Conference Co-Directors

Michael Levine, MD
Clinical Associate Professor, Orthopaedic Surgery
Temple University School of Medicine
Forbes Hospital
Pittsburgh, Pennsylvania

Michael Scarpone, DO
Associate Professor, Sports Medicine
Drexel University College of Medicine
Medical Director, Trinity Sports Medicine
Team Physician, Pittsburgh Pirates Baseball Club
Allegheny General Hospital
Pittsburgh, Pennsylvania

Matthew Antonucci, DC, DACNB, FACFN, FABBIR, FICC
Director, Neurological Performance and Rehabilitation
Associate Professor, Clinical Neuroscience Carrick Institute
Director, Neurological Performance and Rehabilitation Attending Physician Plasticity Brain Center
Orlando, FL

Cheryl Bagley, NTP, CHFS, GAPS, QRA
Rejuvrition
Pittsburgh, Pennsylvania

Justin Baker, DC, MS, CCSP®
Trinity Sports Medicine and Performance Center
Director, Trinity P3 Performance
Adjunct Faculty Franciscan University of Ohio

Melissa A. Bauer, MS, LAT, ATC
Senior Athletic Trainer, Sports Medicine
Allegheny General Hospital
Allegheny General Health Network
Concussion Clinic Liaison

John Bonaroti, PT, ATC
Principal Owner / Director
East Suburban Sports Medicine Center
Murrysville, Pennsylvania

Matthew Caster PT, DPT, OCS
Physical Therapist / Clinical Director
Allegheny Chesapeake Physical Therapy
Pittsburgh, Pennsylvania

John J. Christoforetti, MD
Assistant Professor
Department of Orthopaedic Surgery
Drexel University School of Medicine
Master Instructor, Hip Arthroscopy
Arthroscopy Association of North America
Director, Center for Athletic Hip Injury
Allegheny Health Network
Pittsburgh, Pennsylvania

Dave Crane, MD
Bluetail Medical Group
St. Louis, Missouri

Lisa Ercolano, MD
Musculoskeletal Oncology
Division of Orthopaedic Oncology
Allegheny General Hospital
Allegheny Health Network
Pittsburgh, Pennsylvania

Guest Speaker

Merril Hoge
ESPN Analyst
Former Pittsburgh Steele

Conference Faculty

Sam Akhavan, MD
Division of Sports Medicine
Team Physician, Pittsburgh Pirates Baseball
Organization and Pittsburgh Riverhounds Professional Soccer Team
Department of Orthopaedic Surgery
Allegheny General Hospital
Allegheny Health Network
Pittsburgh, Pennsylvania

Joseph Albano, MD
Comprehensive Orthopedics and Sports Medicine
Salt Lake City, Utah
Team Physician:
US Speed Skating
ReAl Salt Lake
US Military Endurance Sports
Westminster College
Solitude Ski Resort

Daniel Altman, MD
Associate Professor, Orthopaedic Surgery
Drexel University College of Medicine
Associate Professor, Orthopaedic Surgery
Temple University School of Medicine
Director, Orthopaedic Spine Trauma
Department of Orthopaedic Surgery
Allegheny General Hospital
Allegheny Health Network
Pittsburgh, Pennsylvania
**Conference Faculty (continued)**

**Paul Fleissner, MD**  
Clinical Assistant Professor of Orthopedics at NEOMED  
Crystal Clinic Orthopedics Center  
Akron, Ohio

**Carlos Garcia, MD**  
Regenerative Spine and Joint Institute  
Denton, Texas

**Cheryl L. Haibach, PT, PCS**  
APTA Pediatric Clinical Specialist  
CEO, Positive Steps Therapy

**Victor Ibrahim, MD**  
Director Performance and Musculoskeletal Regenerative Center  
National Rehabilitation Hospital, Washington, DC  
Team Physiatrist for DC United  
Consultant American College of Sports Medicine, Major League Soccer

**A. Jack Kabazie, M.D.**  
Program Director, Pain Medicine Fellowship  
Western Campus of Temple University School of Medicine  
Clinical Assistant Professor  
System Director, Division of Pain Medicine  
Allegheny Health Network

**Daniel Kuebler, PhD**  
Professor of Biology, Franciscan University of Steubenville  
Steubenville, Ohio

**Lisa LaMolinare, MPT**  
Manager, Outpatient Therapy Services  
Jefferson Hospital  
Allegheny Health Network

**James Mirasola, MPT**  
Director, Data Analytics and Systems Improvement  
Trinity Health System, Steubenville, OH

**David Neushwander, MD**  
Forbes Hospital  
Allegheny Health Network  
Pittsburgh, Pennsylvania

**Gregory Purnell, MD**  
Department of Orthopaedic Surgery  
Forbes Hospital  
Allegheny Health Network  
Monroeville, Pennsylvania

**Mark Sangimino, MD**  
Assistant Professor, Orthopaedic Surgery  
Drexel University College of Medicine  
Director, Division of Pediatric Orthopaedic Surgery  
Allegheny General Hospital  
Allegheny Health Network  
Pittsburgh, Pennsylvania

**Scott K. Schweizer MD**  
Assistant Professor of Orthopedic Surgery  
Temple University School of Medicine  
Department of Orthopaedic Surgery  
Allegheny Health Network  
Pittsburgh, Pennsylvania

**Michael Seel, MD**  
Division of Adult Reconstruction  
Director, Orthopaedic Surgery  
Western Pennsylvania Hospital  
Allegheny Health Network  
Pittsburgh, Pennsylvania

**James J. Sferra, MD**  
Director, Division of Foot and Ankle  
Department of Orthopaedic Surgery  
Allegheny General Hospital  
Allegheny Health Network  
Pittsburgh, Pennsylvania

**Brian Shiple, DO**  
Board Certified Sports Medicine  
The Center For Sports Medicine  
Springfield, Pennsylvania

**Edward D. Snell, MD**  
Division of Sports Medicine  
Team Physician, Pittsburgh Pirates Baseball Club  
Allegheny General Hospital  
Pittsburgh, Pennsylvania

**Nicholas Sotereanos, MD**  
Assistant Professor, Orthopaedic Surgery  
Drexel University College of Medicine  
Executive Vice-Chair, Department of Orthopaedic Surgery  
Director, Division of Adult Reconstruction  
Allegheny General Hospital  
Allegheny Health Network  
Pittsburgh, Pennsylvania

**Peter Tang, MD, MPH**  
Associate Professor, Drexel University College of Medicine  
Director, Allegheny General Hospital  
Hand, Upper Extremity & Microvascular Surgery Fellowship  
Department of Orthopaedic Surgery  
Allegheny General Hospital  
Allegheny Health Network  
Pittsburgh, Pennsylvania
Conference Overview and Intended Audience
The last several years have brought an explosion of new technologies and techniques in orthopaedics. Smaller incisions, more aggressive rehabilitation, new pain control protocols and new types of implants all carry implications for changes in care. Accordingly, reduction of complications following orthopaedic procedures is vital in improving outcomes for the orthopaedic patient. This conference is intended for physicians, physician assistants, athletic trainers, nurses, physical and occupational therapists and surgical technologists.

Course Objectives
At the conclusion of this conference, participants should be able to:

- recognize national clinical guidelines for managing patients with orthopaedic concerns
- evaluate and diagnose knee and shoulder pain
- provide non-operative treatment of sports injuries
- assess the aging process with a healthy musculoskeletal system including sleep patterns hormone supplementation in healing, exercise and the use of biologics in the healing process
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Registration and Breakfast/Visit exhibits</td>
</tr>
<tr>
<td>8:45 am</td>
<td>Opening remarks</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Musculoskeletal Ultrasound and the Bio-Cellular treatment of the spine</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Bio Cellular Disc Interventions: Myths &amp; Evidence</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Techniques and its impact on cell counts and CFU counts</td>
</tr>
<tr>
<td>10:45 am</td>
<td>Break/Visit exhibits</td>
</tr>
<tr>
<td>11:00 am</td>
<td>13 “Good Luck” tips affecting regenerative outcomes</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Use of PRP and Bone Marrow in medial knee osteoarthritis</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Cellular therapies in the treatment of muscle injury</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>What’s new in surgical restoration of articular cartilage</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Stem cell update in Sports Medicine</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Afternoon Break</td>
</tr>
</tbody>
</table>

**Evening Session**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 pm</td>
<td>Opening remarks</td>
</tr>
<tr>
<td>6:15 pm</td>
<td>Guest Speaker - Merrill Hoge</td>
</tr>
<tr>
<td></td>
<td>“Find A Way”</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Medical Management of Concussions</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Chiropractic Management of Concussions</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Reception</td>
</tr>
<tr>
<td>Time</td>
<td>Session</td>
</tr>
<tr>
<td>----------</td>
<td>---------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>6:30 am</td>
<td>Breakfast/Visit exhibits</td>
</tr>
<tr>
<td>7:30 am</td>
<td>Common Pediatric Problems</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Pediatric Physical Therapy</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Achilles Tendon Problems</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Hand Trauma Update: 2016</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Use of stem cells in current orthopedic management</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Breakfast/Visit exhibits</td>
</tr>
<tr>
<td>10:15 am</td>
<td>Meniscal Problems</td>
</tr>
<tr>
<td>10:45 am</td>
<td>Shoulder Arthroscopic Procedures</td>
</tr>
<tr>
<td>11:15 am</td>
<td>Patellofemoral Problems</td>
</tr>
<tr>
<td>11:45 am</td>
<td>Hip Arthroscopy</td>
</tr>
<tr>
<td>12:15 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Spine Trauma</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Evidence based rehab for the lumbar spine</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Break/Visit exhibits</td>
</tr>
<tr>
<td>Breakout –</td>
<td>Suturing (Non-CME) 2:15 - 5:15 pm</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Breakout – Multidisciplinary Approach to Concussion Management: start to finish</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>Concussion pathophysiology &amp; neuroplasticity</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Acute Assessment and Initial Management of Sports Related Concussion</td>
</tr>
</tbody>
</table>
### Saturday, April 9, 2016 (cont.)

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:15 pm</td>
<td>Tools and Technologies for concussion management</td>
<td>Matthew Antonucci, DC, DACNB, FACFN, FABBIR, FICC</td>
</tr>
<tr>
<td>3:45 pm</td>
<td>Physical Therapy approach to treating concussion</td>
<td>Lisa LaMolinare, MPT</td>
</tr>
<tr>
<td>4:15 pm</td>
<td>Return to Academics and Athletics</td>
<td>Missy Bauer, MS, ATC</td>
</tr>
<tr>
<td>4:45 pm</td>
<td>Panel Discussion</td>
<td>Panelists: Merril Hoge and All Breakout speakers</td>
</tr>
</tbody>
</table>

### Sunday, April 10, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 am</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>7:30 am</td>
<td>The Utilization of Metrics and Data Analytics in increasing practice</td>
<td>James Mirasola, MPT</td>
</tr>
<tr>
<td></td>
<td>efficiency and revenue</td>
<td></td>
</tr>
<tr>
<td>8:00 am</td>
<td>Update of Objective Physical Therapy Assessment</td>
<td>John Bonaroti, PT, ATC</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Surgeons Role in Post-Operative Recovery</td>
<td>John Christoforetti, MD</td>
</tr>
<tr>
<td>9:00 am</td>
<td>The Prescription Drug Epidemic: How Did We Get Here and</td>
<td>A. Jack Kabazie, MD</td>
</tr>
<tr>
<td></td>
<td>Where are We Going</td>
<td></td>
</tr>
<tr>
<td>9:30 am</td>
<td>Diagnosis and Management of Soft Tissue Lumps and Bumps</td>
<td>Lisa Ercolano, MD</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Out-Patient Total Joint Replacement</td>
<td>Nicholas Sotereanos, MD</td>
</tr>
<tr>
<td>10:30 am</td>
<td>New CMS Guidelines</td>
<td>Michael Seel, MD</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Everyone Sleeps Alone: The role of sleep in orthopedic outcomes</td>
<td>Cheryl Bagley, NTP, CHFS, GAPS, QRAA</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Closing remarks and adjournment</td>
<td></td>
</tr>
</tbody>
</table>

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honoraria or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).
Accreditation

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Statement

Allegheny General Hospital designates this live activity for a maximum of 17.5 AMA PRA Category 1 Credits™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Credit

American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

American Academy of Nurse Practitioners (AANP) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

American Academy of Physician Assistants (AAPA) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

Allegheny General Hospital has approved this activity for 17.5 contact hours for non-physicians

Athletic Trainers

Allegheny General Hospital (BOC AP#: 92827) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 17.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Occupational Therapists

Application will be made for Occupational Therapy continuing education credit.

Physical Therapists

Application will be submitted to the PA State Board of Physical Therapy for approval of continuing education credit.

Surgical Technologists

For the purposes of recertification, AST the Association of Surgical Technology Inc., AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME.
Location and Accommodations

Nemacolin Woodlands Conference Center Farmington, Pennsylvania. A block of rooms has been reserved at Nemacolin Woodlands — slightly more than a one hour drive from Pittsburgh. Special conference rates are $199/night + tax for a Chateau room and $149/night + tax for a Lodge room or townhouse. Reservations may be made by calling 1.800.422.2736 or 724.329.8555. The room block is closes on February 22, 2016.

Please be sure to mention the Ortho Update 2016 conference to take advantage of the special conference room rates. Please Note: Per our contract with Nemacolin, the following charges will automatically be applied to each room:

- Luggage Handling Fee - $10/room round trip
- Housekeeping Charge - $2/room/day
- Resort Fee - $20/room/night, includes: valet parking, on property shuttle, fitness center access, wireless internet, local and toll free calls, pool access, newspaper, 3 p.m. art tour, hiking trail, tennis
- NO ADDITIONAL GRATUITY REQUIRED

For directions to Nemacolin Woodlands, please visit their Web site at www.nemacolin.com.

Activities

Nemacolin Woodlands Resort offers 15% discount on retail purchases in all retail shops and 10% discount on all resort activities including spa services. Spa access fee is waived including complimentary health club usage. The Adventure Center offers mountain biking and the Equestrian Center offers a variety of trail rides for all levels. New this year is the Fatbird Carriage Safari. The Wildlife Academy, as well as the Activity Center, provides fun for all ages. Visit www.nemacolin.com for detailed information.

Cancellation Policy

A refund of the registration fee, less a $25 processing fee, will be made when a written request or a telephone request followed by a written confirmation is received prior to April 1, 2016. After this date, refunds cannot be made. Fees will not be refunded for failure to attend.

Allegheny General Hospital reserves the right to cancel or postpone any conference because of unforeseen circumstances or insufficient enrollment. In the event of such cancellation, full tuition will be refunded.

For additional information concerning Orthopaedic Update 2016, please contact the CME office by e-mail to rmiglior@wpahs.org
Registration Information
The registration fee includes the course materials, continental breakfast, lunch and break refreshments.

**Fee:**
- $275 Physicians
- $130 Nurses and Other Health Care Professionals
- $70 AHN Employees
- $70 Surgical Technologists
- $70 Residents and Fellows*

*Verification letter from program director required.

**Deadline: April 1, 2016**
(Registrations will be taken after the deadline date on a space-available basis.)

**To Register:** To register online, please go to [www.aghcme.org](http://www.aghcme.org). To register by mail or fax, complete the registration form and return it with the registration fee or fax to:

Continuing Medical Education
Allegheny General Hospital
320 East North Avenue
Pittsburgh, Pennsylvania 15212-4772
Fax (412) 359-8218

The preferred method of payment is by VISA, MasterCard, American Express or Discover; however checks will be accepted made payable to Allegheny General Hospital CME.
REGISTRATION FORM

Registration for **Orthopaedic Update 2016** is required. Please complete this registration form and return it with your payment no later than April 1, 2016.

Please indicate: □ _____ # Attending Friday reception (including yourself)

Please choose one:
□ I will attend the Suturing Breakout (Non-CME)
□ I will attend the Multidisciplinary Concussion Management Breakout

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day Telephone (   )</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FAX# (   )</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Method of Payment:**  □ Credit Card   □ Check

**Credit Card Type:**  □ Visa   □ MasterCard   □ American Express   □ Discover

<table>
<thead>
<tr>
<th>Total Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Credit Card #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exp. Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name on Card</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Signature**

*By signing this form, I authorize Allegheny General Hospital to charge my credit card for the above amount. My signature also indicates that I will not dispute this charge in the future through my credit card company.*

*If you require assistance with hearing, vision or mobility to make this conference accessible to you, please check this box and contact the CME office at **(412) 359-4952** at least two weeks prior to the conference date.*