

**General Information**

**Description**

Treating the weekend warrior entails unique challenges and rewards for hand surgeons. These patients often push themselves to their physical limit—pouring pent up passions into after-work play, exercise, and athletic endeavors. “Down time” is anathema to their competitive spirit. Unrealistic expectations can make these patients challenging to treat, yet paradoxically, their motivation could make them ideal patients.

This symposium examines many of the issues afflicting this patient group, many of which don’t have ideal solutions. The course design includes outreach to the global community of practitioners over this past year to solicit advice and, perhaps, identify new tricks and techniques so that evidence based medicine and conventional wisdom can be melded with “crowd-sourced wisdom” to help us mend the weekend warrior.

**Target Audience**

Advanced Hand Surgeons

**Course Objectives**

Review common and controversial upper extremity sports injuries. At the end of the symposium, audience members will be able to recognize and diagnose many of these injuries, understand treatment options, and appreciate nuances of more complex surgical strategies.

**Accreditation**

**Credit Hours**

8.5 AMA PRA Category 1 Credits™

**Program Committee Leadership**

Michael R. Hausman, MD, Program Co-Chair

Jonathan E. Isaacs, MD, Program Co-Chair

**Session I – Thenar Pain**

**Moderator:** R. Glenn Gaston, MD

7:30 am – 7:35 am **Introductions** Michael R. Hausman, MD, Jonathan E. Isaacs, MD, Ghazi M. Rayan, MD, William C. Pederson, MD, FACS

7:36 am – 7:42 am **CMC Arthritis: Can I still win with an LRTI?**  
 R. Glenn Gaston, MD

7:43 am – 7:49 am **Joint Preservation: Does it work?**  
 Jennifer Moriatis Wolf, MD

7:50 am – 7:56 am **MCP Hyperextension: What’s the “Quick and Dirty” solution that really works?**  
 Robert J. Strauch, MD

7:57 am – 8:03 am **I’m 24. My basal joint really hurts, and my x-rays are normal. Help!**  
 Steven Z. Glickel, MD

8:04 am – 8:10 am **Alternative Surgeries: Can I get back to playing faster?**  
 A. Lee Osterman, MD

8:10 am – 8:26 am **Mass wisdom and Q&A**

**Session II – Tennis**

**Moderator:** Michael R. Hausman, MD

8:27 am – 8:33 am **Lateral Epicondylitis: What really works?**  
 Michael R. Hausman, MD

8:34 am – 8:40 am **Snapping Elbow: Differential, work up, and treatment of plica**  
 Jeffrey Yao, MD

8:41 am – 8:50 am **Forearm Pain: Pronator syndrome, radial tunnel syndrome, and myofascial pain syndrome**  
 Jonathan E. Isaacs, MD

8:51 am – 8:57 am **Biceps Tendonitis: Must I really tear and repair?**  
 Gregory I. Bain, FRACS, PhD

8:58 am – 9:04 am **Osteoarthritis of the elbow: How much? How quickly?**  
 Scott P. Steinmann, MD

9:05 am – 9:11 am **Yoga Wrist**  
 Josh M. Abzug, MD

9:12 am – 9:18 am **Pump syndrome: What is it and how do you treat it? Does surgery work?**  
 Fraser J. Leversedge, MD

9:19 am – 9:30 am **Mass wisdom and Q&A**

**Moderator:** Ryan P. Calfee, MD, MSc

9:31 am – 9:37 am **Denervation of the elbow and wrist: Convince me this works and show me how I do it?**  
 Marco Rizzo, MD

9:38 am – 9:44 am **ECU subluxation and tendonitis: Diagnosis, treatment options, and surgery**  
 Marc J. Richard, MD

9:45 am – 9:51 am **Ulna Abutment: How to get back to tennis ASAP!**  
 Ryan P. Calfee, MD, MSc

9:52 am – 10:02 am **DRUJ instability/arthritis/TFCC traumatic tears to unstable: Diagnosis, conservative treatment, and overview of options (including Arthroscopic Repair video)**  
 Jeffrey A. Greenberg, MD, MS

10:03 am – 10:09 am **Open Repair (video)**  
 Adam B. Shafritz, MD

10:10 am – 10:16 am **Ligament Reconstruction (video)**  
 Brian D. Adams, MD

10:17 am – 10:32 am **Mass wisdom Q&A**

10:33 am – 10:43 am **BREAK**

**Session III – Javelin (and baseball)**

**Moderator:** John D. Lubahn, MD, FACS

10:44 am – 10:50 am **Medical overload/MUCL: Prognosis for future activity**  
 Mark E. Baratz, MD

10:51 am – 10:57 am **MUCL reconstruction (video)**  
 Dean G. Sotereanos, MD

- 10:58 am – 11:04 am **Medial epicondylitis: What is it? What to do?**  
*David S. Zelouf, MD*
- 11:05 am – 11:11 am **The unstable ulnar nerve: When to treat and when to reassure?**  
*John D. Lubahn, MD, FACS*
- 11:12 am – 11:25 am **Mass wisdom and Q&A**

#### Session IV – Basketball

**Moderator:** Sanjeev Kakar, MD

- 11:26 am – 11:32 am **Mallet finger bony injuries: Which ones need surgery and how to do it?**  
*Sanjeev Kakar, MD*
- 11:33 am – 11:39 am **Mallet finger soft tissue: How long to splint? How to get full extension?**  
*Leon S. Benson, MD*
- 11:40 am – 11:46 am **Pip “sprain”: Splint, mobilize, and what to do about chronic pain and stiffness?**  
*Daniel J. Nagle, MD*
- 11:47 am – 11:53 am **Pip collat lig rupture (unstable): how to fix-acute and chronic**  
*Thomas R. Kiefhaber, MD*
- 11:54 am – 12:00 pm **Pip sprain with flexion contracture: When therapy fails, what next?**  
*Peter J. Stern, MD*
- 12:01 pm – 12:07 pm **Pip fx/discloc**  
*Thomas R. Kiefhaber, MD*
- 12:08 pm – 12:14 pm **Reverse relative motion splinting for boutonniere injuries - does it work?**  
*Donald H. Lalonde, MD*
- 12:15 pm – 12:31 pm **Mass wisdom and Q&A**
- 12:32 pm – 1:30 pm **LUNCH**

#### Session V – Soccer and Skiing

**Moderator:** Mark Rekant, MD

- 1:31 pm – 1:37 pm **Thumb UCL injuries: What needs to be fixed**  
*David G. Dennison, MD*
- 1:38 pm – 1:44 pm **Thumb UCL injuries: Repair or graft?**  
*Mark Rekant, MD*
- 1:45 pm – 1:51 pm **Thumb UCL injuries: How to do it**  
*Scott F.M. Duncan, MD, MPH, MBA*
- 1:52 pm – 1:58 pm **RCL Reconstruction (video)**  
*Scott F.M. Duncan, MD, MPH, MBA*

#### Session VI – FOOSH

**Moderator:** Tamara D. Rozental, MD

- 1:59 pm – 2:05 pm **SL Diastasis; How to differentiate acute injuries and acute on chronic injuries? Does the MRI ever lie? When to fix and when to pin and when to ignore?**  
*Tamara D. Rozental, MD*
- 2:06 pm – 2:12 pm **Brunelli Procedure (video)**  
*Steve K. Lee, MD*

- 2:13 pm – 2:19 pm **RASL (video)**  
*Stephen J. Leibovic, MD*
- 2:20 pm – 2:26 pm **Distal pole excision (video)**  
*Matthew M. Malerich, MD*
- 2:27 pm – 2:33 pm **Scaphoid fractures: Percutaneous fixation for early return to play (video)**  
*Alexander Y. Shin, MD*
- 2:34 pm – 2:40 pm **Delayed Presentation: When are vascularized grafts necessary?**  
*Scott W. Wolfe, MD*
- 2:41 pm – 2:47 pm **TILT injuries: They’ve seen you...have you seen them?**  
*Daniel J. Nagle, MD*
- 2:48 pm – 3:03 pm **Mass wisdom and Q&A**

#### Session VII – Boxing/Karate

**Moderator:** Philip E. Blazar, MD

- 3:04 pm – 3:10 pm **Sagittal band rupture splint or fix**  
*Philip E. Blazar, MD*
- 3:11 pm – 3:17 pm **“Boxer’s knuckle”**  
*Steven Beldner, MD, FACS*
- 3:18 pm – 3:24 pm **Amateur Boxer’s fix: splinting vs. nothing vs. fixation**  
*Ily H. Cotterell, MD*
- 3:25 pm – 3:31 pm **Metacarpal shaft fx: Plate vs. pin and are absorbable plates better?**  
*Julie E. Adams, MD*
- 3:32 pm – 3:38 pm **Post Fracture Extensor Tendon Adhesions**  
*Donald H. Lalonde, MD*
- 3:39 pm – 3:55 pm **Mass wisdom and Q&A**

#### Session VIII – Potpourri (CMC/Shoulder/Flag Football)

**Moderator:** Seth D. Dodds, MD

- 3:56 pm – 4:02 pm **Thumb CMC: fx/disloc - What’s the best treatment?**  
*Seth D. Dodds, MD*
- 4:03 pm – 4:09 pm **PASTA: A meal in itself**  
*Peter J. Evans, MD, PhD*
- 4:10 pm – 4:16 pm **Shoulder dislocation: What, when and how to fix?**  
*Brad Parsons, MD*
- 4:17 pm – 4:23 pm **Labral tear: When is it real and what’s the best way to treat?**  
*Scott P. Steinmann, MD*
- 4:24 pm – 4:30 pm **Jersey Fingers: Tricks for getting the tendon out to length**  
*Donald H. Lalonde, MD*
- 4:31 pm – 4:37 pm **Social Media and Sports: What’s the score? How to play?**  
*TBD*
- 4:38 pm – 4:53 pm **Mass wisdom and Q&A**
- 4:54 pm – 5:10 pm **Closing comments and adjournment**