



SOUTHERN AT THE SEC

Sports Injury Update & Case Based Discussion 2026

Presented by Southern Orthopaedic Association

Preliminary Program

***March 12-14, 2026
Margaritaville Hotel
Nashville, TN***

***Scan for
details***



Keynote Speaker
Walter R. Lowe, MD
UTHealth Houston



***2026 SEC Team
Physician of the Year***
James E. Bray, MD

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 12-14, 2026 to be held in Nashville, Tennessee for a maximum of 12.25 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 12.25 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 12.25 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 2026 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 2026 SEC Team Physician of the Year

James Bray, MD University of Texas



Dr. James Bray has been UT Austin's lead team physician since 2012 after having worked part time for the university since 2007. He oversees all medical aspects for all NCAA intercollegiate sports at the University of Texas. Dr. Bray was

in clinical medicine for 10 years prior to joining the University of Texas staff full time, with experience working in primary care and non-surgical orthopedics. He has worked with athletes of all ages, including high school and all three levels of intercollegiate sports. He has also served as Family Practice Department head at the Shannon Clinic in San Angelo, member of

the Clinical Staff Organization of Scott and White and assistant professor of clinical medicine at Texas A&M Medical School.

Dr. Bray is board-certified in family practice with a certificate of added qualification in sports medicine. He is also an active member of the American Academy of Family Physicians and the American Medical Society for Sports Medicine.

Dr. Bray is originally from Guelph, Ontario, and attended the University of Texas from 1990-94. After finishing medical school at University of Texas Medical School in San Antonio in 1998, Dr. Bray went on to finish his Family Medicine Residency and Sports Medicine Fellowship at Moses Cone Hospital in Greensboro, North Carolina.

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

Keynote Speaker

Walter R. Lowe, MD Chair, UTHealth Houston



Dr. Walt Lowe is Chair and Professor of the Department of Orthopedic Surgery at McGovern Medical School at The University of Texas Health Science Center at Houston (UTHealth Houston). He also serves as the Chief of Orthopedic Surgery

at Memorial Hermann at the Texas Medical Center and LBJ General Hospital, and he is the Medical Director of the Memorial Hermann I Rockets Sports Medicine Institute. Certified by the American Board of Orthopedic Surgery, Dr. Lowe specializes in Sports Medicine, emphasizing in the diagnosis and treatment of a wide range of sports-related knee injuries.

Dr. Lowe serves as Head Team Physician for the NCAA University of Houston Cougars, the NBA Houston Rockets, and served as Head Team Physician for the NFL Houston Texans for 20 years. He also enjoys covering several local high school teams, including the North Shore Mustangs, C.E. King Panthers & Deer Park Deer. Dr. Lowe is an eminent figure in the realm of orthopedics, boasting profound knowledge and extensive experience in the field. With a specific focus on knee injuries, he

has earned a well-deserved reputation as an expert in diagnosing, treating, and rehabilitating various knee-related conditions, leading him to currently serve as an orthopedic consultant for knee injuries for Texas A&M Athletics.

Dr. Lowe received his Bachelor of Science from Colorado State University in Fort Collins, Colorado, and received his Doctor of Medicine degree from the University of Texas Medical School in Houston, Texas. After completing his internship at John Peter Smith Hospital and a residency at Tarrant County affiliated hospitals in Fort Worth, Texas, Dr. Lowe completed a fellowship at the renowned Kerlan-Jobe Orthopedic Clinic in Los Angeles, California, where he spent a year studying under the famous Sports Medicine baseball surgeon, Dr. Frank Jobe.

Dr. Lowe is a member of the American Academy of Orthopaedic Surgeons, the Fellow American Orthopaedic Society for Sports Medicine, the Fellow American College of Sports Medicine, and the ACL Study Group. Dr. Lowe is the recipient of the 2014 Jack C. Hughton Sports Physician Award from the American Physical Therapy Association and the 2018 Jerry "Hawk" Rhea Award for Outstanding NFL Physician of the Year.

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

Jeffrey A. Guy, MD
Program Vice Chair

University of South Carolina

E. Lyle Cain, MD

Andrews Sports Medicine Institute

Robert G. Hosey, MD

University of Kentucky

Faculty

Russell A. Betcher, MD
Knoxville Orthopaedic Clinic

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

James E. Bray, MD
University of Texas

Jeremy R. Bruce, MD
University of Tennessee
at Chattanooga

Jeremy M. Burnham, MD
Ochsner-Andrews Sports
Medicine Institute

E. Lyle Cain, MD
Andrews Sports Medicine Institute

D. Jeffrey Covell, MD
Danville Orthopedics and
Sports Medicine

Charles L. Cox, MD
Vanderbilt University

Steven F. DeFroda, MD
University of Missouri

Jeffrey R. Dugas, MD
Andrews Sports Medicine Institute

Kevin W. Farmer, MD
University of Florida

Tyler A. Gonzalez, MD
University of South Carolina

Gregory Sankey
SEC Commissioner

Jeffrey A. Guy, MD
University of South Carolina

Robert G. Hosey, MD
University of Kentucky

J. Benjamin Jackson, MD
University of South Carolina

Darren L. Johnson, MD
University of Kentucky

Kimberly A. Kaiser, MD
University of Kentucky

Chris A. Klenck, MD
University of Tennessee

Walter R. Lowe, MD
UTHealth Houston

Richard Ma, MD
University of Missouri

Scott D. Mair, MD
University of Kentucky

Chaitu S. Malempati, DO
Western Kentucky University

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

Christopher G. Mazoue, MD
University of South Carolina

Amit M. Momaya, MD
University of Alabama at Birmingham

Clayton W. Nuelle, MD
University of Missouri

Julia A. V. Nuelle, MD
University of Missouri

Katie S. O'Neal, MD
Louisiana State University

Brent A. Ponce, MD
Medical University of South Carolina

Ryan P. Roach, MD
University of Florida

Kathleen A. Roberts, MD
University of Kentucky

James P. Stannard, MD
University of Missouri

Austin V. Stone, MD
University of Kentucky

Nicholas L. Strasser, MD
Vanderbilt University

Norman E. Waldrop, MD
Andrews Sports Medicine Institute

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 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 12-14, 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 Scientific Program and March 12

Events, dates and times are subject to change. C

THURSDAY, MARCH 12

6:25 – 6:30 am Welcome and Announcements
Scott D. Mair, MD, Program Chair

Session 1 – Shoulder

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

6:30 – 6:45 am AC Joint Injuries in Athletes
J. P. Bramhall, MD, Central Texas Sports
Medicine

6:45 – 7:00 am Biologics in Shoulder Surgery
Chaitu S. Malempati, DO, Western
Kentucky University

7:00 – 7:15 am Management of SLAP/Biceps in
Throwers
Christopher G. Mazoue, MD, University of
South Carolina

7:15 – 7:30 am Discussion

Session 2 – Upper Extremity

Moderator: Chaitu S. Malempati, DO, Western Kentucky
University

7:30 – 7:45 am Stress Fractures of the Upper
Extremity
Robert G. Hosey, MD, University of
Kentucky

7:45 – 8:00 am Overuse Injuries in Baseball and
Softball Athletes
Russell A. Betcher, MD, Knoxville
Orthopaedic Clinic

8:00 – 8:15 am Metacarpal Fracture Management in
Athletes
Julia A. V. Nuelle, MD, University of
Missouri

8:15 – 8:30 am Discussion

8:30 – 9:00 am BREAK WITH EXHIBITORS

Session 3 – Hip, Thigh, Knee

Moderator: Russell A. Betcher, MD, Knoxville Orthopaedic Clinic

9:00 – 9:15 am Evaluation and Management of
Hamstring Injuries
Kimberly A. Kaiser, MD, University of
Kentucky

9:15 – 9:30 am Sports Hernia 2026
Ryan P. Roach, MD, University of Florida

9:30 – 9:45 am Hip – Labral Reconstruction
Steven DeFroda, MD, University of
Missouri

9:45 – 10:00 am Patellar Instability in Athletes
Clayton Nuelle, MD, University of
Missouri

10:00 – 10:15 am Meniscal Root Repair with Early Weight-
Bearing
Charles L. Cox, MD, Vanderbilt University

10:15 – 10:35 am Discussion

10:35 – 10:50 am BREAK WITH EXHIBITORS

Session 4 – Case Presentations and Discussion: Shoulder

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

10:50 – 11:35 am

Shoulder Cases Panel:

J. P. Bramhall, MD, Central Texas Sports
Medicine
Kevin W. Farmer, MD, University of
Florida
Chaitu S. Malempati, DO, Western
Kentucky University
Christopher G. Mazoue, MD, University of
South Carolina

FRIDAY, MARCH 13

6:25 – 6:30 am Welcome and Announcements
Robert G. Hosey, MD, University of
Kentucky

Session 5 – Medical

Moderator: Robert G. Hosey, MD, University of Kentucky

6:30 – 6:45 am Management of the Tired Athlete
Chris A. Klenck, MD, University of
Tennessee

6:45 – 7:00 am Intra-Abdominal Injuries and
Management
Kathleen A. Roberts, MD, University of
Kentucky

7:00 – 7:10 am Discussion

Session 6 – Foot and Ankle

Moderator: Nicholas L. Strasser, MD, Vanderbilt University

7:10 – 7:25 am Peroneal Tendon in Athletes
D. Jeffrey Covell, MD, Danville
Orthopedics and Sports Medicine

7:25 – 7:40 am Arthroscopic Ankle Ligament Repair:
Brostrom, Deltoid, and Syndesmosis
Tyler A. Gonzalez, MD, University of South
Carolina

7:40 – 7:55 am Management of Turf Toe
Norman E. Waldrop, MD, Andrews Sports
Medicine Institute

7:55 – 8:10 am High Ankle Sprains/Syndesmosis
Injuries
J. Benjamin Jackson, MD, University of
South Carolina

8:10 – 8:25 am Discussion

8:25 – 8:55 am BREAK WITH EXHIBITORS

Session 7 – Awards

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

8:55 – 9:00 am

**Recognition of the 2026 James R.
Andrews Award, SEC Athletic Trainer
Career Achievement Award**

9:00 – 9:05 am **Recognition of the 2026 SEC Team
Physician of the Year**

Case Based Discussion 2026

and Schedule of Events

-14, 2026

Check the final program for complete information.



9:05 – 9:20 am **SEC Team Physician of the Year Address:**
Competition Analgesia
James E. Bray, MD, University of Texas

9:20 – 9:25 am Discussion
Session 8 – Hop Topics in Sports Medicine

Moderator: Christopher G. Mazoue, MD, University of South Carolina

9:25 – 9:40 am UCL Injuries in 2026: Where are We Now?
Kevin W. Farmer, MD, University of Florida

9:40 – 9:55 am Treatment of the Failed UCL Reconstruction
Jeffrey R. Dugas, MD, Andrews Sports Medicine Institute

9:55 – 10:10 am Shoulder Instability 2026 and the Future
Brent A. Ponce, MD, Medical University of South Carolina

10:10 – 10:25 am Anatomic, Isometric ACL Tunnel Placement: Technique and Results
E. Lyle Cain, MD, Andrews Sports Medicine Institute

10:25 – 10:40 am Discussion

10:40 – 10:55 am BREAK WITH EXHIBITORS

Session 9 – Case Presentations and Discussion: Foot and Ankle
Moderator: Nicholas L. Strasser, MD, Vanderbilt University

10:55 – 11:40 am **Foot and Ankle Cases Panel:**
D. Jeffrey Covell, MD, Danville Orthopedics and Sports Medicine
Tyler A. Gonzalez, MD, University of South Carolina
J. Benjamin Jackson, MD, University of South Carolina
Norman E. Waldrop, MD, Andrews Sports Medicine Institute

SATURDAY, MARCH 14

6:25 – 6:30 am Welcome and Announcements
Jeffrey A. Guy, MD, University of South Carolina

Session 10 – Knee

Moderator: Austin V. Stone, MD, University of Kentucky

6:30 – 6:45 am Meniscus Transplant: The Case for Fresh Grafts
James P. Stannard, MD, University of Missouri

6:45 – 7:00 am Pediatric Sports-Related Fractures About the Knee
Benjamin R. Wilson, MD, University of Kentucky

7:00 – 7:15 am Surgical Repair of Partial Thickness Patellar Tendon Injury
Jeremy M. Burnham, MD, Ochsner-Andrews Sports Medicine Institute

7:15 – 7:30 am Discussion

Session 11 – Knee Cartilage

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

7:30 – 7:45 am Cartilage Restoration and Return to Sport
Austin V. Stone, MD, University of Kentucky

7:45 – 8:00 am Difficult Cartilage Cases
Jeremy R. Bruce, MD, University of Tennessee at Chattanooga

8:00 – 8:15 am Current Concepts in Meniscal Repair
Matthew J. Matava, MD, Washington University, St. Louis

8:15 – 8:30 am Discussion

8:30 – 9:00 am BREAK WITH EXHIBITORS

Session 12 – Commissioner and SEC Chief Medical Advisor

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

9:00 – 9:45 am Update and Questions with the SEC Commissioner and SEC Chief Medical Advisor
Gregory Sankey, SEC Commissioner
Katie S. O'Neal, MD, Louisiana State University

Session 13 – Knee Ligament

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

9:45 – 10:00 am The Role of Lateral Extra-Articular Procedures in ACL Injuries
Richard Ma, MD, University of Missouri

10:00 – 10:15 am Posterior Cruciate Ligament Injuries
Amit M. Momaya, MD, University of Alabama at Birmingham

10:15 – 10:20 am Introduction of the Keynote Speaker

10:20 – 10:40 am **Revision ACL with Slope Reducing Osteotomy in the Athletic Patient with Return to Sport**

Walter R. Lowe, MD, Chairman, UTHealth Houston

10:40 – 10:55 am Discussion

10:55 – 11:00 am BREAK

Session 14 – Case Presentations and Discussion: Knee

Moderators: Jeffrey A. Guy, MD, University of South Carolina
Darren L. Johnson, MD, University of Kentucky

11:00 – 11:45 am

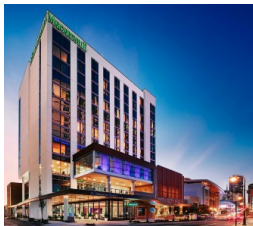
Knee Cases Panel:

Jeremy R. Bruce, MD, University of Tennessee at Chattanooga
Walter R. Lowe, MD, UTHealth Houston
Matthew J. Matava, MD, Washington University, St. Louis
James P. Stannard, MD, University of Missouri

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 nightclubs, 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 \$309 single/double occupancy per room, per night. Or, book online at: <https://bit.ly/soasec>

Hotel discounted reservation deadline – February 7, 2026

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.





2026 Southern at the SEC Registration Form

March 12-14, 2026

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 2026

March 12-14, 2026 | Margaritaville Hotel | Nashville, TN

**12.25
CME/CEU
hours**



KEYNOTE SPEAKER
Walter R. Lowe, MD
Chair, UTHealth Houston

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

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.