

# SCHEDULE\*

**FRIDAY** Program 1:00-6:45 pm, Reception 6:45-8:00 pm

- 1:00-1:15 pm *Welcome*  
James C. Vailas, MD
- 1:15-1:50 pm *Superior Capsular Reconstruction (SCR)*  
Arun J. Ramappa, MD
- 1:50-2:25 pm *Algorithm and Outcomes for Posterior Tibial Tendonitis*  
Judith F. Baumhauer, MD, MPH
- 2:25-2:55 pm *Health Reform in the Trump Era*  
David K. Jones, PhD
- 2:55-3:10 pm **BREAK**
- 3:10-3:45 pm *Tibial Shaft Fracture Management and Clinical Practice Guidelines*  
Stephen A. Klinge, MD
- 3:45-4:20 pm *Total Elbow Replacement in the Treatment of Elbow Trauma*  
Michel Y. Benoit, MD
- 4:20-4:55 pm *Sacroiliac Joint Fusion for SIJ Dysfunction*  
Ahmed M. Khan, MD
- 4:55-5:10 pm **BREAK**
- 5:10-5:40 pm *Metabolic Bone Work-Up after Bone Stress Injury*  
Kathryn E. Ackerman, MD, MPH, FACS
- 5:40-6:10 pm *Ankle Arthritis Treatment Options*  
Judith F. Baumhauer, MD, MPH
- 6:10-6:45 pm *Health Politics and the 2020 Election*  
David K. Jones, PhD
- 6:45-8:00 pm **RECEPTION**

**SATURDAY** Breakfast 6:45-7:15 am, Program 7:15-10:30 am

- 7:15-7:55 am *Cervical Disc Replacement*  
Ahmed M. Khan, MD
- 7:55-8:30 am *Interdisciplinary Sports Medicine - Providing Comprehensive Care*  
Kathryn E. Ackerman, MD, MPH, FACS
- 8:30-9:05 am *Patella Fracture Management*  
Stephen A. Klinge, MD
- 9:05-9:20 am **BREAK**
- 9:20-9:55 am *Revision ACL Reconstruction*  
Arun J. Ramappa, MD
- 9:55-10:30 am *Hand Injury, Pitfalls and How to Stay Out of Trouble*  
Michel Y. Benoit, MD

\* Visit [www.nhmi.net](http://www.nhmi.net) for detailed program information, including objectives for each talk. We reserve the right to change speakers and/or topics.

# FACULTY

Visit [www.nhmi.net](http://www.nhmi.net) for faculty disclosures



**KATHRYN E. ACKERMAN, MD, MPH, FACS**  
Boston Children's Hospital, Massachusetts General Hospital, MA  
Dr. Kathryn E. Ackerman holds appointments in the Endocrine Divisions of Massachusetts General Hospital and Boston Children's Hospital and is the Medical Director of the Female Athlete Program at Boston Children's Hospital, Division of Sports Medicine. She received her medical degree from Johns Hopkins University School of Medicine and her MPH from the Harvard School of Public Health. She completed her internal medicine residency at the Hospital of the University of Pennsylvania, her sports medicine fellowship at Boston Children's Hospital, and her endocrine fellowship at Brigham and Women's Hospital. She is triple boarded in internal medicine, sports medicine, and endocrine. Her research and clinical interests largely focus on Female Athlete Triad and Relative Energy Deficiency in Sport (RED-S).



**JUDITH F. BAUMHAUER, MD, MPH**  
University of Rochester Medical Center, NY  
Dr. Judith F. Baumhauer serves as Associate Chair of Academic Affairs and Professor in the Division of Foot and Ankle Surgery for the Department of Orthopaedics at the University of Rochester. In addition to providing clinical care, she is the Medical Director of the Patient-Reported Outcomes Measurement Information System for the UR Health Care System. Dr. Baumhauer received her medical degree from the University of Vermont College of Medicine. She completed her orthopaedic residency at the Medical Center Hospital of Vermont and a fellowship in foot and ankle surgery at the Medical College of Wisconsin. Dr. Baumhauer is the Past President of the American Board of Orthopaedic Surgery, American Orthopaedic Foot and Ankle Society (AOFAS), and Eastern Orthopaedic Association.



**MICHEL Y. BENOIT, MD**  
The University of Vermont Medical Center  
Dr. Michel Y. Benoit is an orthopedic surgeon at the University of Vermont Medical Center. He serves as an Associate Professor and Vice Chair of the Department of Orthopedic Surgery and Rehabilitation at the Larner College of Medicine at UVM in Burlington, VT. He received his medical degree from the University of Montreal. He completed an internship at Sacre-Coeur Hospital in Montreal, his residency at the University of Ottawa, and fellowships in hand surgery at University of Ottawa and SUNY-Syracuse. Dr. Benoit frequently presents on upper extremity topics at local, regional, national, and international conferences.



**DAVID K. JONES, PHD**  
Boston University School of Public Health, MA  
David K. Jones is an Associate Professor in the Department of Health Law, Policy and Management at Boston University School of Public Health. He received his PhD in Health Services, Organizations and Policy, and Master of Arts in Political Science from the University of Michigan. He also completed his Master of Science in Public Health with a focus on health policy and management from the University of North Carolina. David's research examines the politics of health reform and his work has appeared in the New England Journal of Medicine, The Journal of the American Medical Association, The Journal of Health Politics, Policy and Law, and The American Journal of Public Health and in esteemed lay publications.



**AHMED M. KHAN, MD**  
The Hospital of Central Connecticut, CT  
Dr. Ahmed M. Khan is the Chief of Neurosurgery at the Hospital of Central Connecticut. He received his medical degree from the University of Connecticut School of Medicine. He completed his internship at the University of Connecticut School of Medicine and a residency at Rhode Island Hospital. Dr. Khan's areas of interest include back surgery, neurosciences, and spinal fusions. He has presented on these topics locally, regionally, and nationally.



**STEPHEN A. KLINGE, MD**  
Lahey Health, MA  
Dr. Stephen A. Klinge is currently an attending physician at the Lahey Clinic and Medical Center, concentrating on trauma, sports medicine and joint replacement, with a focus on complex hip, knee and shoulder trauma. He received his medical degree from the Columbia University. He completed his internship in general and orthopaedic surgery and a residency in orthopaedic surgery at The Warren Alpert Medical School of Brown University. He completed fellowships in orthopaedic trauma surgery at The Warren Alpert Medical School of Brown University and orthopaedic sports surgery at the University of Connecticut School of Medicine. Dr. Klinge is active with resident education and research, and he received the American Orthopedic Association Emerging Leader award in 2015.



**ARUN J. RAMAPPA, MD**  
Beth Israel Deaconess Medical Center, MA  
Dr. Arun J. Ramappa is the Chief of the Division of Sports Medicine and Shoulder Surgery at Beth Israel Deaconess Medical Center. He is also an Associate Professor of Orthopedic Surgery at Harvard Medical School and serves as Team Physician for the Boston Red Sox, Harvard University, Simmons College, and Mt. Ida College. Dr. Ramappa received his medical degree from Harvard Medical School. He completed his surgical internship at Massachusetts General Hospital and orthopedic surgery residency at the Harvard Combined Orthopedic Residency Program. Dr. Ramappa earned the Edwin Cave Traveling Fellowship, where he received advanced training in shoulder surgery in Switzerland and France. He completed a third fellowship at the Steadman-Hawkins Clinic, where he gained expertise in a variety of athletic injuries. Dr. Ramappa's research interests include the study of musculoskeletal biomechanics with a focus on ACL tears, meniscus tears, shoulder instability, and rotator cuff tears.

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
MANCHESTER, NH  
PERMIT 624

New Hampshire Musculoskeletal Institute  
35 Koscusko St.  
Manchester, NH 03101

## 20<sup>TH</sup> ANNUAL ORTHOPAEDIC WINTER MEETING

FRIDAY, JANUARY 31 &  
SATURDAY, FEBRUARY 1  
**STOWE, VERMONT**

Register Online At:  
[www.nhmi.net](http://www.nhmi.net)

**REGISTRATION FEE INCLUDES ROOM  
FOR FRIDAY & SATURDAY NIGHTS\***

\* Course-only registrations do not include lodging.



**THE LODGE**  
AT SPRUCE PEAK



**THE LODGE**  
AT SPRUCE PEAK



Approved for 8 AMA PRA Category 1 Credit(s)<sup>™</sup>  
and 8 BOC Category A hours/CEUs.



Approved for 8 AMA PRA Category 1 Credit(s)<sup>™</sup>  
and 8 BOC Category A hours/CEUs.





## LOCATION



The Lodge at Spruce Peak is located in the quintessential New England town of Stowe, VT. Stowe not only impresses guests with its rich historical roots, but it also boasts some of the most impressive natural landscape in the country. With a variety of gourmet artisan restaurants and food shops, wine tastings, high-end boutiques and quaint walking village, Stowe is home to many luxuries which complement the four-diamond Lodge at Spruce Peak. The Lodge at Spruce Peak provides all the benefits of a destination resort with incredible accessibility.

**DIRECTIONS:** Follow I-89 to Vermont Exit 10, Waterbury/Stowe/Route 100. Go north on Route 100 for 11 miles. Turn left at the blinking light in the village of Stowe onto Route 108 (Mountain Road). The Lodge at Spruce Peak is 7.5 miles up on your right.



## ACCOMMODATIONS

The resort includes over 300 luxury guest rooms. Each room offers floor-to-ceiling windows with breathtaking mountain views and marble bathroom, with separate shower and relaxation tub, goose down feather beds, pillows and duvets. Many rooms include a fireplace. If your registration fee includes lodging, you have the option of either a Classic Guest Room or a Studio. The daily facility fee usually assessed to each room has been waived for our group. Accommodation upgrades are available for an additional fee; contact Sandy Snow at sandy@nhmi.net or 603-627-9728 for descriptions and pricing.

## RESORT GUEST SERVICES

- Alpine Concierge staff will personalize your stay
- Ski valet service
- Artisan-inspired fine and casual dining
- 24-hour in-room dining (limited menu after 1am)
- In-house naturalist to arrange outdoor activities
- Children's adventure programming
- Pet-friendly accommodations
- Twice-daily housekeeping and evening turndown service
- Wireless high-speed internet access in public areas
- Luxury shops and boutiques
- Overnight valet parking (Reduced for our group to \$15 per day.)

## SKIING AND BOARDING

The Lodge at Spruce Peak, in the heart of the new Spruce Peak at Stowe Alpine Village is adjacent to the new Over Easy Transfer Gondola connecting Spruce Peak to Mt. Mansfield and guests enjoy slopeside access to the most legendary ski resort in the east. Ski Valet, which allows guests to ship their ski equipment in advance, and have it waiting for them when they arrive with boots heated, equipment tuned, and gear brought up to the lift or gondola by "ski sherpas."



**The Lodge at Spruce Peak offers 39 total miles of skiing, 48 trails of various difficulty, snowboarding halfpipe, 22 miles of groomed terrain and 25 miles of backcountry trails for cross country skiing.**

## What is NHMI?

NHMI is a 501(c)(3) non-profit dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.

## Meeting Description and Target Audience

This live activity offers 8 AMA PRA Category 1 Credit(s)<sup>™</sup> and 8 BOC Category A hours/CEUs. The course is designed to highlight areas of practice advances in the field of orthopaedics relative to practicing physicians, physician assistants, nursing, athletic training and physical therapy professionals.

## Meeting Objectives

- Upon completion of this live educational activity, learners should be able to:
- Synthesize applicable management concepts into clinical practice to enhance patient services.
  - Assess and apply surgical and nonsurgical treatments and rehabilitation protocols for the management of conditions germane to the practice of orthopaedics and musculoskeletal medicine.

## SPONSORS

GRANTS FROM THE FOLLOWING COMPANIES MAKE THIS PROGRAM POSSIBLE:

## GOLD SPONSORS



## SILVER SPONSORS



## EXHIBITORS



8 AMA PRA Category 1 Credit(s)<sup>™</sup> & 8 BOC Category A hours/CEUs.

EARLY BIRD REGISTRATION FEE: \$900  
AFTER DECEMBER 6TH FEE: \$950

REGISTRATION FEE INCLUDES FRIDAY AND SATURDAY NIGHT LODGING!

EARLY BIRD COURSE-ONLY REGISTRATION FEE: \$375  
AFTER DECEMBER 6TH COURSE-ONLY FEE: \$400

The NH Musculoskeletal Institute designates this live activity for a maximum of 8 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. \*Course-only registrations do not include lodging.

## NHMI 20<sup>TH</sup> ANNUAL ORTHOPAEDIC WINTER MEETING

# REGISTRATION

**\*SPACE IS LIMITED - REGISTER EARLY\***

To pay by credit card, complete and fax or mail this form, or register online at [www.nhmi.net](http://www.nhmi.net).

To pay by check, complete and mail form to: NHMI, 35 Kosciuszko St., Manchester, NH 03101; Fax: 603-627-0880.

Fee: EARLY BIRD (by Dec. 6, 2019 11:59p EST) \$900, Course-only \$375 REGULAR: \$950, Course-only \$400 Registration deadline: Jan. 2, 2020

Name: \_\_\_\_\_  MD  PA-C  Other \_\_\_\_\_

Guest Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Payment Method:  Check (to NHMI)  Visa  MasterCard  Amex

Billing address if different from above: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Card Number: \_\_\_\_\_ Amount: \_\_\_\_\_

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

## ACCOMMODATIONS ARE AT THE LODGE AT SPRUCE PEAK.

Room Preference:  Classic with 2 Beds  Studio with 1 Bed Plus Pull-Out Sofa

Do you need a ski lift ticket discount voucher:  Yes  No

Number of people in group you anticipate skiing: \_\_\_\_\_

Dates you anticipate skiing: \_\_\_\_\_

Pre-register for Children's Lesson Programs\* online at <https://www.stowe.com/plan-your-trip/ski-and-ride-lessons.aspx> or by calling 802.253.3000 and indicate that your child is part of a group and will be arriving with a group discount card for the purchase.

\*Pre-registration for this program is required. Upon program check-in please be prepared to present or purchase an Evolution Stowe Card for each participant of the Adventure Center program.

## 2020 IMPORTANT PROGRAM INFORMATION

**IMPORTANT!**  
The meeting will begin Friday at 1 PM and end Saturday morning at 10:30 AM.  
Registration with accommodations INCLUDES Friday and Saturday nights.

**REGISTRATION FEE:** EARLY BIRD (by Dec. 6, 2019 11:59p EST): \$900. REGULAR FEE: \$950. Registration Fee with accommodations includes all course materials, reception, Saturday breakfast, refreshments indicated on Program, and two nights' lodging (regular room). Course-only EARLY BIRD (By December 6): \$375. Course-only REGULAR FEE: \$400. Registration Fee includes all course materials, reception, Saturday breakfast, and refreshments indicated on Program.

**REGISTRATION DEADLINE:** January 2, 2020 (11:59p EST)

**CANCELLATION:** Refunds except for \$50 administrative fee will be made before deadline. After deadline, fee is non-refundable. We reserve the right to cancel the meeting; full fee will be refunded.

**CONFIRMATION:** Confirmed registrants will receive notification within two weeks of registering. If you do not receive a confirmation notice, please contact us at 603-627-9728.

**ACCOMMODATIONS:** Full/Regular registration fee includes one room (Studio or Classic Room) at the Lodge at Spruce Peak. Space is limited in the NHMI room block. Upgraded accommodations may be available for an additional fee. Rooming will be managed by NHMI; it is not necessary for you to contact the Lodge at Spruce Peak directly to reserve a room. Please contact NHMI for more information. To learn more about the Lodge at Spruce Peak, visit [www.sprucepeak.com](http://www.sprucepeak.com) or call them directly at 888-478-6938.

**DIRECTIONS:** See inside brochure for details.

**CONTINUING EDUCATION:** NH Musculoskeletal Institute is accredited by the New Hampshire Medical Society Council on Education to provide continuing medical education for physicians. This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education. The NH Musculoskeletal Institute designates this live activity for a maximum of 8 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of his/her participation in the activity.



NH Musculoskeletal Institute (BOC AP# P966) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 8 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



**COURSE INFORMATION:** Visit [www.nhmi.net](http://www.nhmi.net) or contact Sandy Snow at sandy@nhmi.net or 603-627-9728.

**COURSE DIRECTORS:** James Vailas, MD - NH Orthopaedic Center, Mark Lemos, MD - Lahey Health & Medical Center, Gregory Soghikian, MD - NH Orthopaedic Center

**DISCLOSURE:** It is the policy of NH Musculoskeletal Institute that faculty and Course Directors disclose to the audience real or apparent conflicts of interest relating to the topics of this educational activity NH Musculoskeletal Institute has established policies that identify and resolve conflicts prior to this educational activity. Visit [www.nhmi.net](http://www.nhmi.net) for disclosures.

Friday & Saturday January 31 - February 1, 2020 The Lodge at Spruce Peak Conference Center  
8 AMA PRA Category 1 Credit(s)<sup>™</sup> & 8 BOC Category A hours/CEUs.