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Thank you for your participation and commitment to SOA.**

## **Premium Exhibitors**

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## **Exhibitors**

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**Register Today for SOA's 36th Annual Meeting**

**July 17-20, 2019 ☀️ Omni Amelia Island Plantation ☀️ Amelia Island, FL**



**Southern Orthopaedic Association presents**

# **Southern at the SEC**

**Sports Injury Update & Case Based Discussion 2019**

**May 22-25, 2019 • Renaissance Ross Bridge • Birmingham, AL**

## **Meeting At A Glance**



### **Keynote Speaker**

**Richard J. Hawkins, MD, FRCS**  
**Steadman-Hawkins Clinic of the Carolinas**

### **Guest Speaker**

**Greg Sankey**  
**SEC Commissioner**

### **SEC Athletic Orthopaedic Team of the Year Award**

**Joe P. Bramhall, MD**  
**Texas A&M University**

**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 form online at [www.soaassn.org](http://www.soaassn.org)

# Scientific Program

Salon E (Unless otherwise specified)

May 23-25, 2019 • Renaissance Ross Bridge • Birmingham, AL

**BOC CEUs** The Southern Orthopaedic Association (BOC AP# P3339) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 12 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. Complete the CME form online at [www.soaassn.org](http://www.soaassn.org)



## Wednesday, May 22

- 12:00 pm – 5:00 pm Registration **Foyer**
- 12:00 pm – 5:00 pm Exhibit Set-Up **Salon FGH**
- 12:00 pm – 7:00 pm Speaker Ready Area **Pelham Room**

## Thursday, May 23

- 6:30 am –12:00 pm Speaker Ready Area **Pelham Room**
- 6:45 am Registration **Foyer**
- 6:45 am Exhibits and Continental Breakfast **Salon FGH**
- 7:00 am – 7:05 am Welcome **Salon E**  
Scott D. Mair, MD, Program Chair

### Session 1 – Spine and Hip

Moderator: Scott D. Mair, MD, University of Kentucky Sports Medicine

- 7:05 am – 7:20 am Spotlight on Spine – The SPORT of Disc Herniations  
Christopher A. Heck, MD, Southlake Orthopaedics
- 7:20 am – 7:35 am Hip Arthroscopy Update  
Russell A. Betcher, MD, Knoxville Orthopaedic Clinic
- 7:35 am – 7:50 am Rectus-Adductor Injuries – Management and Outcomes  
Benton A. Emblom, MD, Andrews Sports Medicine & Orthopaedic Center
- 7:50 am – 8:00 am Discussion

### Session 2 – Medical

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

- 8:00 am – 8:15 am Eye Injuries in the Athlete  
M. Kyle Smoot, MD, University of Kentucky
- 8:15 am – 8:30 am Common Rashes in the Athlete: Identification and Treatment  
Fred Reifsteck III, MD, University of Georgia
- 8:30 am – 8:45 am Sliding Injuries in Baseball and Softball  
Robert G. Hosey, MD, University of Kentucky Sports Medicine
- 8:45 am – 8:55 am Discussion

### 8:55 am – 9:25 am BREAK WITH EXHIBITORS Salon FGH

### Session 3 – Team Physician Decision-Making

Moderator: M. Kyle Smoot, MD, University of Kentucky

- 9:25 am – 9:40 am Interventions for Early Return to Play  
Christopher A. Klenck, MD, Knoxville Orthopaedic Clinic
- 9:40 am – 9:55 am Exertional Leg Pain in Athletes  
M. Kyle Smoot, MD, University of Kentucky
- 9:55 am – 10:05 am Discussion

### Session 4 – ELBOW

Moderator: Austin V. Stone, MD, PhD, University of Kentucky

- 10:05 am – 10:20 am Osteochondritis Dissecans – Management  
Joe P. Bramhall, MD, Texas A & M University
- 10:20 am – 10:35 am UCL Injuries – Evaluation and Surgical Reconstruction  
Jeremy R. Bruce, MD, University of Tennessee College of Medicine at Chattanooga

- 10:35 am – 10:50 am UCL Repair with Internal Brace  
Jeffrey R. Dugas, MD, Andrews Sports Medicine & Orthopaedic Center

- 10:50 am – 11:00 am Discussion

### 11:00 am – 11:15 am BREAK WITH EXHIBITORS Salon FGH

### Session 5 – Case Presentations and Discussion

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

- 11:15 am – 12:00 pm Elbow  
  
*Panel:*  
Joe P. Bramhall, MD, Texas A & M University  
Jeremy R. Bruce, MD, University of Tennessee College of Medicine at Chattanooga  
Jeffrey R. Dugas, MD, Andrews Sports Medicine & Orthopaedic Center

## Friday, May 24

- 6:30 am –12:00 pm Speaker Ready Area **Pelham Room**
- 6:45 am Registration **Foyer**
- 6:45 am Exhibits and Continental Breakfast **Salon FGH**
- 7:00 am – 7:05 am Welcome **Salon E**  
Jeffrey A. Guy, MD, Program Vice Chair

### Session 6 – Foot and Ankle

Moderator: Barton R. Branam, MD, UC Health

- 7:05 am – 7:20 am Operative Treatment of the High Ankle Sprain  
Norman E. Waldrop III, MD, Andrews Sports Medicine & Orthopaedic Center
- 7:20 am – 7:40 am Common Athletic Foot and Ankle Injuries  
David E. Yakin, MD, Advanced Orthopaedic Specialists
- 7:40 am – 7:50 am Discussion

### Session 7 – Shoulder

Moderator: Brian R. Waterman, MD, Wake Forest University Sports Medicine

- 7:50 am – 8:05 am In-Season Management of Shoulder Instability  
Barton R. Branam, MD, UC Health
- 8:05 am – 8:20 am Maximizing Outcomes of Shoulder Instability in Contact Athletes  
Kevin W. Farmer, MD, University of Florida Orthopaedics and Sports Medicine Institute
- 8:20 am – 8:35 am Getting Massive Rotator Cuff Tears to Heal with Advanced Techniques and Biologics  
Michael J. O'Brien, MD, Tulane University
- 8:35 am – 8:45 am Discussion

### 8:45 am – 9:15 am BREAK WITH EXHIBITORS Salon FGH

### Session 8 – Special Presentation by the Commissioner

Moderator: Jeffrey A. Guy, MD, University of South Carolina School of Medicine

- 9:15 am – 9:35 am **SEC Commissioner's Address**  
Greg Sankey, SEC, Birmingham, AL

- 9:35 am – 10:00 am Questions

### Session 9 – The Throwing Shoulder

Moderator: Michael J. O'Brien, MD, Tulane University

- 10:00 am – 10:15 am Management of the Biceps-Labral Complex in the Overhead Athlete  
Brian R. Waterman, MD, Wake Forest University Sports Medicine
- 10:15 am – 10:30 am Biceps Tenodesis in Elite Baseball Players  
E. Lyle Cain Jr., MD, Andrews Sports Medicine and Orthopaedic Center
- 10:30 am – 10:50 am **KEYNOTE SPEAKER:**  
What We Know about the Throwing Shoulder  
Richard J. Hawkins, MD, FRCSC, Steadman-Hawkins Clinic
- 10:50 am – 11:00 am Discussion

### 11:00 am – 11:15 am BREAK WITH EXHIBITORS Salon FGH

### Session 10 - Case Presentations and Discussion

Moderator: Scott D. Mair, MD, University of Kentucky Sports Medicine

- 11:15 am – 12:00 pm Shoulder

*Panel:*  
Richard J. Hawkins, MD, FRCSC, Steadman-Hawkins Clinic  
Brian R. Waterman, MD, Wake Forest University Sports Medicine  
E. Lyle Cain Jr., MD, Andrews Sports Medicine and Orthopaedic Center  
Kevin W. Farmer, MD, University of Florida Orthopaedics and Sports Medicine Institute

## Saturday, May 25

- 6:30 am –12:00 pm Speaker Ready Area **Pelham Room**
- 6:45 am Registration **Foyer**
- 6:45 am Exhibits and Continental Breakfast **Salon FGH**
- 7:00 am – 7:05 am Welcome **Salon E**  
Robert G. Hosey, MD, University of Kentucky Sports Medicine

### Session 11 – Knee Cases: When to Disqualify from an Orthopaedic Standpoint

Moderator: Christopher A. Arnold, MD, Advanced Orthopaedic Specialists

- 7:05 am – 7:45 am Case Presentations

*Panel:*  
Darren L. Johnson, MD, University of Kentucky Sports Medicine  
James P. Stannard, MD, Missouri University School of Medicine  
Patrick A. Smith, MD, University of Missouri

### Session 12 – Knee: Ligament

Moderator: Darren L. Johnson, MD, University of Kentucky Sports Medicine

- 7:45 am – 8:00 am ACL Update – Utility of Repair and Internal Bracing  
Patrick A. Smith, MD, University of Missouri
- 8:00 am – 8:15 am The Pediatric ACL  
Matthew J. Matava, MD, Washington University Orthopaedics
- 8:15 am – 8:30 am PCL Injuries – Management and Surgical Treatment  
James P. Stannard, MD, Missouri University School of Medicine
- 8:30 am – 8:40 am Discussion

### SEC Award Presentation

Moderator: Scott D. Mair, MD, University of Kentucky Sports Medicine

- 8:40 am – 8:45 am Presentation of SEC Athletic Orthopaedic Team of the Year Award  
  
Recipient of the Award  
Joe P. Bramhall, MD, Texas A & M University

### 8:45 am – 9:15 am BREAK WITH EXHIBITORS Salon FGH

### Session 13 – Keynote Address

Moderator: Scott D. Mair, MD, University of Kentucky Sports Medicine

- 9:15 am – 9:45 am The Journey  
Richard J. Hawkins, MD, FRCSC, Steadman-Hawkins Clinic
- 9:45 am – 9:55 am Discussion

### Session 14 – Knee: Cartilage

Moderator: Matthew J. Matava, MD, Washington University Orthopaedics

- 9:55 am – 10:10 am How I Manage the Patellofemoral Joint  
Jeffrey A. Guy, MD, University of South Carolina School of Medicine
- 10:10 am – 10:25am Meniscal Root Injuries – When and How to Repair  
Chaitu S. Malempati, DO, Western Kentucky University
- 10:25 am – 10:40 am Cartilage Restoration and Return to Sport  
Austin V. Stone, MD, PhD, University of Kentucky

- 10:40 am – 10:50 am Discussion

### 10:50 am – 11:05 am BREAK WITH EXHIBITORS Salon FGH

### Session 15 – Case Presentations and Discussion

Moderator: Darren L. Johnson, MD, University of Kentucky Sports Medicine

- 11:05 am – 12:00 pm Knee

*Panel:*  
Richard J. Hawkins, MD, FRCSC, Steadman-Hawkins Clinic  
Matthew J. Matava, MD, Washington University Orthopaedics  
Jeffrey A. Guy, MD, University of South Carolina School of Medicine  
Austin V. Stone, MD, PhD, University of Kentucky