

MAYO CLINIC DISORDERS OF THE WRIST

May 21-23, 2010
Mayo Clinic, Rochester, Minnesota



Pre-Conference Laboratory Workshop
ANATOMY OF THE WRIST
May 20, 2010

Registration Now Open!

<http://www.mayo.edu/cme/orthopedic-surgery.html>



*This program endorsed by
the American Association for Hand Surgery*

General Information

COURSE DESCRIPTION

Disorders of the Wrist, designed for orthopedic and plastic surgeons with a significant hand practice, covers the spectrum of disorders of the wrist and distal radioulnar joint. The format will be case-oriented, covering topics in bony and soft tissue trauma, degenerative disease, and inflammatory arthritis, to name a few. Video taped surgery clips and cadaveric surgical dissection will be used to demonstrate complicated surgical procedures.

The course will begin with a review of normal wrist anatomy and mechanics, including examination maneuvers, imaging modalities and surgical exposures. The pertinent features of each wrist disorder will then be highlighted, followed by detailed descriptions of treatment techniques and outcomes. Case examples will be presented prior to each didactic session, followed by open discussion. Breakout sessions will provide more in-depth coverage of specific wrist topics and provide updates on advances in arthroscopy and arthroplasty from recognized experts in the field. Registrants are encouraged to bring their own cases to discuss with the faculty. Special times for these exchanges will be arranged.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Describe the normal anatomy of the wrist and distal radioulnar joint (DRUJ)
- Review the normal mechanics and pathomechanics of the wrist
- Apply surgical approaches in wrist dissection and surgery – dorsal, palmar, & volar
- Discuss the radiologic diagnosis of various wrist disorders
- Perform tendodesis and capsulodesis techniques for the treatment of SL and LT instability.
- Utilize surgical techniques in treatment of TFCC injuries
- Employ surgical techniques to repair osseous trauma - acute scaphoid fracture, scaphoid nonunion, distal radius fracture
- Outline the surgical options for degenerative arthritis
- Describe strategies for repair and salvage of DRUJ injuries

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

CREDIT

College of Medicine, Mayo Clinic, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

College of Medicine, Mayo Clinic, designates this educational activity for a maximum of 27.00 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DATE AND LOCATION

Mayo Clinic *Disorders of the Wrist* will be held May 21-23, 2010, with the Pre-Conference Laboratory Workshop preceding the course on Thursday, May 20, 2010. The Pre-Conference Laboratory Workshop will take place in Mayo Clinic's state-of-the-art Surgical Skills Laboratory, located in the Stabile Medical Science Building. Beginning on Friday, May 21, 2010, course headquarters will be located in Phillips Hall on the first floor of the Siebens Medical Education Building, Mayo Clinic, 100 2nd Avenue SW, Rochester, Minnesota. Meeting facilities are easily accessible by skyway and pedestrian subway, which connect Mayo Clinic to shops, restaurants and hotels.

REGISTRATION

To register online, visit <http://www.mayo.edu/cme/orthopedic-surgery.html> or complete the attached registration form and return by mail or fax. The registration fee includes tuition, comprehensive electronic course syllabus, continental breakfasts, lunches, break refreshments, and Saturday evening's conference reception. Although it is not Mayo School of Continuous Professional Development (MSCPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo School of CPD **before Friday, May 6, 2010** (fax#: 507-284-0532). **No refunds will be made on or after Friday, May 6, 2010.** Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

TRAVEL

Rochester, Minnesota, is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily via American or Northwest Airlines. Access to and from the airport is provided by taxi, shuttle service, and rental car. The airport is located approximately 10 miles from the Mayo Clinic campus.

Mayo Clinic's appointed travel company, Carlson Wagonlit Travel, is available to assist with your travel arrangements. To make your reservation, phone Carlson Wagonlit Travel toll-free at 1-866-629-6885.

Note to Travelers: Several cities in the United States are named Rochester. When you make airline reservations and check your baggage, be sure that your destination is Rochester, Minnesota (RST) and that your baggage has been properly tagged.

Travel arrangements are the sole responsibility of the individual registrant.

LODGING ACCOMMODATIONS

Guest rooms have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, *reservations must be made before the room block is filled or before the expiration date of April 28, 2010, whichever comes first.* Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the Mayo Clinic's Disorders of the Wrist course when making your reservation.

Kahler Grand Hotel

20 Second Avenue SW
800-533-1655 or 507-282-2581
\$92 single/double

Rochester Marriott Hotel

101 First Avenue SW
877-623-7775 or 507-280-6000
\$139 single/double

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. You may wish to visit the Rochester Convention and Visitors Bureau website (www.rochestercvb.org) and/or www.rochester411.com for additional accommodation options and area information.

Lodging arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

CONFERENCE FACULTY

Course Directors

Richard A. Berger, M.D., Ph.D.

Professor of Orthopedics
Rochester, Minnesota

Steven L. Moran, M.D.

Professor and Chair of Plastic Surgery
Rochester, Minnesota

Guest Faculty

Brian D. Adams, M.D., Ph.D.

University of Iowa College of
Medicine
Iowa City, Iowa

Thomas J. Graham, M.D.

Curtis National Hand Center
Union Memorial Hospital
Baltimore, Maryland

Elisabet Hagert, M.D., Ph.D.

Karolinska Institutet
Stockholm, Sweden

Michael J. Hayton, F.R.C.S. (TrOrth)

Wrightington Hospital
Wrightington, United Kingdom

Guillaume Herzberg, M.D., Ph.D.

Lyon Claude Bernard University
Hopital Edouard Herriot
Lyon France

James P. Higgins, M.D.

Curtis National Hand Center
Baltimore, Maryland

David J. Slutsky, M.D., F.R.C.S. (C)

UCLA School of Medicine
South Bay Hand Surgery, LLC
Torrance, CA

Dean G. Sotereanos, M.D.

Drexel University College of Medicine
Allegheny Orthopaedic Associates
Pittsburgh, Pennsylvania

John K. Stanley, M.D.

University of Manchester
Centre for Hand and Upper Limb
Surgery

Wrightington Hospital for Joint
Disease

Wigan, United Kingdom

John Taras, M.D.

The Philadelphia Hand Center, P.C.
Marlton, New Jersey
The Benjamin Franklin House
Philadelphia, Pennsylvania

Steven F. Viegas, M.D.

Advanced Orthopaedics & Sports
Medicine
Joint Replacement Arthroscopic
Surgery
Houston, Texas

Mayo Clinic Faculty

Peter C. Amadio, M.D.

Kimberly K. Amrami, M.D.

Allen T. Bishop, M.D.

Brian T. Carlsen, M.D.

William P. Cooney, III, M.D.

David G. Dennison, M.D.

Bassem T. Elhassan, M.D.

Joes A. Ortiz, Jr., M.D.

Kevin J. Renfree, M.D.

Marco Rizzo, M.D.

Alexander Y. Shin, M.D.

Program Schedule

Thursday, May 20, 2010

Pre-Conference Laboratory Workshop Schedule

Anatomy of the Wrist

6:30 a.m. Registration & Continental
Breakfast

7:30 a.m. Welcome and Introduction
*Richard A. Berger, M.D.,
Ph.D.*

8:00 a.m. Lecture: Anatomy of the
Wrist
*Richard A. Berger, M.D.,
Ph.D.*

9:00 a.m. Lecture: Surgical
Approaches to the Wrist
*Richard A. Berger, M.D.,
Ph.D.*

9:30 a.m. Refreshment Break

9:45 a.m. Dissection: Dorsal Surgical
Exposures &
Dorsal Wrist Anatomy
Faculty & Laboratory Staff

12:00 p.m. Lunch

1:00 p.m. Dissection: Palmar Surgical
Exposures, Palmar Wrist
Anatomy & Anatomy of
the DRUJ
Faculty & Laboratory Staff

2:30 p.m. Surgical Procedures:
Modified Brunelli
DRUJ Reconstruction

*Richard A. Berger, M.D.,
Ph.D. & Steven L. Moran,
M.D.*

3:30 p.m. Surgical Procedures:
Pedicled Vascularized
Bone Grafts

Steven L. Moran, M.D.

4:00 p.m. Adjourn

Friday, May 21, 2010

General Session Program Schedule

7:30 a.m. Welcome & Course Overview

Session I: The Painful Wrist. Where do I start?

Moderator: *Richard A. Berger, M.D., Ph.D.*

7:35 a.m. Case Presentation and Examination of the Wrist
Richard A. Berger, M.D., Ph.D.

7:50 a.m. Radiology in Diagnosis of Radial Sided Wrist Pain. The Validity of MRI and MR Arthrography
Kimberly K. Amrami, M.D.

8:05 a.m. Diagnostic Arthroscopy, Dorsal and Volar Approach
David J. Slutsky, M.D., F.R.C.S.(C)

8:20 a.m. Surgical Demonstration: Volar Portals and Volar Approach to the Wrist, Pearls for Diagnostic Arthroscopy
David J. Slutsky, M.D., F.R.C.S.(C)

8:35 a.m. Wrist Kinematics in Scapholunate Injury
Richard A. Berger, M.D., Ph.D.

8:55 a.m. Case Wrap Up and Audience Vote on Treatment
Richard A. Berger, M.D., Ph.D.

9:00 a.m. Refreshment Break

Session II: Soft Tissue Trauma-Scapholunate Dissociation

Moderator: *John K. Stanley, M.D.*

9:20 a.m. Case Presentation, Overview, Classification, Natural History
John K. Stanley, M.D.

9:40 a.m. Closed and Arthroscopic Options (Pinning, Shrinkage): When will it work? Grade 2 and 3 Instability
Dean G. Sotereanos, M.D.

9:55 a.m. Direct Repair: When to Add a Capsulodesis?
Steven F. Viegas, M.D.

10:10 a.m. Tenodesis
Steven L. Moran, M.D.

10:25 a.m. Fusion
Peter C. Amadio, M.D.

10:40 a.m. Case Discussion & Review of Audience Response
John K. Stanley, M.D.

10:50 a.m. Special Topic: The Role of Proprioception in Scapholunate Injury
Elisabet Hagert, M.D., Ph.D.

11:20 a.m. Dorsal Wrist Exposure to Preserve PIN
Elisabet Hagert, M.D., Ph.D.

11:30 a.m. Questions

11:40 a.m. Lunch

Session IIIA: Acute Scaphoid Fracture

Moderator: *John Taras, M.D.*

12:45 p.m. Case Presentation, Overview, Classification
John Taras, M.D.

1:05 p.m. Radiographic Assessment
Kimberly K. Amrami, M.D.

1:20 p.m. Casting Versus Screw: When and Who
David G. Dennison, M.D.

1:35 p.m. Surgical Demonstration: Arthroscopic Reduction and Screw Fixation
David J. Slutsky, M.D., F.R.C.S.(C)

1:50 p.m. Proximal Pole Fractures
Michael J. Hayton, F.R.C.S. (TrOrth)

2:05 p.m. Scaphoid Fractures in the Athlete: When to Fix and When to Move
John Taras, M.D.

2:20 p.m. Case Discussion: Audience Response
John Taras, M.D.

Session IIIB: Scaphoid Nonunion

Moderator: *William P. Cooney, III, M.D.*

2:30 p.m. Case Presentation, Overview, Classification, Natural History
William P. Cooney, III, M.D.

2:45 p.m. Volar Grafting Techniques: Vascular and Russe
Michael J. Hayton, F.R.C.S. (TrOrth)

3:00 p.m. Overview and Surgical Demonstration: Dorsally Based Vascularized Bone Grafts
Allen T. Bishop, M.D.

3:15 p.m. Indication and Shortcomings of Vascularized Grafts
Alexander Y. Shin, M.D.

3:30 p.m. Case Wrap Up and Review of Audience Response
William P. Cooney, III, M.D.

3:45 p.m. Refreshment Break

Session IV: Wrist Arthritis

Moderator: *Dean G. Sotereanos, M.D.*

4:00 p.m. Wrist Salvage: Overview Case Presentation
Dean G. Sotereanos, M.D.

4:10 p.m. Bone Shape and Carpal Mechanics: Distal Pole Resection
Steven L. Moran, M.D.

4:20 p.m. Wrist Replacement
Guillaume Herzberg, M.D., Ph.D.

4:35 p.m. PRC
James P. Higgins, M.D.

4:50 p.m. 4-Corner
Alexander Y. Shin, M.D.

5:00 p.m. Neurectomy
Richard A. Berger, M.D., Ph.D.

5:15 p.m. Radiolunate Fusion
Guillaume Herzberg, M.D., Ph.D.

5:30 p.m. Radioscapholunate Fusion
Steven L. Moran, M.D.

5:45 p.m. Case Wrap Up and Questions
Dean G. Sotereanos, M.D.

6:00 p.m. Adjourn

Saturday, May 22, 2010

Session V: Ulnar-Sided Wrist Pain. Where do I start?

Moderator: *Brian D. Adams, M.D., Ph.D.*

7:35 a.m. Case Presentation and Examination of the Wrist
Brian D. Adams, M.D., Ph.D.

7:55 a.m. Radiology in Diagnosis of Ulnar Wrist Pain. The Validity of MRI and MR Arthrography
Kimberly K. Amrami, M.D.

8:10 a.m. Pathoanatomy and Kinematics
Elisabet Hagert, M.D., Ph.D.

8:25 a.m. Diagnostic Arthroscopy
David J. Slutsky, M.D., F.R.C.S.(C)

8:40 a.m. Surgical Demonstration: Ulnar Portals, DRUJ Portals and Ulnar Approach to the Wrist, Pearls for Treatment Arthroscopy
David J. Slutsky, M.D., F.R.C.S.(C)

8:55 a.m. Case Discussion
Brian D. Adams, M.D., Ph.D.

Session VI: LT Injury

Moderator: *Bassem T. Elhassen, M.D.*

9:00 a.m. Overview and Case Presentation
Bassem T. Elhassen, M.D.

9:15 a.m. Lt Instability
Alexander Y. Shin, M.D.

9:30 a.m. Chronic VISI
Steven F. Viegas, M.D.

9:45 a.m. Pisotriquetral Problems
John K. Stanley, M.D.

10:00 a.m. Case Discussion
Bassem T. Elhassen, M.D.

10:05 a.m. Refreshment Break

Session VII: TFCC Injury

Moderator: *Walter H. Short, M.D.*

10:20 a.m. Overview and Anatomy
Walter H. Short, M.D.

10:35 a.m. Non Destabilizing Tears
Jose A. Ortiz, Jr., M.D.

10:50 a.m. Destabilizing Tears
Walter H. Short, M.D.

11:05 a.m. Split Tears
Richard A. Berger, M.D., Ph.D.

11:20 a.m. Impaction
Marco Rizzo, M.D.

11:35 a.m. Failures and Recurrent TFCC Tears
Thomas J. Graham, M.D.

11:50 a.m. Surgical Approach to Ulnar Carpus
Brian D. Adams, M.D., Ph.D.

12:00 p.m. Case Discussion
Walter H. Short, M.D.

12:05 p.m. Lunch

Breakout Sessions I

Kienbock's Disease
Allen T. Bishop, M.D. & James P. Higgins, M.D.

Perilunate Injuries
Guillaume Herzberg, M.D., Ph.D. & Elisabet Hagert, M.D., Ph.D.

Wrist Injuries in the Athlete
John Taras, M.D. & Michael J. Hayton, F.R.C.S. (TrOrth)

Session VIII: DRUJ Injuries and DRUJ Salvage

Moderator: *Richard A. Berger, M.D., Ph.D.*

- 2:05 p.m. Case Presentation, Overview, Natural History
Richard A. Berger, M.D., Ph.D.
- 2:20 p.m. Imaging: The DRUJ
Kimberly K. Amrami, M.D.
- 2:35 p.m. Acute Dislocations and Soft Tissue Injuries
Brian T. Carlsen, M.D.
- 2:50 p.m. Galeazzi Fractures
Kevin J. Renfree, M.D.
- 3:05 p.m. Chronic Instability
Richard A. Berger, M.D., Ph.D.
- 3:20 p.m. Endoprosthesis
Steven L. Moran, M.D.
- 3:35 p.m. Salvage of Failed DRUJ Reconstruction: Darrach and the One Bone Forearm
Michael J. Hayton, F.R.C.S. (TrOrth)
- 3:50 p.m. Salvage of Chronically Unstable DRUJ
Dean G. Sotereanos, M.D.
- 4:05 p.m. It's Not the Wrist; It's the Elbow.
Scott P. Steinmann, M.D.
- 4:20 p.m. Case Discussion
Richard A. Berger, M.D., Ph.D.
- 5:10 p.m. Refreshments Break
- 5:00 p.m. **Breakout Sessions II**
- Wrist and DRUJ Arthroplasty
William P. Cooney, III, M.D. & Guillaume Herzberg, M.D., Ph.D.
- Rheumatoid Wrist
Marco Rizzo, M.D. & John K. Stanley, M.D.
- Denervation and Muscle Reeducation in the Management of Wrist Instability
Richard A. Berger, M.D., Ph.D., Elisabet Hagert, M.D., Ph.D.
- Pediatric Wrist
Steven L. Moran, M.D. & Bassem T. Elhassan, M.D.
- 6:00 p.m. Adjourn
- 6:30 – Conference Reception
- 8:00 p.m.

Sunday, May 23, 2010

Osseous Trauma –Distal Radius Fracture

Moderator: *Marco Rizzo, M.D.*

- 8:00 a.m. Case Presentation, Overview, Classification
Marco Rizzo, M.D.
- 8:15 a.m. Volar Plastes
Marco Rizzo, M.D.
- 8:30 a.m. Dorsal Plates and Fragment Specific Fixation-Is there Still a Role?
David G. Dennison, M.D.
- 8:45 a.m. Ex-Fix - Is there Still a Role?
Marco Rizzo, M.D.
- 9:00 a.m. Bridge Plate
Bassem T. Elhassan, M.D.
- 9:15 a.m. Arthroscopy
Allen T. Bishop, M.D.
- 9:30 a.m. Refreshment Break
- 10:00 a.m. Bone Grafting: When and With What
David G. Dennison, M.D.
- 10:15 a.m. Arthrodesis: The Ultimate Salvage
Thomas J. Graham, M.D.
- 10:30 a.m. Malunions
Thomas J. Graham, M.D.
- 10:45 a.m. Missed and Concomitant SL
Bassem T. Elhassan, M.D.
- 11:00 a.m. Panel Discussion: Things I Used to Do
Thomas J. Graham, M.D. William P. Cooney, III, M.D. John K. Stanley, M.D. Richard A. Berger, M.D., Ph.D.
- 12:00 p.m. Adjourn

FACULTY DISCLOSURE

As a provider accredited by ACCME, College of Medicine, Mayo Clinic (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

Disorders of the Wrist

May 21-23, 2010 • Mayo Clinic, Rochester, Minnesota

Mail form and payment to:

Mayo School of Continuous Professional Development
 Plummer 2-60
 200 First Street SW
 Rochester, MN 55905

Phone 800-323-2688 or 507-284-2509
 FAX 507-284-0532
 E-mail cme@mayo.edu
 Web site www.mayo.edu/cme

Registration on-line at <http://www.mayo.edu/cme/orthopedic-surgery.html>

Contact Information

Name of Registrant - <i>first name, middle name or initial, and last name</i>		Degree - <i>select all that apply</i> <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> PA <input type="checkbox"/> NP <input type="checkbox"/> Other - <i>specify</i>	
Name of Institution		Medical Specialty	
Preferred Mailing Address - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home			
Work/Business Address - <i>street address</i>		Work Phone - <i>include all country and city/area codes as needed along with complete phone number</i>	
City	State or Province	ZIP or Postal Code	Country
Home Address - <i>street address</i>		Home Phone - <i>include all country and city/area codes as needed along with complete phone number</i>	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX - <i>include all country and city/area codes as needed along with complete phone number</i>	FAX Location - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
<div style="border: 1px solid black; padding: 2px; display: inline-block;">SPECIAL NEEDS</div> If you have special assistance needs or dietary restrictions, describe here:			

Registration

Please indicate if you will be attending the following:	
Pre-Conference Workshop - Anatomy of the Wrist	<input type="checkbox"/> May 20, 2010
General Session - Disorders of the Wrist	<input type="checkbox"/> May 21-23, 2010
Registration Fee:	
Physicians/Scientists	\$ 995 \$ _____
Residents, Physician Assistants, Nurse Practitioners, and Retirees	\$ 795 \$ _____
Pre-Conference Workshop	\$450 \$ _____
Total Payment Enclosed	\$ _____

Payment Information - Wire transfers will be assessed a \$25 USD fee

<input type="checkbox"/> Check is enclosed in the amount shown at right - <i>make checks payable to Mayo Clinic</i>		
Credit Card - <i>select one</i> <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Account Number	Exp Date - <i>mm/yy</i>
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Mayo School of Continuous Professional Development

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