



SOUTHERN AT THE SEC

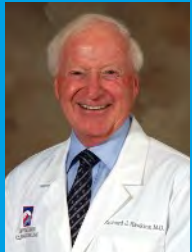
Sports Injury Update & Case Based Discussion 2019

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



Preliminary Program

12 AMA PRA Category 1 Credits™ Available



Keynote Speaker
Richard J. Hawkins, MD, FRCSC
Steadman-Hawkins Clinic of
the Carolinas
Greenville, SC



Guest Speaker
Greg Sankey
SEC Commissioner
Birmingham, AL



Renaissance Ross Bridge Golf Resort & Spa
Birmingham, AL

Accreditation Information

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 athletically 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.

PT CEU

Please check with your state licensure Board to see if the SEC 2019 Sports Injury Update qualifies for continuing education credit.

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.

Please Join Us In Birmingham!

You are invited to attend Southern Orthopaedic Association's exciting SEC CME program Southern at the SEC – Sports Injury Update and Case Base Discussion 2019. It is being held during the SEC Baseball Championship in Birmingham, AL, May 22-25, 2019.

The Program Chair, Dr. Scott Mair, University of Kentucky Sports Medicine, and the Program Committee, Jeffrey A. Guy, MD, University of South Carolina School of Medicine and Robert G. Hosey, MD, University of Kentucky Sports Medicine have developed an outstanding program. It includes the latest information on the treatment of sports injuries presented by expert faculty.

Our Keynote Speaker is Richard J. Hawkins, MD, FRCSC. Dr. Hawkins is widely recognized as one of the top shoulder surgeons in the world. He specializes in shoulder, elbow and knee reconstructive surgery and sports medicine. Dr. Hawkins is a professor of clinical orthopedic surgery at the University of South Carolina School of Medicine and founder of the Steadman-Hawkins Clinic of the Carolinas.

We have a block of tickets to the SEC Baseball Championship games available for purchase by registered attendees of the SOA Meeting. Please make your reservations early, as tickets are limited. For program and hotel information, please visit www.soaassn.org.

SEC Athletic Orthopaedic Team of the Year



Joe P. Bramhall, MD
Texas A&M University
College Station, TX

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. Joe P. Bramhall as the recipient of this distinguished award.

Dr. Bramhall completed medical school in 1985 and completed his Orthopaedic Surgery Residency in Fort Worth. He then served under James Andrews, MD in Birmingham, AL during his fellowship training in Orthopaedic Sports Medicine, before returning to Texas in 1991.

Following completion of his fellowship in 1991, Dr. Bramhall returned to Bryan/College Station, Texas to begin his practice specializing in orthopaedic surgery. In addition to private practice, Dr. Bramhall has been the Team Physician and Orthopaedic Surgeon for the

Texas A&M Department of Athletics since 1991, and he has served as the Director of Sports Medicine at Texas A&M University since 2001.

Dr. Bramhall was recognized as an honorary member by the Southwest Athletic Trainers Association at their 50th Annual Meeting in 2004. In May 2013, he was inducted into the Texas High School Football Hall of Fame in Waco, Texas. He was recognized for his contributions over the past 22 years working with the 15 surrounding high schools, along with local high schools A&M Consolidated High School and Bryan High School. He is the 2014-2015 President of the Texas Society of Sports Medicine.

Congratulations to Joe P. Bramhall, MD, who will receive the 2018-2019 award at the meeting. In addition, Texas A & M University Athletic Training Staff will receive a check for \$1000.00 to be used for student athletic trainer education, courtesy of DJO Global Orthopedics, who has sponsored this stipend since the awards inception in 2003.

The SEC Athletic Orthopaedic Team of the Year Award is sponsored by DJO Global and the Southern Orthopaedic Association.

Guest Speaker



Greg Sankey
SEC Commissioner
Birmingham, AL

Greg Sankey became the eighth Commissioner of the Southeastern Conference on June 1, 2015, and quickly engaged in building upon the SEC's strong foundations and rich traditions. He is a modern-day administrator whose focus on innovation, communication, integrity and responsibility establishes a model

for leadership in college sports today. Always with an eye on the future, Mr. Sankey is also keenly aware of the competitive and institutional traditions that make the SEC uniquely successful. He brings a big-picture approach by introducing a vision that positions the SEC to leverage its success and popularity in athletics for a greater overall cultural and economic impact on the region, the nation and the world. We are pleased to welcome him to the SOA SEC Sports Injury Update & Case Based Discussion 2019.

Keynote Speaker



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

Dr. Hawkins relocated from Canada to Vail, Colorado in 1990, where he and Dr. J. Richard Steadman formed the Steadman Hawkins Clinic. In 2004, he opened the Steadman Hawkins Clinic of the Carolinas (which now has five locations with 27 physicians) where he is a Program Director for the Fellowship Program and Chairman of the Hawkins Foundation.

Dr. Hawkins graduated from the University of Western Ontario, where he later became Professor of Orthopaedics and Director of the Residency Program. He is fellowship-trained in the knee, shoulder and spine and was an ABC Traveling Fellow in Great Britain in 1979. He is a founding member and Past-President of the American Shoulder and Elbow Surgeons, Past-President of the Orthopaedic Learning Center and Canadi-

an Academy of Sports Medicine, former Director of the Sports Medicine Council of Canada, and Team Physician in the 1988 Olympics. He was National Medical Director for the US Disabled Ski Team and Team Physician for the 1998/1999 Super Bowl Champion Denver Broncos, as well as the Colorado Rockies. He currently serves as Team Physician for the SC School for the Deaf and the Blind.

Dr. Hawkins has published over 200 articles and nine textbooks, and has presented over 800 features at national/international meetings. He is a Professor of Clinical Orthopaedic Surgery at the University of SC, adjunct professor in the Department of Bioengineering at Clemson University and was a clinical professor at the Universities of CO and TX Southwestern. He is on the Editorial Boards of several orthopaedic journals.

Dr. Hawkins has trained more than 200 fellows worldwide in shoulder and sports medicine with many now serving in leadership positions across the country and in multiple societies.

Program Committee

The Southern Orthopaedic Association gratefully acknowledges these orthopaedic surgeons for their contributions to the development of the scientific program.

**Scott D. Mair, MD
Program Chair**

University of Kentucky
Sports Medicine

**Jeffrey A. Guy, MD
Program, Vice Chair**

University of South Carolina
School of Medicine

Robert G. Hosey, MD

University of Kentucky
Sports Medicine

Faculty

Christopher A. Arnold, MD

Advanced Orthopaedic
Specialists

Russell A. Betcher, MD

Knoxville Orthopaedic Clinic

Joe P. Bramhall, MD

Texas A & M University

Barton R. Branam, MD

UC Health

Jeremy R. Bruce, MD

University of Tennessee College
of Medicine at Chattanooga

E. Lyle Cain Jr., MD

Andrews Sports Medicine and
Orthopaedic Center

**James R. Clugston, MD,
MS, CAQSM**

University of Florida

Jeffrey R. Dugas, MD

Andrews Sports Medicine &
Orthopaedic Center

Benton A. Emblom, MD

Andrews Sports Medicine &
Orthopaedic Center

Kevin W. Farmer, MD

University of Florida
Orthopaedics and Sports
Medicine Institute

Richard J. Hawkins, MD, FRCS

Steadman-Hawkins Clinic

Christopher A. Heck, MD

Southlake Orthopaedics

Darren L. Johnson, MD

University of Kentucky
Sports Medicine

Christopher A. Klenck, MD

Knoxville Orthopaedic Clinic

Chaitu S. Malempati, DO

Western Kentucky University

Matthew J. Matava, MD

Washington University
Orthopaedics

Christopher G. Mazoue, MD

University of South Carolina
School of Medicine

Michael J. O'Brien, MD

Tulane University

Fred Reifsteck III, MD

University of Georgia

Patrick A. Smith, MD

University of Missouri

M. Kyle Smoot, MD

University of Kentucky

James P. Stannard, MD

Missouri University School
of Medicine

Austin V. Stone, MD, PhD

University of Kentucky

Norman E. Waldrop III, MD

Andrews Sports Medicine &
Orthopaedic Center

Brian R. Waterman, MD

Wake Forest University
Sports Medicine

David E. Yakin, MD

Advanced Orthopaedic
Specialists

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 23-25, from approximately 7:00 am - 12:00 pm at the Renaissance Ross Bridge Hotel in Birmingham, Alabama, allowing free time in the afternoons.

REGISTRATION FEE

Registration fee covers the Scientific Program Sessions, Syllabus, Scientific Program Expenses, General Meeting Expenses and Daily Continental Breakfasts and Breaks.



Sports Injury Update & Case Studies

Scientific Program and Exhibits

May 22-24, 2017

Events, dates and times are subject to change. Contact us for more information.

Wednesday, May 22

- 12:00 pm – 5:00 pm Registration
- 12:00 pm – 5:00 pm Exhibit Set-Up
- 12:00 pm – 7:00 pm Speaker Ready Area

Thursday, May 23

- 6:30 am – 12:00 pm Speaker Ready Area
- 6:45 am Registration
- 6:45 am Exhibits and Continental Breakfast
- 7:00 am – 7:05 am Welcome
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

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 Lessons from the NFL: Football Health and Safety Update
James R. Clugston, MD, MS, CAQSM, University of Florida
- 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

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
- 6:45 am Registration
- 6:45 am Exhibits and Continental Breakfast
- 7:00 am – 7:05 am Welcome
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

Case Based Discussion 2019

and Schedule of Events

25, 2019

Check the final program for complete information.

8:35 am – 8:45 am Discussion

8:45 am – 9:15 am BREAK WITH EXHIBITORS

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, Southeastern Conference

9:35 am – 10:00 am Questions

Session 9 – THE THROWING SHOULDER

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

10:00 – 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 of the Carolinas

10:50 am – 11:00 am Discussion

11:00 am – 11:15 am BREAK WITH EXHIBITORS

Session 10 – CASE PRESENTATIONS AND DISCUSSION

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

11:25 am – 12:25 pm Shoulder

Panel:
Richard J. Hawkins, MD, FRCSC, Steadman-Hawkins Clinic of the Carolinas
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

6:45 am Registration

6:45 am Exhibits and Continental Breakfast

7:00 am – 7:05 am Welcome
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 **SEC Athletic Orthopaedic Team of the Year Award**
Joe P. Bramhall, MD, Texas A&M University

8:45 am – 9:15 am BREAK WITH EXHIBITORS

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 of the Carolinas

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 – 10:25 am 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

Session 15 – CASE PRESENTATIONS AND DISCUSSION

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

11:05 am – 12:00 pm Case Presentations

Panel:
Richard J. Hawkins, MD, FRCSC, Steadman-Hawkins Clinic of the Carolinas
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

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 Ross Bridge, an 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 Course. While back at the resort, the luxurious rooms, including balconies overlooking 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 Ross Bridge Golf Resort & Spa
4000 Grand Ave
Birmingham, AL 35226

\$189 single/double occupancy per room per night
One night's room deposit due upon booking
Complimentary Self-Parking

Hotel reservation deadline – May 1, 2019

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 #04B00011





2019 Southern at the SEC Registration Form

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

Southern Orthopaedic Association • 110 West Road, Suite 227 • Towson, MD 21204

Call: 866-762-0730 • Fax: 410-494-0515 • Website: www.soaassn.org

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 _____ CW 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.



**110 West Road, Suite 227
Towson, MD 21204**

SOUTHERN AT THE SEC ***Sports Injury Update 2019***

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KEYNOTE SPEAKER

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

GUEST SPEAKER

Greg Sankey
SEC Commissioner

