Limb Lengthening, Complex Reconstruction and Foot & Ankle Surgery: Perioperative Care and Rehabilitation

January 31 – February 1, 2014
Hospital for Special Surgery | New York City

This activity has been approved for physical therapy contact hours and BOC credits; pending physician assistant credits

Sponsored by Hospital for Special Surgery Office of Continuing Medical Education

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LIVE STREAMING WEBCAST is available for Day 1

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Limb Lengthening, Complex Reconstruction and Foot & Ankle Surgery: Perioperative Care and Rehabilitation

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SPONSORED BY HOSPITAL FOR SPECIAL SURGERY OFFICE OF CONTINUING MEDICAL EDUCATION

LOCATION
Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York City

STATEMENT OF NEED
Successful outcomes following limb lengthening and reconstructive procedures depend on a multidisciplinary approach. A thorough understanding of the procedures and post-operative care are imperative. This program will provide the clinician with an overview of a variety of limb lengthening and reconstructive procedures and an understanding of post-operative rehabilitation guidelines including frame handling, weight bearing, footwear, exercise progression and positioning. This course will also educate practitioners about surgical and conservative management of foot and ankle disorders, providing the evidence behind surgical choices, phases of healing and criteria for advancement throughout rehabilitation. The lab portion on Day 2 will demonstrate and provide hands-on practice for examination and manual therapy skills.

TARGET AUDIENCE
This activity is targeted to physical therapists, athletic trainers and physician assistants.

LEARNING OBJECTIVES
HSS professional 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:

✓ Demonstrate an understanding of the biomechanics of the foot and ankle.
✓ Discuss phases of healing and criteria-based rehabilitation advancement following limb-lengthening/reconstruction and surgical procedures of the foot and ankle.
✓ Recognize common complications following limb lengthening/reconstruction and surgical procedures of the foot and ankle.
✓ Incorporate a functional exercise progression following a properly executed evaluation of a patient after limb lengthening/reconstruction or foot and ankle surgery.
✓ Integrate rehabilitation progressions from the acute care setting to return to sport.
✓ Perform an advanced clinical examination on patients following limb lengthening/reconstruction and surgical procedures of the foot and ankle.
✓ Practice manual therapy techniques and peripheral nerve entrapment skills and incorporate into practice.

ACCREDITATION AND CREDIT DESIGNATION
Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 11 Contact Hours on-site and 6 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.

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 Contact Hours on-site and 6 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.

This program is not yet approved for CME credit. Conference organizers plan to request 6 hours of AAPA Category 1 CME credit from the Physician Assistant Review Panel. Total number of approved credits yet to be determined.

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.

FINANCIAL DISCLOSURE
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 the planners, teachers and authors 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, planners, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.

FOR MORE
Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.
**Program Agenda**

**DAY 1  Friday, January 31**

8:30a  Breakfast and Registration

8:55a  LIVE WEB STREAMING BEGINS  
Opening Remarks

9:00a  Structure and Function of the Foot and Ankle: From Epidemiology to Biomechanics  Howard J. Hillstrom, PhD

9:20a  Complex Ankle Fusion with Tibial Lengthening  Austin T. Fragomen, MD

9:40a  Tibial and Femoral Lengthening Surgery: Stretch it Out  S. Robert Rozbruch, MD

10:00a  Complex Leg Trauma Treatment and Limb Salvage with External Fixation  John K. Sontich, MD

10:20a  Panel Discussion

10:40a  Break

11:00a  Deformities and Contractures of the Ankle and Knee: Surgical Treatment with Frames  S. Robert Rozbruch, MD

11:20a  Post-operative Care for the Limb Lengthening and Complex Reconstruction Patient  Lisa Halfen, MS, PA-C, MS, ATC

11:40a  Rehabilitation Following Limb Lengthening and Deformity Correction  Jocelyn Mastropolo, PT, DPT

12:00p  Panel Discussion

12:20p  Lunch (on your own)

1:20p  Ankle Fractures: Bones Broke, Need Fixing  David S. Levine, MD

1:40p  Orthopaedic Management of Drop Foot  Matthew M. Roberts, MD

2:00p  Management of the Achilles Tendon: A Surgeon’s Perspective  Scott J. Ellis, MD

2:20p  Conservative Management of Achilles Tendonitis  Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT

2:40p  Ankle Arthritis: Total Ankle Replacement vs. Ankle Distraction  Scott J. Ellis, MD, and Austin T. Fragomen, MD

3:00p  Panel Discussion

3:20p  Break

3:40p  What I Forgot to Ask the MD Before He/She Left the Room  Lisa Melnik, PA

4:00p  Post-Surgical Rehabilitation of the Foot and Ankle  Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT

4:20p  Return to Play  Jessica Hettler, PT, MS, ATC, Cert MDT, SCS

4:40p  Panel Discussion

5:00p  LIVE WEB STREAMING ENDS  Adjour

**DAY 2  Saturday, February 1** (only for PTs and ATCs)

8:30a  Breakfast and Registration

9:00a  Clinical Examination: Kinetic Linking

10:00a  Return to Play

11:00a  Break

11:15a  Return to Play (continued)

12:15p  Lunch (on your own)

1:15p  Manual Therapy for the Lower Extremity

3:15p  Q&A

3:30p  Adjourn

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**Activity Directors**

David S. Levine, MD  
Assistant Attending Orthopaedic Surgeon  
Hospital for Special Surgery  
Assistant Professor of Orthopaedic Surgery  
Weill Cornell Medical College

S. Robert Rozbruch, MD  
Chief, Limb Lengthening and Complex Reconstruction Service  
Attending Orthopaedic Surgeon  
Hospital for Special Surgery  
Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College

Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT  
Advanced Clinician  
Sports Rehabilitation and Performance Center Rehabilitation  
Hospital for Special Surgery

**Guest Faculty**

John K. Sontich, MD  
Orthopaedic Trauma Surgeon  
MetroHealth Medical Center  
Associate Professor of Orthopaedic Surgery  
Case Western Reserve University  
Cleveland, OH

**HSS Faculty**

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Assistant Professor of Orthopaedic Surgery  
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Director, Limb Lengthening Clinic  
Assistant Professor of Orthopaedic Surgery  
Weill Cornell Medical College

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Limb Lengthening and Reconstruction Service

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Leon Root, MD, Motion Analysis Laboratory Rehabilitation

Jocelyn Mastropolo, PT, DPT  
Staff Physical Therapist Rehabilitation

Lisa Melnik, PA  
Foot and Ankle Service

Jamie Osmak, CSCS, USAF-1, Level 1 TPI Certified Golf Fitness Instructor  
Performance Specialist  
Sports Rehabilitation and Performance Center Rehabilitation

Matthew M. Roberts, MD  
Co-Chief, Foot and Ankle Service  
Associate Attending Orthopaedic Surgeon  
Associate Professor of Orthopaedic Surgery  
Weill Cornell Medical College

**HSS Program Coordinator**

Melody Mokhtarian  
Marketing and Events Coordinator  
Professional Education  
Education & Academic Affairs
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How did you hear about this course?

- Print brochure
- Email blast
- HSS website
- Journal advertisement
- Linkedin ad
- Recommendation
- Google ad
- Other

- Check here to receive the HSS eNewsletter. Please include email address above.

**REGISTRATION FEES**

Registration fees include pre- and post-course knowledge assessments, breakfasts (for on-site participants only), online access to lecture handouts, physical therapy contact hours and physician assistant credits. All registered participants will receive a confirmation via email. Rehabilitation Network members receive an exclusive 20 percent discount.

**REGISTER EARLY, SPACE IS LIMITED!**

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For day-of registration, add $25 to the appropriate category above (available only if space permits – please call first). Please note: Registration will not be processed unless accompanied by payment.

**TRANSPORTATION**

Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue.

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue.

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

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