



SOUTHERN AT THE SEC

Sports Injury Update & Case Based Discussion 2021

May 26-29, 2021
Renaissance Ross Bridge
Birmingham, AL



Preliminary Program

14 AMA PRA Category 1 Credits™

14 Category A hours/CEUs



Keynote Speaker
Kamran S. Hamid, MD, MPH
Loyola University
Chicago, IL



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 14 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 14 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.

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 14 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

PT CEU

Please check with your state licensure Board to see if the SEC 2021 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

2020 SEC Athletic Orthopaedic Team of the Year



Fred Reifsteck III, MD
University of Georgia
Athens, GA

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. Fred Reifsteck as the recipient of this distinguished award.

Dr. Fred Reifsteck serves as the head team physician for the University of Georgia Athletic Association. Board certified in family medicine with a certificate of added qualification in sports medicine, he works in the Sports Medi-

cine Clinic at the University Health Center. Dr. Reifsteck has a BA in Biology from Knox College in Galesburg, IL, a MS in Microbiology from Illinois State University in Normal, IL, and a MD from the University of Illinois-Chicago. He has been at the University of Georgia since December 2003. He had been in private practice in the Atlanta area for the previous 13 years and was a team physician at Georgia State University and Clayton State University.

Congratulations to Fred Reifsteck, MD, who will receive the 2019-2020 award at the meeting. In addition, University of Georgia Athletic Training Staff will receive a check for \$1,000 to be used for student athletic trainer education, courtesy of DJO Global Orthopedics, who has sponsored this stipend since the awards inception in 2003.

2021 SEC Athletic Orthopaedic Team of the Year



E. Lyle Cain Jr., MD
University of Alabama
Birmingham, AL

We are pleased to announce Dr. Lyle Cain as the recipient of the 2021 SEC Athletic Orthopaedic Team of the Year.

Dr. Cain serves as team physician for the University of Alabama and medical director for Jacksonville State University and the University of West Alabama. He is also an orthopaedic consultant for Birmingham-Southern College and the Birmingham Barons, AA affiliate of the Chicago White Sox, as well as team physician for several high schools.

A native of Birmingham, Dr. Cain graduated from the University of Alabama with a bache-

lor's degree in chemical engineering. He earned his medical degree from the University of Alabama School of Medicine. Following an orthopaedic sports medicine fellowship with James R. Andrews, MD, and William G. Clancy Jr, MD, at the American Sports Medicine Institute (ASMI), he was invited to become a member of the Alabama Sports Medicine and Orthopaedic Center and later founded the Andrews Sports Medicine & Orthopaedic Center.

Congratulations to Lyle Cain, MD, who will receive the 2020-2021 award at the meeting. In addition, University of Alabama Athletic Training Staff will receive a check for \$1,000 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 2021.

Keynote Speaker



Kamran S. Hamid, MD, MPH
Loyola University
Chicago, IL

Kamran S. Hamid, MD, MPH is an orthopaedic surgeon specializing in sports ankle injuries and lower extremity trauma at Loyola University Medical Center.

Dr. Hamid matriculated at Texas A&M University for college and medical school and he holds a MPH degree with a concentration in Biostatistics and Epidemiology from Harvard. He trained in orthopaedic surgery at Wake Forest University

and completed his fellowship in foot & ankle surgery at Duke University. Dr. Hamid has authored over 70 peer-reviewed publications including editorials on Value-Based Orthopaedic Surgery for *JBJS*, *JBJS Reviews*, *The Journal of Arthroscopy* and *Foot & Ankle International*.

Dr. Hamid is a founder of Inveniam Consulting LLC, a healthcare consulting group dedicated to decreasing operational waste and identifying avoidable supply chain financial losses in surgical groups and academic departments. In his spare time, he is a musician, photographer and owner of a hip-hop record label, Underground Funk Records.

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

Jeffrey A. Guy, MD
Program, Vice Chair
University of
South Carolina

E. Lyle Cain, MD
Andrews Sports
Medicine &
Orthopaedic Center

Robert G. Hosey, MD
University of Kentucky

Faculty

Russell A. Betcher, MD
Knoxville Orthopaedic Clinic

J. P. Bramhall, MD
Texas A & M University

Jeremy R. Bruce, MD
University of Tennessee,
COM, Chattanooga

R. Carter Cassidy, MD
University of Kentucky

Jeffrey R. Dugas, MD
Andrews Sports Medicine &
Orthopaedic Center

Kevin W. Farmer, MD
University of Florida

Kamran S. Hamid, MD, MPH
Loyola University

J. Benjamin Jackson III, MD
Palmetto Health - USC
Orthopedic Center

Darren L. Johnson, MD
University of Kentucky

Kimberly A. Kaiser, MD
University of Kentucky

Christopher A. Klenck, MD
University of Tennessee

Chaitu S. Malempati, DO
Western Kentucky University

Matthew J. Matava, MD
Washington University, St. Louis

Christopher G. Mazoue, MD
Palmetto Health - USC
Orthopedic Center

Amit Momaya, MD
University of Alabama-Birmingham

Michael J. O'Brien, MD
Tulane University

Brent A. Ponce, MD
The Hughston Clinic

Fred Reifsteck III, MD
University of Georgia

Patrick A. Smith, MD
Columbia Orthopaedic Group

M. Kyle Smoot, MD
University of Kentucky

James P. Stannard, MD
University of Missouri

Austin V. Stone, MD, PhD
University of Kentucky

Jaron P. Sullivan, MD
Vanderbilt Orthopaedics

Norman E. Waldrop III, MD
Andrews Sports Medicine &
Orthopaedic Center

Brian R. Waterman, MD
Wake Forest University

Kevin E. Wilk, DPT
Andrews Sports Medicine &
Orthopaedic Center

Accreditation Information

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.

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:

EXPLAIN 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.

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 27-29, 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 Reports

Scientific Program and Case Reports

May 27-28, 2020

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

THURSDAY, MAY 27

7:00 – 7:05 am Welcome
Scott D. Mair, MD, Program Chair

Session 1 – Spine and Thoracic Outlet

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

7:05 – 7:20 am Cervical Spine Injury and Return to Play
R. Carter Cassidy, MD, University of Kentucky

7:20 – 7:35 am Management of Thoracic Outlet Syndrome
Russell A. Betcher, MD, Knoxville Orthopaedic Clinic

7:35 – 7:45 am Discussion

Session 2 – Medical

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

7:45 – 8:00 am On-Field Emergencies
M. Kyle Smoot, MD, University of Kentucky

8:00 – 8:15 am Heat Stroke: Evaluation, Treatment and Return to Play
Chris A. Klenck, MD, University of Tennessee

8:15 – 8:30 am Training Room Management of Common Infections
Robert G. Hosey, MD, University of Kentucky

8:30 – 8:35 am **Presentation of SEC 2020 Team Physician of the Year Award**

8:35 – 8:50 am Immunization Recommendations for Collegiate Athletes
Fred Reifsteck III, MD, University of Georgia

8:50 – 9:05 am Discussion

9:05 – 9:35 am BREAK WITH EXHIBITORS

Session 3 – Shoulder: Rotator Cuff

Moderator: Russell A. Betcher, MD, Knoxville Orthopaedic Clinic

9:35 – 9:50 am Modifiable Factors Influencing Rotator Cuff Repair
Brent A. Ponce, MD, The Hughston Clinic

9:50 – 10:05 am Treatment Options for Massive Rotator Cuff Tears
Michael J. O'Brien, MD, Tulane University

10:05 – 10:15 am Discussion

Session 4 – Shoulder Instability

Moderator: Brent A. Ponce, MD, The Hughston Clinic

10:15 – 10:30 am Remplissage for Shoulder Instability
J. P. Bramhall, MD, Texas A & M University

10:30 – 10:45 am Management of Bone Loss in Shoulder Instability
Kevin W. Farmer, MD, University of Florida

10:45 – 11:00 am Evaluation and Treatment of Posterior Shoulder Instability
Brian R. Waterman, MD, Wake Forest University

11:00 – 11:15 am Discussion

11:15 – 11:30 am BREAK WITH EXHIBITORS

Session 5 – Case Presentations and Discussion

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

11:30 am – 12:15 pm Shoulder Cases Panel
J. P. Bramhall, MD, Texas A&M University
Kevin W. Farmer, MD, University of Florida
Michael J. O'Brien, MD, Tulane University
Brian R. Waterman, MD, Wake Forest University

FRIDAY, MAY 28

7:00 – 7:05 am Welcome
Christopher G. Mazoue, MD, Palmetto Health-USC Orthopedic Center

Session 6 – Foot and Ankle

Moderator: Chaitu Malempati, DO, Western Kentucky University

7:05 – 7:20 am Management of Turf Toe
Norman E. Waldrop III, MD, Andrews Sports Medicine & Orthopaedic Center

7:20 – 7:35 am Stress Fractures of the Lower Leg
J. Benjamin Jackson III, MD, Palmetto Health-USC Orthopedic Center

7:35 – 7:50 am The Adolescent Athlete's Ankle
Kamran S. Hamid, MD, MPH, Loyola University

7:50 – 8:05 am Discussion

Session 7 – Knee Ligament

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

8:05 – 8:20 am Rotational Instability of the Knee: A New Look
Jeffrey A. Guy, MD, University of South Carolina

8:20 – 8:35 am Lateral Extraarticular Tenodesis
Chaitu S. Malempati, DO, Western Kentucky University

8:35 – 8:40 am Presentation of SEC 2021 Team Physician of the Year Award

8:40 – 8:55 am Perils of ACL Low Femoral Tunnel Placement
E. Lyle Cain, MD, Andrews Sports Medicine & Orthopaedic Center

8:55 – 9:10 am Pearls for Revision ACL Reconstruction
Darren L. Johnson, MD, University of Kentucky

9:10 – 9:25 am Discussion

9:25 – 9:55 am BREAK WITH EXHIBITORS

Session 8 – Special Presentation by the SEC Commissioner

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

Case Based Discussion 2021

and Schedule of Events

29, 2021



Check the final program for complete information.

9:55 – 10:15 am **SEC COMMISSIONER'S ADDRESS**
Greg Sankey, Southeastern Conference

10:15 – 10:40 am Questions

Session 9 – Hip and Elbow

Moderator: E. Lyle Cain, MD, Andrews Sports Medicine & Orthopaedic Center

10:40 – 10:55 am Hip: Labral Reconstruction
Jaron P. Sullivan, MD, Vanderbilt Orthopaedics

10:55 – 11:10 am Rehabilitation of the Elbow
Kevin E. Wilk, DPT, Andrews Sports Medicine & Orthopaedic Center

11:10 – 11:25 am Elbow: Update on UCL Repair with Internal Brace
Jeffrey R. Dugas, MD, Andrews Sports Medicine & Orthopaedic Center

11:25 – 11:40 am Discussion

11:40 – 11:55 am **BREAK WITH EXHIBITORS**

Session 10 – Case Presentations and Discussion

Moderator: Christopher G. Mazoue, MD, Palmetto Health-USC Orthopedic Center

11:55 – 12:30 pm Elbow Panel
E. Lyle Cain, MD, Andrews Sports Medicine & Orthopaedic Center
Jeffrey R. Dugas, MD, Andrews Sports Medicine & Orthopaedic Center
Darren L. Johnson, MD, University of Kentucky
Chaitu S. Malempati, DO, Western Kentucky University

SATURDAY, MAY 29

7:00 – 7:05 am Welcome
Robert G. Hosey, MD, University of Kentucky

Session 11 – Hot Topics in Sports Medicine

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

7:05 – 7:20 am Performance-Enhancing Substances in Athletes
Kimberly A. Kaiser, MD, University of Kentucky

7:20 – 7:35 am Single Sport Specialization
Christopher G. Mazoue, MD, Palmetto Health-USC Orthopedic Center

7:35 – 7:45 am Discussion

Session 12 – Knee

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

7:45 – 8:00 am ACL Primary Repair and Internal Bracing
Patrick A. Smith, MD, Columbia Orthopaedic Group

8:00 – 8:15 am Posterior Cruciate Ligament Injuries
Amit Momaya, MD, University of Alabama at Birmingham

8:15 – 8:30 am Management of Patellar Instability
Jeremy R. Bruce, MD, University of Tennessee, COM, Chattanooga

8:30 – 8:45 am Discussion

Session 13 – Keynote Address

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

8:45 – 9:15 am Startups & Sellouts: How Your Ideas Will Save Healthcare
Kamran S. Hamid, MD, MPH, Loyola University

9:15 – 9:30 am Discussion

9:30 – 10:00 am **BREAK WITH EXHIBITORS**

Session 14 – Round Table: Cost, Cash-Based Approach and Orthobiologics

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

10:00 – 10:30 am Panel
Kamran S. Hamid, MD, MPH, Loyola University
Christopher G. Mazoue, MD, Palmetto Health-USC Orthopedic Center
James P. Stannard, MD, University of Missouri
Austin V. Stone, MD, PhD, University of Kentucky

Session 15 – Knee: Biologics and Transplantation

Moderator: Amit Momaya, MD, University of Alabama at Birmingham

10:30 – 10:45 am Meniscal Repair/Meniscal Transplantation
Matthew J. Matava, MD, Washington University, St. Louis

10:45 – 11:00 am Biologic Replacement of the Knee: A Series
James P. Stannard, MD, University of Missouri

11:00 – 11:15 am Update on Orthobiologics for the Knee
Austin V. Stone, MD, PhD, University of Kentucky

11:15 – 11:30 am Discussion

11:30 – 11:45 am **BREAK WITH EXHIBITORS**

Session 16 – Case Presentations and Discussion

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

11:45 am – 12:30 pm Knee Panel
Jeremy R. Bruce, MD, University of Tennessee, COM, Chattanooga
Darren L. Johnson, MD, University of Kentucky
Matthew J. Matava, MD, Washington University, St. Louis
Patrick A. Smith, MD, Columbia Orthopaedic Group

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. 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

\$199 single/double occupancy per room per night
One night's room deposit due upon booking
Complimentary Self-Parking

Hotel reservation deadline – May 3, 2021

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.





2021 Southern at the SEC Registration Form

May 26-29, 2021 • 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



Go to www.secticketoffice.com to purchase your SEC Baseball Tournament tickets.

PAYMENT METHOD

Enclosed is a check for \$ _____. Make check payable to Southern Orthopaedic Association.

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.



**Southern
Orthopaedic
Association**

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

SOUTHERN AT THE SEC Sports Injury Update 2021

**14
CME/CEU
hours**

**May 26-29, 2021
Renaissance Ross Bridge
Golf Resort & Spa
Birmingham, AL**

KEYNOTE SPEAKER

**Kamran S. Hamid, MD, MPH
Loyola University**

GUEST SPEAKER

**Greg Sankey
SEC Commissioner**

