Hello all and thanks for reading. It seems like I was just writing you about welcome to summer, and now the leaves are changing color and beginning to fall. This is okay by me as fall is one of my favorite times of the year. I hope you are enjoying the change in seasons and looking forward to upcoming holidays.

We continue to move forward with the PAOS and I hope you are following us on social media and on our new forums/blog posts on the website! We completed the annual meeting in Baltimore where we had over 360 attendees, a record breaking response from industry, a new and fantastic poster presentation area, and another conference recorded for enduring video CME offerings. This was also the time for our annual board and committee meetings where we discussed several topics. As with prior meetings, we donated $5,000 to a local charity; this year to the John Hopkins Kimmel cancer center in honor of our CME Coordinator’s (Ben Kocher) dad. We also increased the student scholarship to two $5,000 awards, announced next year’s annual meeting location (Nashville), and made plans to represent the PAOS at the Orthopaedic Summit this December. We will also attend the AAPA, AAOS, and AAOE again next year. We also voted to establish a marketing committee to try and improve awareness of the PAOS and our content.

First, a big thank you to Ben Kocher and Jeff Spivey for all the hard work they put in to this meeting. It is difficult to understand how much time and effort that it takes to organize an event like this, especially as a volunteer. Thank you guys and the rest of the CME team for all the great work! Also welcome Scott Jolman who will be taking the reins for 2018. I hope you were able to attend Baltimore; we’ve received a lot of positive feedback about the meeting. We did record the lectures so if you weren’t able to attend, you can still experience the content and get CME! The virtual PAOS 2017 annual meeting is a video recording of the speakers and slides, as well as 120 questions to complete for 15 hours of Category 1 CME. I hope you consider this for your continuing education needs. You can also get an extra 15 hours by purchasing the Virtual PAOS 2017 spring meeting with the same requirements. We will discount the price if you purchase them together. This is a very good deal and I hope you consider it. Look here to purchase.

We are very excited about growing our student scholarship! We now have the resources to offer two $5,000 scholarships to deserving PA students. We are working on the details, but plan to require a paper/poster presentation and possible student presentation of the content at our next annual meeting. This is a new avenue for us and I am pleased with the progress. Kudos to the scholarship committee for supporting this effort and to all of you who make this possible for us.

Next year’s annual meeting will be in Nashville at the OMNI, the week of September the 3rd. Please put this on your calendar as we anticipate a large turnout having never been to Nashville. I look forward to seeing you all there!

I will be attending the Orthopedic Summit this December which is a large meeting of orthopaedic surgeons and an allied health summit, as well. We want to try and help them to develop the PA portion of this event, as well as advocate for PAs in orthopaedics, to a national-wide audience of orthopedic surgeons. If you are needing CME, this is another opportunity for you. It will be in Las Vegas December 6-9. If you do attend, please stop by our booth and say hello.

Next up is the annual survey. The survey will be sent out in the next few weeks;

Mark your calendar for the 2018 Extremities in the Carolinas conference (May 4-6)!
please help us and complete this when you get it. It is a very valuable source of information for members that you can use to negotiate salary, compare your salary to those in other areas, compare types of work, call, production plans and much more. The greater the participation, the better our data, so please take some time to complete the survey. Participants will be entered into a drawing to win free PAOS membership dues for a year or complimentary registration to the PAOS annual conference in Nashville.

The last item I want to discuss with you is a new marketing campaign for the PAOS. We now have a forum site and blog posts here and here. I would like to grow this so that you, our members, will be able to share your orthopaedic knowledge with others and contribute to the community. We also will be running ads in journals and will be working toward improving our user experience on the website. Please help support us and spread the word. Don’t forget to follow us on social media. Thanks to all of you for supporting the PAOS.

Susan Lindahl Memorial Scholarship Fund

We are extremely pleased to announce the recipients of the 2017 Scholarship Winners. Although we had many qualified applicants, these two students exemplified the qualities that set them apart. Both recipients were awarded $5,000 each. We are proud to have such outstanding individuals and future colleagues — and wish them all the best.

Spread the word — the application deadline for next year’s scholarship is April 1, 2018.
The 2017 Annual CME Conference Videos are now available [here](#).

Purchase the Video only (claim Category 2 CME credit) OR purchase the Video + Post Tests (Earn 15 Category 1 CME hours by completing two 60-question quizzes)

A package deal is also available [HERE](#). (Earn 30 Category 1 CME hours)
Extremities in the Carolinas AND the 2017 Annual CME Videos + Post Tests

**PAOS Members—$299**
**Non Members — $349**

**Extremities in the Carolinas—Virtual Meeting**

If you weren't able to attend Extremities in the Carolinas, you still can learn and earn CME credit!

**Video only** - (claim Category 2 CME credit)

**Video + Post Test** - Earn 15 Category 1 CME hours by completing 2 posts tests (60 questions each taken directly from the videos).

**Students:** Free access to all video content with your paid $25 PAOS student membership fee - sign in to your student member profile prior to purchase and the video content will be free of charge at checkout.

See more and purchase these videos [HERE](#)
1 IN 15 PATIENTS PRESCRIBED AN OPIOID MAY GO ON TO LONG-TERM USE OR ABUSE

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JOIN US AS WE PARTNER TO HELP COMBAT THE OPIOID EPIDEMIC

Contact your local DePuy Synthes Sales Consultant to learn how you can be part of the solution.

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Indication: EXPAREL is indicated for administration into the surgical site to produce postsurgical analgesia.

Important Safety Information: EXPAREL is contraindicated in obstetrical paracervical block anesthesia. In clinical trials, the most common adverse reactions (incidence ≥10%) following EXPAREL administration were nausea, constipation, and vomiting. EXPAREL is not recommended to be used in the following patient population: patients ≤18 years old and/or pregnant patients. Because amide-type local anesthetics, such as bupivacaine, are metabolized by the liver, EXPAREL should be used cautiously in patients with hepatic disease. Patients with severe hepatic disease, because of their inability to metabolize local anesthetics normally, are at a greater risk of developing toxic plasma concentrations.

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Warnings and Precautions for Bupivacaine-Containing Products:
Central Nervous System (CNS) Reactions: There have been reports of adverse neurologic reactions with the use of local anesthetics. These include persistent anesthesia and paresthesias. CNS reactions are characterized by excitation and/or depression. Cardiovascular System Reactions: Toxic blood concentrations depress cardiac conductivity and excitability which may lead to dysrhythmias sometimes leading to death. Allergic Reactions: Allergic-type reactions (e.g., anaphylaxis and angioedema) are rare and may occur as a result of hypersensitivity to the local anesthetic or to other formulation ingredients. Chondrolysis: There have been reports of chondrolysis (mostly in the shoulder joint) following intra-articular infusion of local anesthetics, which is an unapproved use.

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Full Prescribing Information is available at www.EXPAREL.com.
MARK YOUR CALENDAR!!

Make plans now to join your colleagues at the 3rd annual spring subspecialty conference hosted by PAOS. In order to meet demand for subspecialty education for its members, PAOS launched a new series of meetings targeting the most requested topics in orthopedics. These meetings will be smaller in size than the Annual PAOS Conference and foster interactive discussion among leading experts in the field as well as colleagues from across the country.

Course Highlights:
MRI Interpretation of the Hip & Knee
Hip Disorders & Role of Arthroscopy
My “Hip” Hurts: Getting the Diagnosis Right
Complex Primary Total Hip Arthroplasty: Dysplasia, Post-Traumatic, Fractures
Revision Hip Arthroplasty: Pearls & Pitfalls
Workup of the Painful Total Knee
Multimodal Pain Management of the Total Joint Patient
Outpatient Total Joints: Why We Should/Shouldn’t Do Them
Prosthetic Joint Infection: Evaluation & Current Management
DVT Prophylaxis: What Should We Be Doing?
Revision Shoulder Arthroplasty Pearls & Pitfalls
Elbow Arthroplasty Indications and Technique
Current Trends in Arthritis Management
Single vs Two Staged Total Joint Revision
Periprosthetic Fractures

****18.5 Hours of Category 1 CME
****Special Discounted Room Rate of $139/night

Seats are limited so mark your calendars now to join us May 4-6, 2018 in Charlotte, NC for the only course designed by PAs for PAs in orthopedics. Housing and Registration will open in early 2018. I look forward to seeing you in The Queen City!

Scot Rheinecker, MS, AT-C/L, PA-C
Course Chairman

We’re on social media!
Regional Director- South Central

Randall A. Pape, PA-C

I wanted to again thank those of you that came to the PAOS Annual Conference in Baltimore and helped us put on another successful CME event. It was great to see you and I am glad you stopped by to say “hello.”

We are still seeking interested individuals to visit with local PA programs in our region to discuss the Susan Lindahl Memorial Scholarship fund for PA students please. We are continuing our social media push to help spotlight our organization and it’s offerings. If you haven’t yet, please LIKE our Facebook page, or RETWEET one (or all) of our Twitter posts. Also, we have a new FORUM available at paos.org for you to ask questions and interact with others in your profession. Most importantly, we need members who are willing to speak to PA programs and at state chapter meetings about the importance of PAOS for our profession. There is strength in numbers when we are advocating for our profession especially in regards to certification/recertification, state regulations and educational involvement.

Our thoughts and prayers are with those of you affected by Hurricanes Harvey, Irma and Maria. Please let us know if we can be of any assistance. These Natural Disasters serve as a reminder that we all have the capacity to get out and help others. There are many different ways to be involved when tragedy strikes, but healthcare is always a necessity! I promise, there is nothing more rewarding, from a professional standpoint, than helping others in these situations.

Please feel free to contact me personally with any questions, suggestions, or to volunteer with PAOS! HAVE A GREAT FALL!

Randall Pape, PA-C
South Central Regional Director, PAOS
randy@paos.org

Regional Director- Southwest

Karla Frick, PA-C

Just a short note from the Southwest Region. What a great conference it was in Baltimore this year. We had some fantastic speakers this year and our hands on labs continue to grow every year. PAOS is thankful to all of you who continue to support us every year. We love seeing all the familiar faces and more excited to meet new ones.

PAOS has some great things developing to finish the year off strong. Our social media continues to grow and we are starting some forums where you can network with other fellow PAs in Orthopedics. Also, our Facebook pages is adding on Regional pages. That way you can follow along with what is happening in your region regarding state changes, upcoming conferences, job openings and a lot more. We hope to see many “likes” coming our way.

Also, please keep in mind that we have a spring conference in the Carolinas. It has been a very successful conference and it continues to sell out every year. Make sure to check out our webpage for more information: PAOS.org.

We again, thank you for all of your support and can’t wait to see you at the next conference. Remember to spread the word about PAOS. The more members we have the stronger we are for advocating regulations, laws and changes in the ever changing healthcare system. Please feel free to contact myself or PAOS if you have any questions, concerns or if you would like to become a part of PAOS.

Karla Frick, MPAS, PA-C
Southwest Regional Director
Secretary
karla@paos.org
Are You Getting the Most from Your CME Dollars?

Do you find that getting your required CMEs in for the year is not only time consuming but sometimes a waste of your limited CME stipend? How do you get the most out of your CME stipend, if you are allocated one from work? With conferences, travel and hotel rates constantly increasing, how do you ensure that you are getting the best bang for your buck?

The first thing you should consider when trying to decide on how to obtain your continued educational money is which conference will provide the most education that is specific for the field in which you work. We all know that we spend more than 40 hours a week at work, why attend a conference who’s content only appeals to 5% of what you do? Attending a conference that is geared toward surgical preferences/techniques or one that spends 75% on primary care medicine may not directly relate to what you do on a day to day basis. Make sure to attend a conference that will give you 100% focus in the specialty in which you work.

Secondly, make sure you choose a CME that will enhance and help you grow. Spending countless hours in a meeting room, watching presentation after presentation on hypertensive medications or acute care of respiratory patients may not help you care for that infected total hip patient that needs to undergo a revision. Find areas that may greatly impact your practice and help you care for that patient better.

Lastly, find conferences that will give you the most education for the best price. According to the 2017 Review of Physician and Advanced Practitioner Recruiting Incentives by Merritt Hawkins, the average CME allowance for NP/PAs in 2016-2017 was $2,126 compared to that of $2,450 in 2013-2014.

These are only a few reasons why Physician Assistants in Orthopaedic Surgery (PAOS) is dedicated to “provide high quality educational programs to advance our members knowledge of musculoskeletal healthcare” at an economical price. As you can see from the following table, the PAOS conference is lower in registration, classes and hotels when compared to other orthopaedic conferences and they also provide the most CMEs.

PAOS knows that your time is valuable and that your education is important, that is why our CME program is designed to not only appeal to Physician Assistants in Orthopaedics, but is voluntarily run by PAs who work in orthopaedics. Plus, employers may be more willing to pay for CMEs stipends which directly relate to your specialty than to one that only provides 5% of education in your specialty. In conclusion, to get the most out of your CME stipend, make sure to find a conference that provides high quality education, gives you an experience that is related to the field that you practice in, driven by professionals in your specialty and that the cost of the conference won’t cost more than your paycheck!
PAOS knows that your time is valuable and that your education is important, that is why our CME program is designed to not only appeal to Physician Assistants in Orthopaedics, but is voluntarily run by PAs who work in orthopaedics. Plus, employers may be more willing to pay for CMEs stipends which directly relate to your specialty than to one that only provides 5% of education in your specialty. In conclusion, to get the most out of your CME stipend, make sure to find a conference that provides high quality education, gives you an experience that is related to the field that you practice in, driven by professionals in your specialty and that the cost of the conference won’t cost more than your paycheck!
NO ONE CAN SOLVE THE WORLD’S HEALTHCARE CHALLENGES ALONE.
LET’S TAKE HEALTHCARE FURTHER, TOGETHER.
Case Study

A 12 y/o RHD male fell on outstretched hand (FOOSH) and presented with distal radius deformity. He was NVI. Xrays shown below.

What is the diagnosis?

See Diagnosis and Treatment Plan on pg. 11

FREE Video of the Month for October!

Distal Biceps and Triceps Tendon Ruptures

MARSHALL KUREMSKY, MD

Are you watching your free CME video each month? PAOS will offer a free lecture each month from our Extremities in the Carolinas video album. See what this Virtual CME content is all about! Just click here to watch — Category 2 CME applies.
A nearly 100% epiphyseal displaced Salter Harris Type 1 fracture was diagnosed. Attempted CR with hematoma block, traction, and manipulation (see images below). Also noted a ND ulna styloid fracture.

Decision was made that reduction was not adequate and to proceed with CRPP in the OR, subsequently completed without incidence. See images below.

At 3 weeks, pins removed, an OT splint placed, and patient will begin gentle ROM in 2 weeks. Will follow routinely for the next several weeks with xrays to assess physis. Initial images s/p pin removal.
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3 injection hyaluronic acid treatment

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GELSYN-3 is not approved for pregnant or nursing women, or children. Risks can include general knee pain, warmth and redness or pain at the injection site. Full prescribing information can be found in product labeling, at www.GELSYN3.com or by contacting customer service at 800-858-4080.


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Physician Assistants in Orthopaedic Surgery, Inc.

Mission Statement

To provide a professional organization with a common direction for physician assistants who practice in Orthopaedics. Provide quality CME in orthopaedic and musculoskeletal health care. Provide a forum for interaction, and networking for information dissemination and job placement in Orthopaedics for physician assistants. Educate physicians and allied health professionals on physician assistant education, training, certification and changing legislation.