




## AO Trauma Hand NA Course—Hand and Wrist Fracture Management

 February 8, 2025 - February 8, 2025  
Jacksonville, Florida, USA

This course is designed to teach participants at every level of training and practice to systematically analyze hand and wrist fractures and to apply a treatment methodology based upon fracture management principles rather than upon any one implant, group of implants or singular universal technique.

These AO Principles will be stressed:

- Anatomic reduction
- Stable fixation
- Preservation of the blood supply
- Functional aftercare
- Early mobilization



Enrollment in this course is encouraged for surgeons, hand fellows, and residents in plastic, orthopaedic and general surgery.

This course will be held at: Mayo Clinic - Learning Center - Vincent A. Stabile Bldg.

### Event Summary

**Tuition:**

Level Name: Participant - Hand  
Pricing Tier: Attending  
Tuition: \$200.00

Level Name: Participant - Hand  
Pricing Tier: Resident  
Tuition: \$200.00

**Course Prerequisite(s):**

No Prerequisites

**Venue:**

Mayo Clinic Jacksonville  
Vincent A. Stabile Building / Rm  
860N  
Jacksonville, Florida, USA  
Phone Number:

**Language(s):**

English

**Directly Provided by:**



**Professional Level Prerequisite(s):**

No Prerequisites

## CME

### Continuing Education Credit: 8.00



- AO North America is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Designation Statement** - AO North America designates this live educational activity for a maximum of 8.00 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Continuing Medical Education (CME) mission of AO North America (AONA®) is to provide comprehensive multidisciplinary needs based education to surgeons, fellows, and residents in the specialties of orthopedic, hand, craniomaxillofacial, spine, neurosurgery, and veterinary surgery in the areas of trauma (i.e., operative reduction and fixation), degenerative disorders, deformities, tumors, and reconstruction.

Expected results of AONA's CME activities for surgeons, fellows, and residents are to:

- Increase their knowledge base and surgical skill level
- Improve competence by applying advances of knowledge in patient care in the areas of trauma, degenerative disorders, deformities, tumors, and reconstructive surgical techniques
- Address practice performance gaps by improving management of aspects of traumatic injuries and musculoskeletal disorders (i.e., pre-operative planning to post-operative care)

## Learning Objectives

Upon completion, participants should be able to:

- Differentiate between management of non-operative fractures and fractures that need operative stabilization
- Describe the indications for internal fixation of hand and wrist fractures, and the criteria for implant selection
- Identify alternative fixation methods and their role in fracture management
- Explain the importance of soft tissue preservation in the operative management of unstable hand fractures

## Faculty



### Dutton, Lauren - Co-Chairperson

MD  
Naval Hospital Jacksonville  
Department of Orthopedic Surgery  
Jacksonville, Florida

Dr. Lauren Dutton graduated from Princeton University in 2006, attended medical school at the University of Michigan, and completed her orthopaedic surgery residency at the Harvard Combined Orthopaedic Residency Program in 2016. She was commissioned as a Naval officer in while in residency. Following residency, she was stationed in Beaufort, South Carolina as a staff orthopaedic surgeon prior to deploying to Afghanistan. She then completed a fellowship in hand surgery at Mayo Clinic in Rochester, Minnesota, before being assigned to Naval Hospital Jacksonville as an orthopaedic hand surgeon. She is board certified by the American Board of Orthopaedic Surgery with a Subspecialty certification in Surgery of the Hand.



### Zelenski, Nicole - Co-Chairperson

MD  
Assistant Professor  
Director of Hand and Upper Extremity Service Grady Memorial Hospital  
Director Brachial Plexus and Peripheral Nerve Clinics  
Department of Orthopaedics, Division of Hand and Upper Extremity Surgery  
Emory university  
Atlanta, Georgia

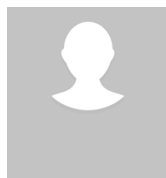
Dr. Zelenski obtained her medical degree at Duke University in North Carolina. She completed her orthopedic surgery residency at University of Pennsylvania in Philadelphia and her hand/microvascular surgery fellowship at the Mayo Clinic in Rochester, Minnesota. She completed a second fellowship in microsurgery at Chang Gung Memorial Hospital in Taiwan. She is an assistant professor of orthopedic surgery at Emory University.



### Mezera, Kimberly - Evaluator

MD  
Texas Hand and Arm Center  
Dallas, Texas

Dr. Kimberly Mezera is a board-certified orthopaedic surgeon who specializes in both surgical and non-surgical treatment of hand and upper extremity conditions, including fracture and trauma care, nerve compression syndromes, tendinitis and arthritis. She has additional expertise in the treatment of pediatric hand conditions, including congenital differences.



### Aziz, Keith - Lecturer

MD  
Assistant Professor  
Consultant  
Mayo Clinic  
Department of Orthopedic Surgery  
Jacksonville, Florida

Keith T. Aziz, M.D., is an Assistant Professor and Consultant in the Department of Orthopedic Surgery at Mayo Clinic in Florida. Dr. Aziz specializes in hand and upper extremity surgery, and has special interests in wrist arthroscopy as well as hand, wrist, forearm, and elbow reconstruction and restoration. He treats all disorders of the hand and upper extremity, including: hand, wrist, forearm, and elbow fractures and nonunions; nerve compression and injuries in the upper extremity; tendinitis and tendon injuries of the hand, wrist, and elbow; arthritis of the hand, wrist, and elbow; sports injuries of the hand, wrist, and elbow; and Dupuytren's contracture. He earned a bachelor's degree with a double major in chemical engineering and biomedical engineering from Carnegie Mellon University in Pittsburgh, Pennsylvania. He completed the Doctor of Medicine degree and graduated Alpha Omega Alpha from Howard University College of Medicine in Washington, District of Columbia. Dr. Aziz received his orthopedic surgery training at Johns Hopkins Hospital in Baltimore, Maryland, followed by a fellowship in hand, upper extremity, and microvascular surgery at the Mary S. Stern fellowship in Cincinnati, Ohio.



### Giusti, Guilherme - Lecturer

MD  
Ponte Vedra, Florida



**James, Nicholas - Lecturer**

MD  
Assistant Professor  
Hand and Upper Extremity Surgery  
University of Florida College of Medicine  
Jacksonville, Florida

---



**Rizzo, Marco - Lecturer**

MD  
Professor, Department of Orthopedic Surgery  
Mayo Clinic  
Rochester, Minnesota

Dr. Rizzo obtained his medical degree at Temple University in Philadelphia. He completed his orthopedic surgery residency at Duke University in Durham, North Carolina and his hand/microvascular surgery fellowship at the Mayo Clinic in Rochester, Minnesota. After being on staff at Duke University from 2002-5, he joined the faculty at Mayo, where he has since remained. He is a professor of orthopedic surgery and has served as chair of the hand surgery division from 2015 to 2024. He is also Director of the Program for Professionalism and Values enterprise wide for the Mayo Clinic. Dr. Rizzo is on the AONA hand education committee and currently serves as chair. He has previously served on the AONA ethics, validation and content subcommittee (ECVSC). He has also completed the Faculty Education Program (FEP), the Chair Education Program (CEP) and the Leadership Education Program (LEP).

---

## Agenda

### Day 1

**Saturday, February 08, 2025 - 08:00 - 17:00 - (includes breaks, travel-time and meals)**

<b>Activity</b>	<b>Area</b>
Lunch	Room 150N
Breakfast	Room 150N
Lab	Room 860N
Registration	1st Floor Foyer
FRC	Debrief Room
AO Office	Debrief Room
Coffee Break	8th Floor Foyer

<b>Schedule</b>	<b>Title</b>	<b>Moderator</b>	<b>Faculty</b>	<b>Room</b>
08:00 - 08:15	COURSE OPENING			
08:00 - 08:15	Welcome and Introduction		Dutton, L Zelenski, N	
08:15 - 10:15	PHALANX FRACTURES			
08:15 - 08:30	Management of Proximal Phalanx Fractures		Zelenski, N	
08:30 - 09:00	PRACTICAL EXERCISE I: Lag Screw	Zelenski, N		
09:00 - 09:15	Management of PIP Joint Fractures and Dislocations		James, N	
09:15 - 09:45	PRACTICAL EXERCISE II: Neutralization Plate	Zelenski, N		
09:45 - 10:15	Case Discussions - PIP Joint and Proximal Phalanx Fractures		James, N	
10:15 - 10:30	Coffee Break			8th Floor Foyer
10:30 - 11:45	METACARPAL FRACTURES			
10:30 - 10:45	Management of Finger Metacarpal Fractures		Dutton, L	
10:45 - 11:15	PRACTICAL EXERCISE III: Compression Plate	Dutton, L		
11:15 - 11:45	Case Discussions - Metacarpal Fractures		Dutton, L	
11:45 - 12:00	Complications			
11:45 - 12:00	Management of Hand Fracture Complications		Rizzo, M	
12:00 - 12:30	Lunch			Room 150N
12:30 - 13:15	THUMB FRACTURES			
12:30 - 12:45	Management for Thumb Metacarpal Fractures		Aziz, K	
12:45 - 13:15	PRACTICAL EXERCISE IV: T-Plate	Aziz, K		
13:15 - 14:00	SMALL JOINT ARTHRODESIS			
13:15 - 13:30	Small Joint Arthrodesis		Rizzo, M	
13:30 - 14:00	PRACTICAL EXERCISE V: Tension Band	Rizzo, M		
14:00 - 14:15	Coffee Break			8th Floor Foyer
14:15 - 15:30	SCAPHOID FRACTURES			
14:15 - 14:30	Management of Scaphoid Fractures		Giusti, G	
14:30 - 15:00	PRACTICAL EXERCISE VI: Compression Scaphoid Screw	Giusti, G		
15:00 - 15:30	Case Discussions - Scaphoid Fractures		Giusti, G	
15:30 - 16:45	DISTAL RADIUS FRACTURES			
15:30 - 15:45	Management of Distal Radius Fractures		Mezera, K	
15:45 - 16:15	PRACTICAL EXERCISE VII: Locking Plate Distal Radius	Mezera, K		
16:15 - 16:45	Case Discussions - Distal Radius Fracture		Mezera, K	
16:45 - 17:00	SUMMARY			

16:45 - 17:00

Wrap-up

Dutton, L  
Zelenski, N

---

## AO NA Disclaimer Information

### Faculty Disclosure:

It is the policy of AO North America to abide by the Accreditation Council for Continuing Medical Education Standards for Commercial Support. Standard 2: "Disclosures Relevant to Potential Commercial Bias and Relevant Financial Relationships of Those with Control over CME Content," requires all planners, including course directors, chairs, and faculty, involved in the development of CME content to disclose their relevant financial relationships prior to participating in the activity. Relevant financial relationships will be disclosed to the activity audience. The intent of the disclosure is not to prevent a faculty with a relevant financial or other relationship from teaching, but to provide participants with information that might be of importance to their evaluation of content. All potential conflicts of interest have been resolved prior to the commencement of this activity.

### Off-Label / Experimental Discussions:

Some medical devices used for teaching purposes and/or discussed in AO North America's educational activities may have been cleared by the FDA for specific uses only or may not yet be approved for any purpose. Faculty may discuss off-label, investigational, or experimental uses of products/devices in CME certified educational activities. Faculty have been advised that all recommendations involving clinical medicine in this CME activity are based on evidence that is accepted within the profession of medicine as adequate justification for their indications and contraindications in the care of patients.

All scientific research referred to, reported or used in this CME activity in support or justification of a patient care recommendation conforms to the generally accepted standards of experimental design, data collection and analysis.

### Disclaimer:

AONA does not endorse nor promote the use of any product/device of commercial entities. Equipment used in this course is for teaching purposes only with the intent to enhance the learning experience.

### USE THE BELOW TEXT FOR DIDACTIC COURSES ONLY!

The opinions or views expressed in this live continuing medical education activity are those of the faculty and do not necessarily reflect the opinions or recommendations of AO North America or any commercial supporter. The certificate provided pertains only to the participants' completion of the course.

### Conflict of Interest Resolution Statement:

When individuals in a position to control or influence the development of the content have reported financial relationships with one or more commercial interests, AO North America utilizes a process to identify and resolve potential conflicts to ensure that the content presented is free of commercial bias.

### Liability Statement:

AO North America faculty and staff assume no personal liability for the techniques or the use of any equipment and accessories used for teaching purposes in the laboratory. The certificate provided pertains only to the participants' completion of the course and does not, in any way, attest to the proficiency of the participants' clinical experience.

### Laboratory Waiver:

To participate in this surgical skills course, you will be required to sign a waiver of liability prior to the course. In order to participate, AONA's policy mandates that every individual must wear appropriate protective garments provided by AO NA during the lab sessions. Participants who do not sign the waiver and wear protective garments will not be allowed to participate in the laboratory sessions.

### Human Anatomic Specimens:

This course will involve exposure to and contact with human anatomic specimens. These specimens are being utilized for purposes of teaching and learning and are to be treated with the utmost respect. Participants should be familiar with and understand the potential risks involved and will be required to observe all customary safety procedures.

### Animal Anatomic Specimens:

This course will involve exposure to and contact with animal anatomic specimens. These specimens are being utilized for purposes of teaching and learning and are to be treated with the utmost respect. Participants should be familiar with and understand the potential risks involved and will be required to observe all customary safety procedures.

## Acknowledgment

### In-Kind Support

AO North America gratefully acknowledges in-kind support for equipment and technical staff from J&J MedTech.

### Educational Grant

AO North America gratefully acknowledges funding for its education activities from the AO Foundation. The AO Foundation receives funding for education from Synthes GmbH.