

NEWSLETTER

Richard M. Wilk, MD, Editor

Spring 2019 Issue



50th Annual Meeting ☀ October 16-19, 2019 ☀ The Breakers ☀ Palm Beach, FL



IN THIS ISSUE

President's Message	p. 2	Eastern Orthopaedic Education		Howard Steel Lecturer	p. 6
In Memory of Howard Steel, MD	p. 3	Foundation	p. 4	Recap of the 49 th Annual Meeting	p. 8
In Memory of Ronald Grober, MD	p. 3	2018 EOEf Contributors	p. 4	2018 Award Recipients	p. 9
Get Connected on Social Media	p. 3	Future Meetings	p. 4	Humanitarian Award	p. 10
Welcome Our New Board Member		Membership Update	p. 4	Thank You, Meeting Exhibitors	p. 10
Dr. Thomas Bowen	p. 4	Come Join the Fun	p. 5	Money Matters	p. 11
		Presidential Guest Speaker	p. 6		

Eastern Orthopaedic Association

2019 Board of Directors

President

John D. Kelly IV, MD
Philadelphia, PA

First Vice President

Marc J. Levine, MD
Mercerville, NJ

Second Vice President

Amar S. Ranawat, MD
New York, NY

Immediate Past President

Javad Parvizi, MD, FRCS
Philadelphia, PA

Secretary

Kevin D. Plancher, MD, MPH
New York, NY

Treasurer

Sameh A. Labib, MD
Atlanta, GA

Historian

Robert P. Boran Jr., MD
Port Carbon, PA

Membership Chair

Joshua A. Baumfeld, MD
Peabody, MA

Program Chair

Anil S. Ranawat, MD
New York, NY

Members-at-Large

Anil S. Ranawat, MD
New York, NY

Adam J. Rana, MD
Falmouth, ME

Thomas R. Bowen, MD
Danville, PA

Managing Director
Scott D. Boden, MD
Atlanta, GA

PRESIDENT'S MESSAGE

John D. Kelly IV, MD



Dear Members,

I am humbled and deeply honored to serve as the President of EOA, a most unique regional orthopaedic society. The Eastern Orthopaedic Association has enjoyed a long tradition of devotion to resident advocacy, membership education and promotion of family unity. In that spirit I am happy to announce that the 50th Annual Meeting, held at the luxurious Breakers in Palm Beach, will re-affirm EOA values in full glory. Our Program Chair Anil Ranawat has crafted an extraordinary program, replete with nationally known surgeons eager to impart their wisdom to attendees. The intimate and friendly atmosphere nurtured by the EOA culture promotes the sharing of knowledge from master surgeons unlike any other venue. Howard Steel Lecturer Kevin Reilly, a former NFL linebacker, lost an arm to cancer and rebounded to become a leading salesman for a major corporation. Kevin will speak of the resiliency of the human spirit and how the most seemingly hopeless of circumstances can be overcome with faith and determination. Presidential Guest Speaker L. Scott Levin, MD will convey to attendees how he organized and successfully executed the first bilateral hand transplant. Dr. Levin provides audiences with lessons on inspirational leadership.

My lovely wife Marie has worked in earnest on a spectacular social program which includes sensational tours of Palm Beach museums and local attractions. The program affords opportunities for fishing, golf, tennis, a Segway tour, and an indulgence in local marine life that is not to be missed!

Our members are still grieving the loss of a true orthopaedic icon and EOA co-founder, Howard H. Steel, who will be commemorated with a 'Jersey Style' Founders' Dinner including New Jersey branded music and the highly celebrated comedy of 'New Jersey Bad Boy' Mike Marino.

True to its mission, EOA continues to provide scholarships and numerous awards for resident/fellow paper presentations. The EOEF is vibrant and we have launched a new giving campaign, establishing both the Ranawat and Steel Circles, recognizing extraordinary gifts to EOEF.

Thanks to the work of John McConnell and the generosity of our sponsors, EOA is poised to provide a uniquely intimate and informative educational venue in an atmosphere of fellowship and celebration of family.

Please join *our family* by coming to The Breakers of Palm Beach October 16-19.

Respectfully yours,

John Kelly

John D. Kelly IV, MD
President of Eastern Orthopaedic Association



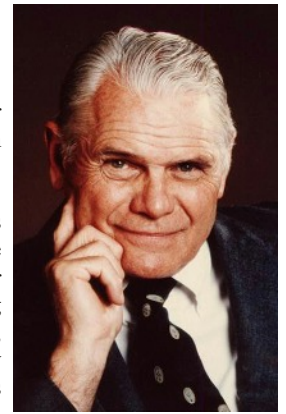
The EOA Mission

The purpose of the EOA shall be to promote, encourage, foster and advance the art of science and orthopaedic surgery and matters related thereto, and to establish a forum for free discussion and teaching of orthopaedic methods and principles among the members.

IN MEMORY OF HOWARD H. STEEL, MD

Dr. Howard H. Steel, our teacher, mentor and friend passed away in September, at the age of 97 near his family's summer home in Montana. Dr. Steel was a founder of the Eastern Orthopaedic Association (EOA) and served as President from 1969-1971.

Dr. Howard Steel provided the impetus and created the vision of a new regional society devoted to the education of its member orthopaedists with its meetings held in an environment conducive to social interaction and family inclusion. He founded the organization, served as President for its first two years, and continued his commitment as Managing Director from 1971 to 1976. Dr. Steel was integral to the development of the organizational identity of the EOA, including participation in the EOA Jazz Band (formed by his friend Bob Richards, Sr. and led currently by his legacy Bob Richards, Jr.), and the design of the EOA logo. He modified the orthopaedic symbol, chose the colors, and added stars loosely representative of the original colonies and the geographic makeup of the Association. Under his guidance, the EOA has enjoyed rapid and ongoing success.



Dr. Steel had a worldwide reputation for excellence and innovation in the practice of orthopaedics and exhibited great financial generosity in the advancement of his field. In 1981 The Howard Steel Orthopaedic Foundation was established by a group of grateful patients. The Foundation supports lectureships on non-orthopaedic topics at eight orthopaedic associations' annual meetings, including the EOA. His work involved over 70 publications. Dr. Steel had a reputation for being an excellent clinician, teacher, and researcher, especially in the area of pediatric orthopaedics.

As a result of Dr. Steel's vision, today, EOA bestows seventeen resident and fellow awards during its Annual Meeting and continues its purpose to promote, encourage, foster, and advance the art and science of orthopaedic surgery and matters related thereto, and to establish a forum for free discussion and teaching orthopaedic methods and principles.

Dr. Steel had many friends and was loved by all. He will be missed, not only by his EOA family, but also by all those he has touched throughout his long life.

IN MEMORY OF RONALD GROBER, MD



Dr. Ronald Grober, 82, passed away peacefully on November 5th, after a short illness. Funeral services were held at Forest Hills Funeral Home in Palm City, Florida on November 8th.

The lifelong physician and surgeon, who helped thousands on the Treasure Coast, was born in Brooklyn on June 6, 1936. He graduated from University of Pennsylvania, where he was instrumental in establishing the Penn hockey program, still in existence today. He went on to pursue his medical degree from Albert Einstein College of Medicine of Yeshiva University in 1962 before serving in the Air Force.

Dr. Grober established his orthopaedic practice in St. Lucie County in 1972 and went on to build The Grober Center into the hub of sports medicine for not only the Treasure Coast but for innovative practices, techniques, and leadership worldwide. The Grober Center excellence and reputation resulted in an over 20-year relationship with the New York Mets, caring for some of baseball's greatest athletes.

Dr. Grober pursued many passions, most notably music and piano. His jazz career traces back to his college days and continued throughout his life as his Dixieland Mudcats sold out local venues for decades. He performed with the EOA Jazz Band at numerous Annual Meetings. An avid outdoorsman, he held his captain's license, his pilot license, and numerous scientific certifications. With a curious mind and a sharp intelligence, Doc was always in pursuit of understanding and analyzing the world around him.

Above all, Dr. Grober was dedicated to his loving family and friends, all of whom have benefited from his hunger for life. He is survived by the love of his life for more than 30 years, Dorothy Liddle, who was his golfing partner, first mate on their sailboat, and his co-pilot not only on the Cessna but in life. His two daughters Linda and Suzanne, his stepdaughters Kim and Kelly, his sister Dail, and his three grandchildren, Mason, Thatcher, and Hanne.

If you are interested in contributing to his memory, please make a donation to Treasure Coast Hospice House.

Connect With Us On Social Media



In an effort to stay connected and up to date with EOA, please follow us on Instagram @EOAOrtho and on Twitter @EasternOrthopaedicAssoc. By following the Association on social media and actively "liking" tweets and Instagram posts, you will be contributing to the success of this launch. Being connected to EOA on social media is also a convenient way to stay informed of our latest updates.

Welcome **NEW BOARD MEMBER**



Thomas R. Bowen, MD
Danville, PA

Dr. Thomas Bowen is an associate professor of the Geisinger Commonwealth Medical School and directs the musculoskeletal cancer program for the Geisinger Health System. After graduating from Brandywine High School, he obtained a BS degree in chemistry from the University of Delaware, then went on to get his MD degree in 2001 at Jefferson Medical College in Philadelphia, PA. He finished his orthopaedic residency at Geisinger Medical Center in 2006. After a 1-year fellowship in Orthopaedic Oncology at the Harvard program in Boston, MA, he returned to be on-staff at Geisinger Medical Center.

Dr. Bowen was born in Albany, New York, in 1974. His father, James Richard Bowen, MD, is an EOA Past President. He was raised in Wilmington, Delaware and attended his first EOA Annual Meeting as a child in 1990 in Bermuda.

During medical school, he married his wife, Heidi. They have 2 daughters, Anna (age 18) and Sara (age 15). In his free time, he enjoys vegetable gardening and flying a 1978 Piper Cherokee-6.

EASTERN ORTHOPAEDIC EDUCATION FOUNDATION

Contributions for the Eastern Orthopaedic Education Foundation (EOEF) are strong and continue to grow. Every year the EOEF provides funds to EOA for educational projects at the Annual Meeting and opportunities for Residents and Fellows.

To donate your tax-deductible contribution to the EOEF, please call 866-362-1409 or simply send your check to the EOEF today. Make checks payable to EOEF and mail to EOEF, 110 West Road, Suite 227, Towson, MD 21204.

We appreciate your continued support of the EOEF and would like to thank you for your generosity this past year. If you haven't contributed to EOEF previously, please start this year and make it an annual tradition.

Eastern Orthopaedic Education Foundation would like to acknowledge the generous support of the following 2018 contributors. The continued ability for EOA to fund special speakers and Resident/Fellow Awards for the Annual Meeting is due in large part to the generous donations by EOA members and nonmembers to EOEF. Thank you for your support!

Michael P. Ast, MD
Luke S. Austin, MD
Joshua A. Baumfeld, MD
Judith F. Baumhauer, MD, MPH
John Blanco, MD
Scott D. Boden, MD
Robert P. Boran Jr., MD
Thomas R. Bowen, MD
Melvin Brothman, MD
Patrick J. Carey, MD
Sonya Clark, MD
Charles H. Classen Jr., MD
Paul Codjoe, MD
Robert Dawe, MD
Cynthia L. Emory, MD, MBA
James T. Guille, MD
John Handelsman, MD, FRCS, MCh.Orth
Silas W. Holmes Jr., MD
Richard K. Hoy, MD

Shepard R. Hurwitz, MD
John D. Kelly IV, MD
Sameh A. Labib, MD
Marc J. Levine, MD
John P. McConnell, MD
Vincent K. McInerney, MD
Javad Parvizi, MD, FRCS
Richard W. Pope, MD
Adam J. Rana, MD
Amar S. Ranawat, MD
Anil S. Ranawat, MD
E. Anthony Rankin, MD
Jose Rodriguez, MD
David Romness, MD
D. Sewall Miller Jr., MD
Thomas Strong Jr., MD
Geoffrey H. Westrich, MD
Richard M. Wilk, MD

Javad and Fariba Parvizi made a generous donation last year to establish the Parvizi Musculoskeletal Infection Travel Award.

Future Meetings



50th Annual Meeting
October 16-19, 2019
The Breakers
Palm Beach, FL



51st Annual Meeting
October 28-31, 2020
The Ritz-Carlton Naples
Naples, FL

MEMBERSHIP UPDATE

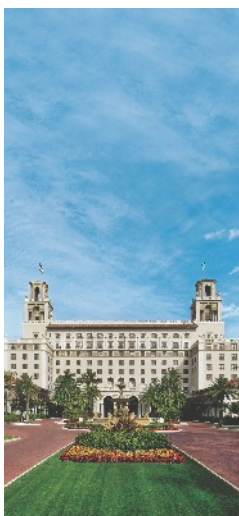
The Eastern Orthopaedic Association has 756 members as of December 31, 2018. We are off to a great start for 2019. Membership renewals are ahead of this time last year and the Annual Meeting should really appeal to both members and non-members.

While resident education will be a focus, the practicing physician will not be left out. There are six symposia presented by top experts and nationally recognized guest speakers. It is a program that has been developed to fulfill the scientific needs of the practicing physician, recognition needs of residents, and the social component is for all who attend the meeting, especially the family. If you have not been to an EOA meeting before, it is time to come see what you have been missing.

President John D. Kelly IV, MD, Program Chair Anil S. Ranawat, MD, the EOA Board, the Social Committee, and the Program Committee are dedicated to bringing you the best scientific program balanced with a fun and enjoyable social program from an Association that is strong and thinking about what can be done for its members.

Non-members who join EOA receive free registration for the Annual Meeting in either the first or second year of membership.

COME JOIN THE FUN



The Eastern Orthopaedic Association's Annual Meeting is October 16-19, 2019, at the historic Breakers in Palm Beach, FL. The Breakers is a tropical oceanfront oasis with stunning vistas of the Atlantic Ocean, lush colorful gardens, and charming courtyards. A magnificent, Italian-Renaissance design and breathtaking setting give it exotic appeal, yet the resort's stateside location makes it conveniently accessible for ease of travel. It is an unforgettable escape for everyone.

Tours and activities being planned for all to enjoy at the meeting include a Garden Tour at The Breakers, Segway Tour, Food Tour, Marine Life Center, Flagler Museum, and Fishing. The meeting will kick off with a Welcome Dinner on the beach and end with the always

enjoyable EOA Jazz Band Reception and Founders' Dinner with Comedian Mike Marino and The Atlantic City Boys. As usual, there will be a spouse/guest hospitality breakfasts, a daily morning walk, party bridge, tennis, golf, and a book discussion. There will also be a children's party Friday and Saturday night so that parents can participate in the evening social events.

The complete meeting information along with tour/activities material and prices will be in the EOA Preliminary Program. The Preliminary Program will be mailed in the Spring as well as posted on the EOA website at www.eoa-assn.org.

The EOA Annual Meeting is one of the leading meetings for orthopaedists practicing in the East. The Scientific Program being developed by the Program Committee will include timely reviews of practice-related procedures and clinical research findings in orthopaedic surgery through nationally recognized speakers and abstract presentations.

Thursday, October 17

History & Garden Tour of The Breakers

This exclusive tour takes you through the resort to learn the history and appreciate the grandeur of this century-old landmark. Along the way, learn stories about former guests and legends that have graced the halls. Then onto the gardens where you will heighten your senses as you experience the unforgettable fragrances of jasmine, orchids, and honeysuckle. You will also tour the Herb Garden where the chefs select fresh herbs for that evening's meal.



Segway Tour

The tour *rolls* through the city of West Palm Beach, along the waterfront and over the bridge to Palm Beach Island. See beautiful scenery and breathtaking landmarks as you effortlessly glide along on your own self-balancing personal transporter. Our expertly trained guides will keep you entertained, laughing and safe along the way. No experience necessary, easy to learn within minutes!

Friday, October 18



West Palm Beach Food Tour

Expect a delicious combination of food, history, culture and fun! Eat, drink and discover delicious Downtown West Palm Beach. This unique experience is designed to connect you with local foods and the chefs who prepare them. One mile of easy walking with plenty of air-conditioned stops along the way.



Fishing

You'll be fishing in Sailfish Alley, the closest point to the Gulf Stream in Florida. Be on the lookout for kingfish, wahoos, pompanos, dolphins, amberjacks, and sailfish.

Golf Tournament

Inspiring players of all levels, the course offers an extraordinary golf experience that honors its heritage and seaside location with contemporary playability. A rich variety of contours, shapes and depths—along with all-new, salt-tolerant grass and unique water features—help bring the Ocean Course to an exciting and challenging new level. The tournament will be a 1:15 pm shotgun start with a scramble format.

Saturday, October 19



Loggerhead Marine Life Center

The tour will allow you to go behind the gates of the outdoor sea turtle hospital and get up close and personal with the sea turtle patients. Its facilities include a sea turtle hospital, a research laboratory, and exhibit areas that include live sea turtles and other coastal creatures.

Flagler Museum Guided Tour

Home of Henry Flagler, Whitehall is one of the most prestigious and beautiful homes in all of America. Completed in 1902, this estate was Henry Flagler's wedding present to his third wife, Mary Lily Kenan. This tour of a private mansion restored to its original glory, steeped in history and grand tradition, will take you back in time.

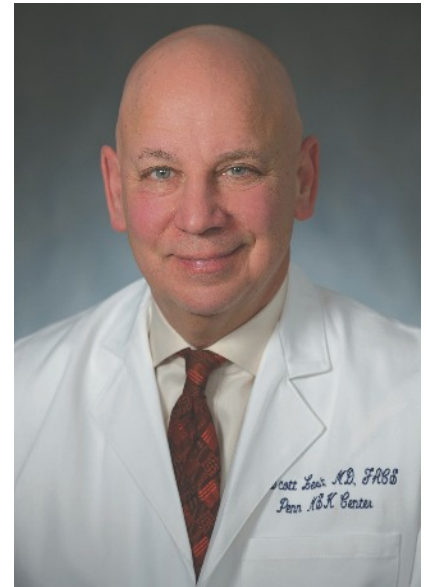
PRESIDENTIAL GUEST SPEAKER

L. Scott Levin, MD, FACS

EOA is pleased to have L. Scott Levin, MD, FACS as the 2019 Presidential Guest Speaker at the 50th Annual Meeting. Dr. Levin is the Paul B. Magnuson Professor of Bone and Joint Surgery, Chair of the Department of Orthopaedic Surgery at the University of Pennsylvania School of Medicine, and Professor of Surgery (Plastic Surgery). He is also the Medical Director of the Penn Musculoskeletal and Rheumatology Service Line. Dr. Levin is Board-certified in Orthopaedic Surgery and has a Certificate of added Qualification in hand surgery. In addition, he is Board-certified in Plastic Surgery, and is responsible for developing the field of "Orthoplastic Surgery."

As an accomplished clinician, his expertise focuses on surgery of the hand and upper extremity, reconstructive microsurgical techniques for extremity reconstruction, and limb salvage. His research interests focus predominantly on extremity soft tissue reconstruction and vascularized composite allotransplantation.

Widely published with more than 350 peer-reviewed journal articles, 85 book chapters and 11 books, Dr. Levin also actively participates in senior leadership activities of many international and national professional societies and associations and has received numerous awards for his commitment to teaching.



THE HOWARD STEEL LECTURER

Kevin Reilly

EOA is pleased to announce Kevin Reilly as the 2019 Howard Steel Lecturer at the 50th Annual Meeting. Mr. Reilly's story isn't merely about survival. It's a tale of overcoming tremendous adversities and realizing the potential to be a true champion.

In 1973, the World Champion Miami Dolphins drafted Kevin in the seventh round. Later that year, he returned to his hometown team of the Philadelphia Eagles, serving as captain of the special teams.

During his career in the NFL, Kevin played with NFL greats Bill Bergey, Garo Yepremian, Harold Carmichael, and Larry Csonka. In 1975, Kevin's NFL career was cut short when he was diagnosed with a rare desmoid tumor. To halt the spread of cancer, Kevin's left arm, most of his shoulder and four ribs were amputated. He was told he'd never be able to tie his shoes or a tie, much less play sports. He didn't listen.

Kevin went on to achieve incredible goals and overcome overwhelming obstacles that will make you marvel at the strength of the human spirit. When a human being is forced to come to terms with a serious disability, personal victories frequently happen during those dark hours in the middle of the night when no fans will cheer for you and your toughest adversary is yourself.

Membership Benefit

EOA and Arthrex have partnered to bring you FREE access to



Surgical Outcomes System™

Visit www.eoa-assn.org/membership for more information.

I AM MODERNIZING ORTHOPEDICS

WITH AN ALL-IN-ONE EHR SOLUTION

You may have heard that our EHR actually learns from you. But did you know that it's also part of an all-in-one, orthopedic-specific platform designed to give you greater clinical, financial and operational visibility into your practice? And with the improved communication and fewer redundancies that come with a seamlessly integrated solution, you can spend more time focusing on your patients.



See why orthopedic professionals have made it a KLAS top-rated orthopedic EHR system for overall satisfaction.

VISIT US ONLINE AT
MODMED.COM/ORTHO



For desktop and mobile devices



©2019 Modernizing Medicine, Inc.

RECAP OF THE 49TH ANNUAL MEETING

The 49th Annual Meeting in picturesque Amelia Island was a tremendous success, with the most attendees in over 20 years. The ambitious scientific program included top professionals in the field and was planned by Program Chair Dr. Kevin Plancher and the EOA Program Committee.

The first day included the Presidential Guest Speaker, Dr. David Kirschman with a thought-provoking presentation, “Physician Entrepreneurship: From Operating Room to Board Room,” and New Jersey Orthopaedic Society’s distinguished lectures by John P. Salvo Jr., MD and Anthony J. Scillia, MD. On Friday the Humanitarian Award was presented to Dr. Philip D. Alburger, and then was followed by Dr. Javad Parvizi’s Presidential Address, “American Dream: The Story of an Immigrant.” The Howard Steel Guest Lecturer on Saturday was transformative leader and advocate for a revolution in the system of health care and higher education, Stephen K. Klasko, MD, MBA with his presentation, “Is There an Avatar in the House: Changing the DNA of Healthcare in the Age of AI.” The day ended with the Resident Review Course and the fun-filled Resident Bowl Competition hosted by NJOS.

The meeting kicked off with the always enjoyable Welcome Dinner in the beautiful Magnolia Garden with a view of the ocean. Everyone enjoyed having a chance to visit with old friends and colleagues. The following evening began with the Exhibitor Reception before everyone headed out on their own to enjoy the fabulous resort or venture out on the island. The meeting was brought to a close with the Jazz Band Reception honoring Dr. Howard Steel and the Founders’ Dinner. In addition, to start each day there was a Beach Walk and Spouse/Guest Hospitality.

It was a wonderful meeting and we express our thanks to all who attended. If you missed it, view the 2018 Amelia Island pictures on the EOA website (www.eoa-assn.org) and see what a great time was had by all!

We look forward to seeing you this fall at The Breakers in Palm Beach, FL, October 16-19, 2019!



2018 RESIDENT/FELLOW AWARD WINNERS

Founders' Award

A Prospective Randomized Study Evaluating the Effect of Perioperative NSAIDs on Opioid Consumption and Pain Management After Ankle Fracture Surgery

Elizabeth McDonald, BA, Rothman Institute at Thomas Jefferson University Hospital

Ranawat Award

The Effects of Partial Meniscectomy Versus Meniscal Repair on Time to Unicompartimental and Total Knee Arthroplasty

Jennifer Kurowicki, MD, Seton Hall University School of Health and Medical Sciences

Parvizi Musculoskeletal Infection Award

Polymyxin and Bacitracin in the Irrigation Solution: There is No Role for This Practice

Karan Goswami, MD, Rothman Institute at Thomas Jefferson University Hospital

Richmond Arthroscopy/Sports Medicine Award

Effects of Artificial Turf on Knee Injuries in NCAA Football

Galvin Loughran, BS, Georgetown University School of Medicine

Resident Awards

A Prospective Evaluation of Opioid Consumption Following Orthopaedic F&A Surgery

Sundeep Saini, DO, RowanSOM Orthopedic Surgery Residency Program

Sterility of Ethyl Chloride Spray After Use in the Clinic

Kristin Sandrowski, MD, Rothman Institute at Thomas Jefferson University Hospital

The Cost-Effectiveness of Vancomycin Powder in Lumbar Laminectomy

Yehuda "Yudi" Kerbel, MD, Drexel University College of Medicine

Henry A. Backe Jr., MD Travel Grant Award

Bacterial Colonization of Surgical Loupes Worn by Orthopaedic Surgeons

Jack Graham, BS, Sidney Kimmel Medical College at Thomas Jefferson University

Scott & Mary Boden Travel Grant Award

Cervical Spinal Stenosis with Coexisting Rotator Cuff Tear: A Nationwide Review of Records from 2005 to 2014

Stuart Changoor, MD, Seton Hall University School of Health and Medical Sciences

J. Richard Bowen, MD Travel Grant Award

J-splint Use for Definitive Management of Pediatric Femur Fractures

Jamie Grossman, MD, Monmouth Medical Center

James T. Guille, MD Travel Grant Award

Impact of Race on Vitamin D Deficiency in Adolescent Idiopathic Scoliosis

Robert C. Palmer, MD, Nemours Childrens Specialty Care

John D. Kelly IV, MD Travel Grant Award

Return to Athletic Play After Surgery in Adolescent Idiopathic Scoliosis

Courtney Toombs, MD, Yale New Haven Hospital

Sam A. Labib, MD Travel Grant Award

Patterns and Implications of Syndesmotic Screw Failure in Ankle Fractures

Omar Behery, MD, MPH, New York University

Marc J. Levine, MD Travel Grant Award

Arthroscopic versus Open Rotator Cuff Repair: Evaluation of ABOS Database

Blane Kelly, MD, Virginia Commonwealth University

Javad Parvizi, MD, FRCS Travel Grant Award

Alternative Graft Preparations for Hamstring All-inside Anterior Cruciate Ligament Reconstruction

Meghan Richardson, MD, Stony Brook University Hospital

Geoffrey H. Westrich, MD Travel Grant Award

Perioperative Management of New Oral Anticoagulants in Orthopaedic Surgery

Claire Eliasberg, MD, Hospital for Special Surgery

EOA/OREF Resident Travel Grant Awards

Release of Tibialis Posterior Muscle Osseofascial Sheath for Exertional Compartment Syndrome

J. Taylor Bellamy, MD, Emory University

Return to Sport after SLAP repair vs. Biceps Tenodesis: A Systematic Review

Matthew W. DeFazio, BS, Boston University School of Medicine

Culture Patterns in Aseptic Revision Spine Surgery

Michael Steinhaus, MD, Hospital for Special Surgery

Resident Travel Grant Awards

Thigh Tourniquet Effect on Popliteal Artery Spatial Anatomy

Justen Elbayar, MD, Stony Brook University Hospital

Arthroscopic Reconstruction of the Acetabular Labrum Using Fascia Lata Allograft: Shuttle Technique and Minimum Two-year Results

Matthew C. Kruchten, Peachtree Orthopedics

High Facility Volume May Improve Survival in Patients with Primary Bone Tumors of the Vertebral Column

Alexander L. Lazarides, MD, Duke University Medical Center

Five-year Rate of Conversion from Rotator Cuff Repair to Reverse Total Shoulder Arthroplasty

Evan O'Donnell, MD, Hospital for Special Surgery

National Trends in Orthopaedic Surgery Resident Adult Case Logs

Todd P. Pierce, MD, Seton Hall University School of Health and Medical Sciences

Prospective Evaluation of Glenoid Bone Loss After Anterior Glenohumeral Instability

Sean E. Slaven, MD, Walter Reed National Military Medical Center

Utilization of a Repless Model in Primary Joint Arthroplasty: Lessons Learned

Peter B. White, BA, Bronx Lebanon Hospital Center

NJOS Travel Grant Awards

Medializing Calcaneal Osteotomy with Triple/Double Arthrodesis for Rigid Flatfoot Deformity

Vincent Buddle, DO, RowanSOM

One-year Mortality Following Fragility Hip Fractures—A Retrospective Review

Kimona Issa, MD, Seton Hall University School of Health and Medical Sciences

**Presented by Todd P. Pierce, MD*

Medical Malpractice in Orthopedic Surgery: A WestLaw-based Demographic Analysis

Nicole D. Rynecki, BA, Rutgers New Jersey Medical School

Appropriateness of Elective Outpatient Spine Surgery Referral

Fady H. Sourial, DO, Rothman Institute, Egg Harbor Township

EOA HUMANITARIAN AWARD

Philip D. Alburger, MD



Congratulations to Philip D. Alburger, MD, the 2018 recipient of the EOA Humanitarian Award.

Dr. Alburger graduated from St. Joseph's University in 1965. He then attended Temple University School of Medicine followed by an Internship at Abington Memorial Hospital.

He completed his Residency in 1974 at Temple University Hospital Orthopedic Residency, Philadelphia Shriners' Hospital for Children. He has been an attending physician at Temple University Hospital and Shriners' since 1974 and was the Chief of Orthopedics at Saint Christopher's Hospital for Children, 1975-1997. He is currently a Professor Emeritus of Orthopedic Surgery, Temple University School of Medicine and an Attending Orthopedic Surgeon, Philadelphia Shriners' Hospital for Children.

Since 1974 Dr. Alburger has volunteered and attended over 80 Shriners' Orthopedic Clinics in Puerto Rico. The clinic was established in 1966 between the island and the Philadelphia Shriners'. Currently, the clinic averages 1,200 visits per year in two trips and has treated over 10,000 children since its start. Dr. Alburger volunteered to continue going to Puerto Rico when residents could not go because of the West Nile Virus.

He has trained numerous fellows, residents, and medical students at the Shriners', Temple University, and Saint Christopher's Hospital for Children for over four decades.

The EOA Board of Directors in 2016 established the Humanitarian Award to acknowledge the extraordinary, compassionate, and selfless work of one of its members. Recipients should have the following attributes:

- Gives of him/herself regardless of compensation;
- Provides services without expectation of remuneration;
- Provides services to all equally, impartially, cooperatively and neutrally;
- Embraces common moral decencies such as altruism, integrity, freedom, justice, honesty, truthfulness, responsibility and compassion;
- Respects and embraces human diversity; and
- Improves the lives of those in need through selfless, courageous, creative and compassionate acts.

We encourage you to consider nominating an EOA member colleague that meets the criteria of EOA's 2019 Humanitarian Award. Nominations are accepted online at www.eoa-assn.org.

THANK YOU, ANNUAL MEETING GRANTORS AND EXHIBITORS

The Eastern Orthopaedic Association would like to thank the sponsors and exhibitors of the Eastern Orthopaedic Association's 49th Annual Meeting. Without the unrestricted educational support of the companies listed below, we would not have been able to provide this symposium.

PLATINUM

Johnson & Johnson Medical
Devices Company

GOLD

Arthrex, Inc.
Avanos Medical
ConvaTec
Flexion Therapeutics
Smith & Nephew, Inc.

SILVER

Pacira Pharmaceuticals
Zimmer Biomet - *Grantor*

BRONZE

Heron Therapeutics, Inc.

COPPER

3M Health Care
Breg

Horizon Pharma
Stryker
Surgical Care Affiliates

EXHIBITOR

Acumed
American Academy of Orthopaedic
Surgeons
Artoss, Inc.
Aventic
Biocomposites
CeramTec Medical Products
Ferring Pharmaceuticals Inc.
Healthpac Computer Systems, Inc.
ICONN Orthopedics
MAXX Orthopedics, Inc.
Medstrat
Medtronic Transformative
Solutions
MicroGen DX

MiRus
Moxee, powered by myhELO
OrthAlign
Ortho-Preferred
Orthosensor, Inc.
ProScan Reading Services
Quill™ - Surgical Specialties
Corporation
SI-BONE, Inc.
Skeletal Dynamics
Suki AI
Surgeons Capital Management
Surgical Affiliates Management
Group
THINK Surgical, Inc.
Total Joint Orthopedics
Vericel Corporation
Virtamed AG



Using Both Qualified and Non-Qualified Plans to Reach Retirement Goals: Why Many Physicians Should Use Both

By David B. Mandell, JD, MBA & Carole C. Foos, CPA

In our work with more than 1,000 physicians across the country, we have observed that the #1 financial goal for nearly all physicians is to get to a financially secure retirement on their terms, including each doctor's unique timeline and lifestyle goals. It is not surprising that data from national physician surveys confirm this as the top financial objective.

What is surprising (to us anyway) is how many physicians, including orthopaedic surgeons, attempt to reach this goal using just one of the tools at their disposal – qualified retirement plans (QRPs) – while so many are completely unaware of another tool they could be using – non-qualified plans (Non-Q Plans). In this article, we will briefly describe these two types of plans that can have a significant impact on retirement.

Qualified Plan Basics

The term “qualified retirement plan” (QRP) means that the plan meets the definition of a retirement plan under Department of Labor and Internal Revenue Service rules created under the Employee Retirement and Income Security Act (ERISA). A QRP may be in the form of a defined benefit plan, profit sharing plan, money purchase plan, 401(k), or 403(b). Properly structured plans offer a variety of benefits: you can fully deduct contributions to a traditional QRP, funds within the QRP grow tax-deferred, and (if non-owner employees participate) the funds within a QRP enjoy superior asset protection. Despite the benefits traditional QRPs can offer, there are a host of disadvantages that physicians should understand:

- Mandated maximum annual contributions for defined contribution plans
- Mandatory participation by employees
- Potential liability for management of employee funds in the plan
- Controlled group and affiliated service group restrictions
- Penalties for withdrawal prior to age 59½
- Required distributions beginning at age 70½
- Full ordinary income taxation of distributions from the plan
- Full ordinary income taxation AND estate taxation of plan balances upon death (combined tax rates on these balances can be over 70%)

Despite these numerous disadvantages, nearly all U.S. orthopaedic surgeons participate in traditional QRPs. The tax deduction is a strong lure that often cannot be resisted. For many physicians, however, the cost of contributions for employees, potential liability for mismanagement of employee funds, and the ultimate tax costs on distributions may outweigh the current tax savings offered by QRPs. If not giving pause, these drawbacks at least suggest that it would make sense to investigate another type of plan (that hedges the QRP) as an additional savings vehicle.

This is especially true if you believe that income tax rates, especially the higher marginal rates, will go up over the coming decades. When you use a traditional QRP, you trade today's tax rates on your contribution for the tax rates in the future when you withdraw the money from the plan. If rates rise in the future, the QRP might prove not to be a good deal at all. While none of us know what the future will bring, we do know that, historically, tax rates were much higher than they are today for most of the second half of the 20th century. Thus, the QRP tax rate bet is one that should be hedged against, using retirement savings alternatives.

One alternative to consider is a Roth QRP. Many orthopaedic practices sponsor 401(k) plans which give participants the option of making salary deferrals into either a traditional 401(k) or a Roth 401(k). While traditional contributions, as mentioned above, are a tax deduction today and are taxed upon distribution at the tax rates in effect at that time, their Roth counterparts are after-tax contributions today. Thus, the participant pays tax at today's rates, but the funds grow on a tax deferred basis and are tax free upon withdrawal assuming they stay in the Roth account for at least five years after the account is opened. Only the salary deferral portion of a contribution can go into a Roth plan. Any profit sharing or match must go into a traditional account.

SEP-IRAs

SEP-IRAs are not officially QRPs; they are custodial accounts that are similar in many ways. Both SEP-IRAs and QRPs have the same tax restrictions on annual contribution amounts, penalties for early withdrawals, mandatory withdrawal rules, and taxation on distributions and plan balances at death. One big difference is that a SEP-IRA may not have the same level of asset protection under state law that a QRP enjoys.

Many physicians who use traditional QRPs, Roth QRPs or SEP-IRAs as a substantial part of their retirement planning should understand that such plans alone may not be enough to achieve their retirement goals. Either because of annual contribution limits or the taxation of distributions as ordinary income, the simple fact is that most doctors need another savings vehicle to reach their retirement goals. This is where Non-Qualified Plans could play a significant role.

Non-Qualified Plan Basics

Non-qualified plans (Non-Q Plans) are not used by physicians nearly as much as by corporate executives. This is unfortunate, as they could be valuable retirement tools for many orthopaedic surgeons. Because these plans are not subject to QRP rules, Non-Q Plans do not have to be offered to any employees. Further, even among the physician-owners, there is total flexibility. For example, one doctor can contribute a maximum amount, the next partner could contribute much less, and a third physician could opt out completely.

The main drawback to Non-Q Plans is that contributions are never tax deductible. However, they can be structured for tax-free growth and tax-free access in retirement, like a Roth IRA. Ask yourself: how much would you put in a Roth IRA if there were not funding limitations? If you think you would fund such a vehicle, then a Non-Q Plan could be very attractive to you.

In fact, a Non-Q Plan can be an ideal long-term tax hedge against a QRP. Beyond these general ground rules, there is tremendous flexibility and variation with Non-Q Plan designs. Consider that they have the following attributes:

- No limitations on contributions as with QRPs
- Can be implemented in addition to any QRP, such as a 401k or profit-sharing plan
- Owners/partners can vary how much/if they participate
- Employee participation is not required
- No tax deduction on contributions, but funds can grow tax-free and be accessed tax-free upon withdrawal
- Top asset protection in many states

Conclusion

The #1 financial goal of nearly every physician is a retirement on their terms, and both Qualified Plans and Non-Qualified Plans can play important roles in achieving this goal. If building your retirement wealth is an important goal for you, we highly recommend you work with an experienced advisor to investigate both types of retirement plans for your practice.

SPECIAL OFFERS: To receive free print copies or ebook downloads of *Wealth Protection Planning for Orthopaedic Surgeons and Wealth Management Made Simple*, visit www.ojmbookstore.com and enter promotional code DATATR05 at checkout.

David B. Mandell, JD, MBA, is an attorney and author of more than a dozen books for physicians, including *Wealth Protection Planning for Orthopaedic Surgeons*. He is a partner in the wealth management firm OJM Group (www.ojmgroup.com), where Carole C. Foos, CPA is also a partner and lead tax consultant. They can be reached at 877-656-4362 or mandell@ojmgroup.com

Disclosure:

OJM Group, LLC (“OJM”) is an SEC registered investment adviser with its principal place of business in the State of Ohio. OJM and its representatives are in compliance with the current notice filing and registration requirements imposed upon registered investment advisers by those states in which OJM maintains clients. OJM may only transact business in those states in which it is registered or qualifies for an exemption or exclusion from registration requirements. For information pertaining to the registration status of OJM, please contact OJM or refer to the Investment Adviser Public Disclosure web site www.adviserinfo.sec.gov.

Statements and opinions expressed in the advertisements and information regarding products or services herein are those of the author(s) and do not necessarily reflect those of the Publisher or the Association. The Publisher and Association do not assume any responsibility or liability for such material and do not endorse, guarantee or warrant any product or service advertised in this newsletter.



Eastern Orthopaedic Association
110 West Road, Suite 227
Towson, MD 21204

Register Today

50th Annual Meeting
October 16-19, 2019
Palm Beach, FL

