



**UK ORTHOPAEDIC SURGERY
& SPORTS MEDICINE SYMPOSIUM**

THE LATEST IN TREATING THE ACTIVE PATIENT



THURSDAY, APRIL 11 - FRIDAY, APRIL 12, 2024
LONGSHIP ROOM, KROGER FIELD | LEXINGTON, KY

ACCREDITATION INFORMATION



In support of improving patient care, UK HealthCare CECentral is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the health care team.

CME

This live activity is designated for a maximum of *9.5 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This training has been approved for 2.5 credit hours by the KBML as meeting the statutory requirements of HB1., 0224-H2.0-UKCE1aa

IPE Competencies

- Values/Ethics for Interprofessional Practice
- Roles/ Responsibilities
- Interprofessional Communication
- Teams and Teamwork

BOC

The University of Kentucky is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 9.5 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.



BOC Approved Provider Number: P2382

Other

UK Healthcare CECentral certifies this activity for 9.5 hours of participation.

APTA

This program has been approved by the APTA Kentucky, A Chapter of the American Physical Therapy Association, for 9.5 Category 1 contact hours.

Expiration Date: April 12, 2024, Approval #202-APTAKY-2024

AMA PRA CATEGORY 1 CME FOR ABS MOC II (SURGERY)

This live activity is designated for a maximum of *9.5 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity. Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is UK HealthCare CECentral's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit. Surgeons completing this course receive 9.5 continuing education credits

This training has been approved for 2.5 credit hours by the KBML as meeting the statutory requirements of HB1., 0224-H2.0-UKCE1aa

IPE Competencies

- Values/Ethics for Interprofessional Practice
- Roles/ Responsibilities
- Interprofessional Communication
- Teams and Teamwork

OBJECTIVES

Upon completion of this activity, participants will be able to:

1. Describe the diagnosis and treatment of common sports-related shoulder, elbow and knee injuries.
2. Apply the use of structured physical therapy and rehabilitation following a shoulder, elbow or knee injury.
3. Discuss the evidence-based principles of cartilage preservation and restoration techniques.
4. Identify the pathoanatomy of sports-related shoulder, elbow and knee injuries.

TARGET AUDIENCE

The target audience includes orthopaedic surgeons, sports medicine specialists, primary care sports medicine physicians, physician assistants, advanced practice registered nurses, physical therapists and athletic trainers.

FACULTY DISCLOSURE

All planners, speakers, authors and reviewers involved with content development for continuing education activities provided by the University of Kentucky are expected to disclose any real or perceived conflict of interest related to the content of the activity. Detailed disclosures will be included in participant materials or given prior to the start of the activity.

IMPORTANT NOTES

- Please sign in at the Registration Table before entering the conference. Please include your full name, credentials and email address. The evaluation link is included in this document. Please access it at the end of the conference. Program evaluation is essential when determining future continuing education activities.
- Thank you for attending this educational activity. No meeting is truly successful if it simply serves the purpose of transferring information. You are encouraged to pose questions to the speakers and take advantage of the time allocated for informal exchanges and networking.
- Please notify the registration staff of any special needs you may have during the activity, so we may work to assist you.
- To enhance everyone's learning experience, please place all electronic devices on SILENT during the presentations to limit disruptions.

SCHEDULE OF EVENTS

THURSDAY, APRIL 11, 2024

12:30 - 12:55 P.M.	Registration and exhibitors
12:55 - 1 P.M.	Welcome and introduction
1 - 1:30 P.M.	<p>The female athlete – Moderator: Srikanth Nithyanandam, MD</p> <ul style="list-style-type: none"> • How to recognize the under-fueled female athlete – Kathleen Roberts, MD • Sports nutrition: When is it time to supplement? – Kimberly Kaiser, MD • Can you prevent an ACL tear? – Mary Lloyd Ireland, MD
1:30 - 2 P.M.	<p>The throwing elbow – Moderator: Dan Hackett, MD</p> <ul style="list-style-type: none"> • Partial UCL tear: Shut it down – Dan Hackett, MD • PRP is worth the squeeze – Srikanth Nithyanandam, MD • ULC tears: When to operate? Austin Stone, MD, PhD
2 - 2:30 P.M.	<p>Mysteries of the shoulder: My approach – Moderator: Austin Stone, MD, PhD</p> <ul style="list-style-type: none"> • Scapular dyskinesis: How I treat – Aaron Sciascia, PhD, ATC • AC joint injuries: Must restore the anatomy – Ben Kibler, MD • Anterior shoulder pain, posterior labral tear: Really? – Jeff Grantham, MD
2:30 - 3 P.M.	Break with exhibitors (snacks)
3 - 3:20 P.M.	<p>Revision shoulder instability</p> <ul style="list-style-type: none"> • Fix it through scope: Bankart and remplissage – Scott Mair, MD • Open it up – Austin Stone, MD, PhD
3:20-3:45 P.M.	<p>Rotator cuff techniques: How I fix it</p> <ul style="list-style-type: none"> • Partial cuff tears – Chaitu Malempati, MD • Subscapularis tears – Joseph Liu, MD • Massive cuff tear – Jeff Grantham, MD
3:45 - 4 P.M.	<p>Face-off: Rotator cuff</p> <ul style="list-style-type: none"> • Single row is the way to go – Scott Mair, MD • Double down on double row – Kaveh Sajadi, MD

4 - 4:20 P.M.

Face-off: Irreparable cuff tear

- **Blow it up! Balloon arthroplasty – Kaveh Sajadi, MD**
- **Don't blow it: Reverse total shoulder arthroplasty – Brent Morris, MD**

4:20 - 4:55 P.M.

Shoulder case panel discussion – Moderator: Austin Stone, MD, PhD

- **Panelists:**
 - **Ben Kibler, MD**
 - **Jeff Grantham, MD**
 - **Dan Hackett, MD**
 - **Scott Mair, MD**
 - **Chaitu Malempati, MD**
 - **Brent Morris, MD**
 - **Kaveh Sajadi, MD**
 - **Aaron Sciascia, PhD, ATC**

4:55 - 5:05 P.M.

Adjourn

5:05 - 6:30 P.M.

Reception with exhibitors



FRIDAY, APRIL 12, 2024

7 - 7:30 A.M.	Welcome and overview of the day; breakfast with exhibitors
7:30 - 7:45 A.M.	Update on blood flow restricted therapy – Richard Watson, PT
7:45 - 8:45 A.M.	Live surgery No. 1: Ben Wilson, MD, Live Surgery (CAS) Moderator: Austin Stone, MD, PhD
8:45 - 9:15 A.M.	Hand update: Cases <ul style="list-style-type: none"> • Maureen O’Shaughnessy, MD • Chase Kluemper, MD
9:15 - 9:30 A.M.	Spine update – Carter Cassidy, MD
9:30 - 9:45 A.M.	Break with exhibitors
9:45 - 10:45 A.M.	Live surgery No. 2: Austin Stone, MD, PhD, Live Surgery (CAS) Moderator: Joseph Liu, MD
10:45 - 11:15 A.M.	ACL return to sport: When is it safe? – Moderator: Ben Wilson, MD <ul style="list-style-type: none"> • Richard Watson, PT • Mary Lloyd Ireland, MD
11:15 - 11:30 A.M.	Break with exhibitors
11:30 A.M. - NOON	Story of an athlete – Scott Green
NOON - 1 P.M.	Lunch and visit with exhibitors
1 - 1:30 P.M.	Face-off: ACL graft selection <ul style="list-style-type: none"> • Bone patellar tendon bone: Why change – Darren Johnson, MD • Quad soft tissue: What’s old is new again – Ben Wilson, MD • Forget the graft and repair it? – Darren Johnson, MD
1:30 - 1:45 P.M.	Case-based debate: ACL primary and revisions – Moderator: Scott Mair, MD <ul style="list-style-type: none"> • Panelists: <ul style="list-style-type: none"> o Darren Johnson, MD o Joseph Liu, MD o Chaitu Malempati, MD o Austin Stone, MD, PhD o Benjamin Wilson, MD

1:45 - 2:15 P.M.

Meniscus: My approach

- Complex tears – **Chaitu Malempati, MD**
- Meniscus centralization – **Austin Stone, MD, PhD**
- Allograft transplantation – **Joseph Liu, MD**

2:15 - 2:30 P.M.

Break with exhibitors

2:30 - 2:45 P.M.

Gluteal tears: The rotator cuff of the hip – **Stephen Duncan, MD**

2:45 - 3:30 P.M.

Joint preservation

Moderator – **Austin Stone, MD, PhD**

Panelists:

- o **Stephen Duncan, MD**
- o **Joseph Liu, MD**
- o **Ben Wilson, MD**

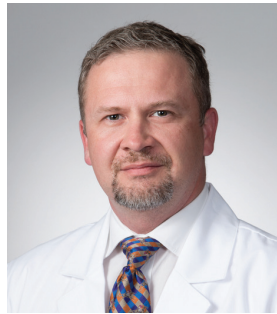
3:30 - 3:35 P.M.

Adjourn – thank you for your attendance!

SPEAKERS

R. CARTER CASSIDY, MD Professor

Department of Orthopaedic Surgery & Sports Medicine
University of Kentucky College of Medicine
Medical Director and Dyad Leader, UK HealthCare Good Samaritan Spine & Joint Clinic
Lexington, Kentucky



Dr. Carter Cassidy completed his degree at Northeast Ohio Medical University, College of Medicine, in Rootstown, Ohio, and his residency and fellowship training at the University of Kentucky. Dr. Cassidy is board certified by the American Board of Orthopaedic Surgery. His clinical interests include orthopaedic and spine surgery. Dr. Cassidy knew early in his training that he wanted to be a spine surgeon. He enjoys the complexity of spine surgery and finds that the challenges make it interesting. Dr. Cassidy is a Professor of Orthopaedic Surgery at the University of Kentucky.

STEPHEN DUNCAN, MD Assistant professor

Department of Orthopaedic Surgery & Sports Medicine
University of Kentucky College of Medicine
Lexington, Kentucky
Associate Residency Program Director



Associate Professor, Veteran's Hospital
Associate Professor, Shriners' Children's Lexington

Dr. Stephen Duncan is a nationally recognized orthopaedic surgeon who specializes in arthroscopic hip and open hip surgery. He delivers leading-edge

reconstruction. He performs anterior THA, MIS-posterior THA, and revision THA. He also performs UKA, TKA, and revision TKA. He currently works to help design and evaluate new implants in order to meet the demands of his patient population.

As the author of multiple publications in the fields of hip preservation and joint reconstruction, Duncan lectures and teaches courses for other surgeons around the country. He continues to give talks at national meetings and is actively involved in the research and development of new techniques involving the hip and knee. He is also engaged in health policy, traveling to Washington, D.C., throughout the year to enable orthopedic surgeons continue to be able to provide quality healthcare in today's economy.

As an avid cyclist, Duncan also understands the importance of being active. He takes a patient-specific approach focused on reducing hospital-stay length and getting you back to your daily activities as quickly as possible.

JEFFREY GRANTHAM, MD Orthopaedic surgeon

Lexington Clinic Orthopedics and Sports Medicine
Lexington, Kentucky



Dr. Jeffrey Grantham is a board-certified orthopaedic surgeon who trained at Vanderbilt University and received further fellowship training in sports medicine at The Steadman Clinic in Vail, Colo. As a former collegiate baseball player, he has a special interest in shoulder and scapula mechanics. He provides services in general orthopaedic, hip, knee, shoulder and sports medicine surgical procedures.

SCOTT GREEN

Smartmedllc@gmail.com

I live in Lexington Kentucky with my wife Jenny and 6 year old son Brooks.

My wife and I met at the University of Kentucky where we both competed in Athletics — my wife a still current record holder in swimming (50 and 100m), and I on the 2006 SEC championship winning baseball team.

In 2009 I was the 3rd round draft pick for the Detroit Tigers and spent 4 years in Minor League Baseball.



DANIEL J. HACKETT, MD

Associate Professor

Orthopaedic Surgeon

Kentucky Bone & Joint Surgeons

Lexington, Kentucky

Dr. Daniel Joseph Hackett, Jr earned his medical degree from the University of Alabama at Birmingham School of Medicine and completed his orthopedic surgery residency at the Medical College of Georgia. Afterwards, he pursued an additional year of training as a fellow in shoulder and elbow surgery at the University of Washington Medical Center.

Dr. Hackett places great emphasis on patient-directed care. He believes that taking the time to develop a relationship with each patient ensures that both he and the patient can work together to develop an informed decision, and ultimately, a great outcome. His clinical interests include arthroscopic and open management of complex shoulder and elbow issues. His expertise involves arthroscopic management of rotator cuff tears and instability, shoulder replacement surgery, including reverse total shoulder replacement and revision treatment for painful and infected shoulder replacements.

Dr. Hackett's research interests include outcomes in primary and failed shoulder replacement and



the management of infection following shoulder replacement.

MARY LLOYD IRELAND, MD

Associate Professor

Department of Orthopaedic Surgery & Sports Medicine

University of Kentucky College of Medicine

Athletic Training Education

Program Medical Director,

Eastern Kentucky University

Attending orthopaedic physician, Shriners' Children's Lexington

Lexington, Kentucky

Dr. Mary Lloyd Ireland received her medical degree from the University of Tennessee Health Science Center in Memphis. She completed fellowships in pediatric orthopaedic surgery and sports medicine at Boston Children's Hospital and Harvard Medical School and in orthopaedic surgery and sports medicine at Hughston Orthopaedic Clinic in Columbus, Ga.

Dr. Ireland is board certified by the National Board of Medical Examiners and American Board of Orthopaedic Surgery in Orthopaedic Surgery and Orthopaedic Sports Medicine.



DARREN JOHNSON, MD

Professor

Department of Orthopaedic Surgery & Sports Medicine

University Kentucky College of Medicine

Program Director of Sports Medicine

Lexington, Kentucky

Dr. Darren Johnson is a nationally recognized physician in the field of sports medicine, particularly in complex knee surgery, and has spent the past 25 years caring for orthopaedic patients at UK HealthCare.



Dr. Johnson received his bachelor's degree from the combined University of California, Riverside, and University of California, Los Angeles, program in biomedical sciences before earning his medical degree from UCLA. After his orthopaedic residency at the University of Southern California, he completed a fellowship in sports medicine and shoulder surgery at the University of Pittsburgh under Dr. Freddie H. Fu.

He joined the UK faculty in 1993 and served as the chair of UK Orthopaedic Surgery & Sports Medicine from 2000 to 2018. In addition to his role as a professor, Johnson is also the head orthopaedic surgeon of UK Athletics.

The prevention and treatment of ACL injuries in athletes is one of Johnson's primary interests. He also enjoys teaching other surgeons, so he travels to national and international meetings as an invited guest speaker on knee injuries.

Johnson has served on the board of directors of the American Academy of Orthopaedic Surgeons and the American Orthopaedic Society for Sports Medicine, and he was the former president of Southern Orthopedic Association.

He has published more than 100 peer reviewed manuscripts as well as more than 30 book chapters and has edited two textbooks: Clinical Sports Medicine and Reconstructive Knee Surgery.

His outside interests include outdoor activities, particularly fly fishing, hunting, skiing and golf. He also enjoys spending time with his wife, Nancy, and their three children.

KIMBERLY KAISER, MD

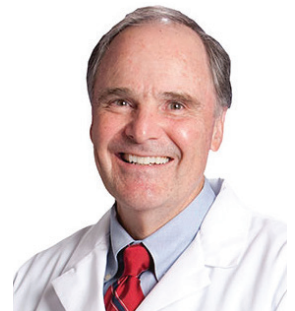
Assistant Professor
 Department of Orthopaedic Surgery & Sports Medicine
 Department of Family & Community Medicine
 Team Physician, University of Kentucky
 University of Kentucky College of Medicine
 Lexington, Kentucky



Dr. Kimberly Kaiser is an assistant professor of Orthopaedic Surgery and Sports Medicine and Family and Community Medicine at the University of Kentucky. She received her medical degree from the University of Missouri in Columbia. She completed her residency in family and community medicine at the University of Missouri and her fellowship in primary care sports medicine at the University of Kentucky. She is a team physician for University of Kentucky Athletics and medical director for Eastern Kentucky University Athletics.

WILLIAM BEN KIBLER, MD

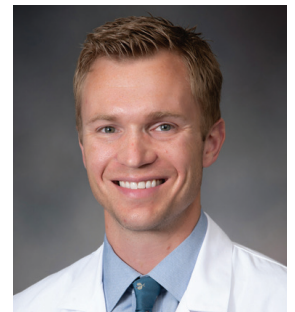
Orthopaedic surgeon
 Lexington Clinic Orthopedics and Sports Medicine
 Lexington, Kentucky



Dr. Ben Kibler is a highly experienced, board-certified orthopaedic surgeon specializing in sports medicine and shoulder surgery, with a distinguished 45-year career. Renowned for his expertise in evaluating and treating disorders of scapular function, Dr. Kibler has conducted extensive research in this field. As the founder of the Shoulder Center of Kentucky at the Lexington Clinic, he has pioneered innovative physical therapy protocols targeting strength, flexibility and activation deficits.

CHASE KLUEMPER, MD

Associate professor
 Department of Orthopaedic Surgery & Sports Medicine
 University of Kentucky College of Medicine
 Lexington, Kentucky



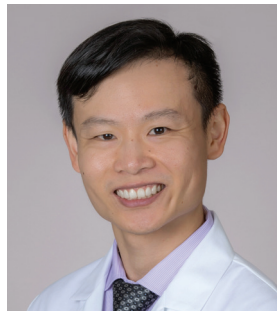
Dr. Chase Kluemper is a board-certified orthopaedic surgeon with a subspecialty certificate in surgery of the hand. He has expertise in treating conditions of the elbow, wrist and hand and is associated with multiple institutions in Lexington, including UK HealthCare,

Lexington Surgery Center and Shriners Children's Lexington. Dr. Kluemper earned his medical degree from the University of Kentucky College of Medicine and completed his orthopaedic surgery residency at the University of Tennessee. He completed a hand surgery fellowship at Thomas Jefferson University and the Philadelphia Hand Center.

Dr. Kluemper teaches orthopaedic residents at UK and serves as faculty for the hand surgery fellowship. He cares for athletes at UK and surrounding colleges and high schools as well as regional trauma patients. His specific interests include peripheral nerve, upper extremity reconstruction following tetraplegia, sports injuries and wrist arthroscopy.

JOSEPH LIU, MD

Assistant professor of
Orthopaedic Surgery
Keck School of Medicine
of University of Southern
California
Los Angeles

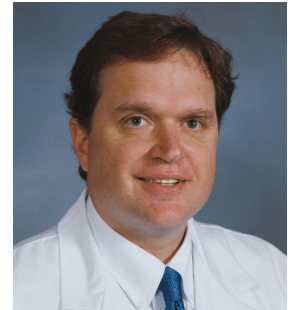


Dr. Joseph Liu is a board-certified orthopaedic surgeon who is dedicated to delivering top-tier, patient-centric care. Dr. Liu emphasizes tailoring treatments to each patient's unique circumstances and aspirations, prioritizing pain-free function restoration through minimally invasive approaches. His extensive training, including a fellowship in orthopaedic sports medicine at Rush University Medical Center in Chicago and a residency at the Hospital for Special Surgery in New York City, underscores his commitment to excellence in ACL injuries, orthopaedic sports medicine and orthopaedic surgery. Dr. Liu's affiliations with leading hospitals like Keck Hospital of USC and USC Norris Cancer Hospital reflect his dedication to advancing orthopaedic care.

SCOTT MAIR, MD

Professor

Department of Orthopaedic
Surgery & Sports Medicine
University of Kentucky College
of Medicine
Lexington, Kentucky



Dr. Scott Mair received his medical degree from the Duke University School of Medicine in Durham, N.C. He also completed his residency training there. He completed a fellowship in sports medicine at the Steadman-Hawkins Clinic in Vail, Colo.

Specializing in arthroscopic surgery of the shoulder and knee, Dr. Mair has served as the orthopedic team physician for various University of Kentucky teams for over two decades, including men's and women's basketball, baseball, and softball. Additionally, he provides medical support as a team physician for Georgetown College and Kentucky State University Athletics.

Dr. Mair also holds the esteemed position of Sports Medicine Fellowship Director, guiding aspiring physicians in this specialized field. His special interests include shoulder reconstruction and arthroscopic surgery of the shoulder, knee, and ankle.

CHAITU MALEMPATI, DO

Assistant professor

Department of Orthopaedic
Surgery & Sports Medicine
University of Kentucky
Lexington, Kentucky



Head team physician, and
medical director, Western
Kentucky University

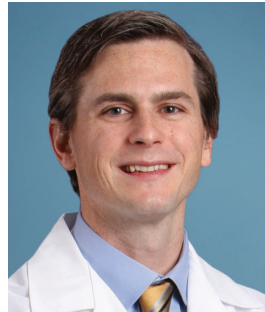
Vice Chair of Surgery, Medical Center of Bowling Green
Bowling Green, Kentucky

Dr. Chaitu Malempati earned his medical degree from Pikeville College's School of Osteopathic Medicine. He completed his residency at Michigan State University and returned to Kentucky for his sports medicine fellowship.

BRENT J. MORRIS, MD

Orthopaedic surgeon

Baptist Health Orthopedics and Sports Medicine
Lexington, Kentucky



Dr. Brent J. Morris is a board-certified orthopaedic surgeon and fellowship-trained shoulder and elbow surgeon.

He practices as part of Baptist Health Medical Group Orthopedics and Sports Medicine in Lexington.

Dr. Morris is a native Kentuckian and was raised in Powell County. He received his undergraduate degree from the University of the Cumberlands (formerly Cumberland College) where he was a 4-year member of the golf team. He earned his medical degree from the University of Kentucky College of Medicine. He completed his residency in orthopedic surgery at Vanderbilt University Medical Center. He subsequently completed his shoulder and elbow fellowship training at Texas Orthopedic Hospital in affiliation with the University of Texas Health Science Center at Houston.

Dr. Morris remains committed to education and orthopedic research. He formerly served as the TERFSES Shoulder and Elbow Fellowship Director at Texas Orthopedic Hospital in Houston, Texas, and currently serves as the UK/Baptist Health PA Residency in Surgery Clinical Director. He is an Active Member of the American Shoulder and Elbow Surgeons and the Association of Clinical Elbow and Shoulder Surgeons. Dr. Morris has published nearly 60 peer-reviewed publications and co-authored a shoulder arthroplasty textbook (Shoulder Arthroplasty 2nd Edition). He also remains committed to innovation in shoulder surgery serving on multiple shoulder arthroplasty implant design teams and participating in an ongoing reverse shoulder arthroplasty IDE study and a clinical outcomes registry.

SRIKANTH NITHYANANDAM, MD

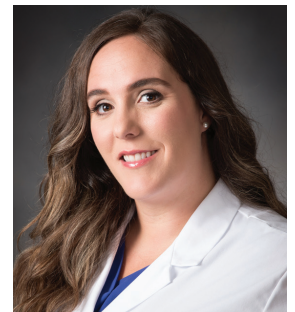
Assistant professor
Department of Family & Community Medicine
Department of Orthopaedic Surgery & Sports Medicine
University of Kentucky College of Medicine
Lexington, Kentucky



Dr. Srikanth Nithyanandam is a family medicine physician with specialized training in primary care sports medicine. He provides the full spectrum of primary care to his patients, as well as preventive care and personalized counseling on maintaining a healthy lifestyle. His patients include active individuals, from year-round competitors to recreational athletes. In addition to addressing musculoskeletal issues in athletes, Dr. Nithyanandam works with active patients to manage other health-related issues they might be facing, including asthma, eating disorders, diabetes and other conditions. Dr. Nithyanandam has a special interest in injury prevention and integrative medicine. He also serves as a team physician at Georgetown College. is internationally published with expertise in knee and cartilage injuries, patellar instability, return to sport, and treatment of the throwing athlete.

MAUREEN O'SHAUGHNESSY, MD

Assistant professor
Department of Orthopaedic Surgery & Sports Medicine
University of Kentucky College of Medicine
Lexington, Kentucky



Dr. Maureen O'Shaughnessy specializes in the treatment of conditions affecting the hand, wrist, elbow and upper limb. She evaluates and treats both children and adults. She excels in treating patients whose problems are complex or unusual.

Treatment areas include traumatic disorders, arthritis, repetitive stress injury, entrapment neuropathy, sports-related injuries, performing-arts-related injuries, reconstructive procedures after spinal cord or brachial plexus injury, congenital hand differences, and tumors involving the upper limb.

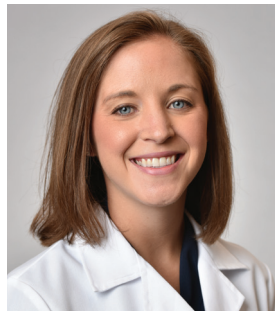
O'Shaughnessy also has expertise in minimally invasive arthroscopy of the wrist and small joints, as well as endoscopic carpal tunnel release.

KATHLEEN ROBERTS, MD

Assistant Professor
Assistant Professor,
Clinical Title Series

Department of Orthopaedic
Surgery and Sports Medicine
University of Kentucky College
of Medicine

Lexington, Kentucky



Dr. Kathleen Roberts currently practices as a Primary Care Sports Medicine physician at the University of Kentucky. She received her medical degree from West Virginia University School of Medicine and completed her Family Medicine residency and Primary Care Sports Medicine fellowship training at the University of Kentucky. As an Assistant Professor in the Department of Orthopaedic Surgery and Sports Medicine, she provides care for the general orthopedic walk-in clinic, non-operative musculoskeletal treatment to everyone from recreational athletes to highly competitive individuals, as well as a high-volume ultrasound-guided musculoskeletal procedure clinic. She serves as the Team Physician for Lexington Sporting Club and Eastern Kentucky University.

KAVEH SAJADI, MD

Orthopaedic Surgeon

Kentucky Bone & Joint
Surgeons

Lexington, Kentucky



Dr. Kaveh Sajadi grew up in Lexington. He graduated cum laude from Vanderbilt University and then earned the highest honors at the University of Kentucky College of Medicine. He completed his orthopaedic surgery residency at the prestigious Campbell Clinic-University of Tennessee, Memphis program, one of the oldest orthopaedic training programs in the country.

After his residency, Dr. Sajadi performed an additional year of training as a fellow in shoulder and elbow surgery at the Hospital for Joint Diseases-New York University Medical Center in New York, NY. He then returned to Lexington, where he joined his father, Dr. Kooros Sajadi, in practice. He is board certified in orthopedic surgery with a subspecialty certification in sports medicine.

Dr. Sajadi's practice focuses on the individual patient, using their goals and desires to develop a treatment plan. His special expertise includes rotator cuff disorders, shoulder instability or dislocations, shoulder and elbow arthroscopy, and shoulder replacements, including reverse total shoulder and outpatient shoulder replacement.

Dr. Sajadi frequently trains other orthopedic surgeons in instructional courses in shoulder replacement and shoulder arthroscopy, both nationally and internationally. He is also a member of the American Shoulder & Elbow Surgeons, an organization with less than 500 members worldwide.

**AARON SCIASCIA,
MS, ATC, NASM-PES, PHD,
LAT, ATC, PES, SMTC
Clinical Outcomes and
Research Director**

Lexington Clinic, Orthopedics
and Sports Medicine

Lexington, Kentucky

Adjunct professor

Eastern Kentucky University

Richmond, Kentucky

Adjunct Assistant Professor

Moravian University

Bethlehem, Pennsylvania

Aaron Sciascia is the Clinical Outcomes and Research Director at Lexington Clinic and serves as adjunct faculty for Moravian University's Doctorate in Athletic Training program in Bethlehem, Pa. He has been previously honored with the Founders' Award from the American Society of Shoulder and Elbow Therapists (ASSET) and has previously served as ASSET's president. He holds the distinction of fellow within ASSET and is an affiliate member of the American Shoulder and Elbow Surgeons. Sciascia has produced multiple peer-reviewed articles, textbooks and chapters related to function, evaluation and treatment of the shoulder and scapula. He also serves as an associate editor for the International Journal of Athletic Therapy and Training.



AUSTIN STONE, MD, PHD

Assistant professor

Department of Orthopaedic
Surgery & Sports Medicine

University of Kentucky

Lexington, Kentucky

Dr. Austin Stone is an orthopaedic surgeon and sports medicine physician who enjoys taking care of athletes and active individuals of all ages. Dr. Stone specializes in orthopaedic surgery and sports medicine conditions of the



shoulder, elbow and knee. He additionally performs complex cartilage restoration and meniscus and cartilage transplantation. He currently serves as a team physician for the University of Kentucky and Eastern Kentucky University. Dr. Stone's research is internationally published, with expertise in knee and cartilage injuries, patellar instability, return to sport and treatment of the throwing athlete.

Dr. Stone completed medical school at the University of Cincinnati College of Medicine, followed by his orthopaedic surgery residency training at Wake Forest University School of Medicine in Winston-Salem, N.C. During his residency, he also completed an orthopaedic research fellowship and obtained a PhD in Molecular Medicine and Translational Sciences, specializing in cartilage injury and osteoarthritis. Dr. Stone then completed an orthopaedic surgery sports medicine fellowship at the prestigious Rush University Medical Center in Chicago.

Dr. Stone enjoys being involved in the community and most enjoys time spent with his family.

**RICHARD WATSON,
PT, PHD, OCS
Supervisor, Sports
Rehabilitation and Hand
Therapy**

Department of Orthopaedic
Surgery & Sports Medicine

University of Kentucky

Lexington, Kentucky



Richard Watson earned his Master of Science degree in physical therapy from the University of North Georgia in 1998. He has completed board certification as an Orthopedic Clinical Specialist (OCS) in 2004. Watson has also completed advance training in manual therapy hosted by the Medical University of South Carolina School of Physical Therapy and earned his manual therapy certification in 2005. Watson completed a certification in dry needling in 2016.

Watson has served as Sports Rehabilitation's departmental supervisor since 2012. Prior to joining UK HealthCare, he served as Director of Rehabilitation for a multidisciplinary hospital.

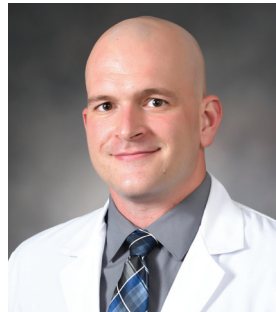
Most recently, Watson was part of the group that established the first physical therapy residency program at the University of Kentucky and serves as a residency mentor. In 2023 Watson completed his PhD in rehabilitation sciences at the University of Kentucky's College of Health Science.

BENJAMIN WILSON, MD

Assistant professor

Department of Orthopaedic
Surgery & Sports Medicine
University of Kentucky College
of Medicine

Lexington, Kentucky



Dr. Benjamin Wilson received his medical degree from the Indiana University School of Medicine before completing his orthopaedic surgery residency at the University of Kentucky. From there, he went to Boston Children's Hospital and Harvard Medical School for subspecialty training in sports medicine with a focus on the pediatric and adolescent athlete. He specializes in the treatment of bone, joint and soft tissue injuries and utilizes both open and arthroscopic techniques to allow athletes of all ages to stay active.

FINANCIAL SUMMARY

All planners, faculty, and others in control of educational content are required to disclose all their financial relationships with ineligible companies within the prior 24 months. An ineligible company is defined as one whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company.

All of the relevant financial relationships listed for these individuals have been mitigated.

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Chaitu Malempati , DO	Smith & Nephew	Consultant, Research	No
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Kaveh Sajadi, MD	Exactech, Inc.	Consultant, Designer, Instructor/ Speaker	No
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Aaron Sciascia, PhD, LAT, ATC, PES, SMTC	Alvy Medical, Inc.	Consultant	No
Aaron Sciascia, PhD, LAT, ATC, PES, SMTC	Springer Publishing	Author, Editor	No
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EXHIBITORS

UK HealthCare Sports Medicine

UK HealthCare - Turfland
2195 Harrodsburg Rd
Lexington, KY 40504
Appointments: 859-218-3131

UK HealthCare - Georgetown

202 Bevins Lane
Georgetown, KY 40324
Appointments: 859-323-9333

UK HealthCare Spine & Joint Clinic

UK Good Samaritan Medical Office Building
125 E. Maxwell St., Suite 201
Lexington, KY 40508
Appointments: 859-323-5533



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