

PROGRAM FACULTY

Kevin Plancher, M.D., M.S., F.A.C.S., F.A.A.O.S., Plancher Orthopaedics & Sports Medicine, PLLC

Dr. Plancher is Chairman of the Orthopaedic Foundation for Active Lifestyles. He is a leading orthopaedic surgeon and sports medicine expert with extensive practice in knee, shoulder, elbow and hand injuries. He is an Associate Clinical Professor in Orthopaedics at Albert Einstein College of Medicine in NY, is currently on the Editorial Review Board of the American Journal of Medicine and Sports and the American Journal of Orthopaedics. He also serves as orthopaedic surgeon for the US Olympic Ski and Snowboard Teams.

John D. MacGillivray, M.D.

Dr. MacGillivray is an Assistant Professor of Orthopaedic Surgery at the Hospital for Special Surgery and New York-Presbyterian Hospital. He currently serves as Team Physician to the US Ski Team, Orthopaedic Consultant for the New York Giants and the National Hockey League Players' Association. Dr. MacGillivray has a clinical and scientific interest in cartilage restoration of the knee and shoulder and has written numerous articles and book chapters on problems of the shoulder, knee and elbow.

Carol Stillman

Carol founded Sutton Place Physical Therapy in 1998. She earned a bachelor of science degree in physical therapy from Ithaca College and a master of science degree with a specialization in pediatric physical therapy from the University of Southern California. She has served as director of physical therapy at Doctors Memorial and Charter Peachford Hospitals in Atlanta. Carol has a special interest in pre- and post-operative orthopaedic management and women's health, and consults nationally on practice management issues.

Robyn Flipse, MS, RD

Robin is a registered dietitian specializing in food, nutrition and health communications. Since 1985, Robyn has been a consultant in private practice based in central New Jersey serving business clients that include McNeil Nutritionals, Kraft-General Foods, Roche Pharmaceuticals, Masterfoods, USA, and Bayer Company.

Joseph A. Markenson, MD

Dr. Markenson serves as Professor of Clinical Medicine, Weill Medical College of Cornell University, and is an Attending Physician at the Hospital for Special Surgery. He specializes in rheumatology and is certified in Rheumatology and Internal Medicine.

Kathleen Kolsun, MD

Dr. Kolsun serves as Assistant Director, Medical Affairs at Ferring Pharmaceuticals in the Orthopaedics division, in Suffern, NY. Her medical specialty is Family Medicine, and she is currently on the part time staff at Changebridge Medical Associates in Montville, NY. Her areas of specialization are sports medicine and women's health.



is pleased to present

ADVANCES IN OSTEOARTHRITIS OF THE KNEE AND SHOULDER: NON-OPERATIVE INTERVENTIONS

**Saturday, October 14th
7:30 AM**

**31 River Road
Cos Cob, CT 06807
203-869-2002**

**This event is made possible by an
unrestricted educational grant from**



The Orthopaedic Foundation for Active Lifestyles (OFALS), a not-for-profit organization dedicated to research and education regarding musculoskeletal diseases and injuries, is proud to offer “Advances in Osteoarthritis of the Knee and Shoulder: Non-Operative Interventions,” a training workshop for health care professionals who treat patients with osteoarthritis.

Carefully planned by OFALS’s respected faculty, the course provides an update on advances in non-operative interventions for osteoarthritis pain management and overall wellness. The approach is multi-faceted, focusing on oral and injectable medications, physical therapy and nutrition, which together maximize support of an active lifestyle. The clinical focus of the training will be on osteoarthritis of the knee.

This course is designed for those who treat patients with osteoarthritis, including general practitioners, rheumatologists, internists, physiatrists, orthopaedic surgeons, sports medicine specialists and other allied health care professionals. A component of the general community and/or patient population would also benefit from the lecture portion of this course and would be encouraged to attend.

COURSE OBJECTIVES:

- Understanding the physiology of, and treatment for, osteoarthritis
- Defining the role of intra-articular viscosupplementation injections
- Defining the role of non-steroidal anti-inflammatory medications
- Recognizing the importance of proper physical therapy
- Understanding the importance of sound nutrition
- Understanding the basic science of hyaluronic acid structure and function and the dynamics of appropriate patient selection
- Performing intra-articular injections of the knee to a level of proficiency

EDUCATIONAL METHODS:

Didactic lectures will provide the theoretical principles for the definition, care and treatment of osteoarthritis. Lecture presentations will also define the science and implementation of pain management options, the importance of proper nutrition and the value of guided physical therapy.

Demonstrations and injection practice in a hands-on cadaver lab workshop will support the lecture information and allow practice and refinement of intra-articular injections of the knee. OFALS’s BioSkills Laboratory is the largest private physician training lab on the east coast.

WORKSHOP AGENDA

- 7:30 AM Registration / Continental Breakfast
- 8:00 Intro Welcome
- 8:10 Lecture – Treatment Modalities
- 8:50 Lecture – Science of Cartilage / Chondroprotection Strategies
- 9:20 Lecture – Rehabilitation / Physical Therapy Strategies
- 9:50 Lecture – Dietary Issues and Nutrition
- 10:25 Break
- 10:45 Lecture- Non-Steroidal Anti Inflammatory Medications
- 11:10 Hyaluronic Acid Update
- 11:45 Luncheon / Discussion with Presenters
- 12:30 PM Cadaver Workshop Intra Articular Injections



The Orthopaedic Foundation for Active Lifestyles, a non-profit organization focused on research and education concerning minimally invasive orthopaedic surgery and advancements in the treatment of musculoskeletal diseases and injuries, is grateful to Ferring Pharmaceuticals for making this workshop possible with an unrestricted educational grant. Ferring's line of orthopaedic, infertility and urology products includes EUFLEXXA™ (1% Sodium Hyaluronate), hyaluronic acid for the pain from osteoarthritis in the knee.

REGISTRATION INFORMATION:

This workshop is **free of charge**. Registration is required by September 29th. To register, contact:

Dianne Connolly, Director of the Orthopaedic Foundation for Active Lifestyles

Telephone: (203) 869-2002

Email: DianneConnolly@OFALS.org.

To learn more about The Orthopaedic Foundation for Active Lifestyles, visit www.OFALS.org.

To learn more about EUFLEXXA, visit www.EUFLEXXA.com.



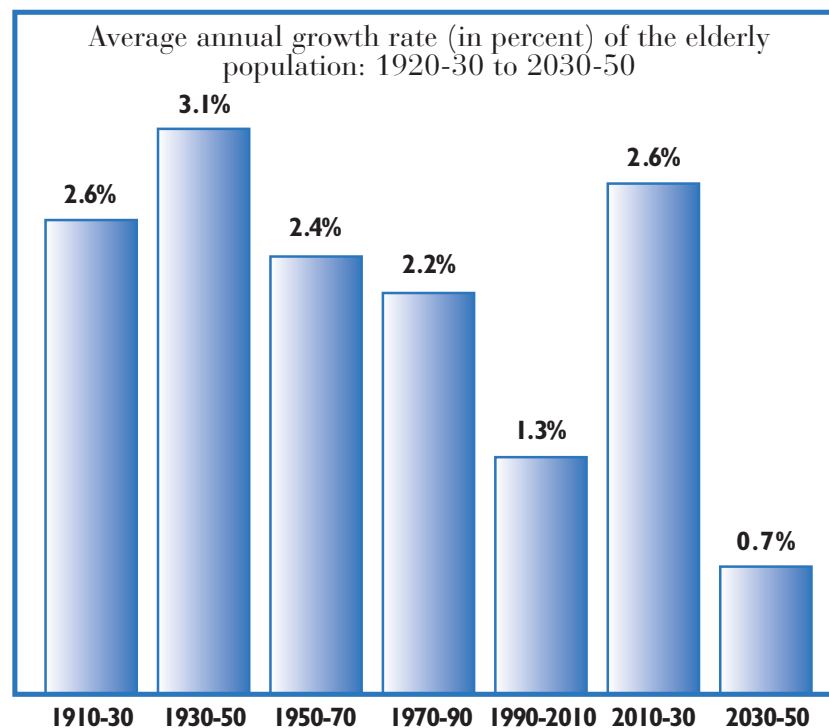
Space is limited.

DON'T MISS THIS OPPORTUNITY TO BETTER SERVE YOUR PATIENTS AND GROW YOUR PRACTICE!

With the “baby boomer” population growing at a rapid rate, opportunities are available for you and your staff to offer more services to your aging patients.

Currently, there are patients searching for relief from the pain of osteoarthritis who cannot take NSAIDs, will not take corticosteroid injections, consider themselves too young or not ready for total knee replacement surgery, or have not found relief with other treatments.

AVERAGE ANNUAL GROWTH RATE OF ELDERLY (>65) IN US



Source: U.S. Census 2004

Osteoarthritis is the most common form of joint disease worldwide and affects about 1 in every 3 adults in the United States.¹

¹ Arthritis Foundation. Facts about arthritis. Available at www.arthritis.org/resources/gettingstarted/default.asp