

Eastern Orthopaedic Association

# NEWSLETTER

Bruce Monaghan, MD, Editor

Spring 2023 Issue



54th Annual Meeting ☀ October 25-28, 2023 ☀ Charleston, South Carolina



## IN THIS ISSUE

President's Message	p. 2	Self-Assessment Exam	p. 3	Eastern Ortho On Call Podcast	p. 5
Message from the Editor	p. 3	Register Today	p. 4	Recap of the 53 <sup>rd</sup> Annual Meeting	p. 6
Make the Most of Your Membership	p. 3	EOEF Presidential Guest Speaker	p. 4	2022 Social Committee	p. 6
2023 Calendar	p. 3	Howard Steel Lecturer	p. 4	Eastern Orthopaedic Education Foundation	p. 7
		Founders Dinner Entertainer	p. 5		

## Eastern Orthopaedic Association

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## PRESIDENT'S MESSAGE

### Kevin D. Plancher, MD, MPH

Dear Colleagues and Friends,

I'm elated to invite you on behalf of the Board of Directors and myself to join us at the Eastern Orthopaedic Association's 54th Annual Meeting October 26-28, 2023 at the Charleston Place Hotel in Charleston, South Carolina.

The city of Charleston awaits your arrival for an incredible three days of academic excellence. I promise that when you leave on Sunday morning, you will need to alter some clinical practice guidelines. This Annual Meeting will offer the most exciting, refreshing and innovative scientific information that hopefully you will adopt in your practice. The symposia we have planned feature international and nationally recognized orthopaedic surgeons and healthcare providers sharing the most up to date information that will help you navigate the current healthcare environment. We will accept an amazing cadre of abstracts from fellows, residents and medical students.

I am honored that the New Jersey Orthopedic Society will be returning to partner with the EOA's Annual Meeting. And the Board of Directors and myself are humbled to have the North Carolina Orthopaedic Association (NCOA) partner with us for the first time. Thanks to President Robert E. Boykin, MD and Cynthia Emory, MD who paved the way to make this collaboration a reality. The EOA Board of Directors and myself are overwhelmed knowing that these two state societies will only enhance our diversity of thought and knowledge. We are excited to welcome our guest residency program OrthoCarolina and all its young minds to teach us the latest and greatest in research.

I would be remiss if I didn't acknowledge the tireless work of the Social Committee, who have drawn on the vast resources of this wonderful landmark city to create social events for our members, guests and their families that will keep you busy from sun-up to sun-down. Don't miss the various architectural tours and city landmarks, and you can even take an afternoon to play golf and tennis to make this extended weekend a special occasion.

Here are three more reasons to come to Charleston and the 54th EOA Annual Meeting. Each of these individuals I know will make a huge impact on each of our lives.

Bill Walton will deliver the Presidential Guest Lecture on Friday morning and will be available for book signing and personal autographs.

Aron Ralston, America's mountaineer and motivational speaker, known for surviving a canyoneering accident by cutting off part of his right arm in southeast Utah will be my Howard Steel Lecturer on Saturday morning. Aron will surely impress all of us, as I'm sure many of you have viewed the movie based on his story, **127 Hours**.

Josh Beckerman, the acclaimed foodie magician/mentalists, who has starred on Kelly and Ryan on ABC, will dazzle you with mind games during his performance Saturday night at our Founders' Gala Dinner. His head-scratching "Is It Possible?" mentalist performance will leave you numb. This year, the Founders' Gala Dinner will be black tie optional, followed by dancing the night away with our DJ.

The EOA's 54th Annual Meeting should not be missed. Make your hotel reservation today before the rooms sell out. Register online and get ready for an experience of a lifetime.

Looking forward to seeing you in Charleston in October. Wishing you and your family much love and great health.

Warm regards,

Kevin D. Plancher, 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.



## MESSAGE FROM THE EDITOR: MAY YOU LIVE IN INTERESTING TIMES

**Bruce Monaghan, MD**

Greetings to all members of our Eastern Orthopaedic Association family!

Recently, I participated in the Mid-Winter Meeting of the EOA Board of Directors, a gathering held every January in the home city of the current EOA president, Kevin Plancher. This meeting is a time to both reflect on recent Association events, and to strategically plan for the coming years.

During this year's meeting, a common expression popped into my mind – "May you live in interesting times." This is a phrase of ambiguous origin, loaded with sardonic intent. While it can be delivered as a well-wished blessing, it is often intended as a curse. Commonly, times of interest are characterized by sudden change under the pressure of large societal disruption. There can be two ways to interpret and react to such times: Either the anxiety and the unknown can be destructive, or it can serve as an exciting opportunity to grow and change. How we, as individuals or as an association, respond to these "interesting times" can reveal our true nature (which may have even been hidden from ourselves).

It was within that context that I reflected on the last several years of EOA events. Following the acme of the 50th Annual Meeting in West Palm Beach in 2019, the global pandemic led to its cancellation in 2020. This required the leaders of the next two Annual Meetings, Marc Levine and Amar Ranawat, to re-establish their plans with swapped venues! As if that were not enough, mother nature devastated the west coast of Florida with the landfall of Hurricane Ian just three weeks before last year's meeting, necessitating a last-minute change in venue from Naples, Florida to

Atlantic City, New Jersey. So many events added up to challenge this core component of the EOA. How were we going to respond?

I am happy to report that the EOA and its Board greeted these challenges with unparalleled alacrity. Marc and Amar seamlessly coordinated the exchange of information on their respective venues, resulting in outstanding meetings in first Nashville and then in Atlantic City, where Amar and Program Chair Neil Sheth superbly pivoted to present us with an excellent program that drew 316 attendees!

In addition to logistics, the EOA's leaders smartly addressed the barriers to collegiality that the pandemic presented. They both challenged and supported the Telecommunications Committee in their efforts to push past these barriers, inspiring professional comradery in new and innovative fashions. This has resulted in past Telecommunications Chair Mike Ast and current Chair Arjun Saxena establishing and augmenting the EOA podcasts and EOA Vumedi channel, which will continue to provide our members with that unique EOA touch. In addition, Kevin has added a healthy dose of internal disruption to the way we think of the EOA, from the bylaws, to the membership, to the structure of the Annual Meeting itself.

It is so heartening to see the potential and enthusiasm for growth and positive change that lies within everyone who makes up the Eastern Orthopaedic Association. The EOA is always enhanced by our volume of participation. So, if you have any ideas you'd like to bring forward to keep our momentum of improvement going, please do not hesitate to reach out to me or anyone on the Board with your suggestions.

### MAKE THE MOST OF YOUR MEMBERSHIP

- 10 CMEs through a scored & recorded Self Assessment Exam
- 32 CMEs through your complimentary subscription to the *Journal of Surgical Orthopaedic Advances* (Each quarterly issue has a test worth 8 CMEs)
- 15+ CMEs through the Annual Meeting

Check out *all* of your member benefits at [www.eoa-assn.org/membership](http://www.eoa-assn.org/membership)

### 2023 CALENDAR

April 2023  
May 2023  
May 2023  
October 25-28, 2023

2023 Annual Meeting Preliminary Program Mailed  
Resident Award Manuscripts Requested  
Abstracts Selected and Notifications Mailed  
54th Annual Meeting, Charleston Place, Charleston, SC

### SELF-ASSESSMENT EXAM (SAE)

We are very pleased to bring this educational tool to our members. The SAE is designed to help you assess your knowledge in comparison with other orthopaedic surgeons, no matter how many years in practice or your level of specialization. The results of your SAE should direct you toward areas of study that will lead to professional improvement. SAE is free for members / \$95 for nonmembers.

The SAE is in compliance with the ABOS requirements and provides 10 AMA PRA Category 1 Credits™ for your Maintenance of Certification (MOC). After completing the exam online, you will submit an evaluation and receive feedback, the correct answers, commentary and references, as well as acknowledgement by email that you have completed the exam and your certificate. We hope that you will find it informative and useful in furthering your educational knowledge.

### Connect With Us On Social Media



Stay connected and up to date with EOA! Follow us on Facebook @EasternOrthopaedicAssn on Instagram @EasternOrthopaedicAssoc on Twitter @EOAOrtho and on LinkedIn @EasternOrthopaedicAssociation



## REGISTER TODAY FOR THE 54th ANNUAL MEETING

The Eastern Orthopaedic Association's 54th Annual Meeting is October 25-28, 2023 at Charleston Place in Charleston, SC.

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 is the most ambitious yet and will include timely reviews of practice-related procedures and clinical research findings in orthopaedic surgery through nationally recognized speakers and abstract presentations.

Tours and activities are being planned for all to enjoy at the meeting. The meeting will kick off with a Welcome Dinner and end with the always enjoyable EOA Jazz Band Reception and Founders Dinner. As usual there will be a spouses/guest hospitality area, daily early bird walks, golf and a book discussion. There will also be a kids' party Friday and Saturday nights, so parents can participate in the evening meeting events.

To register for the Meeting, visit [www.eoa-assn.org](http://www.eoa-assn.org).



## EOEF PRESIDENTIAL GUEST SPEAKER

### Bill Walton

The EOA is pleased to welcome William Theodore Walton III as the 2023 EOEF Presidential Guest Speaker. He was born November 5, 1952, is an American television sportscaster and former professional basketball player. He played college basketball for coach John Wooden and the UCLA Bruins, winning three consecutive national college player of the year awards (1972–1974), while leading UCLA to NCAA championships in 1972 and 1973 and an 88-game winning streak. After being selected as the first overall pick in the 1974 NBA draft, Walton led the Portland Trail Blazers to an NBA championship in 1977, earning the NBA Finals Most Valuable Player Award that season. He won another NBA title with the Boston Celtics in 1986. Walton was inducted into the Naismith Memorial Basketball Hall of Fame in 1993. He was named to the NBA's 50th and 75th anniversary teams.



Walton's early career in the National Basketball Association (NBA) was very successful, winning the 1978 NBA Most Valuable Player (MVP) and an NBA championship with the Portland Trail Blazers, for which he was also named Finals MVP. However, his professional career began to be significantly hampered by multiple foot injuries requiring numerous surgeries. Walton sat out the 1978–79 season and was then signed by the San Diego Clippers (now Los Angeles Clippers), for whom he played four injury-plagued seasons. His career was rehabilitated during two seasons with the Boston Celtics at the end of his career. Playing as a backup center behind Robert Parish, Walton earned the NBA Sixth Man of the Year Award in the 1985–86 season, winning his second championship that same season.

After retiring from the NBA, Walton overcame stuttering and embarked on a second career as a sportscaster, working both as a studio analyst and color commentator, mostly for ESPN, with stints for several other networks and teams. He earned an Emmy Award in 1991. Walton is a noted fan of the Grateful Dead, as a self-described "Deadhead," and often mentions them in his broadcasts. He has hosted several podcasts and satellite radio programs featuring the music of the Grateful Dead.



## HOWARD STEEL LECTURER

### Aron Lee Ralston

The EOA is pleased to have Aron Lee Ralston as the 2023 Howard Steel Lecturer. He was born October 27, 1975, is an American mountaineer, mechanical engineer, and motivational speaker, known for surviving a canyoneering accident by cutting off part of his right arm.

On April 26, 2003, during a solo descent of Bluejohn Canyon in southeastern Utah, he dislodged a boulder, pinning his right wrist to the side of the canyon wall. After five days, he

had to break his forearm in order to amputate it with a dull pocket knife to break free, make his way through the rest of the canyon, rappel down a 65-foot (20 m) drop, and hike 7 miles (11 km) to safety.

The incident is documented in Ralston's autobiography [Between a Rock and a Hard Place](#) and is the subject of the 2010 film **127 Hours** where he is portrayed by James Franco.

## FOUNDERS DINNER ENTERTAINER Josh Beckerman



Prepared to be wowed at this year's Founders Dinner by Josh Beckerman, The Foodie Magician!

Josh Beckerman is a one of a kind celebrity personality who has paved his own unique lane in the culinary industry. He combines magic and entertainment to create a memorable performance for all his guests at his many celebrity chef appearances and celebrity chef speaking engagements around the country each year.

Josh spends most of his down time exploring new menu options at local NYC hot spots all the while pulling cards and tricks with those in attendance. He has quite the bag of tricks that stem from levitating cards and money to reading minds and guessing the correct chef or restaurant in your head. His act continues to grow!

His popularity in the culinary industry has led to a number of celebrity chef appearances on daytime talk shows and late night specials. Josh has appeared on shows including the Today Show, Late Night With Seth Meyers and the Rachael Ray Show.

Josh is also the engine behind the food blog NYCFoodie. His blog covers a variety of topics surrounding the food and restaurants that make up the exquisite NYC foodie scene.

## HAVE A STORY TO INCLUDE IN THE NEWSLETTER?

Please send it to Heather Skinner at [hskinner@datatrace.com](mailto:hskinner@datatrace.com).



## EASTERN ORTHO ON CALL PODCAST THE VOICES YOU TRUST

Are you listening to the EOA's educational podcast, Eastern Ortho On Call? Directed and hosted by the EOA Podcast Committee, listeners can expect to hear one on one interviews with thought leaders, hot topic debates from the masters, timely reviews of clinical papers and great young physician and resident/fellow topics. Education is an important mission of the EOA and we are pleased to add the Eastern Ortho On Call podcast channel to our robust offering of learning opportunities.

To listen to the latest episodes go to the EOA website at [www.eoa-assn.org/eastern-ortho-on-call-podcast](http://www.eoa-assn.org/eastern-ortho-on-call-podcast) and click on the link to download the App.

Below are the top ten Episodes:

### How to Ace an Away Rotation: Wake Forest Resident Perspectives

Wake Forest Residents Drs. Matt Akelman, Sam Rosas, and Alexis Cooper provide valuable insight with their list of "Top 5 Things To Do" and "Top 5 Things Not To Do" to be successful in away rotations.

### Improved Pain Relief and Opioid Reduction in Joint Arthroplasty Procedures with ZYNRELEF® Extended-Release Solution Sponsored by Heron Therapeutics.

Join orthopedic surgeons Dr. Alan Rechter and Dr. Alex Sah for an engaging conversation about improved pain relief and reduction of opioids and narcotics provided by ZYNRELEF® (bupivacaine and meloxicam) extended-release solution used in conjunction with joint arthroplasty surgery.

### Health Care Disparities in Orthopaedic Surgery

Listen in as Dr. Arjun Saxena hosts a panel discussion with Drs. Vinod Dasa, Ira Kirschenbaum, and Obi Adwigmeme on healthcare disparities in patient cohorts with social determinants of health - race, education level, and socio-economic status - and panelists share their thoughts on collecting clinical outcomes data to spread awareness of, as well as remedies to, the situation.

### Giving and Receiving Feedback: Wake Forest Resident and Attending Perspectives

Wake Forest Attending Surgeon Dr. John Shields talks with Residents Drs. Ameen Barghi and Anirudh Gowd about tactics to use and timing to give and receive feedback.

### Trends in Total Shoulder Arthroplasty

Host Dr. John D. Kelly IV talks with Dr. Anand Murthi and Dr. Luke Austin on trends in shoulder arthroplasty. Topics include indications for reverse shoulder usage in primary OA, reverse shoulders vs. non-operative treatment for proximal humerus fractures, stemless humeral components, glenoid exposure, tips to avoid nerve injury, and many more interesting clinical pearls.

### A Day in the Life of Residency: UPenn Resident Perspectives

University of Pennsylvania Residents Drs. Matt Stein, Greg Minutillo, and Ryan DeAngelis discuss their experiences and opportunities in the Residency Program at UPenn.

### How to Survive Busy Call: Wake Forest Resident Perspectives

Wake Forest Residents Drs. Matt Akelman, Sam Rosas, and Alexis Cooper have an engaging discussion on tactics to employ and avoid to survive busy call.

### How to Improve Orthopaedic Health and Outcomes (and what to tell your patients)

Inflammation drives pain, poorer surgical outcomes, and dysfunction. In this episode, Dr. Arjun Saxena discusses practical ways to reduce inflammation and improve orthopaedic health with Dr. Saloni Sharma, Medical Director of the Orthopaedic Integrative Health Center at Rothman Orthopaedics and author of the #1 bestseller book on orthopaedic pain, [The Pain Solution](#).

### Research Opportunities During Residency: UPenn Resident Perspectives

UPenn Residents Drs. Ryan DeAngelis, Matt Stein, and Greg Minutillo discuss their personal research experiences and how to optimize the research opportunities during Residency.

### The Transition to Outpatient Arthroplasty Surgery

Join host Dr. Kevin Plancher as he chats with joint reconstruction experts Drs. Geoffrey Westrich and Neil Sheth about the hot topic of outpatient arthroplasty surgery and their experiences.



## RECAP OF THE 53rd ANNUAL MEETING

After relocating the Annual Meeting to the beautiful Ocean Casino in Atlantic City due to a hurricane in Naples, the 53rd Annual Meeting was a tremendous success, with an outstanding Scientific Program put together by Program Chair, Dr. Neil P. Sheth along with the EOA Program Committee.

Program highlights included Presidential Guest Speaker, Surgeon in Chief at the Hospital for Special Surgery, Dr. Bryan T. Kelly, with a thought-provoking presentation, “Transitioning from a Physician to a Physician Leader”. Additionally, the Howard Steel Lecturer, Andrew Sabin, gave an inspirational talk, “Successful Philanthropy and the Importance of Teaching Philanthropy to the Next Generation” and Dr. Amar S. Ranawat gave a wonderful Presidential Address “The Keys to Success in Orthopaedics”. In addition to the exceptional Scientific Program, there were two Resident Courses and E-Poster presentations.

The Meeting kicked off with the always fun Welcome Dinner on the Sky View Terrace that had a stunning view of the Atlantic City beach and famous Boardwalk. Everyone had a great time visiting with old friends and new. The next evening began with the Exhibitor Reception, followed by dinner on the Skyview Terrace with dueling pianos for the entertainment. The Meeting was brought to a close on Saturday at the conclusion of the Scientific Program. Spouse Hospitality included a breakfast every morning, with mahjong lessons, a presentation from the Howard Steel Lecturer and a book discussion.

It was a wonderful Meeting, and we express our thanks to all who were able to attend the new meeting location. If you missed it, view some photo highlights from Atlantic City on the EOA website at [www.eoa-assn.org/recent-meetings](http://www.eoa-assn.org/recent-meetings).

We look forward to seeing you this fall at The Charleston Place in Charleston, South Carolina, October 25-28, 2023!

### 2022 SOCIAL PROGRAM

We wanted to apologize and recognize Robin Levine who was part of the 2022 EOA Social Committee and was accidentally left off the list in the previous newsletter.

### FUTURE MEETINGS



54th Annual Meeting  
October 25-28, 2023  
The Charleston Place  
Charleston, SC



## EASTERN ORTHOPAEDIC EDUCATION FOUNDATION



Eastern Orthopaedic Education Foundation would like to acknowledge the generous support of our 2022 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!

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 make your tax-deductible contribution to the EOEF, please scan the QR code, go to <https://www.eoa-assn.org/eoef> or simply mail your check to the EOEF today. Make checks payable to EOEF and mail to 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.

## 2022 EOEF CONTRIBUTORS

- |                              |                          |
|------------------------------|--------------------------|
| Michael Ast, MD              | John D. Kelly IV, MD     |
| Willie Banks Jr., MD         | Sameh A. Labib, MD       |
| Glen A. Barden, MD           | Mark Lemos, MD and       |
| Judith F. Baumhauer, MD, MPH | Marla Lemos              |
| Jason L. Blevins, MD         | John P. McConnell, MD    |
| Scott D. Boden, MD           | Bruce A. Monaghan, MD    |
| Friedrich Boettner, MD       | Michael Mulligan, MD     |
| Robert P. Boran Jr., MD      | Javad Parvizi, MD, FRCS  |
| Thomas R. Bowen, MD          | Carl A. Paulsen, MD      |
| Brian G. Burnikel, MD        | Ajay Premkumar, MD       |
| Steven Cohen, MD             | David E. Quinn, MD       |
| Cynthia L. Emory, MD, MBA    | Adam J. Rana, MD         |
| Robin Gehrmann, MD           | Amar S. Ranawat, MD      |
| Fernando L. Gomez, MD        | Anil S. Ranawat, MD      |
| Matthew Harris, MD, MBA      | E. Anthony Rankin, MD    |
| George E. Herriott III, MD   | Robert Richards Jr., MD  |
| Anne Mary Kelly, MD          | Arjun Saxena, MD, MBA    |
|                              | Neil P. Sheth, MD        |
|                              | Geoffrey H. Westrich, MD |
|                              | Richard M. Wilk, MD      |

# 54th Annual Meeting

October 25-28, 2023 | Charleston Place | Charleston, SC



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

# *Register Today*

54th Annual Meeting  
October 25-28, 2023  
Charleston, SC

