

# ORTHOPAEDIC UPDATE 2021

## Hot Topics in Sports Medicine and Joint Reconstruction Across the Lifespan

May 6-7, 2021

---

### THURSDAY, MAY 6, 2021: AFTERNOON SESSION (16:00 – 19:30)

#### **Session 1: Advances in Care of the Active Patient with Knee Osteoarthritis**

Moderator: Dr. N. Greidanus

- 1600 - 1605 Welcome and Opening remarks – Dr. K. Mulpuri
- 1605 - 1615 Non-Surgical Optimization of Knee OA: what's new for 2021? - Dr. N. Greidanus
- 1615 - 1625 Current status of Injectables for Osteoarthritis: corticosteroids, viscosupplementation, PRP, Stem Cell – Dr. A. Younger
- 1625 - 1635 Articular Cartilage Procedures Involving Autograft or Allograft: indications and techniques - Dr. P. Chin
- 1635 - 1655 **Morton Lecture: Dr. R. Litchfield**  
**Title: The Role of Osteotomies for Knee OA in 2021**
- 1655 - 1705 The Role of Unicompartamental and Total Knee Arthroplasty Procedures for Active Patients - Dr. B. Masri
- 1705 - 1720 Panel Discussion
- 1725 - 1730 Health Break

#### **Session 2: Advances in Care of the Active Patient with Arthritis/Pathology Involving the Hip**

Moderator: Dr. D. Garbuz

- 1730 - 1740 Hip Osteotomies: current status for 2021- Dr. K. Mulpuri
- 1740 - 1750 Arthroscopic Management of Hip Pathology: current indications, techniques, outcomes - Dr. P. Lodhia
- 1750 - 1800 Hip Arthroplasty Options and Surgical Approaches to Optimize Recovery and Return to Sport Following THA - Dr. M. Neufeld
- 1800 - 1810 Fixation of Hip Fractures in Young Active Patients: the controversy over approach and fixation - Dr. P. Guy
-

1810 - 1825 Panel Discussion

1825 - 1830 Health Break

**Session 3: Surgeon Performance and Coaching for Success**

Moderator: Dr. K. Lefaivre

1830 - 1915 **Patterson Lecture: Dr. J. Smith**

**Title: Surgeon Performance, Coaching, and Developing the 8 Habits of Highly Successful Surgeons**

1915 -1930 Discussion

1930 Adjourn

**FRIDAY, MAY 7, 2021: MORNING SESSION (08:00 – 12:00)**

**Session 4: Evolution of Surgical Care of the ACL Deficient Knee**

Moderator: Dr. K. Mulpuri

0800 - 0805 Opening Remarks – Dr. K. Mulpuri

0805 - 0825 **Duncan Lecture: Dr. R. Outerbridge**

**Title: Community Practice Perspectives on the ACL Deficient Knee**

0825 - 0835 ACL Reconstruction: what's new for 2021? - Dr. R. Litchfield

0835 - 0845 Management of the Multi-Ligament Deficient/Dislocated Knee - Dr. M. McConkey

0845 - 0905 **McGraw Lecture: Dr. Lise Leveille**

**Title: Acute Knee Injuries in the Adolescent**

0905 - 0920 Panel Discussion

0920 - 0930 Health Break

**Session 5: Evolving Concepts in Sports Medicine Across the Lifespan**

**Moderator: Dr. W. Regan**

0930 - 0940 Advances in Cartilage Imaging/Osteoarthritis Research - Dr. D. Wilson

0940 - 0950 Pediatric Osteonecrosis of the Knee: an update - Dr. C. Reilly

- 0950 - 1000 Management of the Meniscus in 2021- Dr. S. Samler
- 1000 - 1010 Anterior Glenohumeral Instability: current indications/techniques to minimize failure - Dr. F. Leung
- 1010 - 1020 Rotator Cuff: how to maximize results - Dr. R. Litchfield
- 1020 - 1030 Managing Professional Athletes: a changing landscape – Dr. B. Regan
- 1030 - 1045 Discussion
- 1045 - 1100 Health Break
- Session 6: Surgeon Wellness**  
**Moderator: Dr. K. Lefaivre**
- 1100 - 1145 BCOA Lecture: Dr. J. Smith**  
**Title: Burnout, Surgeon Distress, Wellbeing, and Wellness: the way I see it**
- 1145 - 1200 Discussion
- 1200 Adjourn

**Networking session to follow**