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Southern Orthopaedic Association presents

Southern at the SEC

Sports Injury Update & Case Based Discussion 2018

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

Meeting At A Glance

12 CMEs
Complete the
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Keynote Speaker

James R. Andrews, MD

The Andrews Institute

Guest Speaker

Greg Sankey

SEC Commissioner

SEC Athletic Orthopaedic Team of the Year Award

James "Jay" R. Clugston, MD, CAQSM

University of Florida College of Medicine



Register Today for SOA's 35th Annual Meeting

July 11-14, 2018 ☀ The Breakers ☀ Palm Beach, FL



Download the Complete Program: On a mobile device, in the Apple Store or Google Play store, search "DTMS" and download; on a laptop go online to <https://datatrace.gatherdigital.com>.



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. Complete the CME forms online at www.soaassn.org

Scientific Program

Salon E (Unless otherwise specified)

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

Presenters and times subject to change

Wednesday, May 23

1:00 – 7:00 pm Speaker Ready Area **Avondale Room**

Thursday, May 24

6:45 am Registration and Continental Breakfast **Salon FGH**

6:30 am – 12:00 pm Speaker Ready Area **Pelham Room**

7:25 – 7:30 am Welcome **Salon E**
Scott D. Mair, MD, Program Chair

Session 1 – ELBOW

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

7:30 – 7:45 am Rehabilitation Following UCL Surgeries in Athletes: Reconstruction and Internal Brace Repair
Kevin E. Wilk, PT, DPT, Champion Sports Medicine, Birmingham, AL

7:45 – 8:00 am Management of Pediatric Elbow OCD
Joe P. Bramhall, MD, Central Texas Sports Medicine & Orthopaedics, Bryan, TX

8:00 – 8:15 am Elbow Overuse Injuries
Russell A. Betcher, MD, Knoxville Orthopaedic Clinic, Knoxville, TN

8:15 – 8:25 am Discussion

Session 2 – MEDICAL, SPINE

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

8:25 – 8:40 am Injury Prevention – Evidence Based Medicine
Andrew J. Gregory, MD, Vanderbilt University, Nashville, TN

8:40 – 8:55 am Sports Nutrition and Energy Availability in Athletes
Kimberly A. Kaiser, MD, University of Kentucky Sports Medicine, Lexington, KY

8:55 – 9:10 am Congenital Cervical Stenosis in the Young Athlete
Christopher A. Heck, MD, Southlake Orthopaedics, Birmingham, AL

9:10 – 9:20 am Discussion

9:20 – 9:50 am BREAK WITH EXHIBITORS Salon FGH

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 versus 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 Salon FGH

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, 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 **Pelham Room**

7:00 am Registration and Continental Breakfast **Salon FGH**

7:25 – 7:30 am Welcome **Salon E**
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, Nashville, 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 Salon FGH

SPECIAL PRESENTATION BY 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

11:10 – 11:25 am BREAK WITH EXHIBITORS Salon FGH

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

Saturday, May 26

6:30 am – 12:00 pm Speaker Ready Area **Pelham Room**

6:45 am Registration and Continental Breakfast **Salon FGH**

7:00 – 7:05 am Welcome **Salon E**
Christopher G. Mazoue, MD, University of South Carolina School of Medicine, Columbia, SC

Session 9 – THROWING ATHLETE

Moderator: Matthew H. Blake, MD, Avera Orthopaedics, Sioux Falls, SD

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: Christopher G. Mazoue, MD, University of South Carolina School of Medicine, Columbia, SC

8:00 – 8:05 am Introduction of Keynote Speaker
Christopher G. Mazoue, 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 Salon FGH

Session 11 – SHOULDER

Moderator: Christopher G. Mazoue, MD, University of South Carolina School of Medicine, Columbia, SC

9:40 – 9:55 am Management of Shoulder Arthritis in the Athlete
Kevin W. Farmer, MD, University of Florida Orthopaedics and Sports Medicine Institute, Gainesville, FL

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 Salon FGH

Session 12 – MEDICAL

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

10:50 – 11:05 am Sports Dermatology
James B. Robinson, MD, University of Alabama, Tuscaloosa, AL

11:05 – 11:20 am Emergency Management in Athletics
Ronald W. Courson, ATC, University of Georgia, Athens, GA

11:20 – 11:35 am Concussion Management – What's the Latest?
Stephen W. Etheredge, MD, Louisiana State University, Baton Rouge, LA

11:35 – 11:50 am Concussion Research Update
James R. "Jay" Clugston, MD, University of Florida College of Medicine, Gainesville, FL

11:50 am – 12:00 pm Discussion