/Guest and Child Hospitality / Flower Arranging Workshop

Enjoy a continental breakfast with old friends and new. Then, learn the fundamentals of floral arranging. An instructor will guide you stem-by-stem to create a beautiful vase arrangement that will be displayed at the Welcome Dinner.

Shopping Excursion to Naples

Sit back and enjoy the ride with a beverage aboard an open-air trolley. Explore 5th Avenue and 3rd Street South, with lunch at The French.

Pickleball Workshop at the YMCA & Happy Hour

Enjoy a 2-hour pickleball challenge event! Instructors will provide demonstrations, answer questions about the rules, and set challenges. Then head to CJ's on the Bay for happy hour before returning to the hotel.



10,000 Islands Wave Runner Tour

Take an unforgettable 90-minute journey into the 10,000 Islands of the Everglades with professionally trained tour guides. Discover the pristine beauty of the islands as you catch glimpses of native wildlife.

Welcome Dinner

Catch up with colleagues and their families at this year's Welcome Dinner. Enjoy wonderful food and the open bar.

Friday, July 25

Yoga

Practice calming, rejuvenating yoga poses and stretching on the beach. Connect with your breath, improve flexibility, and find inner peace.

Spouse/Guest and Child Hospitality / Coach Bruce Pearl

Enjoy a continental breakfast with old friends and new, and hear from our Presidential Guest Speaker, Bruce Pearl, Head Coach of Auburn University Men's Basketball!

The Bubba Armstrong Clay Shoot

Surrounded by the Everglades National Park and the Fakahatchee Strand State Preserve, the gun club offers ample opportunities for enthusiasts to enjoy this thrilling sport amidst breathtaking natural surroundings.



Golf Tournament at the Hammock Bay

Hammock Bay is a par-72 championship golf course featuring 18 unique holes with live oak-lined fairways and rolling terrain, making Hammock Bay a favorite among players.

Mediterranean Mixology Class: Beach Vibe Experience

Discover the distinct profiles of three unique liquors, each in its own expertly crafted cocktail. Explore how juices and garnishes enhance and complement the flavors of these spirits, while savoring small bites designed to perfectly accompany each drink.

Exhibitor Reception

Kick off your evening with drinks and light hors d'oeuvres at the SOA Exhibitor Reception, the perfect opportunity to network and connect before dinner.

Saturday, July 26

Yoga

Practice calming, rejuvenating yoga poses and stretching on the beach. Connect with your breath, improve flexibility, and find inner peace.

Spouse/Guest and Child Hospitality / Empty Bowls Outreach

Enjoy a continental breakfast with old friends and new. Then, paint and donate a bowl to the Empty Bowls charity program. Your handmade bowl will help raise money for local food banks.



Guided Kayak Tour through the Mangroves

Embark on a 90-minute adventure guided by an engaging biologist and naturalist as you explore the stunning mangrove tunnels of Marco Island. Learn fascinating facts about the mangrove trees, the history of Marco Island, and the incredible wildlife that calls it home.

Happy Hour on the Beach

Start your evening with a Happy Hour on the Beach, the perfect way to relax and socialize before dinner. Choose from a variety of beach games, including cornhole, volleyball, or giant pong, all organized by your very own Activities Director to keep the fun going.

Tides and Tunes Beach Party

Relax, enjoy the company of fellow attendees, play some games, and let the DJ set the perfect beach vibe as the sun sets over the Gulf of Mexico. With drinks and dinner included, it's a fun and unforgettable way to wrap up the week!



2025 Program Chair's Message

R. Carter Cassidy, MD

Dear fellow SOA Members, Spouses and Guests:

On behalf of the SOA Board of Trustees, President Chris Heck, MD, the Program Committee, and myself, we are looking forward to welcoming you to the 42nd Annual Meeting of the Southern Orthopaedic Association at the JW Marriott on Marco Island, Florida, from July 23rd to 26th, 2025. We look forward to an energizing and engaging gathering that blends world-class orthopaedic education with the beauty and relaxation of this premier coastal destination.

This year we received 405 abstract submissions, from which we have assembled a rich and diverse program. The agenda includes 231 breakout session presentations, and 31 E-Poster presentations selected through a highly competitive review process. The top 12 award-winning papers will be featured in the main meeting room. With 30 breakout sessions, attendees can tailor their educational experience to suit their interests, while the main session offers a comprehensive view of the most cur-

rent and high-impact topics across the full spectrum of orthopaedics. Up to 17.75 CME credits are available.

There will be a session presented by Representative Larry Bucshon, MD, about the current challenges for physicians in our federal government, and some thoughts on how our membership can become part of the future solutions in Washington.

We are honored to recognize Dr. James "Bubba" Armstrong as this year's L. Andrew Koman, MD Distinguished Southern Orthopaedist. A respected leader and clinician, Dr. Armstrong will offer reflections on his impactful career and share his vision for the future of our profession.

Adding to the excitement of this year's event, we are proud to welcome Coach Bruce Pearl as the Presidential Guest Speaker. Known for his dynamic leadership on and off the basketball court, Coach Pearl will inspire us with lessons on teamwork, resilience, and motivation that transcend the world of sports.

2025 Program Committee

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

- R. Carter Cassidy, MD, Chair
- Scott D. Mair, MD
- Anna Cohen-Rosenblum, MD, MSc
- Jocelyn R. Wittstein, MD

With its white-sand beaches, world-class amenities, and family-friendly atmosphere, Marco Island is the ideal location for this meeting. We invite you to take full advantage of the networking, education, and recreation opportunities that make the SOA Annual Meeting such a valuable and memorable experience.

We look forward to seeing you this summer on Marco Island for another outstanding gathering of the Southern Orthopaedic Association community.

Warm regards,

R. Carter Cassidy, MD
2025 Program Chair

Scientific Program Highlights

THURSDAY – JULY 24, 2025

BREAKOUT SESSION 1A-E: Foot & Ankle, Hand & Upper Extremity, Pediatrics, Practice Management, and Spine

SYMPOSIUM 1: Controversies in Hip and Knee Reconstruction

RESIDENT AWARD SESSION: Award Presentations

GENERAL SESSION 1: L. Andrew Koman, MD Distinguished Southern Orthopaedist - *James "Bubba" Armstrong, MD*

BREAKOUT SESSION 2A-E: Shoulder & Elbow, Reconstruction, Trauma, Sports Medicine, and Foot & Ankle

SYMPOSIUM 2: Hot Topics in Sports Medicine

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

FRIDAY – JULY 25, 2025

BREAKOUT SESSION 3A-E: Sports Medicine, Sports Shoulder, Spine, Foot & Ankle and Basic Science & Oncology

SYMPOSIUM 3: Foot & Ankle

SYMPOSIUM 4: Trauma

GENERAL SESSION 2: Presidential Guest Speaker - *Coach Bruce Pearl*

BREAKOUT SESSION 4A-E: Trauma, Hand & Upper Extremity, Pediatrics, Shoulder & Elbow, and General Interest

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

SATURDAY - JULY 26, 2025

BREAKOUT SESSION 5A-E: Trauma, Reconstruction, Spine, Shoulder & Elbow, and General Interest

GENERAL SESSION 3: AAOS & OREF Reports

SYMPOSIUM 5: Athletes and Modern Spine Care

GENERAL SESSION 4: Current Events - *Rep. Larry Bucshon, MD*

SYMPOSIUM 6: Hip Preservation

GENERAL SESSION 5: Presidential Address - *Christopher A. Heck, MD*

BREAKOUT SESSION 6A-E: Upper Extremity, Reconstruction, Pediatrics, and General

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

2025 Award Recipients

Congratulations to the following 2025 SOA Award Recipients. The award papers will be presented during the Scientific Program at the JW Marriott Marco Island.

SOA Presidents' Resident Award Winner

ORIF vs. Primary Subtalar Arthrodesis for Displaced Intraarticular Calcaneal Fractures
Ainsley K. Bloomer, MD, Atrium Health Musculoskeletal Institute

Harley & Betty Baxter Resident Award Winners

Timing of Failure of Two-Stage Exchange Arthroplasty
Evan M. Dugdale, MD, OrthoCarolina

The Relationship Between Medial Longitudinal Arch Height and ACL Injury

Miraj N. Desai, MD, Prisma Health/University of South Carolina - Columbia

SOA/OREF Resident Award Winners

Anatomic vs. Reverse Total Shoulder Arthroplasty For Primary Osteoarthritis with an Intact Rotator Cuff in Patients with No Glenoid Deformity
Kevin A. Hao, MD, University of Florida

Evaluation of New Normal after Shoulder Arthroplasty

Albert D. Mousad, MD, Levy Shoulder to Hand Center at the Paley Orthopedic & Spine Institute

Debridement and Implant Retention for Late Acute Hematogenous Prosthetic Joint Infections

Calvin Chandler, MD, MBA, OrthoCarolina

Cynthia L. Lichtefeld Resident Travel Grant Award Winner

Does Maintaining External Fixators During Definitive Fixation of Bicondylar Tibial Plateau Fractures Improve Fracture Alignment at the Expense of Increasing Deep Infection Rates?

John Mickley, MD, University of Florida-Jacksonville

Harley & Betty Baxter Resident Travel Grant Award Winner

Neutrophil-Lymphocyte Ratio as a Predictor of Fracture-Related Infections

Hans E. Lapica, MD, UM/HCA JFK Hospital Orthopedic Residency Program

SOA Resident Travel Grant Award Winners

Surgical and Microbiological Characteristics Associated with Reoperation to Promote Bone Healing After Fracture-Related Infection Diagnosis

Doriann M. Alcaide, MD, University of Alabama at Birmingham

Dual Mobility vs. Conventional THA for Femoral Neck Fracture

Akshay Daji, MD, University of Miami

Treatment of TKA and THA Medicaid Patients: A Survey Study

Christopher Bloise, MD, LSU Orthopaedic Residency Program

SOA Medical Student Travel Grant Award

Evaluating the Role of Cotinine Measurements in Total Joint Arthroplasty

Maya R. Moore, BA, University of Miami

2025 Donor Award Recipients

Congratulations to the following 2025 Southern Orthopaedic Association Donor Resident/Fellow Award Recipients. These awards were made possible by generous SOA member donations.

James A. Browne, MD Travel Grant Award

How Much Does a CT-Based Mixed-Reality Navigation System Change Freehand Acetabular Component Position?

Justin Leal, BS, Duke University

E. Lyle Cain, MD Travel Grant Award

Predictors of 2-Year PROMIS PF after Primary ACL Reconstruction

Leah Henry, MD, University of Maryland

Gregory Grabowski, MD Travel Grant Award

Utility of Blood Cultures and Biopsy for Pyogenic Spinal Infections

John J. Pisquiy, MD, MHA, West Virginia University

Christopher A. Heck, MD Travel Grant Award

Effect of a Dedicated Spine Operating Room on Weekend and After-Hour Operating Room Usage at a Level 1 Trauma Center

Justin E. Kung, MD, Prisma Health - Midlands / University of South Carolina School of Medicine

L. Andrew Koman, MD Travel Grant Award

Comparative Outcomes of Surgical Interventions for Femoral Neck Fractures: A Multicenter Analysis

Danny Lynch, MD, UCF/HCA GME Consortium

Scott D. Mair, MD Travel Grant Award

SPORT Score: A Tool for Assessing Sports Medicine Research Quality

Michele Christy, MD, Washington University in St. Louis

Michael J. O'Brien, MD Travel Grant Award

Large Volume Hydrodilatation for the Treatment of Shoulder Adhesive Capsulitis

Geoff Marston, MD, Prisma Health

Upcoming SOA Meetings



42nd Annual Meeting

July 23-26, 2025
JW Marriott
Marco Island, FL



43rd Annual Meeting

July 22-25, 2026
The Greenbrier
White Sulphur Springs, WV



2025 Presidential Guest Speaker Coach Bruce Pearl

Auburn Head Coach Bruce Pearl is in his 10th season on The Plains.

After four seasons on the West Coast, Pearl followed Davis to Iowa in 1986. Over the course of the next six seasons, the Hawkeyes received five NCAA Tournament berths while compiling a 129-63 overall record.

He has guided the Tigers to 173 wins in nine seasons, the program's first-ever No. 1 ranking in both national polls and a memorable run to the NCAA Final Four in 2019.

After 14 seasons seated to the right of Davis, the then 32-year-old Pearl embarked on his own head coaching career at Southern Indiana, a Division II school located in Evansville, Ind.

The three-time SEC Coach of the Year's accomplishments also include two Southeastern Conference regular-season championships, one SEC Tournament championship and four NCAA Tournament berths with the Tigers.

Pearl realized a lifelong dream in the summer of 2008 when his country called upon him to serve as head coach of Maccabi USA's open men's basketball team at the 18th World Maccabiah Games in Israel. He led the American squad to the gold medal for just the third time in 24 years, toppling favored Israel in the title game.

Pearl's coaching career began at his alma mater, Boston College, as a student assistant coach to the legendary Dr. Tom Davis. When Davis moved on to Stanford in 1982, Pearl joined his staff as an assistant coach and then, at the age of 23, was promoted to associate head coach for the Cardinal.

Pearl's impact is also continually felt in the community. When he isn't out buying lunch for students on campus or dropping into Auburn classes, he can be found spreading the

word of Auburn Basketball at Auburn Alumni and Tigers Unlimited events throughout the Southeast. And if he isn't there, there is a good chance he is in the stands supporting one of the other Auburn programs, because as he says, "Auburn is an Everything School."

Through the Bruce Pearl Family Foundation, he and his wife, Brandy, remain committed to giving back to those in Alabama, providing support to children and families facing challenging and life-altering illnesses through Children's Harbor.

The Boston, Mass., native is married to the former Brandy Miller of Sevierville, Tenn. He graduated cum laude from Boston College in 1982 with a bachelor's degree in business administration. He is the proud father of four children, Jacqui, Steven, Leah and Michael, and enjoys spending time with his grandchildren, Chaya and Jaden.



2025 L. Andrew Koman, MD Distinguished Southern Orthopaedist James "Bubba" Armstrong, MD

Dr. James H. "Bubba" Armstrong is one of the recipients of this

year's L. Andrew Koman, MD Distinguished Southern Orthopaedist Award. Dr. Armstrong grew up in Selma, Alabama and graduated from Davidson College in 1966. He attended medical school and completed a four-year Orthopedic Surgeon residency at the University of Alabama at Birmingham. He then served as an Orthopaedic surgeon and Chief of the Division of Orthopaedics at Kirkland Air Force Base in Albuquerque, NM before returning to Alabama.

For the next 40 years, Dr. Armstrong was a partner at Southern Orthopedic Surgeons. He is active in community service and has served on the Board of Magic Moments, as River Region Council Chairman, and as president of the Alabama Orthopedic Society & the Southern Orthopaedic Association.

SOA Job Board

Hiring? Advertise your open position at the Annual Meeting!

Looking for a new job? Post your contact information anonymously for employers to contact you at the Annual Meeting. Scan the code below to sign up!





Book Your Hotel Room Today at JW Marriott Marco Island

Hotel Room Pricing for July 21-27, 2025
Discount deadline is June 30, 2025

Conference Guest Room - \$379 per night
Gulf View Queen or King - \$434 per night
Gulf Front Queen or King - \$579 per night
Terrace Suite - \$739 per night

To make a reservation at the JW Marriott Marco Island Beach Resort, visit the SOA's site at www.soaassn.org/current-annual-meeting, call 1-800-438-4373, or scan the QR code.



Scan to book
your room

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



Southern Orthopaedic Association

110 West Road, Suite 227

Towson, MD 21204-2136

E-mail: info@soaassn.org



See you in Marco Island!

42nd Annual Meeting

July 23-26, 2025

JW Marriott

Marco Island, FL

