



SOUTHERN AT THE SEC

Sports Injury Update & Case Based Discussion 2025

Presented by Southern Orthopaedic Association

Preliminary Program

March 13-15, 2025
Margaritaville Hotel
Nashville, TN



12.25
Category A
hours/CEUs



Accreditation Information

MISSION

The Southern Orthopaedic Association (SOA) was founded in 1983 solely to develop and foster scientific medicine in the specialty of orthopaedic surgery. Meetings of the Association are dedicated to disseminating current clinical, research, and practice innovations in orthopaedic medicine.

TARGET AUDIENCE

This program is designed to meet the needs of physicians in orthopaedic surgery and sports medicine. Information presented may also be of interest to allied healthcare professionals (athletic trainers, physical therapists, chiropractors) working in an orthopaedic or sports medicine setting or caring for the athletically active individual with acute or chronic musculoskeletal ailments.

CME CREDIT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Orthopaedic Surgeons and the Southern Orthopaedic Association. The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates Southern at the SEC Meeting, March 13-15, 2025 to be held in Nashville, Tennessee for a maximum of 1225 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEC CREDIT

Physician's Assistants can receive up to 1225 credit hours toward Continuing Education Credits. AAPA accepts American Medical Association Category I, Level 1 CME credit for the Physician's Recognition Award from organizations accredited by the ACCME.

BOC CEUs

The Southern Orthopaedic Association (BOC AP# P3339) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 1225 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

PT CEU

Please check with your state licensure Board to see if the SEC 2025 Sports Injury Update qualifies for continuing education credit.

PURPOSE

In the treatment of musculoskeletal injuries in the athletically active, treatment alternatives are constantly changing. Advances in therapeutic treatment options provide up to date state of the art techniques which allow for the quickest return to athletic participation. These continuous advances make it crucial for

The 2025 SEC Team Physician of the Year

Greg Mathien, MD University of Tennessee



Dr. Gregory Mathien was born in Buffalo, NY, and attended the State University of New York in Syracuse for both of his undergraduate and medical degrees, as well as his surgical internship and orthopedic residency.

In 1991, Dr. Mathien came to Knoxville for the Sports Medicine Fellowship under the direction of Dr. William T. Youmans. During his fellowship, KOC recruited him to remain as a KOC surgeon and help expand the KOC sports medicine program, enhancing the care of injured athletes, and to assist in the training of future sports medicine fellows. Dr. Mathien currently serves as Orthopedic Consultant/Team Physician for the

University of Tennessee athletic programs, which involves caring for both the UT men's and women's athletes in all sports. He also serves as team physician for the Tennessee Smokies minor league baseball team and as consultant to Lincoln Memorial University.

Also, Dr. Mathien has acted as team physician to the Knoxville Cherokees, Knoxville Speed, and now as orthopedic consultant to the Ice Bears hockey team. He has obtained an adjunct assistant professorship in the University of Tennessee Department of Human Performance and Sports Studies and lectures there on a regular basis. He is Board Certified by the American Board of Orthopaedic Surgery and is a member of the American Orthopaedic Society of Sports Medicine and the American College of Sports Medicine.

In addition to Dr. Greg Mathien receiving his award for SEC Team Physician, we are pleased to announce that the Athletic Training Staff at University of Tennessee will receive a check for \$1,000 to be used for student athletic trainer education.

Keynote Speaker

Charles H. Brown Jr., MD International Knee & Joint Centre, Abu Dhabi, UAE



Dr. Charles H. Brown Jr., is Consultant Orthopaedic Surgeon and Director of the International Knee and Joint Centre, Abu Dhabi, United Arab Emirates. He is certified by the American Board of Orthopaedic Surgery and specializes in

the diagnosis and treatment of patients with meniscal and knee ligament injuries. He received his BS degree from the Massachusetts Institute of Technology and his MD degree from Stanford Medical School. He completed his orthopaedic training at the Harvard Combined Orthopaedic Program in Boston, Massachusetts. Dr. Brown was Chief of Sports Medicine at the Brigham and Women's Hospital, a teaching hospital of Harvard Medical School, Boston, Massachusetts. In 2006, he established and became the Medical Director of the Abu Dhabi Knee and Sports Medicine Centre. In 2014, in order to better serve the needs of the growing population of the United Arab Emirates, he established his own center in Abu Dhabi, the International Knee and Joint Centre. He is a member of the American Academy of Orthopaedic Surgeons, American Orthopaedic Society for Sports Medicine, the European Society of Sports

Traumatology Knee Surgery and Arthroscopy, the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine and the ACL Study Group. He has been awarded the Herodius Award twice and he has also won the Aircast Award by the American Orthopaedic Society for Sports Medicine for his work on the anterior cruciate ligament.

Dr. Brown is world renowned as an innovator, lecturer and surgeon educator in the areas of knee arthroscopy, meniscal surgery and knee ligament reconstruction. He has hosted orthopaedic surgeons from all over the world who have come to learn the latest surgical techniques. He has authored over 120 scientific presentations, meeting abstracts, peer-reviewed research papers, book chapters, surgical technique papers, videos and DVD's. He has given over 400 lectures and instructional courses around the world on meniscal repair and knee ligament reconstruction. He is a pioneer in the development of arthroscopically-assisted ACL reconstruction techniques and instrumentation, suture based all-inside meniscal repair surgical techniques and instrumentation, and the use of hamstring tendon grafts for ACL reconstruction.

Program Committee

The Southern Orthopaedic Association gratefully acknowledges these orthopaedic surgeons for their contributions to the development of the scientific program.

Scott D. Mair, MD
Program Chair

University of Kentucky

E. Lyle Cain, MD
Andrews Sports

Medicine & Orthopaedic Center

Jeffrey A. Guy, MD
Program, Vice Chair

University of South Carolina

Robert G. Hosey, MD
University of Kentucky

Faculty

Victor Anciano, MD
University of Louisville

Russell A. Betcher, MD
Knoxville Orthopaedic Clinic

J. P. Bramhall, MD
Texas A & M University

Charles H. Brown, MD
International Knee and
Sports Medicine Centre

Jeremy R. Bruce, MD
University of Tennessee
at Chattanooga

E. Lyle Cain, MD
Andrews Sports Medicine Institute

Aaron J. Casp, MD
University of Alabama
at Birmingham

D. Jeffrey Covell, MD
Danville Orthopedics and
Sports Medicine

Steven F. DeFroda, MD
University of Missouri

Kevin W. Farmer, MD
University of Florida

Jeffrey A. Guy, MD
University of South Carolina

Robert G. Hosey, MD
University of Kentucky

Darren L. Johnson, MD
University of Kentucky

Kimberly A. Kaiser, MD
University of Kentucky

Keith Kenter, MD
University of Missouri

Chris A. Klenck, MD
University of Tennessee

Scott D. Mair, MD
University of Kentucky

Chaitu S. Malempati, DO
Western Kentucky University

Matthew J. Matava, MD
Washington University, St. Louis

Amit M. Momaya, MD
University of Alabama
at Birmingham

Clayton W. Nuelle, MD
University of Missouri

Katie S. O'Neal, MD
Louisiana State University

Ryan P. Roach, MD
University of Florida

Kathleen Roberts, MD
University of Kentucky

James P. Stannard, MD
University of Missouri

Austin V. Stone, MD
University of Kentucky

Norman E. Waldrop, MD
Andrews Sports Medicine &
Orthopaedic Center

Brian R. Waterman, MD
Wake Forest University

Benjamin R. Wilson, MD
University of Kentucky

Accreditation Information

physicians to be current on such information to provide the patient with optimal timely care. This course is designed to provide an update on the latest treatment techniques and therapeutic rehabilitation strategies in the evaluation and treatment of the most common musculoskeletal disorders in the athletically active patient.

OBJECTIVES

Through a combination of lectures, panel discussions, and audience participation, participants will have the opportunity to exchange information relative to current and emerging clinical concerns about the musculoskeletal problems seen in the upper and lower extremity. At the conclusion of the meeting, participants should be able to:

EXPLAIN current controversies in treatment of shoulder, elbow, knee, hip, and spine disorders commonly seen in the athletically active.

EVALUATE injury patterns and prevention strategies of upper and lower extremity problems in the athletic population.

ANALYZE challenges encountered with rehabilitation of the shoulder, elbow, and knee in the athlete, as well as the older athletically active weekend warrior.

SELECT appropriate management options for the most commonly seen sports specific injuries; shoulder instability, rotator cuff tears, elbow ligament injuries; as well as knee injuries (ligament, menisci, articular cartilage).

DIAGNOSE and manage shoulder impingement, labral tears, rotator cuff tears, elbow instability as well as knee instability with associated meniscal and articular cartilage pathology.

DISCLAIMER

The products, procedures, and opinions presented at this meeting reflect the viewpoint or approach of the presenter only, and are not to be attributed to the Southern Orthopaedic Association. The Southern Orthopaedic Association presents such material for informational purposes only, and does not endorse any such product or the content of any such presentation.

FORMAT

The educational sessions will be held Thursday, Friday, and Saturday, March 13-15, from approximately 6:30 am - 11:30 am at the Margaritaville Hotel in Nashville, TN, allowing for free time in the afternoons.

REGISTRATION FEE

Registration fee covers the Scientific Program Sessions, Syllabus, Scientific Program Expenses, General Meeting Expenses and Daily Continental Breakfasts and Breaks.



Sports Injury Update & Case Studies Scientific Program and March 13-14

Events, dates and times are subject to change. ©

THURSDAY, MARCH 13

- 6:30 – 6:35 am Welcome and Announcements
Scott D. Mair, MD, Program Chair
- Session 1 – Medical**
Moderator: Robert G. Hosey, MD, University of Kentucky
- 6:35 – 6:50 am Update: Sports Dermatology
Kathleen Roberts, MD, University of Kentucky
- 6:50 – 7:05 am Use of Handheld EEG in Diagnosis and Management of Sports Concussion
Chris A. Klenck, MD, University of Tennessee
- 7:05 – 7:20 am Training Room Management of Common Infections
Robert G. Hosey, MD, University of Kentucky
- 7:20 – 7:35 am Discussion
- Session 2 – Knee Instability**
Moderator: Chaitu S. Malempati, DO, Western Kentucky University
- 7:35 – 7:50 am Rotational Instability of the Knee
Jeffrey A. Guy, MD, University of South Carolina
- 7:50 – 8:05 am Posterolateral Corner Reconstruction: Customize Rather Than Cookbook
James P. Stannard, University of Missouri
- 8:05 – 8:20 am Pearls for Quad ACL Reconstruction Success
Clayton W. Nuelle, MD, University of Missouri
- 8:20 – 8:35 am Discussion
- 8:35 – 9:05 am BREAK WITH EXHIBITORS**
- Session 3 – Shoulder**
Moderator: Jeremy R. Bruce, MD, University of Tennessee, Chattanooga
- 9:05 – 9:20 am Principles of Shoulder Instability Surgery
Kevin W. Farmer, University of Florida
- 9:20 – 9:35 am Management of Glenoid Bone Loss
Chaitu S. Malempati, DO, Western Kentucky University
- 9:35 – 9:50 am Labral Repair vs. Biceps Tenodesis in Overhead Athletes
Keith Kenter, MD, University of Missouri
- 9:50 – 10:05 am Principles of Arthroscopic Rotator Cuff Repair
Scott D. Mair, MD, University of Kentucky

- 10:05 – 10:25 am Discussion
- 10:25 – 10:40 am BREAK WITH EXHIBITORS**
- Session 4 – Case Presentations and Discussion: Shoulder**
Moderator: Kevin W. Farmer, MD, University of Florida
- 10:40 – 11:30 am **Shoulder Cases Panel:**
Keith Kenter, MD, University of Missouri
Scott D. Mair, MD, University of Kentucky
Chaitu S. Malempati, DO, Western Kentucky University
Jeremy R. Bruce, MD, University of Tennessee at Chattanooga

FRIDAY, MARCH 14

- 6:30 – 6:35 am Welcome and Announcements
Kathleen Roberts, MD, University of Kentucky
- Session 5 – Foot and Ankle**
Moderator: Kathleen Roberts, MD, University of Kentucky
- 6:35 – 6:50 am Ankle Instability with OCD Lesions
Victor Anciano, MD, University of Louisville
- 6:50 – 7:05 am Management of Turf Toe
D. Jeffrey Covell, MD, Danville Orthopedics and Sports Medicine
- 7:05 – 7:20 am Return to Play Decisions in Athletes
Norman E. Waldrop, MD, Andrews Sports Medicine Institute
- 7:20 – 7:35 am Discussion
- Session 6 – Hip, Thigh, Knee**
Moderator: Aaron J. Casp, MD, University of Alabama at Birmingham
- 7:35 – 7:50 am Evaluation and Management of Hip Pain / Labral Tears
Aaron J. Casp, MD, University of Alabama at Birmingham
- 7:50 – 8:05 am Capsular Management in Hip Arthroscopy
Steven F. DeFroda, MD, University of Missouri
- 8:05 – 8:20 am Hamstring Injuries in the Athlete
Russell A. Betcher, MD, Knoxville Orthopaedic Clinic
- 8:20 – 8:35 am Use of Knotless Anchors for Radial of Root Tears of the Meniscus
E. Lyle Cain, MD, Andrews Sports Medicine Institute
- 8:35 – 8:55 am Discussion
- 8:55 – 9:25 am BREAK WITH EXHIBITORS**

Case Based Discussion 2025

and Schedule of Events

-15, 2025

Check the final program for complete information.



Session 7 – Awards

Moderator: Scott D. Mair, MD, University of Kentucky

- 9:25 – 9:30 am Recognition of the 2025 James R. Andrews Award, SEC Athletic Trainer Career Achievement Award
- 9:30 – 9:35 am Recognition of the 2025 SEC Team Physician of the Year

Session 8 – Keynote Address

Moderator: Jeffrey A. Guy, MD, University of South Carolina

- 9:35 – 9:40 am Introduction of the Keynote Speaker
- 9:40 – 10:10 am Management of the Patient with a High Grade Pivot Shift
Charles H. Brown, MD, International Knee and Sports Medicine Centre
- 10:10 – 10:30 am Discussion

10:30 – 10:45 am BREAK WITH EXHIBITORS

Session 9 – Case Presentations and Discussion: Foot and Ankle

Moderator: Scott D. Mair, MD, University of Kentucky

- 10:45 – 11:30 am **Foot and Ankle Cases Panel:**
Norman E. Waldrop, MD, Andrews Sports Medicine Institute
Victor Anciano, MD, University of Louisville
D. Jeffrey Covell, MD, Danville Orthopedics and Sports Medicine

SATURDAY, MARCH 15

- 6:30 – 6:35 am Welcome and Announcements
Robert G. Hosey, MD, University of Kentucky

Session 10 – Shoulder and Elbow

Moderator: Matthew J. Matava, Washington University, St. Louis

- 6:35 – 6:50 am Pediatric Ulnar Collateral Ligament Tears
J.P. Bramhall, MD, Texas A & M University
- 6:50 – 7:05 am Management of Capitellar OCD Lesions
Benjamin R. Wilson, MD, University of Kentucky
- 7:05 – 7:20 am Acromioclavicular Joint Dislocations in Athletes
Brian R. Waterman, MD, Wake Forest University
- 7:20 – 7:35 am Discussion

Session 11 – Knee

Moderator: Jeremy R. Bruce, MD, University of Tennessee at Chattanooga

- 7:35 – 7:50 am Current Concepts in Treating Articular Cartilage Lesions
Austin V. Stone, MD, University of Kentucky
- 7:50 – 8:05 am Patellar Instability, Update of the JUPITER Study Group
Ryan P. Roach, MD, University of Florida
- 8:05 – 8:15 am Discussion

8:15 – 8:45 am BREAK WITH EXHIBITORS

Session 12 – Medical and SEC Chief Medical Advisor

Moderator: Scott D. Mair, MD, University of Kentucky

- 8:45 – 9:00 am Update on Mental Health Emergencies
Kimberly A. Kaiser, MD, University of Kentucky
- 9:00 – 9:25 am Update and Questions with the SEC Chief Medical Advisor
Katie S. O'Neal, MD, Louisiana State University

Session 13 – Knee Ligament

Moderator: Darren L. Johnson, MD, University of Kentucky

- 9:25 – 9:40 am Lateral Extra-Articular Tenodesis: When and How?
Amit M. Momaya, MD, University of Alabama at Birmingham
- 9:40 – 9:55 am Graft Considerations for Primary ACL Reconstruction
Matthew J. Matava, Washington University, St. Louis
- 9:55 – 10:10 am Principles of ACL Rehabilitation
Jeremy R. Bruce, MD, University of Tennessee at Chattanooga
- 10:10 – 10:25 am Discussion

10:25 – 10:40 am BREAK WITH EXHIBITORS

Session 14 – Case Presentations and Discussion: Knee

Moderators: Charles H. Brown, MD, International Knee and Sports Medicine Centre & Darren L. Johnson, MD, University of Kentucky

- 10:40 – 11:30 am **Knee Cases Panel:**
Jeffrey A. Guy, MD, University of South Carolina
Amit M. Momaya, MD, University of Alabama at Birmingham
Matthew J. Matava, MD, Washington University, St. Louis
Austin V. Stone, MD, University of Kentucky

Travel Information



Hotel Room Reservations and Rates Margaritaville Hotel



A block of rooms has been reserved for your convenience when attending the *Southern at the SEC* meeting at the Margaritaville Hotel.

Margaritaville Hotel Nashville is located in the vibrant downtown neighborhood of SoBro, nestled near popular restaurants, attractions, trendy night-clubs, cocktail bars, and just steps from the Music City Convention Center and Bridgestone Arena.

Margaritaville Hotel
425 Rep. John Lewis Way S
Nashville, TN 37203



Call 866-403-1922 to Reserve Your Room

Be sure to mention the SOA-SEC Meeting to ensure you receive the discounted rate of \$299 single/double occupancy per room, per night. Or, book online at: <https://bit.ly/soasec>

Hotel discounted reservation deadline – February 18, 2025

Transportation Information

Nashville International Airport (BNA): The airport is only 8 miles, approximately 15 minutes, from the hotel.

Taxis: A cab ride costs approximately \$30 from the airport to the hotel. Pick-up is on the Lower Level of the airport outside of the baggage claim area.





2025 Southern at the SEC Registration Form

March 13-15, 2025

Margaritaville Hotel • Nashville, TN

Southern Orthopaedic Association • 110 West Road, Suite 227 • Towson, MD 21204

Call: 866-762-0730 • Fax: 410-494-0515 • Website: www.soaassn.org

Name _____ Degree _____

Address _____

City _____ State _____ ZIP _____

Email _____

Phone _____ Fax _____

REGISTRATION FEES

- | | |
|---|-----------|
| <input type="checkbox"/> SOA Member Physician | \$395 |
| <input type="checkbox"/> Non-Member Physician | \$495 |
| <input type="checkbox"/> Non Physician | \$225 |
| <input type="checkbox"/> NP / PA | \$200 |
| <input type="checkbox"/> AT / PT | \$150 |
| <input type="checkbox"/> Resident/Fellow | No Charge |
| <input type="checkbox"/> Student | No Charge |



PAYMENT METHOD

- Enclosed is a check for \$ _____ Make check payable to Southern Orthopaedic Association.
- Charge my: Visa MasterCard American Express

Card # _____ Exp. Date _____

Name on Card _____ CW Code _____

Billing Address _____

Billing City, State, Zip _____

PLEASE NOTE: Courses are subject to cancellation. SOA will not refund travel costs.

CANCELLATION POLICY: Full refund (less \$50.00 administrative fee) will be granted if a cancellation is made prior to 30 business days before the meeting date; a 50% refund if canceled 10 business days before the meeting date. No refund will be granted within 10 business days of the meeting, or anytime thereafter.

SOUTHERN AT THE SEC Sports Injury Update 2025

March 13-15, 2025 | Margaritaville Hotel | Nashville, TN

12.25
CME/CEU
hours



Southern Orthopaedic Association
110 West Road/Suite 227
Towson, MD 21204



KEYNOTE SPEAKER
Charles H. Brown Jr., MD
International Knee & Joint
Centre, Abu Dhabi, UAE

Meeting Policies

Non-Discriminatory Policy

It is the policy of the Southern Orthopaedic Association (SOA) to provide equal opportunity to all applicants for continuing education and to all faculty without regard to race, religion, color, national origin, sex, sexual preference, age, military status, handicap or disability. SOA considers ADA requirements.

Cancellation and Refund Policy

Registration Cancellation Policy: Full refund (less \$50.00 administrative fee) will be granted if a cancellation is made prior to 30 business days before the meeting date; a 50% refund will be granted if cancelled 10 business days before the meeting date. No refund will be granted within 10 business days of the meeting.

Tour/Activity Ticket Cancellation Policy: Full refund will be granted if a cancellation is made prior to 30 business days before the meeting date. No refund will be guaranteed within 30 business days of the meeting. The Association will attempt to sell unwanted tickets on a first-come, first-served basis. If the Association successfully sells your unwanted ticket, you will receive a full refund of the ticket cost. The Association reserves the right to cancel an activity if the minimum number of participants has not purchased tickets prior to 30 business days before the meeting date.

Grievance Policy & Procedure

The Southern Orthopaedic Association is committed to fair treatment of all staff, participants, mem-

bers and volunteers. Below is SOA's Grievance Policy.

The Southern Orthopaedic Association: (1) encourages staff, participants, members and volunteers to come forward with credible information on illegal practices or serious violations of adopted policies of the Organization; (2) specifies that the Organization will protect the person from retaliation; and (3) identifies where such information can be reported.

1. Encouragement of reporting. The Organization encourages complaints, reports or inquiries about illegal practices or serious violations of the Organization's policies, including illegal or improper conduct by the Organization itself, by its leadership, or by others on its behalf. Complaints may be submitted either orally or in writing. Appropriate subjects to raise under this policy would include financial improprieties, accounting or audit matters, ethical violations, or other similar illegal or improper practices or policies. Other subjects on which the Organization has existing complaint mechanisms should be addressed under those mechanisms, such as raising matters of alleged discrimination or harassment via the Organization's human resources channels, unless those channels are themselves implicated in the wrongdoing. This policy is not intended to provide a means of appeal from outcomes in those other mechanisms.
2. Protection from retaliation. The Organization prohibits retaliation by or on behalf of the Organization against staff or volunteers for making good faith complaints, reports or inquiries under this policy or for participating in a review or investigation under this policy. This protection extends to those whose allegations are made in good faith but prove to be mistaken. The Organization reserves the right to discipline persons who make bad faith, knowingly false, or vexatious complaints, reports or inquiries or who otherwise abuse this policy.
3. Where to report. Complaints, reports or inquiries may be made under this policy on a confidential or anonymous basis. They should describe in detail the specific facts demonstrating the basis for the complaints, reports or inquiries. They should be directed to the Organization's chief employed Executive or Chairman of the Board of Directors; if both of those persons are implicated in the complaint, report or inquiry, it should be directed to Chair-Elect. The Organization will conduct a prompt, discreet, and objective review or investigation. Staff or volunteers must recognize that the Organization may be unable to fully evaluate a vague or general complaint, report or inquiry that is made anonymously.