

## President's Message

Jay R. Lieberman, MD



As President of the Western Orthopaedic Association, I would like to invite you and your family to join us in Huntington Beach, California for the 88th

WOA Annual Meeting. The meeting will be held at the Hyatt Regency Huntington Beach Resort and Spa, which is only one block from the beach and only 10 miles from John Wayne Airport. During the meeting, the United States Open Surfing Championship will be held in Huntington Beach. This event is only a five-minute walk from the hotel. As usual, arrangements have been made for a wonderful afternoon of golf for all interested participants.



## 88th Annual Meeting

August 7-10, 2024

Hyatt Regency | Huntington Beach, CA

I want to thank both Nathanael Heckmann, MD and Eric Tan, MD who are this year's program directors for putting together a terrific scientific program. The program has been completely revamped. This year there will be three Instructional Course Lectures that run concurrently each day. These In-

structional Course Lectures will cover a wide variety of topics including: Total Hip and Knee Arthroplasty, Trauma, Sports Medicine, Spine Surgery, and Hand Surgery. Meeting participants will have the opportunity to pick the ICL that they want to go to each day. Nationally renowned

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## Come Join the Fun at the Annual Meeting

The WOA Annual Meeting will be held August 7-10, 2024, at the Hyatt Regency Huntington Beach in Huntington Beach, CA. Visit [www.woa-assn.org](http://www.woa-assn.org) to view the Preliminary Program, which includes the complete Meeting information along with tour/activities and prices.

Relax amid Pacific Ocean views and Spanish-inspired architecture at the Hyatt Regency Huntington Beach. Elevate your pool day in a newly refurbished cabana or work or relax from the hotel in oversized guest rooms and suites. Enjoy a prime oceanfront location that is perfect for multi-generation family gatherings and features outdoor wellness facilities, award-winning restaurants, family suites and the Pacific Waters Spa. Soak up the sun on your California



getaway and stay within a five-minute walk of Ten-Mile Beach, Huntington Beach Pier, and Pacific City.

Tours and activities being planned for all to enjoy during the Meeting include a Mission San Juan Capistrano/Los Rios tour, outrigger canoeing, surf and stand-up paddleboard lessons and a duffy boat ride. The Meeting will kick off with the Welcome Dinner and wrap up with the always enjoy-

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Robert R. Slater, Jr, MD  
Folsom, CA

## President's Message continued

orthopaedic surgeons are moderating and lecturing at these ICLs. In addition, we will continue to have the always-popular rapid-fire presentations where residents, fellows and junior attendings have the opportunity to present their original research.

There will be six symposiums presented at the meeting. Three symposiums will focus on clinical topics including: infection prevention, management of hip fractures and the role of stem cells and growth factors in treating musculoskeletal conditions. Three others will focus on practice issues including: creating sustained success in academic or private practice, enhancing revenue generation, and lessons learned in practice over time.

This year's presidential guest speaker will be Chip Routt, MD from the University of Houston, who will speak of his experiences as an orthopaedic trauma surgeon and as a

patient. The Howard Steel Lecturer will be David Logan, PhD, who is a faculty member at the USC Marshall School of Business, and his lecture will be on tribalism and its impact on our society. Finally, we will be having special sessions for residents and medical students at the meeting on how to obtain preferred fellowship choices or a position in an orthopaedic surgery residency program, respectively.

We are looking forward to seeing you in Southern California in August. The weather should be great for a perfect weekend spent with good friends, old and new.

Regards,

*Jay Lieberman*

Jay R. Lieberman, MD  
WOA President

## Come Join the Fun at the Annual Meeting continued

able WOA Gala Dinner Dance. As always, there will be a daily spouse/guest hospitality area, yoga and golf tournament as well as a children's party on Friday and Saturday, so parents can participate in the evening event.

For everyone's convenience, WOA has reserved a block of sleeping rooms for your

convenience while attending the Annual Meeting and will hold these rooms until July 15, 2024. To make a reservation, go to the WOA website or call 714-698-1234. Space is limited, so make your reservation early.

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

## Connect with Us on Social Media



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@WesternOrtho

## The WOA Mission

The Mission of the Western Orthopaedic Association is to promote high-quality ethical care for musculoskeletal patients in the western region of the United States by providing educational programs, fostering collegiality and supporting professional development among its members and physicians-in-training, and by influencing health care policy.



## 2024 Program Co-Chair Message

As summer approaches, we are getting more and more excited for the upcoming Annual Meeting of the Western Orthopaedic Association in Huntington Beach, California.

As the meeting transitions to beautiful Southern California this year, the Program Committee has combined an engaging Scientific Program with a wonderful, family-friendly Social Program to maximize both learning and fun. The scientific program has been revamped and we plan to cover every area of orthopaedic surgery as well as focus on everyday surgical practice. New offerings this year include Instructional Course Lectures and symposia focusing on creating sustained practice success and enhancing revenue generation. In addition, the Program Committee has reviewed over 400 abstracts that will be presented at the extremely

popular rapid-fire sessions or as Posters and E-Posters.

Complementing the Scientific Program is a fun and family-friendly Social Program that the entire family can enjoy. Among the many activities planned this year include: a Duffy boat ride, a trip to Mission San Juan Capistrano; an outrigger canoe trip; surf and paddleboard lessons; and the annual golf tournament at the Tustin Ranch Golf Club.

The Western Orthopaedic Association's Board of Directors as well as members of the planning committees look forward to seeing you at this year's Annual Meeting!

Nathanael D. Heckmann, MD  
Eric W. Tan, MD

## 2024 Program Committee

The Western Orthopaedic Association gratefully acknowledges the following orthopaedic surgeons for their contribution to the development of the scientific program.

Nathanael D. Heckman, MD  
*Program Co-Chair*

Eric W. Tan, MD  
*Program Co-Chair*

Basil R. Besh, MD  
David H. Chafey III, MD  
Justin M. Haller, MD  
Cynthia M. Kelly, MD  
Kathryn Schabel, MD  
John A. Scolaro, MD  
Jennifer van Warmerdam, MD

## Scientific Program Highlights

### THURSDAY – AUGUST 8, 2024

**RAPID FIRE SESSION 1A-E** – Arthroplasty Knee, Basic Science, Sports Knee Ligament & Tendon Injuries, Trauma Tibial Plateau and Ortho Oncology  
**SYMPOSIUM 1** – Creating Sustained Success in Academic or Private Practice  
**CONCURRENT ICL 1A** – Complex Shoulder Instability in the Young Athlete  
**CONCURRENT ICL 1B** – Hot Topics in Hand Surgery  
**CONCURRENT ICL 1C** – Tibia Fracture Updates  
**GENERAL SESSION 1** – Presidential Guest Speaker  
**GENERAL SESSION 2** – Board Reports  
**SYMPOSIUM 2** – Hip Fractures: Tips and Tricks for Successful Results  
**RAPID FIRE SESSION 2A-E** – Arthroplasty Hip, Artificial Intelligence & Machine Learning in Orthopaedics, Pediatrics, Trauma Pelvis & Acetabulum and General Spine  
**POSTERS/E-POSTERS** (Open daily to all participants before and after the Scientific Program.)

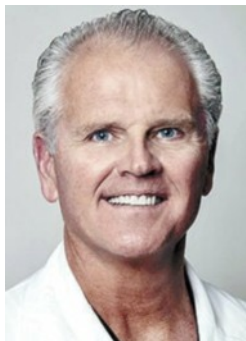
### FRIDAY – AUGUST 9, 2024

**RAPID FIRE SESSION 3A-E** – Diversity, Spine, General Hand, Pediatrics and Shoulder & Elbow  
**SYMPOSIUM 3** – Preventing Infections in Orthopaedic Surgery  
**CONCURRENT ICL 2A** – Acetabular Fractures and Pelvic Ring Injuries  
**CONCURRENT ICL 2B** – Ankle and Hindfoot Surgery: It's A Brave New World  
**CONCURRENT ICL 2C** – Complications and THA: Management and Treatment  
**GENERAL SESSION 3** – Howard Steel Lecturer  
**SYMPOSIUM 4** – Enhancing Revenue Generation in Your Practice  
**RAPID FIRE SESSION 4A-E** – Revision Arthroplasty & Postoperative Complications, Foot & Ankle, Pediatrics, Sports General and General Orthopaedics  
**POSTERS/E-POSTERS** (Open daily to all participants before and after the Scientific Program.)

### SATURDAY – AUGUST 10, 2024

**RAPID FIRE SESSION 5A-E** – Wellness, Diversity & Social Trends, Hip Arthroscopy & Hip Preservation, General Hand, Trauma General/Other and Arthroplasty Same-Day Surgery & Risk Stratification  
**SYMPOSIUM 5** – Biologics: To Infinity and Beyond!  
**CONCURRENT ICL 3A** – Cartilage Preservation of the Knee – It's Biology and Alignment  
**CONCURRENT ICL 3B** – Advanced Technology and Surgical Technique Updates  
**CONCURRENT ICL 3C** – Hot Topics in Knee Arthroplasty  
**GENERAL SESSION 4** – WOF Endowed Resident and Fellows Awards  
**GENERAL SESSION 5** – OREF/WOF Young Investigator Awards  
**SYMPOSIUM 6** – That's Why They Call It Practice: Lessons Learned  
**RAPID FIRE SESSION 6A-E** – Hip Fracture, General Spine, Periprosthetic Joint Infection, Shoulder & Elbow, & Sports  
**POSTERS/E-POSTERS** (Open daily to all participants before and after the Scientific Program.)





## Presidential Guest Speaker Milton "Chip" L. Routt, MD

Dr. Milton "Chip" L. Routt, MD will be the WOA 2024 Presidential Guest Speaker. Dr. Andrew R. Burgess Endowed Chair

and Professor in the Department of Orthopedic Surgery, McGovern Medical School at UTHealth Milton Lee (Chip) Routt, Jr., M.D. is the Dr. Andrew R. Burgess Endowed Chair and Professor in the Department of Orthopedic Surgery at McGovern Medical School at UTHealth Houston, The Texas Trauma Institute, and Memorial Hermann Hospital – Texas Medical Center. He currently serves as the President of the Surgeon's Council and Co-Chairman of the Quality Assurance Committee, and on the

Medical Executive Committee at Memorial Hermann Hospital – Texas Medical Center.

Dr. Routt is a native of Chappell Hill, Texas, graduating Summa Cum Laude from Texas A&M University. Following medical school at the University of Texas Medical Branch in Galveston, he completed a Surgical Internship and Orthopaedic Residency at Vanderbilt University. His Orthopaedic Traumatology fellowship was at the University of Washington's Harborview Medical Center. He remained there as faculty from 1989 through 2012.

Dr. Routt has published over 100 peer-reviewed articles, as well as numerous other educational contributions including book chapters. He is best known as a tireless and

devoted physician-surgeon, and passionate teacher.

Dr. Routt has received a variety of awards including the 2019 Leonard Tow Award for Humanism and Education, 2018 MHH Physician of the Year, Orthopedic Resident Teaching awards at UT Houston and the University of Washington, and the Jack McDaniels Traveling Fellowship. Dr. Routt is an Ashbel Smith Distinguished Alumnus of UTMB and a Distinguished Alumnus of Brenham High School. He has directly mentored, educated, and hosted 100s of Orthopaedic Traumatologists from the United States and Canada, and from across the globe. He is recognized nationally and internationally for his work with pelvic and acetabular injuries.



## Howard Steel Lecturer Dave Logan, PhD

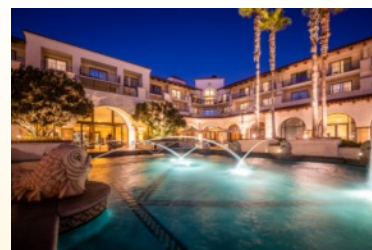
The WOA is pleased to have David Logan, PhD as the Howard Steel Lecturer for

our 88th Annual Meeting. Co-founder and President of CultureSync, adjunct professor at the USC Marshall School of Business, and New York Times bestselling author Dave Logan is co-founder and president of CultureSync, adjunct professor at the USC Marshall School of Business, and New York Times bestselling author.

He is co-founder and president of CultureSync, a management consulting firm focused on the intersection of strategy and culture. CultureSync has consulted dozens of Fortune 500 companies, major nonprofits, and governments around the world. He has been on the USC faculty since 1996 and has a Ph.D. in Organizational Communication from the Annenberg School at USC.

Dr. Logan authored or co-authored six books, including the bestseller *Tribal Leadership* and *The Three Laws of Performance*.

## Upcoming WOA Meetings



**88th Annual Meeting**  
August 7-10, 2024  
Hyatt Regency  
Huntington Beach, CA



**89th Annual Meeting**  
July 30-August 2, 2025  
Grand Hyatt Kauai  
Koloa, HI

## Take Advantage of Your Member Benefits

We're always adding new ones, so check them out at [www.woa-assn.org/membership](http://www.woa-assn.org/membership)

- Free 10 CME Credit Self Assessment Exam
- Free subscription to the quarterly *Journal of Surgical Orthopaedic Advances (JSOA)*
- 32 CME credits per year through tests in JSOA
- Free access to *Clinical Orthopaedics and Related Research*
- Discounted JBJS bundle
- Discounted registration to the Annual Meeting
- Access to our member database

## 2024 WOF Resident/Fellow Award Recipients

Congratulations to the following 2024 WOA Resident/Fellow Award Recipients. The award papers will be presented during the Scientific Program on Saturday, 11:35 am – 12:35 pm. The Lloyd Taylor, Vernon Thompson, Harold and Nancy Willingham, Sanford and Darlene Anzel, and Resident Award Winners will be announced Saturday evening at the Family Gala Dinner Dance.

Outcomes of Planned versus Unplanned Upper Extremity Sarcoma Excisions  
*Seth Ahlquist, MD, University of California, Los Angeles*

Risk Factors for the Development of Femoral Head Collapse in Osteonecrosis  
*Jacob Ball, MD, University of Southern California*

Preoperative Closed Reduction of Pediatric Type 3 Supracondylar Humerus Fractures  
*Colin J. Carroll, MD, University of New Mexico*

DLK1 from Fibroadipogenic Cells Prevents Fatty Muscle Degeneration in Humans  
*Steven M. Garcia, MD, University of California, San Francisco*

Machine Learning Algorithms Predict Delirious Outcomes After Elective Trimalleolar ORIF  
*Richard C. Rice, Loma Linda University Medical Center*

Quantified MRI Measurements Show the Significance of Indirect Decompression in the Lumbar Spine  
*Casey A. Slattery, MD, University of New Mexico*

Diabetes and Obesity Are Associated with Poor Postoperative Outcomes Following Multiligamentous Knee Reconstruction  
*Sean Sequeira, BS, Union Memorial Hospital*

IL-1 Antagonist Prevents Chondrocyte Death in a Porcine Pilon Model  
*Tyler Thorne, University of Utah*

Clarence and Sherril Splithoff Pediatric Orthopaedic Surgery Award  
Bedside Aspiration for Workup of the Pediatric Septic Hip  
*Kira F. Skaggs, MD, Stanford University*

## 2024 WOA/OREF Young Investigator Award Recipients

Congratulations to the following 2024 WOA Young Investigator Award recipients. The Awards will be presented during the Scientific Program on Saturday, 12:35 pm – 1:05 pm.

Modern Cementless Total Knee Arthroplasty is not Associated with Increased Revision Risk  
*Ryland P. Kagan, MD, Oregon Health & Science University*

Discrete Choice Experiment: Patient Preferences for LC1 Pelvis Fracture Treatment  
*Joseph T. Patterson, MD, Keck Medicine of the University of Southern California*

High Rates of Venous Thromboembolism Following Closed Hip Reduction  
*Nathanael D. Heckmann, MD, University of Southern California Keck School of Medicine*

## 2024 WOF Travel Grant Award Recipients

Congratulations to the following 2024 Western Orthopaedic Foundation Named Grants Resident/Fellow Award Recipients. These awards were made possible by generous donations through the Western Orthopaedic Foundation.

**Nitin N. Bhatia, MD Travel Grant Award**  
Effect of Positional Graft Placement on Pseudarthrosis Rates in Anterior Cervical Discectomy and Fusion  
*Soroush Shabani, BS, University of Southern California Keck School of Medicine*

**Paul Collins, MD Travel Grant Award**  
Angiotensin-Converting Enzyme Inhibition: A Potential Risk Factor for Periprosthetic Infection  
*Rishi Trikha, MD, University of California, Los Angeles*

**John M. Itamura, MD Travel Grant Award**  
Medial Meniscus Tears with Grammar Signs Benefit from Operative Intervention  
*Lydia McKeithan, University of California, Davis*

**Robert R. Slater Jr., MD Travel Grant Award**  
De Quervain's Tenosynovitis: As Seen from the Perspective of the Patient  
*Harin B. Parikh, MD, Cedars-Sinai Medical Center*

**Lawrence R. Walker, MD Travel Grant Award**  
Extended Prophylactic Antibiotics for Primary and Aseptic Revision Total Joint Arthroplasty: A Meta-Analysis  
*Suhas P. Dasari, University of Washington*

**Lawrence R. Walker, MD Travel Grant Award**  
Arthroscopy vs. Arthrotomy for Treatment of Septic Arthritis: A Systematic Review  
*Brandon Nudelman, MD, Southern California Orthopedic Institute*

**WOA/WOF Resident Travel Grant Award Winner**  
Methamphetamine Use is Associated with Over Two Times Greater Post-Operative Morphine Milligram Equivalent Consumption in Orthopaedic Trauma Patients  
*Garrett K. Berger, MD, PharmD, University of California, San Diego*

## Thank You WOF Contributors

Western Orthopaedic Foundation would like to thank the following contributors for their generous support in 2023. The continued ability for WOF to fund special speakers and Resident/Fellow Awards for the Annual Meeting is due in large part to the generous donations by WOA members and nonmembers to WOF. Thank you for your support!

### Platinum (\$5,000+)

Jennette Boakes, MD & David Rives  
Western Slope Chapter - WOA

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Paul C. Collins, MD  
John Itamura, MD  
David Mansfield, MD  
Robert R. Slater, Jr., MD  
Lawrence Walker, MD

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### Bronze (\$1 to \$999)

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James Brooks, MD  
William Curtis, MD  
Michael Dayton, MD  
Alec Egan, MD  
James Flint, MD  
John Frazier, MD  
Joshua Gary, MD  
Thomas Grollman, MD  
James Hazel, MD  
Landon Horne, MD  
Ramon Jimenez, MD  
Cynthia Kelly, MD  
Todd Kim, MD  
Alexis Kleinhans

Milton Little, MD  
Robert McClellan, MD  
Jeffrey Nakano, MD  
Vincent Oriente, MD  
Kent Reinker, MD  
William Ritchie, MD  
Gregg Satow, MD  
Kathryn Schabel, MD  
John Scolaro, MD  
Frederick Sherman, MD  
Giselle Tan, MD  
Eric Tan, MD  
David Teuscher, MD  
Daniel Valdez, MD  
C. Winter-Valdez, MD

The mission of the Western Orthopaedic Foundation (WOF) is to advance the science and practice of orthopaedic surgery throughout the western region of the United States via education, research, and advocacy. The WOF welcomes all donations in any amount. The entire amount of each donation is used for programming, grants, and awards. The WOF is a 501(c)(3) not-for-profit organization, and all donations are fully tax deductible to the extent allowed by law. If you wish, please consider making a \$2,000 donation to have a Resident Travel Grant Award presented in your name or the name of someone you wish to honor. Donate online at [www.woa-assn.org/donate](http://www.woa-assn.org/donate)

## Welcome New Members

WOA is pleased to welcome the following New Members to the Western Orthopaedic Association.

Amanda Anderson, MD, Orange, CA  
Justin Anderson, MD, Olympia, WA  
Jacob Ball, MD, Los Angeles, CA  
John Bartoletta, MD, Seattle, WA  
Christian Blough, MD, Los Angeles, CA  
Chelsea Boe, MD, Seattle, WA  
Darrel Brodke, MD, Salt Lake City, UT  
William Campbell, DO, Danville, CA  
Bradley Carlson, MD, Loma Linda, CA  
Colin Carroll, MD, Albuquerque, NM  
Vivian Chang, MD, Kailua Kona, HI  
Ed Cheung, MD, Santa Monica, CA  
Kayla Cox, Nurse, Salt Lake City, UT  
Fernando Cruz, MD, Los Angeles, CA  
Jacquelyn Cruz, MD, Redwood City, CA  
Willie Dong, BS, Salt Lake City, UT  
Alec Egan, MD, Tacoma, WA  
Cooper Ehlers, MD, San Diego, CA  
Ryan Finkel, MD, Los Angeles, CA  
James Friedman, MD, Stockton, CA  
Abigail Goetz, MPA, Redwood City  
Joel Gonzales, MD, FAAOS, Denver, CO  
Anthony Graziano, PA, Amherst, NY  
Kimberly Hall, MD, Hillsboro, OR  
Robert Hall, MD, Worcester, MA  
Wade Jensen, MD, FAAOS, Afton, WY  
Craig Johnson, DO, Tacoma, WA  
Hunter Jones, MD, Dallas, TX  
David Jupina, MD, Pleasanton, CA

Alan Kawaguchi, MD, FAAOS, Stockton, CA  
Alysia Kemp, MD, HOUSTON, TX  
Adam LaFleur, DO, Riverside, CA  
Fraser Leversedge, MD, Aurora, CO  
Steve, Liu, BS, Stony Brook, NY  
Rachel Loyst, BS, Stony Brook, NY  
Francesca Lundergan, MSN-FNP, Redwood City, CA  
Ahmed Makhani, MD, San Antonio, TX  
Tyler Mange, MD, Orange, CA  
Cory Mayfield, MD, Los Angeles, CA  
Lydia McKeithan, MD, Sacramento, CA  
Morris Mitsunaga, MD, Honolulu, HI  
Emily Moya, BS, Stanford, CA  
Dominique Nickson, MD, McKinney, TX  
Davit Orujyan, BS, Burbank, CA  
Kristi Posey, MS, Waltham, MA  
Jacob Priester, MD, Sacramento, CA  
Janae Rasmussen, DO, Modesto, CA  
Richard Rice, MD, Loma Linda, CA  
Robert Rogachefsky, MD, FAAOS, San Pedro, CA  
Michelle Scott, BS, Sacramento, CA  
Abhinav Sharma, MD, Orange, CA  
Connor Sholtis, MD, Redwood City, CA  
Samuel Simister, MD, MBA, Sacramento, CA  
Casey Slattery, MD, Albuquerque, NM  
Kevin Stucki, DO, FAAOS, Afton, WY  
Lisa Su, MD, Los Angeles, CA

## Have you taken the latest Self-Assessment Exam yet?

It's free for members (a \$95 savings) and provides 10 CMEs toward your Maintenance of Certification requirements.

Register today at [www.woa-assn.org/sae](http://www.woa-assn.org/sae)

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Tyler Thorne, MD, Salt Lake City, UT  
Brian Weakley, PA-C, Aurora, CO  
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**See you in Huntington Beach**  
**88th Annual Meeting**  
**August 7-10, 2024**  
**Hyatt Regency**

