

OSU Sports Medicine



Cartilage Symposium 2012

A Multidisciplinary Symposium:
Cartilage Issues in the Active Patient

December 1, 2012

Auditorium, Ross Heart Hospital

452 W 10th Avenue

OSU Wexner Medical Center

Columbus, Ohio



Wexner
Medical
Center

Program Overview

Cartilage injuries are found to be highly prevalent, not only in the general population but also among athletes and physically active people. With the increasing incidence of osteoarthritis and its financial impact on society, there is a need for educating health care professionals with regard to appropriate evaluation and treatment of articular cartilage injuries to improve patient function and abate early onset osteoarthritis.

At the conclusion of this activity, participants should be able to: (1) Accurately evaluate and identify articular cartilage injuries. (2) Arrange appropriate diagnostic testing/imaging for suspected articular cartilage injuries. (3) Formulate optimal treatment plans for articular cartilage injuries or arrange referrals to physicians who can administer optimal treatment. (4) Explain and illustrate details of surgical techniques used to treat articular cartilage injuries. (5) Explain postoperative rehabilitation involved after surgical treatment for articular cartilage injuries.

The Ohio State University Wexner Medical Center, Center for Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Ohio State University Wexner Medical Center designates this educational activity for a maximum of 7 AMA PRA Category 1 Credit(s)TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

OSU Sports Medicine is an Approved Provider of continuing education for athletic trainers. This program has been approved for a maximum of 7.5 continuing education units by the Board of Certification for certified athletic trainers.

This program has been submitted to the Ohio Physical Therapy Association for approval of 7.5 continuing education units for physical therapists and physical therapy assistants.

General Event Information

Registration Fees

Sports medicine professionals	\$ 35	until October 31
	\$ 50	after November 1

Physicians, athletic trainers, physician assistants, nurses, occupational or physical therapists, students, researchers, sports medicine and orthopedic health care professionals

Registration fee includes lectures, educational materials, parking, lunch and refreshments

Symposium location: Ross Heart Hospital Auditorium
OSU Wexner Medical Campus
452 W 10th Avenue
Columbus OH 43210

Please park in the Safeauto Parking Garage located immediately south of the Ross Heart Hospital. Driving directions are available on the registration website.

To register for this program contact The OSU Center for Continuing Medical Education
www.ccme.osumc.edu
phone: 614/293-7397

www.sportsmedicine.osu.edu

Agenda

Saturday December 1, 2012

7:00 am - 4:00 pm

7:00 am **Registration**

7:30 **Welcome** Christopher Kaeding MD

7:45 **Importance of Cartilage Injury**

Incidence of cartilage injury among the general population and at-risk populations
David Flanigan MD

Disease progression: What is the natural history of cartilage injury?
Christian Latterman MD

Impact of osteoarthritis on society: Why is addressing cartilage injury important?
Paul Gubanich MD

8:30 **Research Presentations**

9:00 **Evaluation of Cartilage Injury**

Are there ways we can determine cartilage breakdown before we see it on imaging?
Alicia Bertone PhD, DVM

The role of MRI in evaluation: Are current imaging techniques reliable?
Alan Rogers MD

Advanced imaging for cartilage: How can we evaluate cartilage better to determine early injury?
Michael Knopp MD, PhD

Arthroscopic evaluation: What systems do we use, are they reliable, and how can we better define injury?
Robert Brophy MD

9:45 **Break** - Visit poster display, exhibitors

10:15 **Evaluating Cartilage Injuries: Applications from the Lab**

Mechanical evaluation: How do the lower limb mechanics affect cartilage loading, injury and recovery?
Robert Siston PhD

Evaluating gait and function: How does joint loading affect cartilage?
Ajit Chaudhari PhD

Muscle activation patterns: Can they influence disease progression and provide insights for rehabilitation?
Laura Schmitt PhD, PT

10:45 **Research Presentations**

11:20 **Treatment of Cartilage Lesions**

Factors influencing treatment: What patient and defect factors are important in an algorithm of treatment?
David Flanigan MD

Microfracture: When to use, when not to use - An outcomes-based analysis
James Carey MD

Agenda

- 11:20 **Treatment of Cartilage Lesions**
Osteochondral grafting: Autograft and allografts - Are there advantages to using plugs? Robert Brophy MD
Autologous chondrocyte implantation: Cell based therapies - Lessons learned, outcomes and best patients to use this technology
Christian Latterman MD
- 12:10 pm **Lunch**
- 12:45 **Concepts Behind Healing**
Time to heal concepts: Stages of healing for various treatments
David Flanigan MD
Principles of rehabilitation: How does rehabilitation change based on the treatment modality?
Laura Schmitt PhD, PT
Return to sport concepts: What factors are instrumental in returning an athlete to competition?
Matt Briggs PT, AT
- 1:30 **Case Presentations**
- 2:20 **Future of Cartilage Treatment**
Healing cartilage without surgery: The use of stem cells, growth factors and gene delivery
Alicia Bertone PhD, DVM
The next generation of treatment: Future directions for cartilage restoration
Christian Latterman MD
Outcomes assessment: How do we best evaluate treatments in the future?
James Carey MD
- 3:00 **Break**
- 3:15 **Cartilage Issues in Other Joints**
Shoulder cartilage treatment: What are the issues and limitations to treating cartilage lesions in the shoulder?
Grant Jones MD
Hip cartilage lesions and treatment : What are the issues and limitations to treating cartilage lesions in the hip?
John Ryan MD
Ankle cartilage lesions and treatment : What is the best approach and outcomes for ankle cartilage injury?
Timothy Miller MD
Associated injuries of the knee: The effect on cartilage and how it can impact outcomes
Robert Magnussen MD
- 4:15 **Discussion**
- 4:30 **Conclusion**

Faculty

David Flanigan MD, Course Director

Dr. Flanigan is an orthopedic surgeon at OSU Sports Medicine, Director of the Cartilage Restoration Program and Associate Professor of Orthopedics for the OSU College of Medicine.

Alicia Bertone PhD, DVM

Dr. Bertone is the Director of the Comparative Orthopedic Research Laboratories in the College of Veterinary Medicine at The Ohio State University.

Matt Briggs PT, AT

Mr. Briggs is a physical therapist at OSU Sports Medicine, Assistant Clinical Professor OSU Physical Therapy Division and coordinator of the Sports Physical Therapy Residency Program.

Robert Brophy MD

Dr. Brophy is an Assistant Professor at Washington University in St. Louis and serves as a team physician with the St. Louis Rams (NFL).

James Carey MD, MPH

Dr. Carey is an Assistant Professor at the University of Pennsylvania. He serves as the Director of the new Penn Center for Cartilage Repair and Osteochondritis Dissecans Treatment.

Ajit Chaudhari PhD

Dr. Chaudhari is an Assistant Professor of Orthopaedics for the OSU College of Medicine as well as the Co-Director of the OSU Sports Medicine Movement Analysis & Performance Program.

Paul Gubanich MD, MPH

Dr. Gubanich is sports medicine physician at OSU Sports Medicine, Assistant Clinical Professor of Internal Medicine and Team Physician, OSU Athletics.

Grant Jones MD

Dr. Jones is an orthopedic surgeon at OSU Sports Medicine, Associate Professor of Orthopedics for the OSU College of Medicine and team physician for the OSU basketball teams.

Michael Knopp MD, PhD

Dr. Knopp is holds the Novartis Chair of Imaging Research as Professor in the Department of Radiology at The Ohio State University.

Christian Latterman MD

Dr. Lattermann is an Assistant Professor of Orthopaedics and Sports Medicine Director, Center for Cartilage Repair and Restoration at the University of Kentucky.

Robert Magnussen MD

Dr. Magnussen is an orthopedic surgeon at OSU Sports Medicine and an Assistant Professor of Orthopedics for the OSU College of Medicine.

Timothy Miller MD

Dr. Miller is an orthopedic surgeon at OSU Sports Medicine and an Assistant Professor of Orthopedics for the OSU College of Medicine.

Carmen Quatman MD, PhD

Dr. Quatman is an orthopaedic resident at OSU involved with research studying cartilage injuries associated with knee ligament injuries in athletes.

Alan Rogers MD

Dr. Rogers is a Clinical Assistant Professor of Radiology, specializing in Musculoskeletal Radiology in the OSU Wexner Medical Center Division of Diagnostic Radiology

John Ryan MD

Dr. Ryan is an orthopedic surgeon, completing a fellowship in the OSU Hip Preservation Division.

Laura Schmitt PhD, PT

Dr. Schmitt is an Assistant Professor in the OSU School of Health and Rehabilitation Sciences, Physical Therapy Division, and the Co-Director, OSU Sports Medicine Movement Analysis & Performance Research Program

Robert Siston PhD

Dr. Siston is an Assistant Professor of Mechanical Engineering, Assistant Professor of Orthopaedics and Assistant Professor, School of Allied Medical Professions at The Ohio State University.