




Sponsored by the NYU Post-Graduate Medical School

A stylized anatomical illustration of a human leg, shown from the hip down to the foot. The leg is rendered in a dark, semi-transparent style, with the internal structures of the knee joint highlighted in a bright orange and yellow glow. The background is a gradient from dark purple at the top to black at the bottom, with a vertical orange bar on the right side.

5TH ANNUAL
**Articular
Cartilage
Repair
Course**

Saturday, October 12, 2013

NYU Hospital for Joint Diseases
Loeb Auditorium
301 East 17th Street
New York, NY

Articular Cartilage Repair Course

COURSE DESCRIPTION

This program will address the biologic approach to the treatment of cartilage injuries using marrow stimulation techniques, osteochondral grafting, and cell based repair methods to address symptomatic defects. The program will encompass physical exam technique, imaging, basic science, repair, surgical and non-surgical options, and rehabilitation.

TARGET AUDIENCE

Physicians (orthopaedic surgeons, sports medicine physicians, physiatrists), physical therapists, nurses, orthopaedic surgery residents

STATEMENT OF NEED

The goal of operative and non-operative treatment of symptomatic cartilage injuries affecting the knee, shoulder, hip, elbow, and ankle is to reduce symptoms, restore joint function, and delay the onset of degenerative arthritis. The choice of an appropriate treatment should be made on individual basis with consideration for the patient's specific goals, physical demand level, treatment history, lesion size and location, and a systematic evaluation of the joint. Surgeons recognize the importance of timely surgical intervention. In recent years, significant advances have been made with respect to the surgical management of symptomatic cartilage lesions speeding the repair process of a tissue with limited intrinsic healing potential. Clinicians must incorporate a decision tree based on patient-specific factors in surgical management of symptomatic cartilage lesions. There have been advances in diagnostic imaging modalities for articular cartilage that are yet to be translated into clinical practice.

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Base treatment of symptomatic cartilage injuries on patient-specific and defect-specific variables and be aware of indications, surgical techniques, and clinical outcomes of newly available treatment options
- Explain the urgency of the treatment of isolated chondral and osteochondral defects to prevent symptomatic degeneration of the joint, and stress the benefits of early surgical intervention
- Utilize different surgical techniques and augmentation to treat symptomatic cartilage lesions based on patient-specific factors to optimize outcomes
- Describe advances in MRI and other diagnostic imaging modalities for articular cartilage and develop strategies for incorporating them into practice

General Information

LOCATION

NYU Hospital for Joint Diseases
Loeb Auditorium
301 East 17th Street (Second Ave.)
New York, NY 10003

ONLINE REGISTRATION PREFERRED

Applications will be accepted in order of their receipt. In order to reserve your seat, please register in advance, as on-site registration is not guaranteed. An e-mail confirmation will be sent confirming your registration. Written confirmation will not be mailed. Visit our secure website, <http://cme.med.nyu.edu/articular>, to submit online registration. Please note: We cannot accept telephone or email registration.

INFORMATION

Registration Office
NYU Post-Graduate Medical School
P.O. Box 1855
Murray Hill Station, New York, NY 10016
Phone: (212) 263-5295
Fax: (212) 263-5293

ACCREDITATION STATEMENT

The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The NYU Post-Graduate Medical School designates this live activity for a maximum of 9 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- **Lectures:** 6.5 Credits
- **Surgical Skills Session:** 2.5 Credits

PHYSICAL THERAPY CREDIT

NYU Hospitals Center is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 7.8 physical therapy/physical therapy assistant contact hours. (.78 CEUs)

DISCLOSURE STATEMENT

The NYU Post-Graduate Medical School adheres to ACCME Essential Areas and policies, including the Standards for Commercial Support regarding industry support of continuing medical education. In order to resolve any identified conflicts of interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships, as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty, will be fully noted at the meeting.

COURSE DIRECTORS

Laith M. Jazrawi, MD
Associate Professor of Orthopaedic Surgery
Chief, Division of Sports Medicine
NYU School of Medicine, New York, NY

Eric Strauss, MD
Assistant Professor of Orthopaedic Surgery
NYU School of Medicine, New York, NY

GUEST FACULTY

James N. Gladstone, MD
Associate Professor
Icahn School of Medicine at Mount Sinai
New York, NY

Christian Lattermann, MD
Associate Professor
University of Kentucky, Lexington, KY

NYU FACULTY

Srino Bharam, MD
Clinical Assistant Professor of
Orthopaedic Surgery

Joseph A. Bosco, MD
Associate Professor of Orthopaedic Surgery

Robyn Burch, RN, BSN
Nurse Clinician

Dennis A. Cardone, DO
Associate Professor of Orthopaedic Surgery

Andrew J. Feldman, MD
Clinical Assistant Professor of
Orthopaedic Surgery

Ivan Fernandez-Madrid, MD
Clinical Assistant Professor of
Orthopaedic Surgery

Ramesh Gidumal, MD
Clinical Associate Professor of
Orthopaedic Surgery

Guillem Gonzalez-Lomas, MD
Assistant Professor of Orthopaedic Surgery

Bernadette James, LPN
Senior Surgical Technologist

Robert Meislin, MD
Assistant Professor of Orthopaedic Surgery

Kenneth Mroczek, MD
Assistant Professor of Orthopaedic Surgery

Nicola Palmer, RN, BSN, MHA
Director, Outpatient Surgery Center

David S. Pereira, MD
Clinical Assistant Professor of
Orthopaedic Surgery

Michael P. Recht, MD
Louis Marx Professor and
Chair of Radiology

Mehul Shah, MD
Assistant Professor of Orthopaedic Surgery

Orrin Sherman, MD
Associate Professor of Orthopaedic Surgery

Gerard P. Varlotta, DO
Clinical Associate Professor of Rehabilitation
Medicine and Orthopaedic Surgery

5th Annual Articular Cartilage Repair Course

OCTOBER 12, 2013 • NEW YORK, NY

AGENDA

- 6:30am **Registration & Continental Breakfast**
- 7:00 **Welcome & Introduction**
Laith M. Jazrawi, MD
- 7:15 **Articular Cartilage Biology: Basic Science & Clinical Applications**
Laith M. Jazrawi, MD
- 7:30 **Diagnostic Imaging Modalities for Articular Cartilage: MRI & Beyond**
Michael P. Recht, MD
- 7:45 **Nonoperative Management of Articular Cartilage Injuries**
Dennis A. Cardone, DO
- 8:00 **Decision Making for Cartilage Restoration**
Christian Lattermann, MD
- 8:30 **Osteotomy Considerations in Cartilage Transplantation**
Orrin Sherman, MD
- 8:45 **When to Give Up: When to Consider a Unicompartmental Knee Replacement?**
Ivan Fernandez-Madrid, MD
- 9:00 **Microfracture/Marrow Stimulation**
Joseph A. Bosco, MD
- 9:15 **Coffee Break**
- 9:30 **Osteochondral Autografting**
Guillem Gonzalez-Lomas, MD
- 10:00 **Cell Based Cartilage Therapy**
James N. Gladstone, MD
- 10:30 **What's New in Cartilage Restoration**
Christian Lattermann, MD
- 11:00 **Osteochondral Allograft Transplantation**
Robert Meislin, MD
- 11:15 **Meniscal Allografts**
Laith M. Jazrawi, MD
- 11:30 **Cartilage Restoration in the Elite Athlete**
Andrew J. Feldman, MD
- 11:45 **Cartilage Restoration in the Ankle**
Kenneth Mroczek, MD
- 12:00pm **Cartilage Restoration in the Hip**
PRO: Srino Bharam, MD
CON: Guillem Gonzalez-Lomas, MD
- 12:30 **Rehabilitation after Cartilage Restoration Rehab Strengthening & Exercises Directed at the Gluteus Medius and Gluteus Maximus Muscle**
Gerald P. Varlotta, DO
- 1:00 **Lunch & Case Presentations: Nursing Considerations in the Cartilage Transplant Patient-Preoperative, Perioperative, Postoperative**
MODERATOR: Laith M. Jazrawi, MD
PANELISTS: Robyn Burch, RN, BSN
Bernadette James, LPN
Nicola Palmer, RN, BSN, MHA
- 2:00 **Adjourn**

2:30-5:00pm **Surgical Skills Session**
Participants can choose 1 of the 7 labs

LAB 1
Osteochondral Autograft
Ramesh Gidumal, MD
Guillem Gonzalez-Lomas, MD
David S. Pereira, MD

LAB 2
ACI
James N. Gladstone, MD
Christian Lattermann, MD
Mehul Shah, MD

LAB 3
Osteochondral Allograft Transplantation
Joseph A. Bosco, MD
Andrew J. Feldman, MD

LAB 4
Meniscal Allograft
Laith M. Jazrawi, MD
Robert Meislin, MD

LAB 5
Unicompartmental Knee Arthroplasty
Ivan Fernandez-Madrid, MD

LAB 6
**Ankle Arthroscopy/
Open Osteochondral Allograft Talus Lesions**
Kenneth Mroczek, MD

LAB 7
High Tibial Osteotomy with iBalance
Orrin Sherman, MD

Registration Form

5TH ANNUAL ARTICULAR CARTILAGE REPAIR COURSE

October 12, 2013 • NYU Hospital for Joint Diseases, 301 East 17th Street, New York, NY 10003

Register online at <http://cme.med.nyu.edu/articular>

After 12 pm on October 9, 2013, only on-site registration is available provided the course has not reached capacity. On-site registrants will incur an additional \$20 charge and will receive a receipt by email in 1-2 weeks. Please do not reduce or enlarge this form.

PLEASE PRINT CLEARLY IN BLOCK LETTERS AND NUMBERS

Name _____
FIRST M.I. LAST

Address _____

City _____ State _____ Zip _____

Day Phone _____ Fax _____

E-mail _____ Specialty _____
(REQUIRED FOR CME CREDIT)

Course Fees

LECTURE FEES

- Physicians: \$200
- Reduced Fee: \$125*
- Residents: \$100**
- NYU Musculoskeletal Rehab Network Members: \$70

SURGICAL SKILLS SESSION: \$500
Please Choose 1 Surgical Skills Session (if applicable)

- LAB 1: Osteochondral Autograft
- LAB 2: ACI
- LAB 3: Osteochondral Allograft Transplantation
- LAB 4: Meniscal Allograft
- LAB 5: Unicompartmental Knee Arthroplasty
- LAB 6: Ankle Arthroscopy/Open Osteochondral Allograft Talus Lesions
- LAB 7: High Tibial Osteotomy with iBalance

*Reduced fee applies to NYU School of Medicine alumni, former residents and fellows; MD's employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; nurse practitioners; and all other non-MD healthcare professionals. Eligibility for reduced fee must be indicated below:

**Residents must provide a letter of certification from the Chief of Service in order to qualify.

REFUND POLICY: An administrative charge of \$50 will be assessed for cancellations prior to September 27, 2013. Cancellations must be made in writing and postmarked no later than the above date. (Faxes and emails are not accepted).

COURSE CANCELLATION POLICY: In the unusual circumstance that this course is cancelled, two weeks notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.

Methods of Payment (cash and phone registration are not accepted)

If faxing, do not mail or refax, this will only result in a duplicate charge to your account.

- Check in U.S. Dollars only: \$ _____
- Credit Card Payment (see below)
- International Postal Money Order: \$ _____
Foreign registrants, including those from Canada, must pay by International Postal Money Order or credit card.

Payment by Credit Card (Credit card payments may be faxed to (212) 263-5293)

Amount to be charged: \$ _____

Bill to: Visa MasterCard American Express

Credit Card Number: _____

Card Member's Name: _____

Exp Date: _____ CVV Code: _____

Signature: _____

MAKE CHECK PAYABLE TO:
NYU Post-Graduate Medical School

SEND TO:
Registration Office
NYU Post-Graduate Medical School
P.O. Box 1855, Murray Hill Station
New York, NY 10016



Special Needs or requests: _____



Post Graduate Medical School
545 First Avenue, New York, NY 10016



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ARTICULAR CARTILAGE
REPAIR COURSE

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Non-Profit Org.
U.S. Postage
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