



Western Orthopaedic Association

News

Summer 2017

www.woa-assn.org

Volume 19 Number 2

President's Message

Robert R. Slater Jr., MD



Aloha!

It is my honor and privilege to serve as President of the WOA this year. In that role, I am delighted to be able to

extend a warm welcome to the 2017 Annual Meeting on the beautiful tropical paradise island of Kauai for all who wish to attend this extraordinary event.

The 81st Annual Meeting of the WOA will be held at the stunning Grand Hyatt Kauai Resort August 2-5, 2017. The venue is idyllic and a perfect spot for families, friends, spouses and significant others to unwind from the stress and strain of life on the mainland, and reconnect with long-time friends, or make new ones. There will be activities that appeal to every level of sports and leisure enthusiast: sailing, kayaking, snorkeling, fishing, playing

golf or lying in a hammock gazing out to sea, to name just a few of the options. There will be a sailboat cruise along the world famous Na Pali coast for the adventurous who sign up early enough to snare one of the spots on board. Others may opt to visit the breathtaking botanical gardens with a trained botanist who will provide a special tour with a focus on the medical uses and history behind many of the exotic and native species found therein. Finally, on Saturday evening, the annual meeting will finish with a flourish – we will celebrate with a traditional sunset luau right on the beach!

The scientific program is headed up by Omer Ilahi, MD, from Houston, Texas. Omer and his Program Committee have been working hard this year to put together a program that will be unparalleled as a source of all that is new and exciting across all subspecialties of



our profession. Each day, there will be a spotlight on different subspecialties in symposia format, along with topics and presentations that appeal to a wide spectrum of interests. Symposia include: Foot/Ankle; Adult Reconstruction; Sports Medicine; Hand/Upper Extremity; Trauma; Hospital-Physician relationships; Patient Safety. Each day will also include “Rapid Fire” sessions, which are brief oral presentations given in smaller groups, thus allowing more discussion and interaction with like-minded colleagues.

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Register Today for the 81st Annual Meeting



The WOA Annual Meeting will be held August 2-5, 2017 at the Grand Hyatt Kauai Resort in Kauai, Hawaii. View the

Preliminary Program online at www.woa-assn.org, which includes all of the meeting information.

Discover the wonders of the Garden Isle at Grand Hyatt Kauai Resort & Spa. Set along the soothing white sands of Poipu, on Kauai's sunny south shore, the remarkable hotel is balanced between magnificent lush mountains and the azure sea. 50 oceanfront acres of discovery as lush gardens, manicured lawns, open courtyards and pristine pools to relax and soak in the sun blend with our legendary Hawaiian classic architecture. Play

18 holes on the championship Robert Trent Jones Jr. golf course, adjacent to the hotel. Relax, refresh and recharge with a visit to Anara Spa. Explore beyond and spend the day zip-lining, surfing, hiking, kayaking or scuba diving among rare sea turtles and colorful fish.

For everyone's convenience WOA has reserved a block of sleeping rooms. To make a reservation at the Grand Hyatt Kauai Resort, call 888-421-1442. Space is limited, so make your reservation early! Please mention that you are with Western Orthopaedic Association to get the discounted rate. Register for the meeting online at www.woa-assn.org.

Cutoff for WOA Room Rates is June 30, 2017.

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President's Message continued

This year's conference will also have an exciting program geared specifically for Residents and Fellows, featuring topics such as "how to start life after training" and "how to avoid pitfalls early in practice." For the first time ever, this will be a program co-sponsored with the AAOS. Jennifer van Warmerdam, MD and her committee have done a superb job putting that together. In addition, there will be award-winning papers presented by Residents and Young Faculty throughout the conference. Concurrently, there will be a special program for our Allied Health and Physician Assistant colleagues. Be sure to talk to your physician extenders about this opportunity; I encourage you to facilitate their attendance at this unique program if at all possible. Ted Coates, PA has done a masterful job putting together a program that will be on target and powerfully useful to all.

Peter Stern, MD will be the Presidential Guest Speaker. Peter is a world renowned hand surgeon, academician, Department Chair and past president of the ASSH and ABOS, among other accomplishments. His presentation on "Impact Developments in Hand During my Lifetime" will be a fascinating look at how Orthopaedics has changed and continues to change and how we must adapt or get swept out to sea (which might just happen while sitting in Hawaii if one is not alert).

Walter Cunningham will deliver the Howard Steel Lecture. Walt was one of the three astronauts on Apollo 7, the first manned mission in the Apollo series of NASA's space program. As pilot of the lunar module, he was tasked with proving that separation and docking two vehicles traveling at high speed in space was not just a theoretical notion but was actually possible to accomplish safely. Later he took on the daunting task of being Chief of the Skylab branch of the Astronaut Office, and ultimately was inducted in the Astronaut Hall of Fame. Walt's comments about our place in the Universe and the importance of the space program as a focal point of shared excitement at a time of social upheaval all across the nation will resonate today more than ever.

Plan now to attend and take full advantage of all of these phenomenal learning and recreational opportunities. Full details and more information are available on line: www.woa-assn.org.

Mahalo for your interest, engagement and participation.

Bob Slater

Robert R. Slater Jr., MD

Have you taken the Self-Assessment Exam yet?

It's free for members (a \$95 savings) and provides 10 CMEs toward your Maintenance of Certification requirements.

Register today at www.woa-assn.org/sae

The WOA Mission

The Mission of the Western Orthopaedic Association is to promote high quality ethical care for musculoskeletal patients in the western region of the United States by providing educational programs, fostering collegiality and supporting professional development among its members and physicians-in-training, and by influencing health care policy.

2017 Program Chair's Message

Omer A. Ilahi, MD



As in past WOA Annual Meetings, the scientific program at the 2017 meeting in Kauai contains clinical and laboratory research in all subfields of orthopedic surgery. Indeed, over 200 research abstracts were submitted this year, yielding a plethora of interesting and informative presentations from the podium and rapid-fire sessions, as well as E-Posters that can be perused at leisure.

Supplementing such primary research are several symposia bringing additional cutting edge knowledge in many area of importance to practicing orthopedic surgeons - both subspecialists and generalists. This year's symposia focus upon: hip/knee arthroplasty, sports medicine / arthroscopic surgery, orthopedic trauma (including spinal trauma), hand / upper extremity, and foot/ankle. In addition, this year's meeting contains a symposium on physician hospital relationships and a patient safety symposium, which focuses, among other things, on ways to reduce the risk of developing opioid dependence from pre-

2017 Program Committee

The Western Orthopaedic Association gratefully acknowledges the following orthopaedic surgeons for their contribution to the development of the scientific program.

Omer A. Ilahi, MD, Chair
 Julius Bishop, MD
 David Chafey, MD
 Robert A. Hart, MD
 Meghan Imrie, MD
 Jeffrey E. Krygier, MD
 Jay R. Lieberman, MD
 Robert R. Slater, Jr., MD
 Jennifer M. van Warmerdam, MD

scription narcotic analgesics. As an attendee to many past WOA Annual Meetings, I have always left with new knowledge which helped me be a better clinician. Now, as Program Chair of this year's meeting, I am honored to have worked with the rest of the WOA Program Committee to put together another highly educational agenda in a beautiful and relaxed setting.

Upcoming WOA Meetings



81st Annual Meeting
 August 2-5, 2017
 Grand Hyatt Kauai Resort
 Koloa, Kauai, HI



82nd Annual Meeting
 August 1-4, 2018
 Westin Snowmass Resort
 Snowmass, CO

Scientific Program Highlights

THURSDAY – AUGUST 3, 2017

GENERAL SESSION 1 – WOA/OREF Young Investigator Awards

SYMPOSIUM 1 – Foot and Ankle

GENERAL SESSION 2 – AAOS Report & Presidential Guest Speaker - Peter J. Stern, MD

RAPID FIRE SESSION 3A-D – Trauma, Sports Medicine, Tumor and Basic Science

CONCURRENT PA SESSION 1 – Knee & Shoulder

SYMPOSIUM 2 – Hip/Knee Arthroplasty

SYMPOSIUM 3 – Patient Safety

RESIDENT REVIEW PROGRAM

E-POSTERS (Open daily to all participants before and after the Scientific Program.)

MULTIMEDIA EDUCATION SESSION (Following Scientific Program)

FRIDAY – AUGUST 4, 2017

GENERAL SESSION 4 – WOA Resident Awards

CONCURRENT PA SESSION 2 – Foot & Ankle with Sawbones Session

RAPID FIRE SESSION 5A-D – Sports Medicine, Trauma, Total Hip and Total Knee

GENERAL SESSION 6 – BOC Report and Howard Steel Lecture – *Walter Cunningham*

SYMPOSIUM 4 – Sports Medicine

SYMPOSIUM 5 – Impact Of Innovative Procedures And Techniques Utilized For Hand, Wrist, and Elbow Disorders on Patient Outcomes: Is Novel Always Better?

E-POSTERS (Open daily to all participants before and after the Scientific Program.)

MULTIMEDIA EDUCATION SESSION (Following Scientific Program)

SATURDAY – AUGUST 5, 2017

SYMPOSIUM 6 – Trauma

SYMPOSIUM 7 – Physician-Hospital Relationships

RAPID FIRE SESSION 7A-D – Total Hip, Sports Medicine, Foot & Ankle, and Other

CONCURRENT PA SESSION 3 – MR Imaging Interpretation

GENERAL SESSION 8 – OREF Update & Presidential Address

GENERAL SESSION 9 – Sports Medicine, Other, Trauma

CONCURRENT PA SESSION 4 – Fractures Of The Hand And Wrist - Share Interesting Cases For Interactive Review

RAPID FIRE SESSION 10A-D – Total Knee, Upper Extremity, Spine and Pediatrics

MULTIMEDIA EDUCATION SESSION (Following Scientific Program)

E-POSTERS (Open daily to all participants before the Scientific Program.)

2017 Presidential Guest Speaker Peter J. Stern, MD



WOA is pleased to welcome Peter J. Stern, MD as the 2017 Presidential Guest Speaker.

Dr. Stern graduated from Williams College and received his medical degree from Washington University School of Medicine. He completed his Orthopaedic residency at the Harvard Combined Orthopaedic Program followed by a hand surgery fellowship in Louisville with Harold Kleinert. He is the current Hill Professor of Orthopaedic Surgery at the University of Cincinnati and he served as Chairman from 1992-2013.

Dr. Stern is a past President of the American Society for Surgery of the Hand, the American Board of Orthopaedic Surgery and the American Orthopaedic Association. He is a past Trustee of the Orthopaedic Research and Education Foundation, and a past Chairman of the Orthopaedic RRC. Dr. Stern is a former Deputy Editor of both the *Journal of Bone and Joint Surgery* and the *Journal of Hand Surgery*, and now serves on the *JBJS* Board of Trustees. He has served as a visiting professor at over 70 institutions, has given 47 endowed lectureships and has over 190 peer review publications. He has educated 62 fellows and more than 140 orthopaedic residents.

Resident Review Program

WOA will offer a Resident Review Course at the Annual Meeting on Thursday afternoon, August 3rd, following the scientific program. Please be sure to sign up for it when you register for the meeting. The topics and speakers will include:

DECADE – Things I Learned My First Ten Years In Practice

Payam Tabrizi, MD, Santa Clara Valley Orthopedics

Transitioning From Training To Practice
Debra Phairas, Practice & Liability Consultants, LLC

Physician Practice Options

Debra Phairas, Practice & Liability Consultants, LLC

How To Give A Presentation At A National Meeting

Milton "Chip" Routt Jr., MD, University of Texas Health Science Center

How To Review Your First Employment Contract

Rosalyn Nguyen JD, MBA, The University of New Mexico

Young Investigator Awards

Congratulations to the following 2017 WOA Young Investigator Award recipients. The Awards will be presented during the Scientific Program on Thursday, 7:15 am – 7:39 am.

Kenneth J. Hunt, MD, University of Colorado
The Role Of Calcaneofibular Ligament In Ankle And Subtalar Biomechanics

Thomas Kremen, MD, Cedars-Sinai Medical Center
Effect of Hamstring Harvest In the Setting of ACL and MCL Concurrent Injury

Alan Zhang, MD, University of California, San Francisco
Accuracy Of The ASES Physician Assessment In Shoulder Arthroplasty Patients

2017 WOA Resident/Fellow Award Recipients

Congratulations to the following 2017 WOA Resident/Fellow Award Recipients. The award papers will be presented during the Scientific Program on Friday 7:05 am – 7:55 am.

The Lloyd Taylor, Vernon Thompson, Harold and Nancy Willingham, Sanford and Darlene Anzel, and Resident Award Winners will be announced Saturday evening at the Family Luau.

Jessica Bryant, MD, University of California, San Francisco

Clinical Presentation And Intra-Articular Injury In Patients With Posterior Shoulder Instability

Jason H. Ghodasra, MD, MSCI, University of California, Los Angeles

Radiographic Risk Factors For Loss Of Fixation Following Volar Plate Fixation Of Intra-Articular Distal Radius Fractures

Vishal Hegde, MD, University of California, Los Angeles

Vitamin D Is A Modifiable Risk Factor For Periprosthetic Joint Infection

Jonathan D. Hughes, MD, Scott and White Medical Center

Comparison Of Short-Term Biodex Results After Anatomic ACL Reconstruction Between Three Autografts

John D. Johnson, MD, Tripler Army Medical Center

14 Year Follow-Up Of Arthroscopic Versus Open Anterior Shoulder Stabilization

Howard Park, MD, University of California, Los Angeles

Vancomycin Powder In Spine Surgery: Does It Work And Does Dose Matter? An In-Vivo Mouse Model Experiment

Stephen Zoller, MD, University of California, Los Angeles

Longitudinal Murine Model Of Allograft Infection: Evidence For Paradigm Shift?

2017 Howard Steel Lecturer Walter Cunningham



WOA is pleased to have astronaut Walter Cunningham as its Howard Steel Lecturer for the 81st Annual Meeting. Mr. Cunningham has fifty years of diversified management experience accumulated during separate careers in the United States Marine Corps, with the National Aeronautics and Space Administration and private industry, including twelve years as a venture capitalist.

Mr. Cunningham is perhaps best known as America's second civilian Astronaut. During eight years with NASA he contributed to the design, development and testing of all the major operating systems of the Apollo spacecraft. In 1966, he was a member of the prime crew of Apollo 2 and backup crew for Apollo 1. When the Apollo 1 prime crew was killed in a fire on the pad he served on the fire investigation board. In 1968, he orbited the earth 163 times as the pilot of Apollo 7—the first manned flight of the Apollo Program to land a man on the Moon. Apollo 7 is still the

longest, most ambitious and most successful first flight of any manned vehicle. Following the Apollo 7 mission, he became Chief of the Skylab branch of the Astronaut Office.

He is a Marine Corps fighter pilot with the rank of Colonel, USMCR, Retired, with 4,500 hours of flying time, including 263 hours in space. He has a Master's Degree in Physics from UCLA and is a graduate of the AMP Program at the Harvard Graduate School of Business.

Since 1971, he has been in private business in Houston, Texas. His experience includes the presidency of two engineering companies, with extensive overseas operations, Vice President of Operations for one of the largest commercial property developers in the U. S. and the presidency of an interactive voice response company.

In 1979, he formed The Capital Group to provide investment banking and consulting services to foreign investors. From 1986 to 1998 he was the Managing General Partner of the Genesis Fund, a venture capital pool where he

was involved in the start-up and early stage development of 23 companies and financial institutions.

This was followed by four years as host of Lift-off to Logic, a radio call-in talk show.

Mr. Cunningham is an organizer, investor and Director of numerous public and private companies and a member of the Advisory Panel for the National Space Biomedical Research Institute. He is author of "The All American Boys," considered the best one or two books ever written on the space program and numerous articles, including a regular column for *Launch Magazine*. He lectures throughout the United States, Europe and Asia, is listed in all major Who's Whos and is a recipient of numerous national and international honors, including the NASA Distinguished Service Medal and election to the Astronaut Hall of Fame.

He has done professional speaking throughout the United States, Europe and Asia on space flight, the universe, education and the global warming debate.

Multimedia Education Sessions

The WOA will provide a multimedia education session following the Scientific Program on Thursday, Friday, and Saturday, August 3-5. A comprehensive selection of AAOS videos will be available for your review. These videos will highlight surgical procedures and current concepts in orthopaedics. Registered attendees should find these videos informative and helpful in their practice.

WOF Announces The First Resident Research Grant

In January, OREF reviewed resident research grant proposals. There were many outstanding proposals submitted and we are delighted to announce that the WOF will be funding one of these proposals. Our first grant recipient is:

Erika Garbrecht, MD
University of New Mexico
Chondrocyte Viability After Exposure to Antiseptic Solutions and TXA

We are excited to have met this milestone, but we still need your help!

Get involved today with the WOF and our goal to fund orthopaedic research and other educational opportunities.

Make a donation online at <http://www.woa-assn.org/donate>.





Dispelling The #1 Myth of Asset Protection: Why You Can Lose Assets In A Medical Malpractice Lawsuit

David B. Mandell, JD, MBA & Jason M. O'Dell, MS, CWM

As an attorney (David) and consultants (both) to over 1,000 physicians, we encounter many misconceptions about asset protection planning. In this article, we will address the most important of all misconceptions regarding asset protection: that this area of planning is not important. The thinking of many physicians around the country, and unfortunately their advisors as well, is that there is little to any risk of a physician losing personal assets in a malpractice claim, especially if there is \$1-3 million malpractice insurance coverage.

There are a number of key issues in this analysis to review. We will take each one individually:

1. Finding proper data is difficult

Those of you who have spoken to us, or read our book *For Doctors Only* or other articles, know that we are not people who use extremes. Like you, we like to see data before making judgments or forming opinions. However in this area, tracking how many physicians lose personal assets in malpractice actions is very difficult, if not impossible to obtain. That is because the legal system publishes filed cases and judgments rendered, but they do not publish the collections of those judgments.

There are no reporters that publish what happens once a judgment is rendered. Did the plaintiff, with a judgment in excess of coverage limits, simply settle for the amount of the medical malpractice insurance? Did the plaintiff and his attorney pursue the personal assets of the physician and his family to satisfy any excess judgments? These are questions for which there are no answers in the published materials.

Every week in the malpractice reports we review, there are dozens of malpractice actions decided in the states where we practice. Although most decisions are for the physician defendant, there are some small judgments and some very large judgments for the plaintiff. This may be the same in your location as well. Nonetheless, we can only hypothesize about what will occur once these very large judgments are rendered. It seems that many physicians and their advisors simply assume that their plaintiffs in these cases will walk away from very large judgments and simply settle for the malpractice insurance coverage. Let's look at a couple of reasons why this may not be so.

2. Payments, Not Evictions

A common theme in speaking to physicians, including orthopaedic surgeons, and their advisors around the country on this topic seems to be that "I have never personally heard of anyone losing their home to a lawsuit," and therefore the conclusion is that it doesn't happen. However, if one understands the goal of litigation and the plaintiffs, this certainly isn't surprising. What does occur instead of eviction, is that the plaintiff with the judgment will file a lien on real estate, levy bank accounts, and essentially put levies or liens on any assets of the physician to the amount of the judgment owed to them. The goal is not to kick the physician out of their home, but to make the doctor take a loan against the home to pay off the excess judgment. And this, we can assure you, happens with regularity.

Consider this situation, a true story from David's law practice: "In New York, I had a couple come to see me. He was a cardiologist and she an OB/GYN. They said that she, the

OB/GYN, had just been successfully sued for a malpractice case in which the judgment rendered against her was \$4 million, \$2 million more than her personal malpractice coverage. I told him at the time that there was nothing I could do since there was already a judgment. While I have not spoken to the client since, do you think that the plaintiff and their attorney who rightfully won a \$4 million judgment would simply settle for the \$2 million of insurance coverage when they could put a lien on the \$1.5 million of equity in the defendant's home in a matter of days (or hours!) with minimal cost?"

The Legal Obligation of the Plaintiff Attorney: Get the Cash

There seems to be an underlying assumption by attorneys who advise doctors that asset protection isn't important and that plaintiffs and their attorneys will not go after physicians' personal assets because it is "distasteful" or for some other reason. Put yourself in the shoes of the plaintiff and the attorney. The plaintiff's attorney has a professional and ethical obligation to represent his or her client in their best interest to the fullest extent of the law. If, as an attorney, David represented a plaintiff who had a \$4 million judgment with only \$2 million paid by insurance, and he knew that the defendant had millions of dollars of assets that were unprotected that he could attack in order to get the client paid in full, David would have to do this. In fact, if he didn't pursue those assets, he would be liable for malpractice to the client, and rightfully so.

When you combine the misconception of physicians that plaintiffs and attorneys won't go after their assets because of some kind of ethical consideration with the fact that there

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Money Matters continued

are, in fact, ethical rules requiring an attorney to go after such assets, you can understand why the advice “you don’t need asset protection” is so off-base.

Why Wouldn't You Protect Assets?

If you have ever read our materials or heard us speak, you know that we are not people who say the “sky is falling.” Even with the statements made in this article, it is still statistically relatively low risk that you will lose personal assets in a malpractice action, regardless of your specialty. However, the point that we make with our clients and in our books and articles is that asset protection planning can actually benefit you in many ways beyond lawsuit protection.

In fact, most of the asset protection we do for clients is relatively low cost and has numerous financial, tax and estate planning benefits as well. Thus, the question becomes “if asset protection planning can protect you in many ways and can cost relatively little, why wouldn't you do it...when there is even a slight chance that you will lose personal assets at some time during your career?”

Conclusion

Certainly, asset protection planning is a crucial part of a client's wealth planning today – especially for physicians. Everyone acknowledges that there is some risk of a beyond-insurance limits lawsuit for any doctor. If this is true, and proper asset protection may actually help you BUILD wealth, then such planning cannot be ignored. The authors welcome your questions. You can contact them at 877-656-4362 or through their website, www.ojmgroupp.com

SPECIAL OFFERS: To receive a free hardcopy of *Wealth Protection Planning for Orthopaedic Surgeons and Sports Medicine Specialists*, please call 877-656-4362. Visit www.ojmbookstore.com and enter promotional code DATATR09 for a free ebook download of *Wealth Protection Planning* for your Kindle or iPad.

David B. Mandell, JD, MBA, is an attorney, consultant, and author of more than a dozen books for doctors, including *Wealth Protection Planning for Orthopaedic Surgeons and Sports Medicine Specialists*. He is a principal of the financial consulting firm OJM Group www.ojmgroupp.com along with Jason M. O'Dell, MS, CWM, who is also a principal and author. They can be reached at 877-656-4362 or mandell@ojmgroupp.com.

Disclosure:

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Refer and sponsor one new member and receive 1/2 off the registration fee for the next annual meeting.

Refer and sponsor two new members and the registration fee for the next meeting is waived.

(Note: To qualify for incentive, new membership must be approved by the Board of Directors.)

Completion of an accredited residency program and privileges to practice as an orthopaedist in a local hospital are the requirements for both MD and DO candidates.

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