This activity has been approved for AMA PRA Category 1 Credits™, Physical Therapy Contact Hours, BOC Credits and NSCA CEUs.

Sponsored by HSS Office of Continuing Medical Education, Department of Rehabilitation and Sports Medicine and Shoulder Service
LOCATION
Hospital for Special Surgery
Richard L. Menschel Education Center
2nd Floor, 535 East 70th Street, New York City

STATEMENT OF NEED
The 9th Annual HSS Sports Medicine Symposium will provide clinicians with guidance on how to care for surgical and nonsurgical patients among the sports medicine population. Topics to be discussed include the multiligament injured knee, shoulder instability in the contact athlete, return to play following ACL reconstruction, the rotational athlete, and decision making in sports medicine. The best available evidence and state-of-the-art information from the rehabilitation staff, surgeons, and physicians of Hospital for Special Surgery, along with guest lecturers, will provide participants with clinically relevant information through didactic lectures, panel discussions, case presentations, workshops, and Q&A sessions.

TARGET AUDIENCE
This activity is targeted to physical therapists, physical therapist assistants, athletic trainers, strength and conditioning professionals, physician assistants, orthopaedists, sports medicine physicians, physiatrists, primary care physicians, nurse practitioners, residents, fellows and medical students.

OBJECTIVES
HSS continuing medical education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

- Identify the most current surgical techniques and post-operative rehabilitation principles for treating the multiligament injured knee.
- Describe and incorporate into their practice the most current evidence-based information related to treating shoulder instability, such as the most recent advances in managing anterior and posterior instability in the contact athlete, current rehabilitation techniques for the unstable shoulder, and incorporating performance training into a return to play program.
- Discuss the recent literature on returning to play after ACL reconstruction and explain the criteria for return to play as well as the common deficits that exist in the return to play stage.
- Describe the biomechanical and physiological principles of the kinetic chain and the pertinent anatomical, kinesiological and biomechanical components related to the rotational athlete. They will also identify the imbalances and movement dysfunctions that exist with these athletes.

ACCREDITATION AND CREDIT DESIGNATION
Hospital for Special Surgery is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Hospital for Special Surgery designates this live activity for a maximum of 11.0 onsite and 9.0 online AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hospital for Special Surgery designates this activity for a maximum of 11.0 Contact Hours onsite and 9.0 Contact Hours online. This activity is pending approval in New Jersey, Florida and Maryland. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the Federation of State Boards of Physical Therapy (FSBPT) certification: AL, AZ, CA, DE, Washington DC, GA, IN, KS, KY, MT, NE, NC, OR, SC, TN, UT, VT, VA and WI.

Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 11.0 Contact Hours onsite and 9.0 Contact Hours online for BOC credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

National Strength and Conditioning Association (NSCA) approved up to 1.3 CEU(s) for certified individuals attending this event.

Continued on page 11
FRIDAY, APRIL 17

LOCATION: Hospital for Special Surgery, Richard L. Menschel Education Center, 535 East 70th Street, 2nd Floor, except where noted.

8:25 am  Registration & Breakfast*
Location: Sports Rehabilitation and Performance Center, 525 East 71st Street, ground floor

8:55 am  Welcome & Announcements*

SESSION 1

The Multiligament Injured Knee
Moderator: Sherry I. Backus, PT, DPT, MA

9:00 am  The Work-Up: Evaluation, Imaging, Pre-operative Considerations
Danyal H. Nawabi, MD, FRCS

9:20 am  Surgical Management
Robert G. Marx, MD, MSc, FRCSC

9:40 am  Post-operative Rehabilitation
John T. Cavanaugh, PT, MEd, ATC, SCS

10:00 am  Discussion

10:20 am  Break*

SESSION 2

Shoulder Instability in the Contact Athlete
Moderator: Anil S. Ranawat, MD

10:50 am  Recent Advances in Managing Anterior Instability in the Contact Athlete
Russell F. Warren, MD

11:15 am  Keynote Address
Posterior Instability in the Contact Athlete
James P. Bradley, MD

11:40 am  Lessons Learned in Rehabilitating the Unstable Shoulder
Michael Levinson, PT, CSCS

12:00 pm  Beyond Rehabilitation: Incorporating Performance Training in Your Return to Play Program
Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1

12:15 pm  Discussion

12:35 pm  Lunch* (will be provided)
Mini Courses
Onsite attendees choose one in advance. Please note that Session 1 will be available to live streaming participants.

1:40 pm

1. Team Physicians Roundtable: Select Case Studies from Professional Sports
   Moderator: Lisa R. Callahan, MD
   - Hockey: Anil S. Ranawat, MD
   - Football: Scott A. Rodeo, MD
   - Baseball: David W. Alchek, MD
   - Soccer: Riley J. Williams III, MD
   - Basketball: Answorth A. Allen, MD

2. Lumbar Spine Disorders in the Athlete
   Moderator: Joseph H. Feinberg, MD
   Jessica Hettler, PT, MS, ATC, SCS, Cert MDT; Aisling Toolan, PT, DPT, SCS, CSCS; James F. Wyss, MD, PT

3. Managing Injuries in the Runner
   Moderator: Sherry I. Backus, PT, DPT, MA
   - Considerations for the High School Track and Cross Country Runner
     Julie Khan, PT, DPT
   - I Just got Accepted Into my First Marathon...Now What?
     Michael Silverman, PT, MSPT, Level 2 TPI
   - Should I Run if I Have OA?
     Leigh-Ann Plack, PT, DPT, USATF-1
   - Panel Discussion

3:00 pm

Break*

CONCURRENT WORKSHOPS
Onsite attendees choose one in advance. Please note that Session A will be available to live streaming participants.

WAVE 1

3:25 pm – 4:35 pm

A. Live Surgery - Arthroscopic Rotator Cuff Repair
   Moderator: Joshua S. Dines, MD
   Surgeon: David M. Dines, MD

B. Troubleshooting in Sports Physical Therapy:
   The Complicated Patient (Upper Extremity)
   Moderator: Michael Levinson, PT, CSCS
   Jorge Giral, PT, DPT, COMT, CSCS; Julie Khan, PT, DPT; Andrea Minsky, PT, DPT; Sean Rose, PT, MPT

C. Clinical Examination of the Athlete's Hip
   Ioonna Felix, PT, DPT, OCS; Michael Silverman, PT, MSPT, Level 2 TPI

D. Treating and Training the Tactical Athlete
   Polly de Mille, RN, MA, RCEP, CSCS, USAT; Stephen Rush, MD

4:45 pm

Chairmen’s Cocktail Reception*
SATURDAY, APRIL 18

LOCATION: Hospital for Special Surgery, Richard L. Menschel Education Center, 535 East 70th Street, 2nd Floor, except where noted.

CONCURRENT INSTRUCTIONAL COURSES
Optional for onsite participants, additional fee applies.

7:20-8:40 am

A. Manual Therapy Techniques: Hip & Pelvis
Peter Draovitch, PT, MS, ATC, CSCS; Jaime Edelstein, PT, DScPT, OCS, COMT, CSCS; Ioonna Felix, PT, DPT, OCS

B. Current Perspectives in Pediatric Sports Medicine
Mark V. Paterno, PT, PhD, MBA, SCS, ATC

C. Current Perspective in Treating Rotator Cuff Disease in the Athlete
Lawrence V. Gulotta, MD; Sean Rose, PT, MPT

8:20 am
Registration & Breakfast*

Location: Sports Rehabilitation and Performance Center, 525 East 71st Street, ground floor

Live streaming webcast begins for Day 2

8:55 am
Welcome & Announcements*

SESSION 3

Return to Play (RTP) Following ACL Reconstruction (ACLR)

Moderator: Andrew D. Pearle, MD

9:00 am
RTP Following ACLR: What Has the Literature Taught Us?
Mark V. Paterno, PT, PhD, MBA, SCS, ATC

9:25 am
Is There a Role for Imaging in Determining RTP?
Hollis G. Potter, MD

9:40 am
Establishing Criteria for RTP: The HSS Experience
Theresa Chiaia, PT, DPT

10:05 am
Addressing the Deficits
Polly de Mille, RN, MA, RCEP, CSCS, USAT

10:25 am
Discussion

10:45 am
Break*
CONCURRENT FOCUS SESSIONS
Session A will be available to live streaming participants.

SESSION A
The Rotational Athlete
Moderator: Robert DiGiacomo, PT, DPT, ATC

11:10 am
Team Approach to Treating The Rotational Athlete
Robert DiGiacomo, PT, DPT, ATC

11:25 am
The Biomechanical and Physiological Principles of the Kinetic Chain with the Rotational Athlete
Peter Draovitch, PT, MS, ATC, CSCS

11:50 am
Identifying Imbalances and Movement Dysfunctions in the Rotational Athlete
Matthew T. Morgan, PT, ATC, SCS

12:10 pm
Transitioning the Injured Athlete from the Clinical Setting to the Performance Setting
Jorge Giral, PT, DPT, COMT, CSCS

12:30 pm
Discussion

SESSION B
Decision Making in Sports Medicine
Moderator: Anne M. Kelly, MD

11:10 am
When, What & How: ACL Reconstruction in the Skeletally Immature Athlete?
Frank A. Cordasco, MD, MS

11:30 am
First Time Patella Dislocation: Surgery or PT?
Michael J. Maynard, MD

11:50 am
Elbow Tendinopathy/Tendinitis: Is There a Role for Surgery?
Stephen Fealy, MD

12:10 pm
I Have Anterior Hip Pain, What’s the Cause? What’s the Solution?
Struan H. Coleman, MD, PhD

12:30 pm
Is My Season Over if I Dislocate My Shoulder?
Samuel A. Taylor, MD

Live streaming webcast ends for Day 2

12:50 pm
Lunch* (on your own)
CONCURRENT WORKSHOPS
Offered for onsite attendees only. Onsite attendees choose one workshop for each wave in advance.

WAVE 2

1:55 pm

A. Clinical Examination of the Athlete’s Knee
   Jonathan Bernard, MD; Stephanie Mayer, MD; Lucas McDonald, MD; Lauren Redler, MD

B. If the Shoe Fits…Footwear for Injury Prevention
   Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT

C. Troubleshooting in Sports PT: The Complicated Patient (Lower Extremity)
   Moderator: John T. Cavanaugh, PT, MEd, ATC, SCS
   Matthew T. Morgan PT, ATC, SCS; Andrew Saldivar, PT, DPT; Aisling Toolan, PT, DPT, SCS, CSCS; Andrea Tychanski, PT, DPT, ATC, SCS, CSCS

D. From Table to Field: Nutrition’s Role in Athletic Recovery
   Jason Machowsky, MS, RD, CSSD, CSCS

E. Injury Prevention for the Adolescent Thrower
   Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1; Terrance Sgroi, PT, DPT, SCS

2:55 pm

Break*

WAVE 3

3:05 pm

F. Clinical Examination of the Athlete’s Shoulder
   Nathan Coleman, MD; Ryan Degen, MD, MSc, FRCSC; Durham Weeks, MD

G. Quality Movement Assessment Utilizing Dartfish Technology
   Jason Machowsky, MS, RD, CSSD, CSCS

H. Massage Techniques to Increase Shoulder Mobility
   Michele Naumann-Carlstrom, LMT

I. Linking the Thoracic Spine to Injuries in the Overhead Athlete
   Jessica Hettler, PT, MS, ATC, SCS, Cert MDT; Andrea Tychanski, PT, DPT, ATC, SCS, CSCS

J. Lower Quarter Examination
   Andrea Minsky, PT, DPT; Theresa Chiaia, PT, DPT

4:05 pm

Adjourn

*Not designated for AMA PRA Category 1 Credits™
Faculty and agenda are subject to change

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Medical Director
New York Mets

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Leon Root, MD, Motion Analysis Laboratory
Jonathan Bernard, MD
Fellow, Sports Medicine and Shoulder Service
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Medical Director, Women’s Sports Medicine Center
Associate Professor of Clinical Medicine (Family)
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Chief Medical Officer
Senior Vice President of Player Care
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Leon Root, MD Motion Analysis Laboratory
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Physiatrist-in-Chief
Co-Medical Director, Center for Brachial Plexus and Traumatic Nerve Injury
Associate Professor of Rehabilitation Medicine
Weill Cornell Medical College
Team Physician
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Ioonna Felix, PT, DPT, OCS
Staff Physical Therapist
Sports Rehabilitation and Performance Center

Jorge Giraldes, PT, DPT, COMT, CSCS
Clinical Supervisor
Sports Rehabilitation at IMG Academy
<table>
<thead>
<tr>
<th>Faculty</th>
<th>Position</th>
<th>Department</th>
<th>Affiliation</th>
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<tbody>
<tr>
<td><strong>Lawrence V. Gulotta, MD</strong></td>
<td>Assistant Attending Orthopaedic Surgeon</td>
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<td><strong>Jessica Hettler, PT, MS, ATC, MDT</strong></td>
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<td><strong>Michael Levinson, PT, CSCS</strong></td>
<td>Clinical Supervisor The Overhead Athlete</td>
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<td><strong>Lucas McDonald, MD</strong></td>
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<td><strong>Jason Machowsky, MS, RD, CSSD, CSCS</strong></td>
<td>Registered Dietician and Performance Specialist</td>
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<td><strong>Robert G. Marx, MD, MSc, FRCS</strong></td>
<td>Attending Orthopaedic Surgeon Director, Foster Center for Clinical Outcome Research Professor of Orthopaedic Surgery and Public Health</td>
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<td>Weill Cornell Medical College</td>
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<td><strong>Stephanie Mayer, MD</strong></td>
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<td><strong>Andrew D. Pearle, MD</strong></td>
<td>Director Computer Assisted Surgery Center Associate Attending Orthopaedic Surgeon Associate Professor of Orthopaedic Surgery Associate Team Physician</td>
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<td><strong>Leigh-Ann Plack, PT, DPT, USATF-1</strong></td>
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<td>Chair, Department of Radiology and Imaging Coleman Chair in Magnetic Resonance Imaging Research Professor of Radiology</td>
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<td>Clinical Supervisor Spine Therapy Center</td>
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<td><strong>Durham Weeks, MD</strong></td>
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<td><strong>Riley J. Williams III, MD</strong></td>
<td>Associate Attending Orthopaedic Surgeon Director of the Institute for Cartilage Repair Associate Professor of Orthopaedic Surgery</td>
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<td>Weill Cornell Medical College</td>
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<td><strong>James F. Wyss, MD, PT</strong></td>
<td>Assistant Attending Physiatrist Assistant Professor of Clinical Rehabilitation Medicine</td>
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<td>Weill Cornell Medical College</td>
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<tr>
<td><strong>HSS PROGRAM COORDINATOR</strong></td>
<td>Melody Mokhtarian</td>
<td></td>
<td>Marketing and Events Coordinator Professional Education Education &amp; Academic Affairs</td>
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INFORMATION & REGISTRATION

Please print legibly.

DATE (MONTH-DAY-YEAR) ____________  ____________  ____________

FIRST NAME ___________________________  M.I. ___________________________  LAST NAME ___________________________

DEGREE ___________________________  EMPLOYER ___________________________

REHABILITATION NETWORK NAME AND DISCOUNT CODE (IF APPLICABLE) ___________________________

EMAIL ADDRESS ___________________________

STREET ADDRESS ___________________________  SUITE/APT # ___________________________

CITY ___________________________  STATE ___________________________  ZIP CODE ___________________________

DAYS PHONE ___________________________

$ ___________________________  American Express  MasterCard  Visa  Check enclosed

AMOUNT ENCLOSED ___________________________

CREDIT CARD # ___________________________  EXP. DATE ___________________________

x

SIGNATURE ___________________________

How did you hear about this course?

☐ Print brochure  ☐ Email blast  ☐ HSS website  ☐ Journal advertisement

☐ LinkedIn ad  ☐ Recommendation  ☐ Google ad  ☐ Other ___________________________

Every effort will be made to accommodate your choices. Space is limited in each session and will be allocated on a first-come, first-serve basis.

CONCURRENT SESSIONS  Friday, April 17

Afternoon Mini Courses (Onsite participants please rank your first, second and third preference. Live streaming participants will view the “Team Physicians Roundtable” session.)

1. Team Physicians Roundtable: Select Case Studies from Professional Sports
2. Lumbar Spine Disorders in the Athlete

Afternoon Workshops: Wave 1 (Onsite participants please rank your first, second and third preference. Live streaming participants will view the “Live Surgery-Arthroscopic Rotator Cuff Repair” session.)

A. Live Surgery-Arthroscopic Rotator Cuff Repair
B. Troubleshooting in Sports PT: Complicated Patient (Upper Extremity)
C. Clinical Examination of the Athlete’s Hip
D. Treating and Training the Tactical Athlete

CONCURRENT INSTRUCTIONAL COURSES  Saturday, April 18 (onsite attendees only)

Morning Pre-Conference Courses (additional $60 per instructional course)

A. Manual Therapy Techniques: Hip & Pelvis
B. Current Perspectives in Pediatric Sports Medicine
C. Current Perspective in Treating Rotator Cuff Disease in the Athlete

CONCURRENT WORKSHOPS  Saturday, April 18 (onsite attendees only)

Please rank your first, second and third preference in each session.

Afternoon Workshops: Wave 2

A. Clinical Examination of the Athlete’s Knee
B. If the Shoe Fits…Footwear for Injury Protection
C. Troubleshooting in Sports PT: Complicated Patient (Lower) Extremity
D. From Table to Field: Nutrition’s Role in Athletic Recovery
E. Injury Prevention for the Adolescent Thrower
F. Clinical Examination of the Athlete’s Shoulder
G. Quality Movement Assessment Utilizing Dartfish Technology
H. Massage Techniques to Increase Shoulder Mobility
I. Linking the Thoracic Spine to Injuries in the Overhead Athlete
J. Lower Quarter Examination

Afternoon Workshops: Wave 3

F. Clinical Examination of the Athlete’s Shoulder
G. Quality Movement Assessment Utilizing Dartfish Technology
H. Massage Techniques to Increase Shoulder Mobility
I. Linking the Thoracic Spine to Injuries in the Overhead Athlete
J. Lower Quarter Examination
FINANCIAL DISCLOSURE (continued from page 2)

In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.

REGISTRATION FEES

Registration fees include breakfast on Friday and Saturday, lunch on Friday, and Chairmen’s Reception (onsite attendees only), online access to lecture handouts and credits. All registered participants will receive a confirmation via email. Rehabilitation Network members receive an exclusive 20 percent discount.

Register early! Onsite space is limited to 100 participants.

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Early Bird (Ends 3/27 at 5pm)</th>
<th>Regular</th>
<th>Registration Close Date</th>
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<tr>
<td>Onsite</td>
<td>$475</td>
<td>$380</td>
<td>$432 4/13 at 5pm</td>
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<tr>
<td>Onsite with Saturday morning pre-conference instructional course</td>
<td>$535</td>
<td>$428</td>
<td>$480 4/13 at 5pm</td>
</tr>
<tr>
<td>Live web streaming Day 1 and morning of Day 2</td>
<td>$275</td>
<td>$220</td>
<td>$272 4/13 at 5pm</td>
</tr>
</tbody>
</table>

For day-of registration for the onsite course, add $75 to the appropriate category above plus $15 per instructional course (available only if space permits—please call first). Please note: Registration will not be processed unless accompanied by payment.

HOW TO REGISTER

Two easy ways to register!

1 Register and pay online at www.hss.edu/cme-calendar.
2 Register by mail using the registration form.

PAYMENT BY MAIL
Make check payable to: Hospital for Special Surgery
Mail registration form to: Hospital for Special Surgery Professional Education Department Education & Academic Affairs Division 535 East 70th Street New York, NY 10021

CONFIRMATIONS
All registered participants will receive a confirmation via email.

REFUND POLICY
A handling fee of $75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

FOR MORE INFORMATION, PLEASE CONTACT
Melody Mokhtarian
Marketing and Events Coordinator Professional Education Education & Academic Affairs Hospital for Special Surgery tel: 212.606.1812 email: mokhtarianm@hss.edu

PARKING AND ACCOMMODATIONS
For information on parking, accommodations and transportation, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

SPECIAL NEEDS
Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

Please note: This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.

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