

MUSCULOSKELETAL GALAXY

JUNE 25 - 29, 2019 | NASHVILLE, TN

Welcome!

AAPA and the American Academy of Orthopaedic Surgeons (AAOS) are pleased to welcome you to the 2019 Musculoskeletal Galaxy in Nashville, Tenn. We hope you enjoy this important educational program.





Sincerely,

Christopher V. Bensen, MD Travis Randolph, PA-C, ATC Course Directors

CME SUPPORT

Financial Support

This activity is supported, in part, by an educational grant from Flexion Therapeutics, Inc.

This activity is supported, in part, by an educational grant from Radius.

This activity is supported, in part, by an educational grant from Zimmer Biomet.

In-Kind Support

Educational supplies for the Acute Care Splinting and Casting Workshop have been provided by an in-kind donation from CNF Medical.

Educational supplies for the Fracture Management Skills Lab have been provided by an in-kind donation from DePuy Synthes.

General Information



The 2019 Musculoskeletal Galaxy: Acute Care Splinting and Casting Workshop, offered June 25, 2019, has been reviewed by the AAPA Review Panel and is compliant with AAPA CME Criteria. This activity is designated for 4.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

The 2019 Musculoskeletal Galaxy:
Musculoskeletal Injection Workshop for
Beginners, offered June 25, 2019, has been
reviewed by the AAPA Review Panel and is
compliant with AAPA CME Criteria. This activity is
designated for 3.75 AAPA Category 1 CME credits.
PAs should only claim credit commensurate with
the extent of their participation.

The **2019 Musculoskeletal Galaxy: General Course**, offered June 26 – 29, 2019, has been reviewed by the AAPA Review Panel and is compliant with AAPA CME Criteria. This activity is designated for 25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. Therefore, before prescribing any medication, please review the complete prescribing information, including indications, contraindications, warnings, precautions and adverse effects. The information presented is that of the contributing faculty and does not necessarily represent the views of AAPA, AAOS and/or any named commercial entity providing financial support.

ACCESSING ELECTRONIC HANDOUTS

Electronic handouts provided by conference faculty are available in **Learning Central**. To access the handouts:

- Log in to Learning Central at cme.aapa.org
 using your AAPA username and password. If
 you don't know your user credentials, or are
 unable to log in, please contact cme@aapa.org.
- From your Dashboard, locate 2019
 Musculoskeletal Galaxy: General Course;
 2019 Musculoskeletal Galaxy: Acute Care
 Splinting and Casting Workshop; or 2019
 Musculoskeletal Galaxy: Musculoskeletal
 Injection Workshop for Beginners.
- Click the course title to navigate to Course Overview, then use the Course Navigation Menu or Next to proceed to Sessions.
- Click the session title and then scroll down to Session Materials to access the handout for that session.

General Information

COMPLETING EVALUATIONS AND OBTAINING A CME CERTIFICATE

Your feedback helps us plan future conferences; therefore, your completion of course evaluations is a prerequisite for a CME certificate. The course evaluations/CME certificate will be available in AAPA's **Learning Central** at the end of each session. You will have until Wednesday, July 31, 2019, to complete the evaluations. Please use the following steps to complete the course evaluations and receive your CME certificate:

- Log in to Learning Central at cme.aapa.org
 using your AAPA username and password. If
 you don't know your user credentials, or are
 unable to log in, please contact cme@aapa.org.
- From your Dashboard, locate 2019
 Musculoskeletal Galaxy: General Course;
 2019 Musculoskeletal Galaxy: Acute Care
 Splinting and Casting Workshop; or 2019
 Musculoskeletal Galaxy: Musculoskeletal
 Injection Workshop for Beginners.
- Click the course title to navigate to Course Overview, then use the Course Navigation Menu or Next to proceed to Sessions.
- 4. At the end of each session, click the session title to open and complete the survey for that session. Complete the **Conference Evaluation** at the end of the conference.
- 5. View your certificate under **Transcript**.

PRE-COURSES | TUESDAY, JUNE 25

6 a.m 6 p.m. Meeting Space Lower Level 1, Broadway Foyer	On-Site Registration
7 a.m 12 p.m. Meeting Space Lower Level 1, Broadway 1	Acute Care Splinting and Casting Workshop - Morning Session Tom Gocke, DMSc, PA-C, DFAAPA; Daniel Acevedo, PA-C, MPAS; Brian Masterson, PA-C; and Travis Randolph, PA-C, ATC
	 At the conclusion of this session, participants should be able to: Appropriately apply splint and cast-padding materials for swelling reduction and skin protection Apply basic acute care splints for common upper and lower extremity injuries Apply basic casts for common upper and lower extremity injuries
8 a.m 12 p.m. Meeting Space Lower Level 1, Broadway 2-3	Musculoskeletal Injection Workshop for Beginners - Morning Session Mike Rudzinski, RPh, PA-C; Austin Bragdon, PA-C; Amy K. Jean, MSM, PA-C; Brandon McClary, PA-C; and Contessa Wood, PA-C
	 At the conclusion of this session, participants should be able to: Identify indications, contraindications, risks, benefits, materials, and proper technique of injection therapy Identify common conditions of the upper and lower extremities that may benefit from injection therapy Demonstrate how to obtain and document informed consent Demonstrate beginning competencies regarding the location and identification of important functional anatomical landmarks and correct needle placement for injection therapy

PRE-COURSES | TUESDAY, JUNE 25

1 - 6 p.m. Meeting Space Lower Level 1, Broadway 1	Acute Care Splinting and Casting Workshop - Afternoon Session Tom Gocke, DMSc, PA-C, DFAAPA; Daniel Acevedo, PA-C, MPAS; Brian Masterson, PA-C; and Travis Randolph, PA-C, ATC
	 At the conclusion of this session, participants should be able to: Appropriately apply splint and cast-padding materials for swelling reduction and skin protection Apply basic acute care splints for common upper and lower extremity injuries Apply basic casts for common upper and lower extremity injuries
1 - 5 p.m. Meeting Space Lower Level 1, Broadway 2-3	Musculoskeletal Injection Workshop for Beginners - Afternoon Session Mike Rudzinski, RPh, PA-C; Austin Bragdon, PA-C; Amy K. Jean, MSM, PA-C; Brandon McClary, PA-C; and Contessa Wood, PA-C
	 At the conclusion of this session, participants should be able to: Identify indications, contraindications, risks, benefits, materials, and proper technique of injection therapy Identify common conditions of the upper and lower extremities that may benefit from injection therapy Demonstrate how to obtain and document informed consent Demonstrate beginning competencies regarding the location and identification of important functional anatomical landmarks and correct needle placement for injection therapy

Agenda

7 a.m 5 p.m. Meeting Space Lower Level 1, Broadway Foyer	On-Site Registration
7 - 8 a.m. Meeting Space Lower Level 1, Broadway Foyer	Exhibits and Breakfast (Provided)
8 - 8:15 a.m. Meeting Space Lower Level 1, Broadway 1-3	Welcome Remarks
8:15 - 9:30 a.m. Meeting Space Lower Level 1, Broadway 1-3	Basics of Musculoskeletal Imaging Michael Friedman, MD
	 At the conclusion of this session, participants should be able to: Discuss the basics of radiographic joint evaluation Describe the imaging options available for evaluating bone and joint pathology Discuss preferred ordering algorithms of radiologic exams
9:30 - 10:15 a.m. Meeting Space Lower Level 1, Broadway 1-3	Not All Healing Involves a Knife: Non-operative Orthopaedic Conditions of the Knee Eric N. Bowman, MD, MPH
	 At the conclusion of this session, participants should be able to: Discuss the etiology and pathology of common non-operative orthopaedic knee conditions Review approaches to treatment for common non-operative orthopaedic knee conditions Critically evaluate new technology and treatments on the horizon
10:15 - 10:30 a.m. Meeting Space Lower Level 1, Broadway Foyer	Exhibits/Break

Agenda

10:30 - 11:30 a.m. Meeting Space Lower Level 1, Broadway 1-3	The Language of Fractures Christopher V. Bensen, MD
	 At the conclusion of this session, participants should be able to: Discuss basic fracture terminology and nomenclature Recognize common fracture patterns, morphology, and classification Interpret radiographs of fractures and describe them to other healthcare professionals
11:30 a.m 12:15 p.m. Meeting Space Lower Level 1, Broadway 1-3	When a Knife Helps: Operative Orthopaedic Conditions of the Knee Eric N. Bowman, MD, MPH
	 At the conclusion of this session, participants should be able to: Discuss the etiology and pathology of common operative orthopaedic knee conditions Review approaches to treatment for common operative orthopaedic knee conditions Critically evaluate new technology and treatments on the horizon
12:15 - 1:15 p.m. Meeting Space Lower Level 1, Broadway Foyer	Exhibits and Lunch (Provided)
1:15 - 3 p.m.	FIRST BREAKOUT SESSION
Meeting Space Lower Level 1, Broadway 1-3	Do You See What I See? Common Radiology Cases Michael Friedman, MD
	At the conclusion of this session, participants should be able to: Discuss appropriate ordering algorithms for bone and joint pathology evaluation

Agenda

Meeting Space Lobby Level, Grand Ballroom 3	Fracture Management Skills Lab Daniel Acevedo, PA-C, MPAS and Christopher V. Bensen, MD
	 At the conclusion of this session, participants should be able to: Use AO/OTA classification to distinguish fractures and indicate appropriate treatment Indicate appropriate digital or regional anesthesia for particular fracture patterns or joint dislocations Recognize and indicate the proper procedures to stabilize particular fracture patterns Recognize the difference between different types of plate and screw fixation Recognize need for external fixation and the principles associated with external fixation
Meeting Space Lower Level 2, Midtown 1-3	Musculoskeletal Clinical Case Studies Tom Gocke, DMSc, PA-C, DFAAPA
	At the conclusion of this session, participants should be able to: Determine a differential diagnosis following a history and physical exam Appropriately evaluate musculoskeletal radiographs Identify factors that can have an impact on musculoskeletal conditions
Meeting Space Lobby Level, Grand Ballroom 2	Physical Exam Pearls and Rehabilitation Techniques Travis Randolph, PA-C, ATC
	 At the conclusion of this session, participants should be able to: Demonstrate appropriate orthopaedic special tests for injury evaluation Identify key physical exam findings to assist with differential diagnosis Demonstrate basic rehabilitation exercises for patient's home exercise program
3 - 3:15 p.m. Meeting Space Lower Level 1, Broadway Foyer	Exhibits/Break

3:15 - 5 p.m.	SECOND BREAKOUT SESSION
Meeting Space Lower Level 1, Broadway 1-3	Do You See What I See? Common Radiology Cases
Meeting Space Lobby Level, Grand Ballroom 3	Fracture Management Skills Lab
Meeting Space Lower Level 2, Midtown 1-3	Musculoskeletal Clinical Case Studies
Meeting Space Lobby Level, Grand Ballroom 2	Physical Exam Pearls and Rehabilitation Techniques
5 - 6 p.m. Meeting Space Lower Level 1, Broadway Foyer	Welcome Reception With Musical Guests, <i>MamaDear</i>

GENERAL COURSE: THURSDAY, JUNE 27

7 a.m 5 p.m. Meeting Space Lower Level 1, Broadway Foyer	On-Site Registration
7 - 8 a.m. Meeting Space Lower Level 1, Broadway Foyer	Exhibits and Breakfast (Provided)
8 - 9:45 a.m.	THIRD BREAKOUT SESSION
Meeting Space Lower Level 1, Broadway 1-3	Do You See What I See? Common Radiology Cases
Meeting Space Lobby Level, Grand Ballroom 3	Fracture Management Skills Lab
Meeting Space Lower Level 2, Midtown 1-3	Musculoskeletal Clinical Case Studies
Meeting Space Lobby Level, Grand Ballroom 2	Physical Exam Pearls and Rehabilitation Techniques
9:45 - 10 a.m.	Exhibits/Break
Meeting Space Lower Level 1, Broadway Foyer	
10 - 11 a.m. Meeting Space Lower Level 1, Broadway 1-3	Orthopaedic Foot and Ankle Pathology: You May Not Have Seen It, but It Has Seen You Sonya Ahmed, MD
	 At the conclusion of this session, participants should be able to: Identify critical anatomy of the foot and ankle and its relevance to common pathologies Provide non-operative care and treatment of common foot and ankle pathologies Identify foot and ankle issues that require referral to a foot and ankle specialist

GENERAL COURSE: THURSDAY, JUNE 27

11 - 11:45 a.m. Meeting Space Lower Level 1, Broadway 1-3	Common Orthopaedic Conditions of the Shoulder Before 40 Christopher V. Bensen, MD
	 At the conclusion of this session, participants should be able to: Properly evaluate a patient with shoulder symptoms Formulate an appropriate differential diagnosis based on history and physical exam findings Recommend initial treatment plans for patients with AC joint separations, shoulder instability, labral injuries, and biceps tendinitis
11:45 a.m 1:45 p.m.	Lunch (On Your Own) Please visit the registration desk for a list of nearby restaurants.
1:45 - 2:30 p.m. Meeting Space Lower Level 1, Broadway 1-3	Common Orthopaedic Conditions of the Shoulder After 40 Christopher V. Bensen, MD
	 At the conclusion of this session, participants should be able to: Properly evaluate a patient with shoulder symptoms Formulate an appropriate differential diagnosis based on history and physical exam findings Recommend initial treatment plans for patients with shoulder impingement, rotator cuff disease, adhesive capsulitis, and glenohumeral osteoarthritis
2:30 - 3:30 p.m. Meeting Space Lower Level 1, Broadway 1-3	Common Orthopaedic Conditions of the Spine Amir M. Abtahi, MD
	 At the conclusion of this session, participants should be able to: Discuss the assessment and treatment of cervical HNP and myelopathy Discuss the assessment and treatment of lumbar HNP, stenosis, spondylosis and spondylolisthesis Differentiate neck vs. shoulder pain and hip vs. low back pain

GENERAL COURSE: THURSDAY, JUNE 27

3:30 - 3:45 p.m. Meeting Space Lower Level 1, Broadway Foyer	Break
3:45 - 5 p.m. Meeting Space Lower Level 1, Broadway 1-3	Staying Out of Trouble in Pediatric Orthopaedics Steve D. Gibbons, MD
	At the conclusion of this session, participants should be able to: Identify common pediatric elbow fractures Identify the two most common types of tarsal coalitions Discuss treatment options for pediatric femur fractures Identify risk factors for non-accidental trauma Discuss initial treatment for DDH
6 - 7:30 p.m. Meeting Space Lower Level 1, Broadway 1-3	Dinner Product Theater Sponsored by DePuy Synthes: Knee Injection Technique Workshop for PAs This is a promotional workshop that is not eligible for CME credit. Separate registration is required.

GENERAL COURSE: FRIDAY, JUNE 28

7 a.m 5 p.m. Meeting Space Lower Level 1, Broadway Foyer	On-Site Registration
7 - 8 a.m. Meeting Space Lower Level 1, Broadway Foyer	Breakfast (Provided)
8 - 9 a.m. Meeting Space Lower Level 1, Broadway 1-3	Common Orthopaedic Conditions of the Wrist and Hand Mihir J. Desai, MD
	At the conclusion of this session, participants should be able to: • Identify the symptoms and treatment of carpal tunnel syndrome • Identify the symptoms and treatment of trigger finger • Discuss proper diagnosis and treatment of distal radius fractures
9 - 10 a.m. Meeting Space Lower Level 1, Broadway 1-3	Common Orthopaedic Conditions of the Elbow Mihir J. Desai, MD
	At the conclusion of this session, participants should be able to: Identify the symptoms and treatment of cubital tunnel syndrome Identify the symptoms and treatment of lateral epicondylitis Identify the symptoms and treatment of distal biceps tendon rupture
10 - 10:15 a.m. Meeting Space Lower Level 1, Broadway Foyer	Break

10:15 a.m. - 12:15 p.m.

Meeting Space Lower Level 1, Broadway 1-3

How to Keep Your Job: Understanding Reimbursement and Knowing Your Value

Michael L. Powe

At the conclusion of this session, participants should be able to:

- Describe payment policies and requirements that impact the ability of PAs and NPs to deliver medically necessary orthopaedic services in offices and hospitals
- Describe how PAs and NPs can demonstrate their return on investment (ROI) to employers
- Explain the unique role that PAs and NPs play in driving increased efficiencies and expanding access to care in new value-based payment models
- Identify strategies to improve the recognition and tracking of the contributions and productivity of PAs and NPs in various specialties and practice settings

12:15 - 1:15 p.m.

Meeting Space Lower Level 1, Broadway Foyer **Lunch** (Provided)

1:15 - 2 p.m.

Meeting Space Lower Level 1, Broadway 1-3

Fragility Fractures of the Hip: How to Recognize, Treat and Prevent Low Energy Fractures in the Elderly

Daniel Acevedo, PA-C, MPAS

At the conclusion of this session, participants should be able to:

- Discuss the basics of bone homeostasis and physiology
- Define fragility fracture, osteoporosis and osteopenia, and describe the common risk factors for each
- Develop a treatment and prevention strategy for patients who suffer a fragility fracture
- Discuss the basic indication for DXA, FRAX and other diagnostic tools
- Describe the most common indications for osteoporosis medications, along with the efficacy, basic pharmacology and common side effect profiles of each medication

GENERAL COURSE: FRIDAY, JUNE 28

2 - 3:15 p.m. Meeting Space Lower Level 1, Broadway 1-3	Evaluation of the Injured Athlete Travis Randolph, PA-C, ATC and Christopher V. Bensen, MD
	 At the conclusion of this session, participants should be able to: Identify common orthopaedic injuries associated with athletics Manage common athletic injuries on the field and on the sideline Demonstrate rehabilitation exercises for non-operative orthopaedic injuries Discuss the purpose of pre-participation screenings in athletics
3:15 - 3:30 p.m. Meeting Space Lower Level 1, Broadway Foyer	Break
3:30 - 5 p.m. Meeting Space Lower Level 1, Broadway 1-3	Hip and Knee Replacement: Minimizing Risks to Maximize Outcomes Harry A. Demos, MD
	 At the conclusion of this session, participants should be able to: Discuss the assessment (including radiograph findings) and treatment of hip and knee osteoarthritis Identify important considerations for surgical planning Discuss appropriate perioperative care in THA/TKA, including DVT prophylaxis and infection prophylaxis Review THA/TKA post-op protocols, including pain management and physical therapy

GENERAL COURSE: SATURDAY, JUNE 29

7 a.m 12:30 p.m. Meeting Space Lower Level 1, Broadway Foyer	On-Site Registration
7 - 8 a.m. Meeting Space Lower Level 1, Broadway Foyer	Breakfast (Provided)
8 - 9 a.m. Meeting Space Lower Level 1, Broadway 1-3	Time to Crack the Hip: Taking Your Hip Pain Diagnosis to the Next Level Derik J. Geist, MD
	 At the conclusion of this session, participants should be able to: Recognize the different zones of the hip and their references towards the diagnosis Identify the basic anatomy of the hip joint and adjacent structures Describe the basic features of femoroacetabular impingement and the pathogenesis of hip joint disease Discuss the diagnosis of the snapping hip syndromes and the treatment of the conditions Discuss the pathogenesis of avascular necrosis of the hip, the monitoring of the condition, and treatment plans
9 - 9:45 a.m. Meeting Space Lower Level 1, Broadway 1-3	Laudable Pus: An Introduction to Musculoskeletal Infections James Pascal Norris, IV, MD
	 At the conclusion of this session, participants should be able to: Identify the pertinent work-up for a suspected orthopaedic infection Accurately diagnose the more common orthopaedic infections Discuss the basic treatment methods for the common orthopaedic infections
9:45 - 10:15 a.m. Meeting Space Lower Level 1, Broadway Foyer	Break for Hotel Check-out

GENERAL COURSE: SATURDAY, JUNE 29

10:15 - 11 a.m. Meeting Space Lower Level 1, Broadway 1-3	Learning to Be Worried: An Introduction to Oncology James Pascal Norris, IV, MD
	 At the conclusion of this session, participants should be able to: Identify the appropriate initial imaging studies for orthopaedic neoplasia Recognize clinical and radiographic warning signs for both bone and soft tissue lesions that should prompt further work-up or referral to a specialty center Identify some of the more common benign and malignant orthopaedic tumors
11 a.m 12:15 p.m. Meeting Space Lower Level 1, Broadway 1-3	Ask the Experts: Q & A Travis Randolph, PA-C, ATC; Christopher V. Bensen, MD; and Harry A. Demos, MD
	 At the conclusion of this session, participants should be able to: Identify appropriate imaging/testing for orthopaedic cases/questions that are submitted by the audience Discuss operative vs. non-operative treatment for orthopaedic cases/ questions that are submitted by the audience Discuss different orthopaedic surgical techniques and principles from the expert panel
12:15 - 12:30 p.m. Meeting Space Lower Level 1,	Closing Remarks

Broadway 1-3

Faculty

Amir M. Abtahi, MD

Vanderbilt University Medical Center

Nashville, TN

Disclosures: No relevant commercial relationships

to disclose

Daniel Acevedo, PA-C, MPAS

OrthoVirginia

Lynchburg, VA

Disclosures: No relevant commercial relationships

to disclose

Sonya Ahmed, MD

Nilssen Orthopedics and The Andrews Institute

Gulf Breeze, FL

Disclosures: Consultant - Zimmer; Consultant

- Bioventus: Consultant - Arthrex: Consultant -

Segway; Employee (Spouse) - Smith and Nephew

Christopher V. Bensen, MD

Keys Medical Group - Orthopaedics

Key West, FL

Disclosures: No relevant commercial relationships

to disclose

Eric N. Bowman, MD, MPH

Vanderbilt University Medical Center

Franklin, TN

Disclosures: Consultant - Innovation Institute

Austin Bragdon, PA-C

Tennessee Orthopaedic Alliance

Nashville, TN

Disclosures: No relevant commercial relationships

to disclose

Harry A. Demos, MD

Medical University of South Carolina

Charleston, SC

Disclosures: No relevant commercial relationships

to disclose

Mihir J. Desai, MD

Vanderbilt University Medical Center

Nashville, TN

Disclosures: No relevant commercial relationships

to disclose

Michael Friedman, MD

Washington University in St. Louis School of

Medicine

St. Louis, MO

Disclosures: No relevant commercial relationships

to disclose

Derik J. Geist, MD

West Virginia University

Morgantown, WV

Disclosures: No relevant commercial relationships

to disclose

Steve D. Gibbons, MD

Tulane University Department of Orthopaedics

New Orleans, LA

Disclosures: No relevant commercial relationships

to disclose

Faculty

Tom Gocke, DMSc, PA-C, DFAAPA

Orthopaedic Educational Services, Inc.

Boone, NC

Disclosures: President, Founder, Royalties, Stock, and Intellectual Property - Orthopaedic Educational Services, Inc; Speaker's Bureau - DePuy Synthes

Amy K. Jean, MSM, PA-C

Nashville Hip Institute

Nashville, TN

Disclosures: No relevant commercial relationships

to disclose

Brian Masterson, PA-C

Seven Springs Orthopedics

Spring Hill, TN

Disclosures: No relevant commercial relationships

to disclose

Brandon McClary, PA-C

Southern Joint Replacement Institute

Nashville, TN

Disclosures: No relevant commercial relationships

to disclose

James Pascal Norris, IV, MD

Vanderbilt University Medical Center

Nashville, TN

Disclosures: No relevant commercial relationships

to disclose

Michael L. Powe

AAPA

Alexandria, VA

Disclosures: Employment - AAPA

Travis Randolph, PA-C, ATC

West Virginia University

Morgantown, WV

Disclosures: Speaker's Bureau - Ferring

Pharmaceuticals

Mike Rudzinski, RPh, PA-C

Buffalo VA Medical Center

Buffalo, NY

Disclosures: No relevant commercial relationships

to disclose

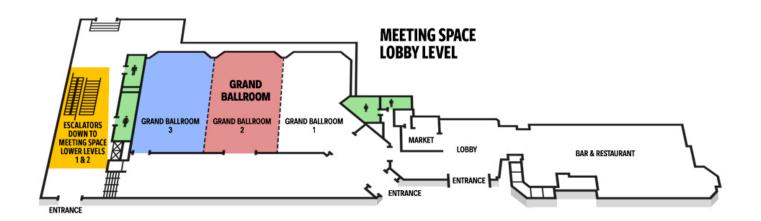
Contessa Wood, PA-C

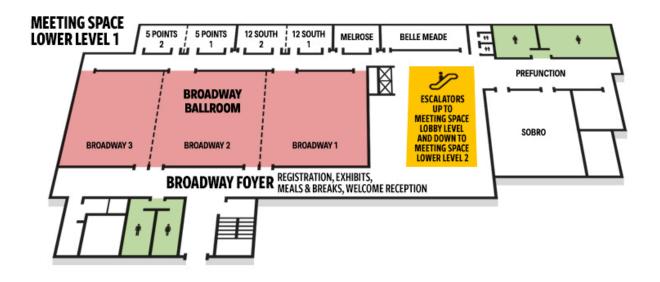
Elite Sports Medicine and Orthopedics

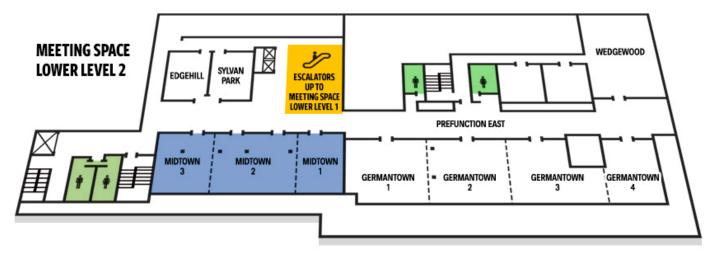
Nashville, TN

Disclosures: No relevant commercial relationships

to disclose









MUSCULOSKELETAL GALAXY

JUNE 3-7, 2020 | ATLANTA, GA

REGISTRATION OPENS IN EARLY 2020



AAQS

AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS

Special Thanks

AAPA and AAOS would like to thank the following companies for sponsoring the **2019 MUSCULOSKELETAL GALAXY!**



DePuy Synthes, part of the Johnson & Johnson Medical Device Companies, provides one of the most comprehensive orthopaedic portfolios in the world. DePuy Synthes' solutions, in specialties including joint reconstruction, trauma, craniomaxillofacial, spinal surgery and sports medicine, are designed to advance patient care while delivering clinical and economic value to healthcare systems worldwide. For more information, visit www.depuysynthes.com.



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