

20<sup>th</sup> Annual Baltimore Limb Deformity Post-Course

# Pitfalls and Rehabilitation in Limb Lengthening

Tuesday, September 7, 2010

Marriott Waterfront Hotel  
Baltimore, Maryland, United States of America



Final Program

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## COURSE CHAIRS

**John E. Herzenberg, MD**  
**Anil Bhave, PT**  
**Shawn C. Standard, MD**

## COURSE DIRECTOR

**Janet D. Conway, MD**

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## FACULTY

<i>Erin Baker, MPT</i>	Baltimore, Maryland
<i>James C. Binski, MD</i>	Dayton, Ohio
<i>Alexander M. Cherkashin, MD</i>	Dallas, Texas
<i>Mark T. Dahl, MD</i>	Stillwater, Minnesota
<i>Richard S. Davidson, MD</i>	Philadelphia, Pennsylvania
<i>Gavin de Kiewiet, MD</i>	Sunderland, United Kingdom
<i>Julio de Pablos, MD</i>	Pamplona, Spain
<i>Kimberly Doll, DPT</i>	Baltimore, Maryland
<i>Mark Eidelman, MD</i>	Haifa, Israel
<i>J. Eric Gordon, MD</i>	St. Louis, Missouri
<i>Stuart A. Green, MD</i>	Long Beach, California
<i>Reggie C. Hamdy, MD</i>	Montreal, Canada
<i>Etienne Heijens, MD</i>	Wiesbaden, Germany
<i>Mary Hurley, RN</i>	Connecticut
<i>Bradley M. Lamm, DPM</i>	Baltimore, Maryland
<i>Trisha Lavertu, PT</i>	Baltimore, Maryland
<i>Robert D. Lieu, OTR/L</i>	Baltimore, Maryland
<i>Scott Nelson, MD</i>	Loma Linda, California
<i>Monica Nogueira, MD</i>	São Paulo, Brazil
<i>Moshe Roth, MSPT</i>	Baltimore, Maryland
<i>Sanjeev Sabharwal, MD</i>	Newark, New Jersey
<i>William D. Terrell, MD</i>	Marietta, Georgia
<i>Frederic B. Wilson, MD</i>	New Orleans, Louisiana



10:30–10:45 Pitfalls in Blount Disease  
*Richard S. Davidson, MD*

10:45–10:55 Upper Extremity Lengthening: Avoiding the Pitfalls  
*Shawn C. Standard, MD*

10:55–11:00 Discussion

### **Session 3: Avoiding Trouble with Regenerate Bone Formation**

11:00–11:15 Osteotomy Techniques: Do's and Don'ts  
*Stuart A. Green, MD*

11:15–11:35 Regenerate Bone Enhancement  
*Reggie C. Hamdy, MD*

11:35–11:50 Bone Grafting of Regenerate Bone  
*Janet D. Conway, MD*

11:50–12:05 Prophylactic Fixation after Limb Lengthening  
*Shawn C. Standard, MD*

12:05–12:15 Discussion

12:15–1:15 Luncheon: “Pleased, but not Satisfied—State of the Art in Limb Reconstruction”  
Special Guest Speaker, *Mark T. Dahl, MD* *Harborside Salons D/E*

### **Session 4: Avoiding Trouble with Specialized Limb Lengthening** *Harborside Salon C*

1:15–1:30 Lengthening over Nail (LON): Pitfalls  
*J. Eric Gordon, MD*

1:30–1:45 Self-Lengthening Devices: Pitfalls  
*Shawn C. Standard, MD*

1:45–1:55 Limb Lengthening with Submuscular Plating  
*Mark T. Dahl, MD*

1:55–2:05 Discussion

### **Session 5: Avoiding Trouble in Special Conditions**

2:05–2:20 Congenital Femoral Deficiency  
*Shawn C. Standard, MD*

2:20–2:30	Fibular Hemimelia <i>John E. Herzenberg, MD</i>	
2:30–2:45	Dwarfism <i>Julio de Pablos, MD</i>	
2:45–3:00	Stature Lengthening <i>Janet D. Conway, MD</i>	
3:00–3:10	Discussion	
3:10–3:20	Hypertrophic Nonunion and Atrophic Nonunion <i>Gavin de Kiewiet, MD</i>	
3:20–3:35	Bone Defects and Bone Transport <i>William D. Terrell, MD</i>	
3:35–3:50	Osteomyelitis <i>Janet D. Conway, MD</i>	
3:50–4:00	Discussion	
4:00–4:20	<u>Health Break and Visit with Corporate Partners</u>	<i>Harborside Ballroom Foyer</i>

*Participants will break out into two groups. One track (Session 6-A) is for physicians to discuss miscellaneous syndromes while the second (Session 6-B) will cover rehabilitation for allied health professionals.*

**Session 6-A: Miscellaneous Syndromes**

*Harborside Salon C*

4:20–4:35	Physcal Distraction: Avoiding the Pitfalls <i>Julio de Pablos, MD</i>
4:35–4:45	Ollier Disease <i>Mark T. Dahl, MD</i>
4:45–4:55	Avoiding Errors in Osteotomies <i>Etienne Heijens, MD</i>
4:55–5:10	Multiple Hereditary Exostoses <i>Mark T. Dahl, MD</i>
5:10–5:20	Avoiding Nerve Injuries <i>Monica Nogueira, MD</i>

- 5:20–5:30      Avoiding Errors in External Fixation for Trauma  
*Frederic B. Wilson, MD*
- 5:30–5:40      Recovering from Problems: Taylor Spatial Frame  
*James C. Binski, MD*
- 5:40–5:50      Recovering from Problems: Ilizarov  
*Alexander M. Cherkashin, MD*
- 5:50–6:05      Avoiding Trouble with Limb Lengthening in the Developing World  
*Scott Nelson, MD*
- 6:05–6:15      Discussion
- 6:15–6:30      Evaluation
- 6:30              Session 6-A Adjourns

**Session 6-B: Rehabilitation in Limb Lengthening**

*Essex A/B/C*

- 4:20–4:25      Opening Remarks  
*Anil Bhave, PT*
- 4:25–4:35      Therapy Considerations for Management of Complications  
*Anil Bhave, PT*
- 4:35–4:50      What Happens Right after Surgery and How to Plan for Discharge from an Acute  
Care Hospital  
*Trisha Lavertu, PT*
- 4:50–5:05      Rehabilitation of Patients with Femoral External Fixation  
*Kimberly Doll, DPT*
- 5:05–5:15      Rehabilitation of Patients with Tibial External Fixation  
*Anil Bhave, PT*
- 5:15–5:25      Rehabilitation of Patients with Internal Femoral Lengthening Devices  
(e.g., Intramedullary Skeletal Kinetic Distractor [ISKD])  
*Erin Baker, MPT*
- 5:25–5:40      Social and Psychological Aspects of Limb Lengthening: A Mother’s Perspective  
*Mary Hurley, RN*
- 5:40–6:05      Use of Static Splints: Video Demonstration  
*Robert D. Lieu, OTR/L*

- 6:05–6:20 Hydrotherapy for Patients Undergoing Limb Lengthening  
*Moshe Roth, MSPT*
- 6:20–6:35 Dynamic Splints and Casts: Video Demonstration  
*Anil Bhave, PT*
- 6:35–6:40 Discussion
- 6:40–6:45 Evaluation
- 6:45 Session 6-B Adjourns