



**THE CARIBBEAN ASSOCIATION
OF ORTHOPAEDIC SURGEONS**

15th ANNUAL CONFERENCE (VIRTUAL)

Eastern Standard Time (EST)

**SATURDAY 21ST NOVEMBER 2020
&
SUNDAY 22ND NOVEMBER 2020**

**CONFERENCE REGISTRATION - FREE TO ALL
8 CME'S - \$ 50 US (FREE FOR TCOS MEMBERS in good standing)**

CME'S WILL BE APPROVED BY THE MEDICAL COUNCIL OF JAMAICA

Links for registration: Day 1 link: <https://www.bigmarker.com/cari-med-group-limited/Caribbean-Association-of-Orthopaedic-Surgeons-15th-Annual-Conference>

Day 2 link: <https://www.bigmarker.com/cari-med-group-limited/Caribbean-Association-of-Orthopaedic-Surgeons-15th-Annual-Conference-Day-2>

Saturday November 21, 2020

9:00 - 9:15am Welcome and introductory remarks *Trevor Seepaul - President*

SESSION 1: MODERATOR - *Jeff Chase*

SPORTS MEDICINE

- 9:15 - 9:25am Sports specialization and the skeletally immature athlete
Gwyn Jones
- 9:25 - 9:35am The trapezius muscle: The stumbling block to rehabilitation of the shoulder
Bernadette Bryan Frankson
- 9:35 - 9:45am Slap lesions: Have we figured them out?
Maxim Christmas
- 9:45 - 10:00am Q & A
- 10:00 - 10:10am Management of the chronically unstable elbow *Derek Papp*
- 10:10 - 10:20am Shoulder instability: Management of bone defects *Wayne Palmer*
- 10:20 - 10:30am Treatment of partial thickness rotator cuff tears: Recent advances
Alwin Almeida
- 10:30 - 10:45am Q & A
- 10:45 - 11:15am **COFFEE BREAK** (*presentation by sponsors*)

SESSION 2: MODERATOR - *Trevor Seepaul*

TRAUMA

- 11:15 -11:25am Extra-articular semi-extended tibial nailing technique
Orlando Rodriguez Torres
- 11:25 -11:35am Trauma reconstruction *Milan Oleksak*
- 11:35 - 11:45am Paediatric lower limb long bone fractures: Alternative management options
Leroy James
- 11:45 - 12:00am Q & A
- 12:00 - 12:10pm Acetabular and pelvic fractures – A 17-year review *Derrick McDowell*
- 12:10 - 12:20pm Management of hip fractures: Tailoring care for the older patient
Sergio Mestre
- 12:20 - 12:30pm Q & A
- 12:30 - 1:30pm LUNCH** (*presentation by sponsors*)

Sunday November 22, 2020

7:30 - 8:30am Annual General Meeting of TCOS



SESSION 5: MODERATOR - *Godfrey Araujo*

TUMOUR

- 9:00 - 9:10am Limb salvage in musculoskeletal sarcomas *Camilo Soto Montoya*
- 9:10 - 9:20am The "ruptured Baker's cyst" *Emerson Budhoo*
- 9:20 - 9:30am Soft tissue sarcomas: A single surgeon's experience
Suman Vemu
- 9:30 - 9:40am Sacrococcygeal chordoma resection with a multidisciplinary approach
Carlos Lores
- 9:40 - 10:00am Q & A
- 10:00 - 10:20am **Annual TCOS Lecture:**
Challenges in the approach to musculoskeletal tumours
Douglas Letson
- 10:20 - 10:30am Q & A
- 10:30 - 11:00am **COFFEE BREAK**

SESSION 6: MODERATOR - *Randolph Carrington*

GENERAL ORTHOPAEDICS

- 11:00 - 11:10am Regenerative medicine: Refining the indications *Derrick McDowell*
- 11:10 - 11:20am Audit of residents' activity during training in Guyana
Fawcett Jeffrey
- 11:20 - 11:30am Assessment of surgical skills
Deepa Bose
- 11:30 - 11:45am Q & A
- 11:45 - 11:55pm Mother cells, is there enough evidence in the arthrosis treatment
Diego Cardona
- 11:55 - 12:05 pm Non-arthritic hip pain: A diagnostic dilemma
Lionel Lazaro

12:05 - 12:20pm Q & A

12:20 - 1:30pm **LUNCH** (presentation by sponsors)

SESSION 7: **MODERATOR -** *Orville Samuels*

ARTHROPLASTY

- 1:30 - 1:40pm Total knee arthroplasty: Preferences of orthopaedic surgeons in the English-speaking Caribbean Territories *Christopher Rose*
- 1:40 - 1:50pm Arthroplasty in CDH *Derrick Lousaing*
- 1:50 - 2:00pm Hip resurfacing: Where are we now, and what's next
William Peckett
- 2:00 - 2:15pm Q & A
- 2:15 - 2:25pm Out-patient arthroplasty of the hip and knee – Single surgeon experience
Mark Minott
- 2:25 - 2:35pm Physiotherapy for out-patient arthroplasty of the hip and knee – Expectations, pearls and pitfalls.
Monique Van Spankeran
- 2:35 - 2:45pm Physiotherapy post arthroplasty – A case for in-hospital management
Dionne Bennett
- 2:45 – 3:10pm Q & A
- Closing Remarks and Vote of Thanks** *Mark Minott*