Saturday, March 18, 2017
San Diego Convention Center
Room: 28
7:30 am – 5:10 pm

Mending the Weekend Warrior

General Information
Description
Treasuring the weekend warrior entails unique challenges and rewards for hand surgeons. These patients often push themselves to their physical limit—pouring pent up passions into after-work play, exercise, and athletic endeavors. “Down time” is anathema to their competitive spirit. Unrealistic expectations can make these patients challenging to treat, yet paradoxically, their motivation could make them ideal patients.
This symposium examines many of the issues affecting this patient group, many of which don’t have ideal solutions. The course design includes outreach to the global community of practitioners over this past year to solicit advice and, perhaps, identify new tricks and techniques so that evidence-based medicine and conventional wisdom can be melded with “crowd-sourced wisdom” to help us mend the weekend warrior.

Target Audience
Advanced Hand Surgeons

Course Objectives
Review common and controversial upper extremity sports injuries. At the end of the symposium, audience members will be able to recognize and diagnose many of these injuries, understand treatment options, and appreciate nuances of more complex surgical strategies.

Accreditation
Credit Hours
8.5 AMA PRA Category 1 Credits™

Program Committee Leadership
Michael R. Hausman, MD, Program Co-Chair
Jonathan E. Isaacs, MD, Program Co-Chair

Session I – Thenar Pain
Moderator: R. Glenn Gaston, MD
7:30 am – 7:35 am
Introductions
Michael R. Hausman, MD, Jonathan E. Isaacs, MD, Ghazi M. Rayan, MD, William C. Pederson, MD, FACS

7:36 am – 7:42 am
CMC Arthritis: Can I still win with an LRTI?
R. Glenn Gaston, MD

7:43 am – 7:49 am
Joint Preservation: Does it work?
Jennifer Moriatis Wolf, MD

7:50 am – 7:56 am
MCP Hyperextension: What’s the “Quick and Dirty” solution that really works?
Robert J. Strach, MD

7:57 am – 8:03 am
I’m 24. My basal joint really hurts, and my x-rays are normal. Help!
Steven Z. Glickel, MD

8:04 am – 8:10 am
Alternative Surgeries: Can I get back to playing faster?
A. Lee Osterman, MD

8:10 am – 8:25 am
Mass wisdom and Q&A

Session II – Tennis
Moderator: A. B. Chhabra, MD
8:26 am – 8:32 am
Lateral Epicondylitis: What really works?
Michael R. Hausman, MD

8:33 am – 8:39 am
Snapping Elbow: Differential, work up, and treatment of plica
A. B. Chhabra, MD

8:40 am – 8:49 am
Forearm Pain: Pronator syndrome, radial tunnel syndrome, and myofascial pain syndrome
Jonathan E. Isaacs, MD

8:50 am – 8:56 am
Biceps Tendonitis: Must I really tear and repair?
Gregory I. Bain, FRACS, PhD

8:57 am – 9:03 am
Osteoarthritis of the elbow: How much? How quickly?
Scott P. Steinmann, MD

9:04 am – 9:10 am
Yoga Wrist
Josh M. Abzug, MD

9:11 am – 9:17 am
Pump syndrome: What is it and how do you treat it? Does surgery work?
Fraser J. Leversedge, MD

9:18 am – 9:28 am
Mass wisdom and Q&A
Moderator: Ryan P. Calfee, MD, MSc

9:29 am – 9:35 am
Denervation of the elbow and wrist: Convince me this works and show me how I do it?
Marco Rizzo, MD

9:36 am – 9:42 am
ECU subluxation and tendonitis: Diagnosis, treatment options, and surgery
Marc J. Richard, MD

9:43 am – 9:49 am
Ulina Abutment: How to get back to tennis ASAP!
Ryan P. Calfee, MD, MSc

9:50 am – 10:00 am
DRUJ instability/arthritis/TFCC traumatic tears to unstable: Diagnosis, conservative treatment, and overview of options (including Arthroscopic Repair video)
Jeffrey A. Greenberg, MD, MS

10:01 am – 10:07 am
Open Repair (video)
Adam B. Shafritz, MD

10:08 am – 10:14 am
Ligament Reconstruction (video)
Brian D. Adams, MD

10:15 am – 10:30 am
Mass wisdom Q&A

10:30 am – 10:40 am
BREAK

Session III – Javelin (and baseball)
Moderator: John D. Lubahn, MD, FACS
10:41 am – 10:47 am
Medical overload/MUCL: Prognosis for future activity
Mark E. Baratz, MD

10:48 am – 10:54 am
MUCL reconstruction (video)
Dean G. Sotereanos, MD

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American Society for Surgery of the Hand / American Association for Hand Surgery
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>10:55 am – 11:01 am</td>
<td>Medial epicondylitis: What is it? What to do?</td>
<td>David S. Zelouf, MD</td>
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<tr>
<td>11:02 am – 11:08 am</td>
<td>The unstable ulnar nerve: When to treat and when to reassure?</td>
<td>John D. Lubahn, MD, FACS</td>
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<td>11:08 am – 11:20 am</td>
<td>Mass wisdom and Q&amp;A</td>
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