



Western Orthopaedic Association News

Summer 2019

www.woa-assn.org

Volume 21 Number 2

President's Message

Omer A. Ilahi, MD



Dear Colleagues,

It's my heartfelt fervent hope, along with the rest of the Board of Directors of the Western Orthopaedic Association, that 2019

has been a good year for you and your family, and that you will spend a few days with us at our Annual Meeting from July 31 through August 3rd at the Hyatt Monterey Resort.

We're excited to return to the beautiful Monterey Bay area, after our wonderful experience there several years ago. For those who've never been, it's one of the must-see places in the US, with lot's to do for the whole family. For those who have been there

before, I'm sure it's one of your favorite places to visit (it's certainly one of mine!).

The highlight of the Meeting's Social Program promises to be the Thursday evening Welcome Dinner at the world-famous Monterey Bay Aquarium. The WOA has arranged for a fantastic evening of good food among fascinating displays of marine life to observe at your leisure.

Similar to last year's Meeting, we plan to have a daily morning yoga session, as well as daily breakfast in our hospitality suite available for all registered spouses, guests, and children. Entertainment in the hospitality suite will include animals from the Monterey Zoo on Thursday morning, a cooking dem-



onstration on Friday morning, and a social responsibility event on Saturday morning. Social events taking place after the conclusion of daily academic symposia include a guided walk through Point Lobos, a food tour through the nearby famous Carmel-by-the-Sea, a scramble format golf tournament at Del Monte, a tennis round robin, a behind-the-scenes tour of the Monterey Bay Aquarium, an exhibitor reception, a kids' dinner and movie night, and a movie tour. The Social

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Come Join the Fun at the 83rd Annual Meeting

The WOA Annual Meeting will be held July 31 to August 3, 2019 at the Hyatt Regency Monterey in picturesque Monterey, CA. Visit www.woa-assn.org to view the Preliminary Program, which includes the Scientific Program along with tour/activity information and prices.

Nestled among 22 acres of soaring Monterey Pines, the Hyatt Regency Monterey Hotel and Spa offers the quintessential Monterey experience. From hitting the links at the Del Monte Golf Course to touring local wineries or museums, there are countless fun and exciting things to do in Monterey. Discover the unforgettable adventure of whale watching, explore serene state parks full of local wildlife, or take a relaxing, scenic drive through thick forests and picturesque coastal vistas. There's something for everyone in



Monterey, and the Hyatt Regency brings you close to all the action!

Tours and activities being planned for all to enjoy during the Meeting include a Point Lobos walk, the Carmel Food Tour, a movie tour and a behind-the-scenes tour of the Monterey Bay Aquarium. The Meeting will kick off with a very special Welcome Dinner at the Aquarium, and wrap up with the always enjoyable WOA Family Gala Dinner Dance. As always, there will be a daily

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David H. Chafey III, MD
Albuquerque, NM

David J. Mansfield, MD
El Paso, TX

President's Message continued

Program will conclude with a family gala dinner including live music on Saturday evening.

The 2019 WOA Academic Program Committee, led by Co-Chairs David Mansfield from El Paso and David Chafey from Albuquerque, has put together an excellent Educational Program. Research presentations selected from over 450 submitted abstracts will be presented from the podium, in rapid-fire sessions, and both physical and electronic posters. Truly expert invited speakers in this year's symposia will cover cutting-edge topics in hip and knee arthroplasty, orthopaedic trauma, orthopaedic sports medicine, shoulder and elbow surgery, the spine, and orthopaedic oncology.

Paul Moses, author of the book, *The Saint and the Sultan*, is our 2019 Howard Steel Lecturer. His talk promises to be both enlightening and thought-provoking. My fellow Texan, Stephen Burkhart, MD is the Presidential Guest Lecturer. I'm excited to have such a world-renowned trailblazer in shoulder surgery and arthroscopy appear at our Meeting!

I hope you take advantage of all that the 2019 WOA Annual Meeting of the Western Orthopaedic Association has to offer. Bring your family. We hope to see you there!

Regards,



Omer A. Ilahi, MD
WOA President

Come Join in the Fun continued

spouse/guest hospitality event, a golf tournament Friday afternoon as well as a children's party on Friday night, so parents can participate in the Exhibitor Reception.

For everyone's convenience, the WOA has reserved a block of hotel rooms. To make a reservation, call the Hyatt Regency at 1-800-

233-1234. Space is limited, so make your reservation early and mention that you are with the Western Orthopaedic Association to get our discounted rate (the cut-off for the special WOA rate is July 8, 2019).

To register for the Meeting, visit www.woa-assn.org.



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.

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2019 Program Co-Chairs' Message

David H. Chafey III, MD & David J. Mansfield, MD



David H. Chafey III, MD David J. Mansfield, MD

Summer is approaching, and that means the Western Orthopaedic Association's Annual Meeting is at hand. This Meeting, like the 82 before it, looks to be a memorable one. Beyond the Meeting's stunning locale, the Program Committee has put together a spectacular Program to go hand-in-hand with the surrounding environment.

As always, we have a comprehensive Scientific Program covering all areas of orthopaedics, with our usual special focus on applicability to everyday practice. The Committee has reviewed over 400 abstracts to assemble a variety of symposia, posters (both physical and electronic), and our famous rapid-fire sessions. Of course, there will be ample time to interact with your fellow Members, Fellows, Residents and medical students.

Another of our strong points, our family inclusion, also continues with an engaging Social Program designed to highlight the beauty of Monterey to enjoy with your loved ones. Who knows? Maybe a Zorro sighting will occur — after all, we will be in the place where he left his “mark!”

2019 Program Committee

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

David H. Chafey III, MD, Co-Chair
David J. Mansfield, MD, Co-Chair
COL (Ret) Edward D. Arrington, MD
Jonathan Eastman, MD
Robin Kamal, MD
Michael Klassen, MD
Jeffrey E. Krygier, MD

WOA President Omer Ilahi's Guest Lecturer Stephen Burkart, MD and Howard Steel lecturer Paul Moses round out an exceptional faculty which we have been honored to help assemble. All of us from the Board, to the staff and the Members of the Committee look forward to seeing you at the best regional orthopaedic meeting in the nation.

Scientific Program Highlights

THURSDAY – AUGUST 1, 2019

SYMPOSIUM 1 – Shoulder/Elbow Surgery

RAPID FIRE SESSION 1A-E – Trauma Fixation & Fracture Healing, Total Hip, Pediatrics, Hand & Wrist and Basic Science

GENERAL SESSION 1 – Howard Steel Lecture – Paul Moses

SYMPOSIUM 2 – Sports Medicine

GENERAL SESSION 2 – OREF Update / WOF / OREF Young Investigator Awards

RAPID FIRE SESSION 2A-E – Trauma Tibia, Total Joint, Sports Medicine, Shoulder & Elbow and Spine

CONCURRENT ALLIED HEALTH SESSION 1 – Long Bone Fracture Management of the Lower Extremity

POSTERS

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

MULTIMEDIA EDUCATION SESSION

(Following the Scientific Program)

FRIDAY – AUGUST 2, 2019

SYMPOSIUM 3 – Tumor

RAPID FIRE SESSION 3A-E – Trauma Traffic & Thrombosis, Sports Medicine, Shoulder & Elbow, Foot & Ankle and Pharmacology: The Good, Bad and the Opioids

GENERAL SESSION 3 – AAOS Report & Presidential Guest Speaker – Stephen S. Burkart, MD

SYMPOSIUM 4 – Hip/Knee

GENERAL SESSION 4 – WOF Report and Western Orthopaedic Foundation Donor Awards

RAPID FIRE SESSION 4A-E – Trauma Pelvis & Acetabulum, Tumors & Pediatrics, Sports Medicine, Total Knee and Total Hip

CONCURRENT ALLIED HEALTH SESSION 2 – Spine

RESIDENT PROGRAM

POSTERS

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

MULTIMEDIA EDUCATION SESSION

(Following the Scientific Program)

SATURDAY – AUGUST 3, 2019

GENERAL SESSION 5 – WOF Resident Awards

SYMPOSIUM 5 – Trauma

RAPID FIRE SESSION 5A-E – Trauma Hip, Upper Extremity, Foot & Ankle, Basic Science and Total Knee

CONCURRENT ALLIED HEALTH SESSION 3 – Pediatric Sports Medicine

SYMPOSIUM 6 – Spine Surgery

GENERAL SESSION 6 – Own the Bone, BOC Report and Presidential Address

GENERAL SESSION 7 – Abstract Presentations - OREF/WOF Funded Presentation

RAPID FIRE SESSION 6A-E – Trauma Femur, Total Knee, Sports Medicine, Practice Management / Education & Other and Spine

CONCURRENT ALLIED HEALTH SESSION 4 – Ultrasound Injection Lab

POSTERS

(Open to all participants before the Scientific Program.)

MULTIMEDIA EDUCATION SESSION

(Following the Scientific Program)

Multimedia Education Sessions

The WOA will provide a multimedia education session following the Scientific Program on Thursday, Friday, and Saturday, August 1-3. 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.

2019 Presidential Guest Speaker Stephen S. Burkhart, MD



The WOA is pleased to welcome Stephen S. Burkhart, MD as the 2019 Presidential Guest Speaker.

He specializes in arthroscopic shoulder surgery at The San Antonio Orthopaedic Group, is a Clinical Associate Professor of Orthopaedic Surgery at The University of Texas Health Science Cen-

ter and is a Voluntary Clinical Professor at Baylor College of Medicine.

Dr. Burkhart is a Past President of the Arthroscopy Association of North America. He has authored three textbooks on arthroscopic shoulder surgery and has published approximately 200 peer-reviewed articles. He holds 41 U.S. patents related to arthroscopic surgical devices and procedures.

2019 Howard Steel Lecturer Paul Moses



The WOA is pleased to have Paul Moses as our 2019 Howard Steel Lecturer.

He is professor emeritus of journalism at the City University of New York's Brooklyn College and a veteran New York City journalist and author. His book, *The Saint and the Sultan: The Crusades, Islam and Francis of Assisi's Mission of Peace* (Doubleday, 2009) won the Catholic Press Association award for the year's best history book, and became the basis for the Emmy-nominated PBS docudrama *The Saint and the Sultan*. He is also the author of *An Unlikely Union: The Love-Hate Story of New York's Irish and Italians* (NYU, 2015).

Paul worked for 23 years in daily journalism, mostly at *Newsday's* New York City edition. He served as the paper's City Hall bureau chief, Brooklyn editor, city editor and religion writer. As a rewrite man, he wrote the paper's lead stories on the World Trade Center attack and on a subway crash that killed five people, the latter winning the Pulitzer Prize for Spot News Reporting in 1992.

Paul was also a reporter for *The Associated Press*, and has written for many other outlets, including *The Daily Beast*, *The New York Daily News*, *The Wall Street Journal*, *the Village Voice*, CNN.com, Time.com and *Commonweal* magazine, where he is a contributing writer. He lives in Brooklyn with his wife, Maureen.

Upcoming WOA Meetings



83rd Annual Meeting
July 31 - August 3, 2019
Hyatt Regency Monterey
Monterey, CA



84th Annual Meeting
August 5-8, 2020
Grand Wailea
Maui, HI

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WOF Young Investigator Awards

Congratulations to the following 2019 WOF Young Investigator Award recipients. The Awards will be presented during the Scientific Program on Thursday, 12:05 pm – 12:35 pm.

Carol Lin, MD, MA, Cedars-Sinai Medical Center
Implementing a Geriatric Fracture Program in a Pluralistic Environment

Ryland Kagan, MD, Oregon Health & Science University
Mean Ten-Year Survivorship, Patient-Reported Outcomes and Satisfaction of a Fixed-Bearing Unicompartamental Knee Arthroplasty

Zachary C. Lum, DO, University of California, Davis Medical Center
Females and Long Spinal Fusions Result in Total Hip Arthroplasty

2019 WOF Donor Award Recipients

Congratulations to the following 2019 Western Orthopaedic Foundation Named Grants Resident/Fellow Award Recipients. These awards were made possible by generous donations through the Western Orthopaedic Foundation. The award papers will be presented during the Scientific Program on Friday from 12:15 pm to 1:10 pm.

Basil R. Besh, MD Donor Award
Nicholas J. Drayer, MD, Madigan Army Medical Center
High Resiliency Improves Patient Reported Outcomes following Knee Surgery in Active-Duty Patients

Nitin N. Bhatia, MD Donor Award
Hyunwoo P. Kang, MD, University of Southern California
Two-Week Postoperative Radiographs after Ankle ORIF Have Low Utility

David H. Chafey III, MD Donor Award
John Garlich, MD, Cedars-Sinai Orthopaedic Surgery
Infraspinatus Tenotomy Improves Glenoid Visualization with the Modified Judet Approach

Omer A. Ilahi, MD Donor Award
Jonathan Cheah, MD, University of California, San Francisco
Supporting Orthopedic Resident Education and Advancement in Leadership Skills

Brian A. Jewett, MD Donor Award
Taylor D. Mansfield, MD, Madigan Army Medical Center
Overprescribing of Opioids in Orthopaedic Surgery

Jeffrey E. Krygier, MD Donor Award
Trevor J. Shelton, MD, University of California, Davis
Newer NCAA Bat Standard is Associated with Hamate Fractures

Jeffrey M. Nakano, MD Donor Award
Rebecca Griffith, MD, University of Colorado Denver School of Medicine
Current Trends: Surgical Treatment of Syndesmotic Injuries in Elite Athletes

Robert R. Slater Jr., MD Donor Award
Tony Pedri, MD, Regions Trauma Center
Improved Fracture Reduction in Patients Undergoing Early Definitive Fixation for Tibial Plateau Fractures with Acute Compartment Syndrome

2019 WOF Resident/Fellow Award Recipients

Congratulations to the following 2019 WOF Resident/Fellow Award Recipients. The award papers will be presented during the Scientific Program on Saturday from 6:45 am to 7:35 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 Gala Dinner Dance.

Lawrence H. Goodnough, MD
Stanford University
Osteogenic and Chondrogenic Differentiation Defects in Geriatric Human Skeletal Stem Cells from Acute Fractures

Nathan Rogers, MD
University of Texas Health Science Center at Houston
MRI Improves Diagnosis of Ipsilateral Femoral Neck and Shaft Fractures

Adam Lindsay, MD
University of Southern California
Hypovitaminosis D is a Risk Factor for Posterior Chain Muscular Injury in NCAA Division I Track and Field Athletes

Peters T. Otlans, MD
Oregon Health & Science University
Improving Trainee Arthroscopic Knot Tying Skills Using the FAST Workstation

Blake Schultz, MD
Stanford University
Prospective Validation of the Sepsis MetaScore as a Novel Blood Test for Acute Septic Arthritis

Jie Yao, MD
University of Washington
Hip Survival Following Arthroscopy: Analysis of 12,733 Patients

Benjamin C. Meyer, MD
MountainView Regional Medical Center
Altered Cortical Activity During Single Leg Balance in ACL-Reconstructed Patients

Hats Off to John Tongue, MD



Dr. John Tongue (R) accepts the 2019 Blair Filler Lifetime Achievement Award from Dr. Brian Jewett

Congratulations to John Tongue, MD, winner of the 2019 Blair Filler WOA Lifetime Achievement Award. Dr. Tongue's legacy with the WOA will be forever marked as one of leadership, vision and commitment to education.

Dr. Tongue began his career relationship with the WOA early on, after winning the Vernon P. Thompson Award as a resident for his work on patella ligament injuries. That first meeting instilled in him the power of both resident education and regional networking that the WOA offers. He served as a Junior Board Member in 1988, and later served on the Board of Directors in 2006.

Dr. Tongue served as Treasurer of the WOA in 2008, and in 2017, after his Presidency of the AAOS, he returned to lead the WOA as President with his wonderfully successful meeting in Indian Wells, California. During his time leading the WOA, he helped foster many new initiatives including the WOA joining the AAOS Board of Councilors, the

creation of the Western Orthopaedic Foundation, and WOA resident funded research through a relationship with the OREF.

Busy as he was in his leadership roles, Dr. Tongue was never shy about doing the "hard work" to benefit the WOA. His strategic initiatives rewrote the bylaws and policies to secure a strong future for the Association. He worked tirelessly to expand the WOA's commitment to resident education, and it was he who introduced the "touches" campaign as a great way to keep Members of the WOA connected.

Thank you, Dr. John Tongue. Your impact on the WOA is momentous.

Two Ways to Make a Big Impact - Support the WOF



We have two new ways to help support the Western Orthopaedic Foundation (WOF), a 501(C)3 tax exempt fund, with your charitable donation! WOF was established to provide educational and research opportunities for young orthopaedists throughout the territory.

NEW - Make a \$1,000 Donation to WOF and Get FREE Meeting Registration*

*\$695 of your contribution is not tax deductible. Consult your tax professional to determine if any part of your contribution is tax deductible.

Make a Resident Travel Grant Award Donation in Your Name

Your \$2,000 WOF donation will provide a \$1,000 Resident Travel Grant Award in your name at the next Annual Meeting.

Make your mark on the future and be a part of WOF. We encourage you to make a donation to help WOA achieve its goals for funding educational programs for Residents. We appreciate your continued support of WOF and would like to thank you for your generosity this past year. If you are interested in donating, visit www.woa-assn.org/donate.

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



Western Orthopaedic Association

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Internet: www.woa-assn.org

Do You Know a Qualified MD or DO Orthopaedic Colleague Who Is Not a WOA Member?

Member Incentive

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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