

## Inova Sports Medicine Symposium 2019

### Focus on Lower Extremity

**When:** Friday, June 21, 2019  
7:00 a.m. – 5 p.m.

**Where:** Inova Center for Personalized Health

**Cost:** All participants - \$125  
Cost includes parking, continental breakfast, lunch, refreshments and handouts.

#### Cancellation/Refund Policy

Cancellations and/or refunds for the 2019 Inova Sports Medicine Symposium will be accepted until 48 hours before the event date. Cancellations/refunds may be made by calling **1.855.MY.INOVA** (1.855.664.6682) by 7 a.m., Wednesday, June 19, 2019. No refunds will be available after this time.

**Registration:** [inova.org/sportsconference2019](http://inova.org/sportsconference2019) or call **1.855.My.Inova (694.6682)**.  
**Space is limited. No walk-ins accepted.**

#### Location:

**Inova Center for Personalized Health**  
3225 Gallows Road  
Fairfax, VA 22031

#### Directions to Inova Center for Personalized Health:

- From the Capital Beltway, take Exit 51 (Gallows Road) toward the Inova Fairfax Medical Campus (IFMC).
- Turn right into the entrance to Inova Center for Personalized Health (Inova sign indicating Innovation Park Drive) which is directly across from the Inova Fairfax Hospital Medical Campus emergency entrance.
- Once you turn into the campus, you will see a cluster of buildings on the right side and a stand-alone building on the left side. The ICPH Conference Center is located on the left, in the stand-alone building.
- Free parking is available in the surface lot on the left hand-side past the conference center.
- Please enter through the revolving doors in front, and proceed up the escalator or elevator to the Conference Center.



Inova Mount Vernon Hospital  
2501 Parkers Lane  
Alexandria, VA 22306

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#### Inova Sports Medicine Symposium 2019

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#### Register today:

Online: [Inova.org/sportsconference2019](http://Inova.org/sportsconference2019)  
Call: 1.855.MYINOVA (694.6682)

If you do not wish to receive future mailings from us, visit [inova.org/unsubscribe](http://inova.org/unsubscribe) or call 703.972.2044 G37342/4-19/pdf



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**Focus on Lower Extremity**  
*Includes a Live Hip Arthroscopy*

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Inova Mount Vernon Hospital presents

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**Focus on Lower Extremity**

*Includes a Live Hip Arthroscopy*





Who Should Attend?

Licensed athletic trainers, physical therapists and other healthcare providers with an interest in sports medicine care.

Program Director

**Sameer Nagda, MD**, Orthopedic Surgeon, Anderson Orthopaedic Clinic; Team Physician, United States Women’s National Soccer Team; Team Physician, Potomac Nationals Baseball Team; Assistant Clinical Professor of Orthopedic Surgery, Georgetown University School of Medicine

Certificate of Attendance

A Certificate of Attendance for 7 hours is given upon completion of the full day program enabling participants to register their credit with the appropriate licensing boards or organizations.

Registration

[inova.org/sportsconference2019](http://inova.org/sportsconference2019)

Symposium 2019 Faculty



**Chris Annunziata, MD**  
Orthopedic Surgeon, OrthoVirginia;  
Head Team Physician, DC United;  
Team Physician, Washington Redskins



**Amit Bakri, MD**  
Radiologist  
Association of Alexandria Radiologists, PC



**Seth Blee, PT**  
Physical Therapist, Clinic Director,  
Inova Physical Therapy Center;  
Team Physical Therapist, Washington Nationals



**George Branche, MD**  
Orthopedic Surgeon  
Anderson Orthopaedic Clinic



**Brandon Bryant, MD**  
Orthopedic Surgeon  
Inova Orthopaedics and Sports Medicine;  
Team Physician, Washington Nationals;  
Team Physician, Washington Redskins



**Edward Chang, MD**  
Orthopedic Surgeon  
Inova Orthopaedics and Sports Medicine



**Jeffrey Giuliani, MD**  
Orthopedic Surgeon  
Inova Orthopaedics and Sports Medicine;  
Team Physician, Washington Nationals



**Ryan Hubbard, MD**  
Primary Care Sports Medicine  
Anderson Orthopaedic Clinic



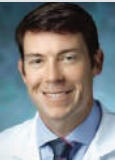
**Craig Miller, MD**  
Orthopedic Surgeon,  
Sports Medicine Specialist  
OrthoBethesda



**Ryan Miyamoto, MD**  
Orthopedic Surgeon  
Fair Oaks Orthopedic Association



**Robert Najarian, MD**  
Orthopedic Surgeon  
Inova Orthopaedics and Sports Medicine;  
Team Physician, Washington Nationals



**Jonas Rudzki, MD**  
Orthopedic Surgeon  
Washington Orthopaedics &  
Sports Medicine



**Stephen Saddler, MD**  
Orthopedic Surgeon  
Anderson Orthopaedic Clinic



**Robert Sershon, MD**  
Hip and Knee Replacement Surgeon  
Anderson Orthopaedic Clinic



**Robert Wagner, MD**  
Physical Medicine and Rehabilitation  
National Spine & Pain Center

Agenda

7:00 a.m. – 7:45 a.m.	<b>Registration and Continental Breakfast</b>
7:45 a.m. – 8:00 a.m.	<b>Opening Remarks</b> <i>George Branche, MD and Sameer Nagda, MD</i>

<b>Morning Session – Moderator: George Branche, MD</b>	
8:00 a.m.	<b>Basics of Hip Arthroscopy</b> <i>Jeffrey Giuliani, MD</i>
8:30 a.m.	<b>Live Hip Arthroscopy Surgery from Inova Fair Oaks Hospital</b> <i>Performed by Ryan Miyamoto, MD Moderated by Jeffrey Giuliani, MD</i>

<b>Learning Objective</b>	
<ul style="list-style-type: none"><li>• Indications for a hip arthroscopy</li><li>• Patient setup for performing a hip arthroscopy</li><li>• Main arthroscopy portals for hip arthroscopy</li></ul>	

9:30 a.m.	<b>Question and Answer Session</b>
9:45 a.m. – 10:00 a.m.	<b>Break</b>
10:00 a.m.	<b>The ACL Hour</b>

<b>How Do I Think of ACL Surgery Now vs 10 Years Ago?</b> <i>Jonas Rudzki, MD</i>	
<b>Now that the Surgery is a Success, How Do I Rehab the Patient?</b> <i>Robert Najarian, MD</i>	
<b>How Do I Manage ACL Tears in the Adolescent/Skeletally Immature Patient?</b> <i>Christopher Annunziata, MD</i>	

<b>Learning Objectives</b>	
<ul style="list-style-type: none"><li>• Changes to surgical techniques for ACL repair in the last ten years</li><li>• Key points to remember when providing rehab post ACL repair</li><li>• Differences in management of ACL tear in the skeletally immature patient</li></ul>	

10:45 a.m.	<b>Questions and Answers</b>
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11:00 a.m.	<b>ACL Prevention: Where Are We Now?</b> <i>Seth Blee, PT</i>
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<b>Learning Objectives</b>	
<ul style="list-style-type: none"><li>• Exercise programs to improve knee stability</li><li>• New research on prevention of ACL injury</li></ul>	

11:40 a.m.	<b>Meniscal Transplants – Indications and Outcomes</b> <i>Stephen Saddler, MD</i>
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<b>Learning Objective</b>	
<ul style="list-style-type: none"><li>• Indications for Meniscal Transplant</li><li>• Expected outcomes and possible complications of meniscal transplant</li></ul>	

12:10 p.m. – 1:00 p.m.	<b>Lunch</b>
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<b>Afternoon Session – Moderator: Brandon Bryant, MD</b>	
1:00 p.m.	<b>Regenerative Medicine Update: Why Won’t Insurance Cover This?</b> <i>Robert Wagner, MD</i>

<b>Learning Objectives</b>	
<ul style="list-style-type: none"><li>• What are the latest updates for orthopedic regenerative medicine?</li><li>• Why is it still considered experimental?</li></ul>	

1:35 p.m.	<b>The Dreaded Achilles Tear: How Can We Make It Better?</b> <i>Ryan Hubbard, MD</i>
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<b>Learning Objectives:</b>	
<ul style="list-style-type: none"><li>• What causes Achilles Tears?</li><li>• The latest techniques to improve outcomes after Achilles Tears</li></ul>	

2:10 p.m.	<b>Cartilage Update: Options for a Grade IV Lesion of the Medial Femoral Condyle</b> <i>Edward Chang, MD</i>
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<b>Learning Objectives:</b>	
<ul style="list-style-type: none"><li>• The physiology of the femoral cartilage</li><li>• Treatment of a grade 4 lesion of medial femoral condyle cartilage</li></ul>	

2:45 p.m. – 3:00 p.m.	<b>Break</b>
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3:00 p.m. – 4:00 p.m.	<b>One Hour Counterpoint: Medial Knee Pain In An Active Adult Age 51 – What To Do?</b> <b>Diagnosis – What To Look For On An MRI and X-Ray</b> <i>Amit Bakri, MD</i>
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<b>Scope and Debride the Meniscus and Cartilage – Pros and Cons</b> <i>Craig Miller, MD</i>	
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<b>Should We Go Straight to a Partial Knee Replacement?</b> <i>Robert Sershon, MD</i>	
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<b>Learning Objectives</b>	
<ul style="list-style-type: none"><li>• What might show on imaging of someone with medial knee pain</li><li>• Indications for meniscal debridement</li><li>• Indications for partial knee replacement</li></ul>	

3:55 p.m.	<b>Questions and Answers</b>
4:10 p.m.	<b>In-Office Arthroscopy – What We Can Learn Without Going to the OR</b> <i>George Branche, MD</i>

<b>Learning Objectives:</b>	
<ul style="list-style-type: none"><li>• Safety of performing an arthroscopy in the office suite</li><li>• Indications for an office-based arthroscopy</li></ul>	

4:45 p.m.	<b>Questions – Closing Remarks</b> <i>George Branche, MD and Brandon Bryant, MD</i>
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Please complete your survey!