

# BACK *to* SPORT

OREGON ASSOCIATION OF ORTHOPAEDIC SURGEONS

## OAOS 2023 Annual Orthopaedic Conference

OCTOBER 20-21, 2023

The Nines Hotel

525 SW Morrison Street

Portland, OR 97204



OREGON  
ASSOCIATION OF  
ORTHOPAEDIC SURGEONS



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Oregon Association of Orthopaedic Surgeons

# 2023 Annual Orthopaedic Conference

October 20-21, 2023

## President's Welcome Letter

Welcome to the OAOS 2023 Annual Orthopaedic Conference! We hope our in-person conference offers valuable insights into the ever-changing field of orthopaedics. The Association appreciates the efforts of the Board, Planning Committee and Staff who have helped put together this program. We would especially like to thank our Planning Committee.

We value the contributions made to this conference by our 2023 Exhibitors. Please take the time to visit our exhibitors during the conference to see information on the latest equipment, software, pharmaceuticals and other orthopedic products available.



Please remember to complete the online Course Evaluation in order to receive the **AMA PRA Category 1 Credits™** you have earned. Your CME Certificate will be emailed to you once the evaluation has been completed. If you have any questions about the program, please do not hesitate to ask me or the OAOS staff.

Sincerely,  
Tamara Simpson, MD  
OAOS President

**Accreditation Statement:**

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 Oregon Association of Orthopaedic Surgeons. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

**AMA Credit Statement:**

The American Academy of Orthopaedic Surgeons designates the Oregon Association of Orthopaedic Surgeons 2023 Annual Orthopaedic Conference, 10/20/2023 - 10/21/2023, in Portland, OR for a maximum of **11.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure Policy:** In accordance with the requirements of the ACCME, each instructor, staff, planning committee member, and all in control of content for this continuing education activity, have disclosed any affiliations with, or financial interests in ineligible companies whose primary business is producing, marketing, selling, re-selling or distributing healthcare products used by or on patients with which you have a relevant financial relationship now, or within the prior 24 months. **All relevant financial relationships have been mitigated.**

# 2023 Disclosures

## Faculty Disclosures

**Kevin J. Bozic, MD, MBA, FAAOS** (Submitted 4/27/2023)

Board or Committee Member: AAOS

Other Financial or Material Support: OMI

Paid Consultant: CMS/CMMI

Publishing Royalties, Financial or Material Support: Wolters

Kluwer Health - Lippincott Williams & Wilkins

Stock or Stock Options: Carrum Health

Unpaid Consultant: Harvard Business School

**Wayne A. Johnson, MD, FAAOS, FACS** (Submitted 6/29/2023)

Board or Committee Member: AAOS, J. Robert Gladden Society,

Orthopaedic Society of Oklahoma

Stock or Stock Options: Eli Lilly, Johnson & Johnson, Procter &

Gamble

**Christopher L. McCrum, MD, FAAOS** (Submitted 7/20/2023)

Board or Committee Member: American Orthopaedic Society  
for Sports Medicine

Editorial or Governing Board: Arthroscopy, ISAKOS Newsletter

**Michelle Cameron Welborn, MD, FAAOS** (Submitted 7/31/2023)

Board or Committee Member: Pediatric Orthopaedic Society of  
North America, Pediatric Spine Study Group, Scoliosis Research  
Society

Editorial or Governing Board: Journal of Pediatric Orthopedics,  
Spine Deformity, Spine

Paid Consultant: AstraZeneca Rare Disease, DePuy, A Johnson &  
Johnson Company, Nuvasive

Paid Presenter or Speaker: Nuvasive, Orthopediatrics, Synthes,  
Stryker

Research Support: POSNA, ZimVie, Shriners Hospitals for Chil-  
dren

**Peters Toms Otlans, MD** (Submitted 8/11/2023)

Board or Committee Member: American Orthopaedic Society  
for Sports Medicine

Editorial or Governing Board: Arthroscopy

**Stephen Wallace, MD** (Submitted 8/24/2023)

Paid Consultant: Johnson & Johnson

**Nirav K. Pandya, MD, FAAOS** (Submitted 4/20/2023)

Board or Committee Member: Pediatric Orthopaedic Society of  
North America, PRISM

**Craig Gillis, DO** (Submitted 10/7/2022)

Stock or Stock Options: Aethlon Medical

**Emily Nguyen, MD** (Submitted 5/1/2022)

Board or Committee Member: North American Spine Society

**The following Faculty Members reported nothing to disclose:**

**Andrea Herzka, MD, FAAOS** (Submitted 7/17/2023)

**Mackenzie Kelly, MD** (Submitted 10/6/2022)

**Michael Charles Koester, MD** (Submitted 7/20/2023)

**Josh Davis, PT, DPT** (Submitted 9/19/2023)

**Jerom Mastrud** (Submitted 7/14/2023)

**Kaitlyn Schlueter, PT, DPT** (Submitted 7/13/2023)

**Mike Makher, PT, DPT** (Submitted 9/19/2023)

**Cay M. Mierisch, MD, FAAOS** (Submitted 7/15/2023)

**Jeana Lyn Summers, DO** (Submitted 7/17/2023)

**Carson Twiss, DO** (Submitted 10/12/2023)

## Planning Committee Disclosures

**Andrea Herzka, MD, FAAOS** (Submitted 7/17/2023)

Nothing to disclose.

**Elizabeth Lieberman, MD** (Submitted 5/31/2023)

Board or Committee Member: AAHKS, OAOS, Ruth Jackson  
Orthopaedic Society

Paid Consultant: DePuy, A Johnson & Johnson Company

**Robert H. Sandmeier, MD, FAAOS** (Submitted 7/12/2023)

Board or Committee Member: AAOS, OAOS, Oregon Medical  
Association

**Kathryn Schabel, MD, FAAOS** (Submitted 7/25/2023)

Board or Committee Member: OAOS, Western Orthopaedic  
Association

Research Support: Zimmer

**Tamara Shannan Simpson, MD, FAAOS** (Submitted 8/23/2023)

Board or Committee Member: OAOS

**Sudeep Taksali, MD** (Submitted 4/10/2023)

Board or Committee Member: OAOS

## Staff Disclosures

**Amanda Dalton, JD** (Submitted 7/14/2023)

Paid Consultant: GlaxoSmithKline

**Shelley Marie Shirley, BS** (Submitted 7/14/2023)

This individual reported nothing to disclose

**Disclosure Policy:** In accordance with the requirements of the ACCME, each instructor, staff, planning committee member, and all in control of content for this continuing education activity, have disclosed any affiliations with, or financial interests in ineligible companies whose primary business is producing, marketing, selling, re-selling or distributing healthcare products used by or on patients with which you have a relevant financial relationship now, or within the prior 24 months. All relevant financial relationships have been mitigated.

# Agenda | Friday, October 20, 2023

7:45 AM - 8:25 AM **REGISTRATION / BREAKFAST / EXHIBITOR VISITS**

8:25 AM - 8:30 AM **President's Welcome - Tamara Simpson, MD**

## PANEL #1: Physical Therapy - Moderated by Robert Sandmeier, MD

8:30 AM - 9:00 AM From Youth Athlete to College to Pro: The Athlete Mindset Jeron Mastrud, CEO

9:00 AM - 9:20 AM Importance of Loading in Physical Therapy with Tendinopathy Josh Davis, PT, DPT

9:20 AM - 9:45 AM Power Training as an Aspect of Rehabilitation: Return to Sport Michael Makher, PT, DPT

9:45 AM - 10:05 AM Data Driven Return to Sport: Beyond Post-Operative Timelines Kaitlyn Schlueter, PT, DPT

10:05 AM - 10:20 AM **15-Minute Q&A**

10:20 AM - 10:50 AM **BREAK / EXHIBITOR VISITS**

## PANEL #2: Pediatric Sports - Moderated by Robert Sandmeier, MD

10:50 AM - 11:10 AM Youth Sports Specialization - How Do We Change The Trend? Nirav Pandya, MD

11:10 AM - 11:40 AM Becoming a High School Team Physician:  
Rabbit Holes and Responsibilities Michael Koester, MD

11:40 AM - 12:00 PM Dealing With Failure in Pediatric Sports Surgery:  
Strategies for Revision Nirav Pandya, MD

12:00 PM - 12:15 PM **15-Minute Q&A**

12:15 PM - 1:15 PM **LUNCH BREAK / EXHIBITOR VISITS**

## PANEL #3: Knee Dislocations - Moderated by Tamara Simpson, MD

1:15 PM - 1:45 PM Multi-Center STAR Trial Andrea Herzka, MD

1:45 PM - 2:15 PM Acute vs Delayed Surgery, Rehab Protocols for Delayed or  
Non-Operative Candidates CASE STUDIES Andrea Herzka, MD

2:15 PM - 2:30 PM **15-Minute Q&A**

## PANEL #4: Spine - Moderated by Emily Nguyen, MD

2:30 PM - 2:45 PM Return to Activity After Surgery in Idiopathic Scoliosis Michelle Welborn, MD

2:45 PM - 3:00 PM Adoption of New Technology in Spine Surgery Michelle Welborn, MD

3:00 PM - 3:10 PM **10-Minute Q&A**

3:10 PM - 3:40 PM **BREAK / EXHIBITOR VISITS** Sabrina Riggs

## PANEL #5: Knee Injuries in Young Athletes - Moderated by Robert Sandmeier, MD

3:40 PM - 4:00 PM Pediatric ACL Reconstruction - What's New? Nirav Pandya, MD

4:00 PM - 4:20 PM Quadriceps Tendon Autograft for ACL Reconstruction Christopher McCrum, MD

4:20 PM - 4:35 PM Treatment of Patellofemoral Malalignment/Patellofemoral  
Instability in a Skeletally Immature Individual Jeana Summers, DO

4:35 PM - 4:50 PM **15-Minute Q&A**

## PANEL #6: Resident Research Papers - Moderated by Kathryn Schabel, MD

4:50 PM - 5:00 PM Increased Opioid Use in Patients with Ehlers-Danlos  
Syndrome Before and After Total Hip Arthroplasty Mackenzie Kelly, MD

5:00 PM - 5:10 PM Pediatric Extensor Pollicis Longus  
Rupture After Distal Radius Fracture Carson Twiss, DO

5:10 PM - 6:10 PM **HOSTED RECEPTION / EXHIBITOR VISITS**

# Agenda | Saturday, October 21, 2023

7:30 AM – 8:00 AM **BREAKFAST / EXHIBITOR VISITS**

## PANEL #7: Out of the Office - Moderated by Sudeep Taksali, MD

8:00 AM – 8:15 AM A Lifetime of Learning: Scoliosis Research Society Traveling Fellowship Michelle Welborn, MD

8:15 AM – 8:30 AM Resilience in the Orthopaedic Patient Peters T. Otlans, MD

8:30 AM – 8:40 AM **10-Minute Q&A**

## PANEL #8: Value-Based Health Care - Moderated by Robert Orfaly, MD

8:40 AM – 9:40 AM From Burnout to Balance: How Making the Transition to Value-Based Health Care Promotes Physician Well-being Kevin Bozic, MD, MBA

9:40 AM – 9:50 AM **10-Minute Q&A**

9:50 PM – 10:20PM **BREAK/ EXHIBITOR VISITS**

## PANEL #9: Advocacy & AAOS

10:20 AM – 11:20 AM 2023 AAOS Update Kevin Bozic, MD, MBA

11:20 AM – 11:50 AM AAOS Advocacy & OrthoPAC Update Wayne Johnson, MD

11:50 AM – 12:05 PM Annual Meeting/President's Report Tamara Simpson, MD

12:05 PM – 12:20 AM Oregon Legislative Update Amanda Dalton, JD

12:20 PM – 12:50 PM **LUNCH / EXHIBITOR VISITS**

## PANEL #10: Sports - Shoulder & Elbow - Moderated by Craig Gillis, DO

12:50 PM – 1:05 PM Recent Advances in Elbow UCL Ligament Repair Cay M. Mierisch, MD

1:05 PM – 1:20 PM Evolving Arthroplasty Concepts in Shoulder Osteoarthritis Management Cay M. Mierisch, MD

1:20 PM – 1:30 PM **10-Minute Q&A**

## PANEL #11: Sports Injuries Around the Hip - Moderated by Elizabeth Lieberman, MD

1:30 PM – 1:45 PM Proximal Hamstring Injuries and Treatment Andrea Herzka, MD

1:45 PM – 2:00 PM Updates on Proximal Hamstring Repair Peters T. Otlans, MD

2:00 PM – 2:30 PM Osseointegration: The Latest & Greatest? Stephen Wallace, MD

2:30 PM – 2:45 PM **15-Minute Q&A**

2:45PM **ADJOURN**

Notes:

# 2023 Conference Faculty



## Kevin Bozic, MD, MBA

**AAOS 2023 President, Chair of Surgery and Perioperative Care,  
Dell Medical School at the University of Texas at Austin, Austin, TX**

Dr. Bozic is the inaugural Chair of Surgery and Perioperative Care at the Dell Medical School at UT Austin. He is an internationally recognized leader in orthopaedic surgery and value-based health care payment and delivery models. Since coming to Austin, he has built a Department with over 250 Faculty across a broad array of surgical disciplines, all focused on the Dell Med mission of revolutionizing the way people get and stay healthy by developing new models of person-centered, multidisciplinary care that reward value and educating leaders who will transform health care. Prior to joining the Dell Med, he was the William R. Murray Endowed Professor and Vice Chair of Orthopaedic Surgery at the University of California San Francisco (UCSF) School of Medicine and Core Faculty of the Philip R. Lee Institute for Health Policy Studies. He completed his Orthopaedic Surgery Residency training in the Harvard Combined Orthopaedic Residency Program, and additional Fellowship training in Adult Reconstructive Surgery from Rush University Medical College. He holds a BS in Biomedical Engineering from Duke University, where he graduated magna cum laude, and an MD with Thesis from UCSF. Dr. Bozic also holds an MBA from Harvard Business School, where he continues to serve as a Senior Institute Associate in Michael Porter's Institute for Strategy and Competitiveness. Dr. Bozic's clinical practice is focused on the management of patients with hip and knee arthritis and painful hip and knee arthroplasties, and he has over 20 years of experience in adult reconstructive surgery focusing on simple and complex primary and revision hip and knee arthroplasty.



## Nirav Pandya, MD

**Chief, Pediatric Orthopedic Surgery, Vice-Chair, Pediatric Operations,  
University of California, San Francisco, San Francisco, CA**

Dr. Nirav K. Pandya MD, a pediatric orthopedic surgeon and sports medicine specialist within the UCSF Dept. of Orthopaedic Surgery, is Vice-Chair of Pediatric Operations and Section Chief of the Division of Pediatric Orthopaedics. Dr. Pandya joined the UCSF Department of Orthopaedic Surgery in 2012. His areas of interest include sports medicine, arthroscopy, and pediatric trauma as well as general pediatric orthopaedics. Originally from Chicago, Dr. Pandya received his undergraduate degree from the University of Chicago where he was elected to the Phi Beta Kappa honor society. While at the University of Chicago, Dr. Pandya was a member of the track and field team and was elected captain his senior year. He remains one of the top 10 triple jumpers in the school's history. He then received his medical degree from the University of Chicago Pritzker School of Medicine. While in medical school, he served as an assistant coach for the University of Chicago track and field team, coaching several national qualifiers in the long and triple jump. Dr. Pandya then went on to complete his orthopaedic surgery residency at the Hospital of the University of Pennsylvania in Philadelphia. He served as academic chief resident his final year and was the recipient of the DeForest Willard Award for outstanding performance. He then completed a fellowship in pediatric orthopaedic surgery at Rady Children's Hospital in San Diego where he was awarded the Lena Sefton Clark endowed fellowship award, and received further training in general pediatric orthopaedics, pediatric sports medicine, and hip preservation surgery.



## Peters Otlans, MD

**Sports Medicine & Shoulder Specialist,  
Proliance Southwest Seattle Orthopedics, Seattle, WA**

Peters T. Otlans, MD, MPH is a sports medicine-trained orthopaedic surgeon at Proliance Southwest Seattle Orthopedics in Burien, Washington. He is a graduate of Boston University School of Medicine and he completed his orthopaedic residency at OHSU and fellowship at the Rothman Institute at Jefferson University. Peters is a Northwest native, diehard Seattle sports fan, politics and history enthusiast, and father to a 1-year-old daughter. He serves as an editor for journals AJSM and Arthroscopy, is an AOSSM Council of Delegates and committee member, and volunteers as team doctor for the local school district.

# 2023 Conference Faculty



**Andrea Herzka, MD**  
Associate Professor of  
Orthopaedics and Rehabilitation,  
School of Medicine, OHSU,  
Portland, OR



**Wayne Johnson, MD**  
AAOS OrthoPAC Chairman,  
MMG Orthopaedics,  
Lawton, OK



**Michael Koester, MD**  
Slocum Center for Orthopedics  
& Sports Medicine, Eugene, OR



**Christopher McCrum, MD**  
Samaritan Athletic Medicine,  
Corvallis, OR



**Michelle Welborn, MD**  
Shriners Hospital for Children,  
Portland, OR



**Cay Mierisch, MD**  
Samaritan Health Services,  
Corvallis, OR



**Jeana Summers, DO**  
Orthopedic & Fracture Specialists,  
Portland, OR



**Stephen Wallace, MD**  
Summit Orthopaedics,  
Lake Oswego, OR



**Jeron Mastrud, CEO**  
APEX Performance  
Wellness & Rehab,  
Tigard, OR



**Josh Davis, PT, DPT**  
APEX Performance  
Wellness & Rehab,  
Tigard, OR



**Michael Makher, PT, DPT**  
APEX Performance  
Wellness & Rehab,  
Tigard, OR



**Kaitlyn Schlueter, PT, DPT**  
Samaritan Athletic Medicine,  
Corvallis, OR

# 2023 Exhibitors

*The Oregon Association of Orthopaedic Surgeons thanks our*

## **2023 Exhibitors**

*for their generous support of this conference!*

### **Gold Level Exhibitors**

**Acumed**

**ANIKA**

**Avenue Medical Products**

**Cerapedics**

**DePuy Synthes**

**Endo Pharma**

**Enovis**

**Multnomah Medical Clinic**

**Orthofix**

**Pacira Biosciences**

**Rayus Radiology**

**Stryker**

**U.S. Army NW**

**Physician Recruiting**

**Vericel**

**Zimmer Biomet Oregon**

### **Silver Level Exhibitors**

**ATI Physical Therapy**

**Avanos Medical**

**Heron Therapeutics**

**Medtronic**

**Movement Medical**

**Shukla Medical**

**SI-BONE**

**Smith+Nephew**

**Steelhead Surgical/Arthrex**

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