




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

 October 26, 2024 - October 26, 2024  
Jersey City, New Jersey, 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: ***Jersey City Medical Center, Jersey City, NJ***

## Event Summary

### **Tuition:**

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

### **Course Prerequisite(s):**

No Prerequisites

### **Venue:**

Jersey City Medical  
Center  
395 Grand Street  
Jersey City, N/A, 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



### Capo, John T - Chairperson

MD  
Chief of Hand Surgery  
Vice Chairman of Orthopaedics  
Residency Program Director  
Rutgers-RWJ Barnabas Health  
Jersey City Medical Center  
Jersey City, New Jersey

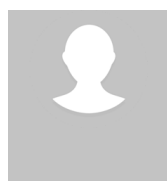
John T. Capo did an AO Fellowship in Berne Switzerland with Prof. Diego Fernandez and Toronto Canada with Drs. Axelrod, Schatzker and Tile. Dr Capo completed his Hand and Upper Extremity Fellowship at the Indiana Hand Center with Hill Hastings, MD and Jim Strickland, MD. He currently is the Chief of Hand Surgery, Vice Chairman and Residency Program Director at Rutgers-RWJ Barnabas Health, Jersey City Medical Center in New Jersey.



### Lawton, Jeffrey - Evaluator

MD  
Chief, Hand and Upper Extremity  
Professor, Orthopaedic Surgery  
Associate Chair for Quality and Safety, Orthopaedic Surgery  
Professor, Plastic Surgery  
University of Michigan  
Ann Arbor, Michigan

Dr. Lawton completed his Orthopaedic Surgery Residency at Northwestern University in Chicago and his Hand Fellowship at the Raymond Curtis National Center for Treatment of the Hand and Upper Extremity at Union Memorial Hospital in Baltimore. He went on to serve as Chief of the Combined Orthopaedic/Plastic Hand Surgery Service in the Department of Orthopaedic Surgery at the University of Kentucky. Subsequently, he practiced hand and upper extremity surgery at the Cleveland Clinic before transitioning to The University of Michigan where he has been Chief of Elbow Hand and Microsurgery in the Department of Orthopaedic Surgery. Dr. Lawton was elected to membership in the Alpha Omega Alpha Honor Medical Society and has received a number of teaching awards. His interests include congenital/pediatric hand, trauma/post-traumatic reconstruction and elbow trauma / degenerative conditions. He was selected to AO North America Hand Faculty and the AO Hand Education Committee and has completed the Faculty Education Program.



### Lopez, Nicole - Lecturer

MD  
Associate Program Director  
Department of Orthopedic Surgery  
Barnabas Health Medical Group  
Livingston, New Jersey

Dr Lopez attended NYU School of Medicine and completed her medical degree in 2011. She then completed her orthopedic residency at NYU Hospital for Joint Diseases. She then completed a Hand and Upper Extremity Fellowship at UC Irvine. Dr Lopez now serves as the Associate Program Director at Rutgers Jersey City Medical Center Orthopedic Residency Program in addition to acting as Director of Orthopedic Hand Surgery at Cooperman Barnabas Medical Center.



### Naik, Amish - Lecturer

MD, PhD  
RWJ Barnabas Health  
Jersey City, New Jersey

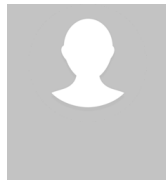
Amish Naik MD PhD is a fellowship trained hand and upper extremity orthopedic surgeon in Jersey City NJ. He is teaching faculty at the RWJ Barnabas Rutgers Health Orthopedic Residency in Jersey City and St Joseph's University Medical Center in Paterson NJ.



### 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).

**Saad, Bishoy - Lecturer**

DO

Clinical Instructor

Hand, Upper Extremity and Microsurgeon

Jersey City Medical Center

Jersey City, New Jersey

**Seigerman, Daniel - Lecturer**

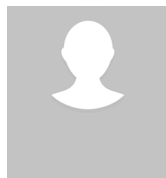
MD

Rothman Orthopaedics

Hackensack Meridian Health

Paramus, New Jersey

Dr. Seigerman is a board certified Orthopaedic Surgeon who specializes in the hand, wrist, and elbow. He treats fractures, arthritis, sports injuries, tendon injuries, peripheral nerve abnormalities, and many others. He attempts to treat each diagnosis without surgery, however, is trained to utilize the latest and most advanced surgical techniques when necessary. Dr. Seigerman earned his medical degree from SUNY Upstate Medical University in Syracuse, NY. Immediately afterwards, he completed his residency in Orthopaedic Surgery at Rutgers, New Jersey Medical School in Newark, NJ, and followed with a fellowship in Hand and Upper Extremity Surgery right here at Rothman Orthopaedic Institute in Philadelphia. Dr. Seigerman has completed extensive research in the field of orthopaedics with many publications in peer-reviewed journals and has presented his work at numerous national meetings. During his fellowship, he was honored with the "Fellow Research Award." Dr. Seigerman has been elected by his peers as a "2018 Jersey Choice Top Doctor" by New Jersey Monthly magazine.

**Urquhart, Marc - Lecturer**

MD

Urquhart Orthopedic Associates

Bayonne, New Jersey

Orthopedic Surgery Private Practice. Fellowship-trained in Hand/Upper Extremity Hospital for Special Surgery. Fellowship-trained in Sports Univ. of Pittsburgh

## Agenda

### Day 1

**Saturday, October 26, 2024 - 08:00 - 17:00 - (includes breaks, travel-time and meals)**

<b>Activity</b>	<b>Area</b>
Lab	Conference Room 4
Lecture	Conference Room 4

Schedule	Title	Moderator	Faculty	Room
08:00 - 08:15	COURSE OPENING			Conference Room 4
08:00 - 08:15	Welcome and Introduction		Capo, J	Conference Room 4
08:15 - 10:15	PHALANX FRACTURES	Lawton, J		Conference Room 4
08:15 - 08:30	Management of Proximal Phalanx Fractures		Saad, B	Conference Room 4
08:30 - 09:00	PRACTICAL EXERCISE I: Lag Screw	Saad, B		
09:00 - 09:15	Management of PIP Joint Fractures and Dislocations		Lawton, J	Conference Room 4
09:15 - 09:45	PRACTICAL EXERCISE II: Neutralization Plate	Seigerman, D		
09:45 - 10:15	Case Discussions - PIP Joint and Proximal Phalanx Fractures		Rizzo, M	Conference Room 4
10:15 - 10:30	Coffee Break			
10:30 - 11:45	METACARPAL FRACTURES	Naik, A		Conference Room 4
10:30 - 10:45	Management of Finger Metacarpal Fractures		Naik, A	Conference Room 4
10:45 - 11:15	PRACTICAL EXERCISE III: Compression Plate	Lopez, N		
11:15 - 11:45	Case Discussions - Metacarpal Fractures		Lawton, J	Conference Room 4
11:45 - 12:00	Complications	Urquhart, M		Conference Room 4
11:45 - 12:00	Management of Hand Fracture Complications		Urquhart, M	Conference Room 4
12:00 - 12:30	Lunch			
12:30 - 13:15	THUMB FRACTURES	Seigerman, D		Conference Room 4
12:30 - 12:45	Management for Thumb Metacarpal Fractures		Seigerman, D	Conference Room 4
12:45 - 13:15	PRACTICAL EXERCISE IV: T-Plate	Capo, J		
13:15 - 14:00	DISTAL ULNAR FRACTURES	Rizzo, M		Conference Room 4
13:15 - 13:30	Distal Ulnar Fractures		Lopez, N	Conference Room 4
13:30 - 14:00	PRACTICAL EXERCISE V: Ulnar Neck Fractures	Naik, A		
14:00 - 14:15	Coffee Break			
14:15 - 15:30	SCAPHOID FRACTURES	Capo, J		Conference Room 4
14:15 - 14:30	Management of Scaphoid Fractures		Rizzo, M	Conference Room 4
14:30 - 15:00	PRACTICAL EXERCISE VI: Compression Scaphoid Screw	Rizzo, M		
15:00 - 15:30	Case Discussions - Scaphoid Fractures		Capo, J	Conference Room 4
15:30 - 16:45	DISTAL RADIUS FRACTURES	Lawton, J		Conference Room 4
15:30 - 15:45	Management of Distal Radius Fractures		Lawton, J	Conference Room 4
15:45 - 16:15	PRACTICAL EXERCISE VII: Locking Plate Distal Radius	Seigerman, D		
16:15 - 16:45	Case Discussions - Distal Radius Fracture		Capo, J	Conference Room 4
16:45 - 17:00	SUMMARY			Conference Room 4
16:45 - 17:00	Wrap-up		Capo, J	Conference Room 4

## 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.

### 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.

## Acknowledgment

### In-Kind Support

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

### 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.