

# 18<sup>th</sup>

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## INTERNATIONAL SPORTS MEDICINE FELLOWS CONFERENCE

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Comprehensive Approaches  
to Articular Cartilage Repair  
and Hip Arthroscopy

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January 26–28, 2018  
Carlsbad, California



**CEDARS-SINAI**<sup>®</sup>  
KERLAN-JOBE INSTITUTE

# 18<sup>th</sup>

## INTERNATIONAL SPORTS MEDICINE FELLOWS CONFERENCE

Comprehensive Approaches to Articular Cartilage Repair and Hip Arthroscopy  
January 26 – 28, 2018 • Carlsbad, California

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January 26, 2018

Dear Colleagues,

On behalf of the Cedars-Sinai Kerlan-Jobe Institute, we are pleased to welcome you to the *18<sup>th</sup> International Sports Medicine Fellows Conference: Comprehensive Approaches to Articular Cartilage Repair and Hip Arthroscopy* in Carlsbad, California.

This three-day meeting includes a variety of lectures on topics related to Articular Cartilage Repair and Hip Arthroscopy. 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 2018

- The Ultrasound Workshop will focus on diagnostic and injection techniques
- **Online Course Proceedings!** To view the agenda presentations in real-time, please visit the 2018 ISMF Conference Course website at [www.ismf-conference.com](http://www.ismf-conference.com)

### WIN A \$100 VISA GIFT CARD!

Submit a completed Course Evaluation to the Registration Desk before 12:00PM on Saturday, January 27 to be automatically entered into the drawing!

We invite you to join us for a **Welcome Reception** on Friday, January 26<sup>th</sup> at 7:30PM on the Sunset Terrace at the Sheraton. 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 *18<sup>th</sup> 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

**Michael Gerhardt, MD**

Hip Program Director  
Cedars-Sinai Kerlan-Jobe Institute

**Wayne K. Gersoff, MD**

Lab Director  
University of Colorado

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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

**Michael B. Gerhardt, MD**  
**Hip Program Director**  
Manhattan Beach, CA, USA

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

### Course Faculty

Michael Banffy, MD  
Los Angeles, CA, USA

Andreas Gomoll, MD  
New York, NY, USA

David Schub, MD  
San Marcos, CA, USA

William Bugbee, MD  
La Jolla, CA, USA

Simon Gortz, MD  
San Diego, CA, USA

Jason Scopp, MD  
Salisbury, MD, USA

John Christoforetti, MD  
Pittsburgh, PA, USA

Kristofer Jones, MD  
Los Angeles, CA, USA

Jason Snibbe, MD  
Beverly Hill, CA, USA

John Crues, MD  
Los Angeles, CA, USA

Warren G. Kramer, MD  
Newport Beach, CA, USA

Marc Tompkins, MD  
Minneapolis, MN, USA

Kevin Ehrhart, MD  
Santa Monica, CA, USA

Kai Mithoefer, MD  
Boston, MA, USA

Natasha Trentacosta, MD  
Santa Monica, CA, USA

Joao Espregueira-Mendes, MD, PhD  
Porto, PORTUGAL

Luga Podesta, MD  
Thousand Oaks, CA, USA

Ken Zaslav, MD  
Richmond, VA, USA

Alberto Gobbi, MD  
Milan, ITALY

Justin Saliman, MD  
Los Angeles, CA, USA

### Ultrasound Lab Faculty

Luga Podesta, MD  
Thousand Oaks, CA, USA

### Keynote Speaker

John Fulkerson, MD  
Farmington, CT, USA

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### Knee Cadaver Lab Faculty

**Lab Director:**

Wayne K. Gersoff, MD  
Denver, CO, USA

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

Kristofer Jones, MD  
Los Angeles, CA, USA

Justin Saliman, MD  
Los Angeles, CA, USA

Art Bartolozzi, MD  
Philadelphia, PA, USA

Thomas Kremen, MD  
Los Angeles, CA, USA

Jason Scopp, MD  
Salisbury, MD, USA

William Bugbee, MD  
La Jolla, CA, USA

John G. Lane, MD  
San Diego, CA, USA

Seth L. Sherman, MD  
Columbia, MO, USA

Joao Espregueira-Mendes, MD, PhD  
Porto, PORTUGAL

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Clint Soppe, MD  
Marina Del Rey, CA, USA

Ralph A. Gambardella, MD  
Los Angeles, CA, USA

Timothy McAdams, MD  
Redwood City, CA, USA

Marc Tompkins, MD  
Minneapolis, MN, USA

Alberto Gobbi, MD  
Milan, ITALY

Kai Mithoefer, MD  
Boston, MA, USA

Natasha Trentacosta, MD  
Santa Monica, CA, USA

Andreas Gomoll, MD  
New York, NY, USA

Christos Photopoulos, MD  
Los Angeles, CA, USA

Ken Zaslav, MD  
Richmond, VA, USA

Simon Gortz, MD  
San Diego, CA, USA

Luga Podesta, MD  
Thousand Oaks, CA, USA

### Hip Lab Faculty

**Lab Director:**

Michael B. Gerhardt, MD  
Manhattan Beach, CA, USA

Michael Banffy, MD  
Los Angeles, CA, USA

John Crues, MD  
Los Angeles, CA, USA

David Schub, MD  
San Marcos, CA, USA

John Christoforetti, MD  
Pittsburgh, PA, USA

Warren Kramer, MD  
Newport Beach, CA, USA

Jason Snibbe, MD  
Beverly Hills, CA, USA

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### Friday, January 26, 2018

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#### **8:00 AM - 11:00 AM Hip Arthroscopy Session (Registration Required)**

8:00 AM - 8:15 AM	Introduction	Michael Gerhardt
8:15 AM - 8:30 AM	Overview of Current Indications	John Christoforetti
8:30 AM - 8:45 AM	ABC's in the OR – Patient Set Up, Positioning and Portal Placement	Michael Banffy
8:45 AM - 9:00 AM	Pre-Operative Assessment and Patient Selection	Michael Gerhardt
9:00 AM - 9:15 AM	The Labrum – A Primer on Form, Function and Management	John Christoforetti
9:15 AM - 9:30 AM	Hip Impingement – Focus on Surgical Management	Jason Snibbe
9:30 AM - 9:45 AM	Osteoarthritis of The Hip – When To Preserve and When To Replace	Michael Gerhardt
9:45 AM - 10:00 AM	Making Hip Arthroscopy a Successful Part of Your Practice	Warren Kramer
10:00 AM - 10:15 AM	Pertinent Imaging of Common Hip Disorders in Young Patients	John Crues
10:15 AM - 10:30 AM	Case Presentation and Discussion	David Schub
10:30 AM - 10:45 AM	Hip Arthroscopy: The Past, Present and Future	John Christoforetti
10:45 AM - 11:00 AM	Discussion	
<b>11:00 AM - 12:00 PM</b>	<b>Lunch</b>	
<b>12:00 PM - 2:00 PM</b>	<b>Workshop: Hip Arthroscopy Cadaver Workshop &amp; Demonstrations (Registration Required)</b>	
<b>2:00 PM - 2:30 PM</b>	<b>Break</b>	
<b>2:30 PM - 6:00 PM</b>	<b>Session I Introduction to Cartilage Repair (ALL FELLOWS)</b>	<b>Moderator: Seth L. Sherman</b>
2:30 PM - 2:45 PM	Introduction- How to Build a Cartilage Practice	Bert Mandelbaum & Ralph Gambardella
2:45 PM - 3:00 PM	Clinical and Radiographic Evaluation of Cartilage Patients	Ken Zaslav
3:00 PM - 3:15 PM	Non-Operative Treatment Including Orthobiologics	Bert Mandelbaum
3:15 PM - 3:30 PM	Management of Concomitant Pathology (Alignment, Meniscus, Stability)	Simon Gortz
3:30 PM - 3:45 PM	Meniscus Repair, Substitution, and Transplantation	Wayne Gersoff
3:45 PM - 4:00 PM	Role of Osteotomy in Cartilage Repair	Kristofer Jones
4:00 PM - 4:15 PM	My Algorithm for Small Cartilage Lesions	Kai Mithoefer
4:15 PM - 4:30 PM	My Algorithm for Large Cartilage Lesions	Andreas Gomoll
4:30 PM - 4:45 PM	Management of Bipolar/Multifocal/Arthritis	William Bugbee
4:45 PM - 5:00 PM	Special Considerations: Patellofemoral Joint	Seth Sherman
5:00 PM - 5:15 PM	Special Considerations: OCD Lesions	Marc Tompkins
5:15 PM - 5:30 PM	Cartilage Repair in Pediatric Population	Natasha Trentacosta
5:30 PM - 5:45 PM	Guided Procedures in Musculoskeletal Ultrasound	Luga Podesta
5:45 PM - 6:00 PM	Discussion	
<b>6:00 PM - 7:00 PM</b>	<b>Workshop: Guided Procedures in Musculoskeletal Ultrasound Workshop (ALL FELLOWS)</b>	
<b>7:30 PM - 8:00 PM</b>	<b>Welcome Reception at Sheraton Hotel</b>	



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### Saturday, January 27, 2018

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**6:30 AM - 7:00 AM** Breakfast

**7:00 AM - 9:00 AM** Session II Think Like a Cartilage Surgeon

**Moderators: Seth Sherman & Jason Scopp**

7:00 AM - 7:30 AM Case Presentation: Small Cartilage Lesion

Kristofer Jones

7:30 AM - 8:00 AM Case Presentation: Large Cartilage Lesion

Simon Gortz

8:00 AM - 8:30 AM My Best Case/My Worst Case

Jason Scopp

8:30 AM - 9:00 AM Discussion

**9:00 AM - 9:30 AM** Exhibits Break

**9:30 AM - 11:30 AM** Session III Surgical Techniques and Outcomes

**Moderators: Wayne Gersoff & Ralph Gambardella**

9:30 AM - 9:45 AM Microfracture/Microfracture Plus/Cartiform

Ralph Gambardella

9:45 AM - 10:00 AM OAT/Mosaicplasty/Mega-OATS

João Espregueira-Mendes

10:00 AM - 10:15 AM Cell Based Cartilage Repair (PJAC, MACI)

Andreas Gomoll

10:15 AM - 10:30 AM Osteochondral Allografts

William Bugbee

10:30 AM - 10:45 AM Stem Cells and Scaffolds

Alberto Gobbi

10:45 AM - 11:00 AM Treatment of Subchondral Bone

Bert Mandelbaum

11:00 AM - 11:15 AM Robotics in Arthroplasty

Kevin Ehrhart

11:15 AM - 11:30 AM Discussion

**11:30 AM - 12:30 PM** Lunch & Exhibits

**12:30 PM - 1:15 PM** Special Keynote Presentation: Patella Instability

**John Fulkerson**

**1:15 PM - 3:10 PM** Session IV Surgical Demonstrations (Video and Laboratory)

1:30 PM - 1:40 PM Surgical Exposures Lecture

William Bugbee

1:40 PM - 1:55 PM Demo: Osteochondral Allograft

Bert Mandelbaum

1:55 PM - 2:10 PM Demo: Meniscal Allograft Transplant

Wayne Gersoff

2:10 PM - 2:25 PM Demo: Tibial Tubercle Osteotomy

John Fulkerson

2:25 PM - 2:40 PM Demo: MACI

Ken Zaslav

2:40 PM - 2:55 PM Demo: Meniscal Repair

Justin Saliman

2:55 PM - 3:10 PM Demo: Coblation

Ralph Gambardella

**3:15 PM - 6:00 PM** Workshop: *Articular Cartilage, Restoration & Repair Lab (Includes MACI)*  
(Traveling Fellows)

### Sunday, January 28, 2018

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**7:00 AM - 7:30 AM** Breakfast

**7:30 AM - 10:15 AM** Workshop: *Articular Cartilage, Restoration & Repair Lab (Includes MACI)*  
(Local Fellows)

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### 2018 ISMF CONFERENCE REGISTRANTS

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Chesterfield, MO UNITED STATES

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Amir Shapira, MD  
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Jessica Shin, MD  
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Michelle Sugi, MD  
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Eric Tannenbaum, MD  
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Orthopedic Institute  
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J. Ryan Taylor, MD  
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Nikhil Tendulkar, MD  
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Los Angeles, CA UNITED STATES

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Craig Yager, MD  
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San Diego, CA UNITED STATES

### Congratulations to the 2018 ISAKOS International Sports Medicine Fellows Conference Scholarship Winners!

**Umile Giuseppe Longo, MD, MSc, PhD ITALY**  
**Kanto Nagai, MD, PhD JAPAN**  
**Bujar Shabani, PhD ALBANIA**



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### Exhibiting Companies



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To view the full agenda and available presentations or outlines, visit the 2018 ISMF Conference website  
[www.ismf-conference.com](http://www.ismf-conference.com)