

19th

**INTERNATIONAL
SPORTS MEDICINE
FELLOWS CONFERENCE**

January 18–20, 2019
Carlsbad, California



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January 18, 2019

Dear Colleagues,

On behalf of the Cedars-Sinai Kerlan-Jobe Institute, we are pleased to welcome you to the *19th International Sports Medicine Fellows Conference* in Carlsbad, California.

This three-day meeting includes a variety of lectures on topics related to articular cartilage repair and patellofemoral treatments and disorders. Hands-on labs will serve to enhance your educational experience. We have also added very contemporary and innovative sessions focused on Orthobiologics and Ultrasound. We hope that you will find this format exciting and educational.

HIGHLIGHTS FOR 2019

- **New for 2019!** Patellofemoral Lecture & Workshop Session
- The Ultrasound Workshop will focus on diagnostic and injection techniques
- **Online Course Proceedings!** To view the agenda presentations in real-time, please visit the 2019 ISMF Conference Interactive Agenda at www.ismf-conference.com

We invite you to join us for the **Welcome Reception** on Friday, January 18th at 7:00PM on the Westin's Sunset Terrace, followed by **The Annual ISMF Conference Dinner** at 8:00PM in the Sunset Ballroom. All attendees, faculty and company personnel are invited.

We hope you take the time to enjoy the beautiful California coast, with its natural beauty and variety of activities. The *19th International Sports Medicine Fellows Conference* will be successful as we welcome fellows from around the country, hungry for information related to the practice of sports medicine.

Best Regards,

Bert R. Mandelbaum, MD, DHL (hon)
Course Chair
Medical Director
Cedars-Sinai Kerlan-Jobe Institute

Ralph A. Gambardella, MD
Course Chair
Medical Director
Kerlan Jobe Orthopaedic Clinic

Seth L. Sherman, MD
Program Director
University of Missouri

Wayne K. Gersoff, MD
Lab Director
University of Colorado

COMPLIMENTARY WIFI

WiFi is available throughout the Conference Center for all Westin Carlsbad Resort & Spa guests

Password: jan2019

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Course Chairs & Program Directors

Bert R. Mandelbaum, MD, DHL (hon)
Course Co-Chair
Santa Monica, CA, USA

Ralph A. Gambardella, MD
Course Co-Chair
Los Angeles, CA, USA

Seth L. Sherman, MD
Program Director
Columbia, MO, USA

Wayne K. Gersoff, MD
Lab Director
Denver, CO, USA

Course Faculty

Brian Cole, MD
Chicago, IL, USA

Simon Gortz, MD
San Diego, CA, USA

Jason Scopp, MD
Salisbury, MD, USA

Kevin Ehrhart, MD
Santa Monica, CA, USA

Kristofer Jones, MD
Los Angeles, CA, USA

Sabrina Strickland, MD
New York, NY, USA

Jack Farr, MD
Greenwood, IN, USA

Aaron Krych, MD
Rochester, MN, USA

Marc Tompkins, MD
Minneapolis, MN, USA

Alan Getgood, MD
London, ON, CANADA

Christian Lattermann, MD
Lexington, KY, USA

Natasha Trentacosta, MD
Santa Monica, CA, USA

Alberto Gobbi, MD
Milan, ITALY

Tom Minas, MD
Chestnut Hill, MA, USA

Peter Verdonk, MD
Zwijnaarde, BELGIUM

Andreas Gomoll, MD
New York, NY, USA

Kai Mithoefer, MD
Boston, MA, USA

Ken Zaslav, MD
Richmond, VA, USA

Ultrasound Lab Faculty

Casey Batten, MD
Santa Monica, CA, USA

Kenton Fibel, MD
Santa Monica, CA, USA

Keynote Speaker

Tom Minas, MD
Chestnut Hill, MA, USA

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Knee Cadaver Lab Faculty

Lab Director:

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Denver, CO, USA

Stephen P. Abelow, MD
South Lake Tahoe, CA, USA

Alberto Gobbi, MD
Milan, ITALY

Tom Minas, MD
Chestnut Hill, MA, USA

Art Bartolozzi, MD
Philadelphia, PA, USA

Andreas Gomoll, MD
New York, NY, USA

Kai Mithoefer, MD
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Brian Cole, MD
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Simon Gortz, MD
San Diego, CA, USA

Jason Scopp, MD
Salisbury, MD, USA

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Alan Getgood, MD
London, ON, CANADA

Bert R. Mandelbaum, MD, DHL(hon)
Santa Monica, CA, USA

Ken Zaslav, MD
Richmond, VA, USA

Patellofemoral Workshop Faculty



Co-Chair:

Jack Farr, MD
Greenwood, IN, USA

Co-Chair:

John P. Fulkerson, MD
Farmington, CT, USA

Andreas Gomoll, MD
New York, NY, USA

Christian Lattermann, MD
Lexington, KY, USA

Sabrina Strickland, MD
New York, NY, USA

Betina B. Hinckel MD, PhD
Brookline, MA, USA

Seth L. Sherman, MD
Columbia, MO, USA

Marc Tompkins, MD
Minneapolis, MN, USA



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Friday, January 18, 2019

8:00 AM - 10:00 AM	Patellofemoral Lecture Series (Registration Required)	Co-Chairs: Jack Farr, John Fulkerson
8:00 AM - 8:15 AM	Overview of Terminology: Avoiding Chondromalacia Patella, PFP Syndrome. How to Sort Through Subsets of Anterior Knee Pain	Jack Farr
8:15 AM - 8:30 AM	Overview of a Real Patient Examination with Review of Initial Standard Radiographs (Normal and Pathologic)	John Fulkerson
8:30 AM - 8:45 AM	Advanced Imaging Studies and Influence on Decision Making	Christian Lattermann
8:45 AM - 9:00 AM	Treatment Algorithm for Patellofemoral Instability: Surgical Indications and Which Procedure(s) to Choose	Marc Tompkins
9:00 AM - 9:10 AM	Getting It Right: Medial Anatomy and Soft Tissue Stabilization	John Fulkerson
9:10 AM - 9:20 AM	Getting It Right: Lateral Anatomy and Soft Tissue Balancing	Andreas Gomoll
9:20 AM - 9:30 AM	Getting It Right: When to Add TTO and What Type?	Sabrina Strickland
9:30 AM - 10:00 AM	Patellofemoral Instability Case-Based Panel Discussion	Seth Sherman
10:00 AM - 12:00 PM	Workshop: <i>Patellofemoral Laboratory and Demonstrations</i> (Registration required)	
12:00 PM - 1:00 PM	Lunch	
1:00 PM - 2:00 PM	Session I: <i>Guided Procedures in Musculoskeletal Ultrasound Lecture and Workshop</i> (ALL FELLOWS)	
1:00 PM - 1:15 PM	Guided Procedures in Musculoskeletal Ultrasound	Casey Batten
1:15 PM - 2:00 PM	Workshop: <i>Guided Procedures in Musculoskeletal Ultrasound Workshop</i>	
2:00 PM - 6:45 PM	Session II: <i>Introduction to Cartilage Repair</i>	Moderator: Seth L. Sherman
2:00 PM - 2:15 PM	Introduction- How to Build a Cartilage Practice	Ralph Gambardella
2:15 PM - 2:30 PM	Clinical and Radiographic Evaluation of Cartilage Patients	Ken Zaslav
2:30 PM - 2:50 PM	Philosophy of Cartilage Repair: When to Treat and When NOT to Treat	Brian Cole
2:50 PM - 3:00 PM	Discussion	
3:00 PM - 3:15 PM	Exhibits Break	
3:15 PM - 3:30 PM	Management of Concomitant Pathology (Alignment, Meniscus, Stability)	Jack Farr
3:30 PM - 3:45 PM	Meniscus Substitution(CMI) and Transplantation	Wayne Gersoff
3:45 PM - 4:00 PM	Osteotomy in Cartilage Repair	Aaron Krych
4:00 PM - 4:15 PM	Discussion	
4:15 PM - 4:30 PM	My Algorithm for Small Cartilage Lesions	Christian Lattermann
4:30 PM - 4:50 PM	My Algorithm for Large or Complex Defects	Andreas Gomoll
4:50 PM - 5:05 PM	Early OA Update	Christian Lattermann
5:05 PM - 5:15 PM	Discussion	
5:15 PM - 5:30 PM	Exhibits Break	
5:30 PM - 5:45 PM	Special Considerations: Patellofemoral Joint	Seth L. Sherman
5:45 PM - 6:00 PM	Special Considerations: OCD Lesions	Marc Tompkins
6:00 PM - 6:15 PM	Cartilage Repair in Pediatric Population	Natasha Trentacosta
6:15 PM - 6:30 PM	Discussion	
7:00 PM - 9:00 PM	Welcome Reception & Annual Dinner at Westin Hotel – Sunset Ballroom (All Invited to Attend)	

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INTERNATIONAL SPORTS MEDICINE FELLOWS CONFERENCE

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Saturday, January 19, 2019

6:30 AM - 7:00 AM	Breakfast	
7:00 AM - 8:30 AM	Session III: <i>Think Like a Cartilage Surgeon</i>	Moderators: Jason Scopp, Seth Sherman
7:00 AM - 7:20 AM	Case Presentation: Small Cartilage Lesion	Kristofer Jones
7:20 AM - 7:40 AM	Case Presentation: Large Cartilage Lesion	Simon Gortz
7:40 AM - 8:00 AM	Case Presentation: Patellofemoral	Seth Sherman
8:00 AM - 8:30 AM	Case Presentation: Complex Reconstruction	Jason Scopp
8:30 AM - 9:00 AM	Exhibits Break	
9:00 AM - 10:45 AM	Session IV: <i>Surgical Techniques and Outcomes</i>	Moderator: Ralph Gambardella
9:00 AM - 9:15 AM	Microfracture/Microfracture Plus/Cartiform	Kai Mithoefer
9:15 AM - 9:30 AM	OAT Autograft/Mosaicplasty/Off the Shelf Osteochondral	Ralph Gambardella
9:30 AM - 9:45 AM	Cell Based Cartilage Repair (PJAC, MACI) in 2019	Andreas Gomoll
9:45 AM - 10:00 AM	Osteochondral Allografts	William Bugbee
10:00 AM - 10:15 AM	Treatment of Subchondral Bone	Bert Mandelbaum
10:15 AM - 10:30 AM	Robotics in Arthroplasty	Kevin Ehrhart
10:30 AM - 10:45 AM	Non-Operative Treatment Including Orthobiologics	Bert Mandelbaum
10:45 AM - 11:15 AM	Exhibits Break	
11:15 AM - 12:15 PM	International Perspective: <i>Techniques and Outcomes</i>	Moderator: John Lane
11:15 AM - 11:30 AM	Cartiheal/Actifit	Peter Verdonk
11:30 AM - 11:45 AM	Osteotomy	Alan Getgood
11:45 AM - 12:00 PM	Stem Cells and Scaffolds	Alberto Gobbi
12:00 PM - 12:15 PM	Discussion	
12:15 PM - 1:15 PM	Lunch & Exhibits	
1:15 PM - 1:45 PM	Keynote: <i>Evolution of ACI</i>	Tom Minas
1:45 PM - 4:00 PM	Session VI: <i>Surgical Demonstrations</i>	Moderators: Brian Cole
1:45 PM - 2:00 PM	Demo: Meniscus Root Repair	Aaron Krych
2:00 PM - 2:15 PM	Demo: Meniscus Allograft Transplantation	Wayne Gersoff
2:15 PM - 2:30 PM	Demo: High Tibial Osteotomy/ DFO	Alan Getgood
2:30 PM - 2:45 PM	Demo: Tibial Tubercle Osteotomy	Jack Farr
2:45 PM - 3:00 PM	Demo: MACI	Ken Zaslav/Tom Minas
3:00 PM - 3:15 PM	Demo: Osteochondral Allograft	Bert Mandelbaum
3:15 PM - 3:30 PM	Demo: Cartiheal	Peter Verdonk/ Ken Zaslav
3:30 PM - 4:00 PM	Discussion and Break	
4:00 PM - 6:30 PM	Workshop: <i>Articular Cartilage, Restoration & Repair Lab (Includes MACI)</i> (Traveling Fellows)	

Sunday, January 20, 2019

7:00 AM - 7:30 AM	Breakfast	
7:30 AM - 10:00 AM	Workshop: <i>Articular Cartilage, Restoration & Repair Lab (Includes MACI)</i> (Local Fellows)	

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2019 ISMF CONFERENCE REGISTRANTS

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**Rakesh John, MBBS, MS, DNB,
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Santa Monica, CA UNITED STATES

Congratulations to the 2019 ISAKOS International Sports Medicine Fellows Conference Scholarship Winners!



Weili Fu MD, PhD CHINA

Radoslaw Grabowski MD POLAND

Rakesh John MBBS, MS, DNB, MRCS, Dip. SICOT, MNAMS CANADA

Jaime Palos MD, MMSc MEXICO

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