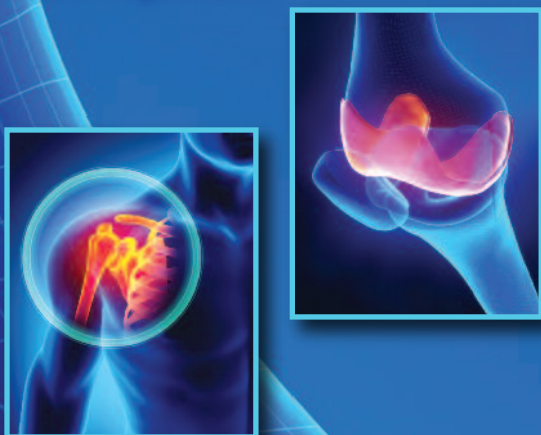


9th Annual
ORTHOPEDIC SYMPOSIUM

Attendees have a unique opportunity to interact with leaders in Orthopedics, Sports Medicine and Rehabilitation. It is an ideal forum to update knowledge and improve competencies in the treatment, repair and rehabilitation of cartilage conditions and injuries.



HIGHLIGHTS

- ~ Biological Review.
- ~ Novel Management Strategies.
- ~ Overview of current concepts of rehabilitation.

LIVE DEMONSTRATION

- ~ Physical examination of the shoulder and knee.
- ~ Dynamic ultrasound evaluation as an extension of physical examination.

Accreditation

NewYork-Presbyterian Queens is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

NewYork-Presbyterian Queens designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other:

Physical Therapists: Credits pending
Occupational Therapists: Credits pending
Athletic Trainers: Credits pending

Disclosure Statement

NewYork-Presbyterian Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

Registration Fees

\$75	Physicians
\$50	General Registrants
No Fee	Physicians-in-training, NYP Queens Physicians & Staff (copy of NYP Queens ID required with registration)

Fee includes continental breakfast, lunch and course materials.

Cancellation

Refunds will only be made upon receipt of written notification a minimum of five work days prior to the session.

Directions

NewYork-Presbyterian Queens is located on the corner of Booth Memorial Avenue and Main Street in Flushing. *From the Long Island Expressway:* take the Main Street Exit (#23), travel north on Main Street to Booth Memorial Avenue. *From the Whitestone Bridge:* take the Van Wyck Expressway to the College Point Blvd. Exit; turn left on College Point Blvd. and right on Booth Memorial Avenue. Follow Booth Memorial Avenue to Main Street. *From the IRT Flushing Line #7:* train to Main Street (last stop), then Q44 bus southbound on Main Street; stops opposite the Hospital. NewYork-Presbyterian Queens is located in a residential area with metered parking. Free lock-and-park spaces are available under the Van Wyck Expressway at College Point Blvd. and 58th Road. Shuttle buses to the Hospital run approximately every 10-15 minutes. Limited paid parking is available in our Visitor Parking Lot located on Booth Memorial Avenue opposite the Emergency Room.

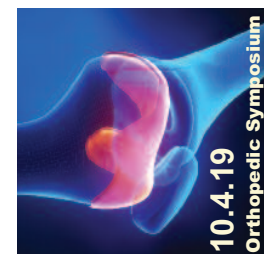
Special Needs

NYP Queens is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of CME at 718-670-1419.

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9th Annual Orthopedics Symposium

Articular Cartilage Problems: From Repair to Replacement

Course Co-Chairs

Alexander Golant, MD

Libi Galmer, DO

Anthony L. Vucenik, PT, MS

Friday, October 4, 2019

7:00 a.m. - 3:00 p.m.

NewYork-Presbyterian Queens
Theresa and Eugene M. Lang Center
for Research and Education
56-45 Main Street, Flushing, NY

Credit

Maximum of **6.0 AMA PRA
Category 1 Credit(s)**[™]

PT, OT, and AT Credits pending

To Register

718-670-1419

www.nypqcme.org

JBRH V2

NewYork-Presbyterian
Queens

Articular Cartilage Problems: From Repair to Replacement

Presented by the NewYork-Presbyterian Queens Department of Orthopedics & Rehabilitation

Friday, October 4, 2019 • 7:00 a.m.-3:00 p.m.

NewYork-Presbyterian Queens, Theresa and Eugene M. Lang Center for Research and Education • 56-45 Main Street, Flushing, NY

Statement of Need

Articular cartilage has a limited capacity for intrinsic healing and repair. Articular cartilage injuries are common to high level athletes and working professionals. Traumatic and progressive degeneration can cause wear and tear resulting in mechanical destruction of the structure. Articular problems can present in varying degrees of severity. These injuries require orthopedic and primary care consultations. The 9th Annual Orthopedic Symposium at NewYork-Presbyterian Queens is an educational event that will focus on the assessment and management of injuries to the articular cartilage. The symposium will be beneficial for physicians and health care providers wishing to improve their knowledge and competence in the care of various cartilage injuries. It will provide current information on operative and non-operative management for both acute and chronic, overuse and traumatic injuries. It will also provide an overview of concepts of rehabilitation and the role of rehabilitation specialists in managing articular cartilage injuries. This symposium will provide a live demonstration session on dynamic ultrasound-guided assessment and clinical assessment of joints utilizing special tests.

Target Audience

Primary care physicians, orthopedic surgeons, physiatrists, physician assistants, physical therapists, occupational therapists, residents, fellows, athletic trainers, nurses, rehabilitation specialists and other Sports Medicine Specialists and Healthcare Professional involved in the care of tendon injuries.

Educational Objectives

It is intended that this NYP Queens CME activity will lead to improved patient care. At the end of this symposium, the participant will be able to:

- Identify the soft tissue structure related to cartilage dysfunction.
- Recognize the clinical presentation of cartilage dysfunction under radiological imaging and clinical assessment.
- Analyze the potential benefits and considerations surrounding the surgical management of cartilage dysfunction.
- Specify the epidemiology of cartilage injuries.
- Recognize the soft tissue structures of the knee under ultrasound-guided imagery.
- Recommend rehabilitation protocols for post-operative and non-operative patients.
- Specify the various mechanisms of injury to cartilage of the knee.
- Recognize the benefits of regenerative therapy as it concerns to the knee.
- Discuss the role of microfracture in the treatment of cartilage dysfunction.
- Explicate the role, advantages and limitations of stem cell-based therapies for cartilage repair.

Registration | Information

Ms. Pamela Williams, Director, Continuing Medical Education
tel: 718-670-1419 • fax: 718-661-7925
email: pgw9001@nyp.org • **Register Online:** www.nypqcme.org

AGENDA

7:00 a.m. *Registration & Continental Breakfast*

7:35 a.m. **Welcome Remarks**

Jeffrey E. Rosen, MD

Associate Professor of Clinical Orthopedic Surgery
Chairman, Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

Jaclyn A. Mucaria, MPA

President, NewYork-Presbyterian Queens

7:40 a.m. **Introduction and Overview**

Course Co-Chairs

Alexander Golant, MD

Assistant Professor of Clinical Orthopedic Surgery
Weill Cornell Medicine
Associate Director, Sports Medicine
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

Libi Galmer, DO

Assistant Professor of Clinical Rehabilitation Medicine
Weill Cornell Medicine
Attending Physician, Integrative and
Regenerative Orthopedics
NewYork-Presbyterian Queens

Anthony L. Vucenik, PT, MS

Sports Medicine Program Coordinator
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

SESSION I • BIOLOGICAL REVIEW

7:50 a.m. **Biology of Articular Cartilage**

Kathelynn Aviles, MD

Physiatry, Sports Medicine Fellow
NewYork-Presbyterian Queens

8:10 a.m. **Cartilage Imaging - Where Are We in 2019?**

R. Aaron Marshall, MD

Attending Radiologist, Department of Radiology
NewYork-Presbyterian Queens

8:30 a.m. **The Basics of Cartilage Injury-Presentation, Physical Exam and Initial Management**

Arth Patel, MD

Sports Medicine and General Orthopedics
NewYork-Presbyterian Queens

8:50 a.m. **Osteochondritis Dissecans in Children and Adolescents**

Lana Nirenstein, MD

Pediatric Orthopedic Surgeon, NewYork-Presbyterian Queens

9:10 a.m. **Role of Biologics in Management of Cartilage Disorders**

Libi Galmer, DO

9:30 a.m. **Case Presentation and Discussion**

9:45 a.m. **Coffee Break**

SESSION II • MANAGEMENT

10:00 a.m. **You Can't Just Focus on the Cartilage - The Role for Ligament Reconstruction and Osteotomy**
Tony N. Quach, MD

Assistant Professor of Clinical Orthopedic Surgery
Weill Cornell Medicine
Associate Director, Sports Medicine
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

10:20 a.m. **Microfracture - Is it Dead?**
Alexander Golant, MD

10:40 a.m. **Plug It Up - The Role of Osteochondral Autografts and Allografts**
Alexander Golant, MD

11:00 a.m. **Cell-Based Cartilage Repair**
Jeffrey E. Rosen, MD

11:20 a.m. **Physical Therapy After Cartilage Repair**
Jessica Paparella-Wachtel, DPT
Clinical Director
Professional Physical Therapy, Garden City, LI

11:40 a.m. **On the Horizon - Novel Strategies and Techniques**
Alexander Golant, MD

12:00 p.m. **Arthroplasty in the Young Active Patient**
Robert Li, MD

Assistant Professor of Clinical Orthopedic Surgery
Weill Cornell Medicine
Associate Director, Total Joint Arthroplasty
Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

12:20 p.m. **Case Presentation and Discussion**

12:35 p.m. **Lunch**

LIVE DEMONSTRATION

1:35 p.m. **Physical Examination of the Shoulder and Knee**

Dynamic Ultrasound Evaluation as an Extension of Physical Examination

3:00 p.m. **Adjourn**

REGISTRATION

9th Annual ORTHOPEDIC SYMPOSIUM
Articular Cartilage Problems: From Repair to Replacement

Friday, Oct. 4, 2019
7:00 am-3:00 pm
NYP Queens, Lang Center
56-45 Main Street
Flushing, NY

THREE EASY WAYS TO REGISTER:

- 1 **Online:** Go to website: www.nypqcme.org and pay via credit card
- 2 **Fax:** This form with credit card information to: **718.661.7925**
- 3 **Mail:** This form with a check made payable to:
NYP Queens-Continuing Medical Education
Mail to: Pamela Williams, Dir., Continuing Medical Education
NewYork-Presbyterian Queens
56-45 Main Street, Flushing, NY 11355 Questions?
718-670-1419

REGISTRATION FEE - Please check one.

Fee includes continental breakfast, lunch and course materials.

- \$75/Physician
 \$50/General Registrant
 No Fee/Physicians-in-training, NYP Queens Physicians & Staff (copy of ID required, pre-registration requested)

Last Name _____

First Name _____

MD _____ General Registrant _____

Mailing Address _____

City/State/Zip _____

Phone _____ Fax _____

E-mail _____

Affiliation _____

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