

Life is Motion

**The Ninth Annual
MSK Multidisciplinary Conference**



مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare



Day 1 – November 16, 2024

Opening session: Welcome
(Al Maha)



Session I:
Introduction to Musculoskeletal Diseases
(Al Maha)

Day 2 – November 17, 2024



Session V-a:
Revision Knee
(Al Maha)



Session V-b:
Shoulder Sports
(Meeting Room 9)



Closed Session:
Physical Therapy
Residency Meeting
(Meeting Room 11)

Day 3 – November 18, 2024



Session VIII: Ask
the Expert -
Challenging cases
in THA (Al Maha)



Workshop V-a:
Physical
Therapy 4
(Meeting Room 8)



Workshop V-b:
Knee Dry Lab
(Meeting Room 5)

Break



Session II-a:
Non-operative
Management of
hip and Knee
Joint Pain
(Al Maha)



Workshop I:
Physical
Therapy 1
(Meeting Room 8)



Session II-b:
Recon /
Primary TKR
(Meeting Room 9)



Session VI-a:
Total Hip
Arthroplasty
(Al Maha)



Session VI-b:
Knee Sports 1
(Meeting Room 9)



Workshop III:
Physical
Therapy 3
(Meeting Room 8)



Session IX-a:
MSK Management
of SCD
(Al Maha)



Session IX-b:
Sports Knee 2
(Meeting Room 9)

Lunch / Prayer

Lunch / Prayer / Posters Session

Lunch / Prayer



Session III:
Special Topics
in TKR
(Al Maha)



Workshop II-a:
Shoulder
Arthroplasty
Meeting)
(5 Room)



Workshop II-b:
Physical
Therapy 2
(Meeting Room 8)



Session VII-a:
Perioperative
Assorted Topics
(Al Maha)



Session VII-b:
Revision THA
(Meeting Room 9)



Session VII-c:
Shoulder
Reconstruction
(Meeting Room 8)



Session X: Breaking the Mold – Insights and Reflections of the Most Impactful Cases (Al Maha)

Break



Session IV-a:
Ask the Expert-
Challenging Cases in TKR
(Al Maha)



Session IV-b:
Foot and Ankle
(Meeting Room 9)



Workshop IV: Shoulder
Dry Lab
(Meeting Room 5)

**Evening Program
Community Outreach**

**Evening Program
Faculty Dinner**

Knee



MSK Multidisciplinary Sessions



Sports Medicine



Orthopedic Workshops



Shoulder



Physical Therapy Workshops



Foot and Ankle



Hip



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Day 1 | Saturday, November 16, 2024

Time	Topic	Speaker		
7 a.m. – 7:55 a.m.	Registration			
	Opening Session - (Al Maha)	Speaker		
8 a.m. – 8:05 a.m.	Master of Ceremony	Maryam Hussain		
8:05 a.m. – 8:10 a.m.	CEO Welcome Message	Dr. Michael Walsh		
8:10 a.m. – 8:25 a.m.	Why are we here Today?	Dr. JJ de Gorter		
8:25 a.m. – 8:35 a.m.	Welcome to "Life is Motion"	Dr. Ali Chaudhary		
8:35 a.m. – 8:45 a.m.	JHAH-KFUPM Partnership	KFUPM Speaker		
8:45 a.m. – 9:30 a.m.	Session I: Introduction to Musculoskeletal Diseases (Al Maha)	Speaker		
8:45 a.m. – 9 a.m.	Value Based Musculoskeletal Care – The Hopkins Experience	Dr. Lee Riley		
9 a.m. – 9:15 a.m.	Keynote lecture: Venous Thromboembolism: Money, Politics or Patient Outcomes	Dr. Javad Parvizi		
9:15 a.m. – 9:30 a.m.	Innovations in Orthopedics	Dr. James Ficke		
9:30 a.m. – 9:45 a.m.	Break			
Session II-a: Non-operative Management of Hip and Knee Joint Pain (Al Maha)		Workshop I: Physical Therapy I (Meeting Room 8)	Session II-b: Primary Total Knee Replacement (Meeting Room 9)	
9:45 a.m. – 12:15 p.m.	Moderator: Dr. Syed Ali	Speaker	Moderator: Dr. Mojieb Manzary	
9:45 a.m. – 10 a.m.	Does Total Joint Replacement Affect Mental Health	Dr. Syed Abdulkadir	9:45 a.m. – 9:55 a.m. Cementless TKR	Dr. Samih Tarabichi
10 a.m. – 10:15 a.m.	Intra-Articular Injections, Hip & Knee OA- Steroid vs. Hyaluronic Acid What is the Evidence	Dr. Ameerah AlRwili	9:55 a.m. – 10:05 a.m. Cemented TKR	Dr. Firas Ya'ish
10:15 a.m. – 10:30 a.m.	Advancements in Pharmacological Treatments for Osteoarthritis	Dr. Ahmed Jarrar	10:05 a.m. – 10:20 a.m. Verdict on Cemented and Cementless TKR Debate	Dr. Mojieb Manzary
10:30 a.m. – 10:45 a.m.	From Evidence to Action: Current Physical Therapy Best Practices in Non-Surgical Hip and Knee Osteoarthritis	Ms. Lamia Zayer	10:20 a.m. – 10:30 a.m. Mechanical Alignment in TKR - Time Tested, Straight as an Arrow	Dr. Orfan Arafah

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Time	Topic	Speaker			
10:45 a.m. – 11 a.m.	Discussion				
11 a.m. – 11:15 a.m.	Nutritional Interventions for Joint Health	Ms. Fay Al Malki			
11:15 a.m. – 11:30 a.m.	Orthotic Interventions to Manage Pain of Lower Extremity Joints	Mr. Fouad Al Zaidan			
11:30 a.m. – 11:45 a.m.	Outcomes that Matter in the Management of Hip and Knee Joint Disorders	Dr. Hana AlSobayel			
11:45 a.m. – 12 p.m.	Optimizing Nonoperative Physical Therapy for Hip and Knee Osteoarthritis	Dr. Ryan Cummings			
12 p.m. – 12:15 p.m.	Discussion				
<p style="text-align: center;">Dry Needling Workshop</p> <p style="text-align: center;">Instructor: Mr. Alaa Bazaid</p>					
			10:30 a.m. – 10:40 a.m.	Personalized Alignment in TKR - Custom Tailored for Every Patient	Dr. Khalid AlShaikh
			10:40 a.m. – 10:55 a.m.	Verdict on Mechanical and Personalized Alignment in TKR Debate	Dr. Mojieb Manzary
			10:55 a.m. – 11:10 a.m.	When & Why to Stem a Tibia in Primary TKR	Dr. Talal Al Kindy
			11:10 a.m. – 11:20 a.m.	Posterior Stabilized Insert - Old is Gold	Dr. Fayez Al Sayegh
			11:20 a.m. – 11:30 a.m.	Medial Constrained / Pivot Insert - New Kid on the Block	Dr. Husam Darwish
11:30 a.m. – 11:45 a.m.	Verdict on PS vs. MC Debate	Dr. Mojieb Manzary			
11:45 a.m. – 12 p.m.	Strategies for Periprosthetic Joint Infection Prevention	Dr. Majid Al Yamani			
12 p.m. – 12:15 p.m.	Discussion / Questions				
12:15 p.m. – 1:15 p.m.	Poster Session Break				
Session III: Special topics in Knee Arthroplasty (Al Maha)					
Workshop II-a: Total Shoulder Arthroplasty (Meeting Room 5)					
Workshop II-b: Physical Therapy 2 (Meeting Room 8)					
1:15 p.m. – 3 p.m.	Moderator: Dr. Ahmad Al Ghamdi	Speaker			
1:15 p.m. – 3:15 p.m.	Moderators: Dr. Hussain AlGawahmed				
1:15 p.m. – 1:30 p.m.	The Stiff TKR	Dr. Husam Darwish			
1:30 p.m. – 1:45 p.m.	TKR After High Tibial Osteotomy	Dr. Sulaiman Al Mousa			
1:45 p.m. – 2 p.m.	Tibial Component Rotation – Pitfalls	Dr. Khalid AlShaikh			
2 p.m. – 2:15 p.m.	A Novel Algorithm to Balance Varus Knees without Compromising Superficial MCL	Dr. Samih Tarabichi			
<p style="text-align: center;">Instructors: Dr. Saad Al Qahtani Dr. Wassim Debayyan Dr. Adnan Al Rashid</p>					
<p style="text-align: center;">Strategic Manual Therapy and Rehabilitation for Overhead Athletes: Acute Care to Sport Readiness.</p> <p style="text-align: center;">Instructors: Dr. Ryan Cummings Dr. Julie Finocchiaro</p>					

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Day 1 | Saturday, November 16, 2024

Time	Topic	Speaker
2:15 p.m. – 2:30 p.m.	ERAS in TKR	Dr. Yasser Sayegh
2:30 p.m. – 2:45 p.m.	GENICULATE Nerve Block - Who and Why?	Dr. Abdullah AlGhamdi
2:45 p.m. – 3 p.m.	Discussion / Questions	
3 p.m. – 3:15 p.m.	Break	
Session IV-a: Ask the Expert - Challenging cases in Total Knee Replacement (Al Maha)		Session IV-b: Foot and Ankle (Meeting Room 9)
3:15 p.m. – 5 p.m.	Moderator: Dr. Mojieb Manzary	Speaker
3:15 p.m. – 5 p.m.	Moderator: Dr. Ali Chaudhary	Speaker
Speakers / Panelists: Dr. Khalid AlShaikh Dr. Sulaiman Al Mousa Dr. Firas Ya'ish Dr. Samih Tarabichi	3:15 p.m. – 3:25 p.m.	Ankle Arthritis: Should I Replace Dr. Syed Ali
	3:25 p.m. – 3:35 p.m.	Ankle Arthritis: Should I Fuse Dr. Husam Darwish
	3:35 p.m. – 3:45 p.m.	Verdict on TAR or Fusion in Ankle Arthritis Debate Dr. James Ficke
	3:45 p.m. – 4 p.m.	What's New in TAR? Dr. James Ficke
	4 p.m. – 4:15 p.m.	Optimizing Outcomes in ATFL Injuries: Early Intervention or Delayed Reconstruction Dr. Syed Ali
	4:15 p.m. – 4:30 p.m.	MTPJ Arthritis: Where Do We Stand Dr. Ali Chaudhary
4:30 p.m. – 4:45 p.m.	Rehabilitation After Ankle Replacement: Current Standards and Future Innovations Dr. Julie Finocchio	
6:30 p.m. – 8 p.m.	Sport injury prevention: Community Outreach Program Play It Safe: Sport Injury Prevention "Your Guide to Injury-Free Movement" Program	Key note speaker: Dr.Sarah Farhoud 5 Speakers- JHM, JHAH and other national speakers and Athletes

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Day 2 | Sunday, November 17, 2024

Time	Topic		Topic		Speaker
7 a.m. – 8 a.m.	Registration				
Session V-a: Revision Knee (Al Maha)			Session V-b: Shoulder Sports (Meeting Room 9)		MSK PT Residency Program Clinical Meeting (By invitation only) (Meeting Room 11)
8 a.m. – 10:20 a.m.	Moderator: Dr. Fayez Al Sayegh	Speaker	8 a.m. – 10:15 a.m.	Moderator: Dr. Hussain AlGawahmed	Speaker
8 a.m. – 8:15 a.m.	Why do TKRs Fail?	Dr. Javad Parvizi	8 a.m. – 8:15 a.m.	Subscapularis Repair: Technique and Outcomes	Dr. Hussain AlGawahme
8:15 a.m. – 8:30 a.m.	Zonal Fixation in Revision TKR	Dr. Orfan Arafah	8:15 a.m. – 8:30 a.m.	Suprascapular Nerve Release: Indications and Technique	Dr. Bashir Zikria
8:30 a.m. – 8:45 a.m.	Management of Bone Defects in Revision TKR	Dr. Samih Tarabichi	8:30 a.m. – 8:45 a.m.	A Guide to Massive Cuff Tears	Dr. Fahad Abduljabbar
8:45 a.m. – 9 a.m.	Stems in Revision TKR	Dr. Savya Thakkar	8:45 a.m. – 9 a.m.	Tendon Transfers for Cuff Tear: Technique, Tips and Tricks	Dr. Bashir Zikria
9 a.m. – 9:15 a.m.	How to Select the Constraints in Revision TKR	Dr. Javad Parvizi	9 a.m. – 9:10 a.m.	Questions / Discussion	
9:15 a.m. – 9:30 a.m.	Restoration of Joint Line in Revision TKR	Dr. Khalid AlShaikh	9:10 a.m. – 9:25 a.m.	Posterior Shoulder Instability	Dr. Adnan Al Rashid
9:30 a.m. – 9:45 a.m.	The Unstable TKR	Dr. Mojieb Manzary	9:25 a.m. – 9:40 a.m.	Remplissage: Indications, Tips and Tricks	Dr. Saad Al Qahtani
9:45 a.m. – 10 a.m.	When Everything Fails – The Megaprosthesis	Dr. Majid Al Yamani	9:40 a.m. – 9:55 a.m.	Arthroscopic Vs. Open Latarjet, what is the Evidence	Dr. Khalid Al Abbasi
10 a.m. – 10:15 a.m.	Moderated Discussion		9:55 a.m. – 10:10 a.m.	Acromioclavicular Joint Injuries: An Update	Dr. Raed Abu Talib
			10:10 a.m. – 10:20 a.m.	Questions / Discussion	
10:15 a.m. – 10:30 a.m.	Break				

8 a.m. – 10:30 a.m.

8 a.m. -9 a.m.
JHAH – JHM

Speakers:
Ms. Lamia AlZayer
Dr.Khaled AlZahrani
Dr. Ryan Cummings
Dr. Julie Finocchiaro
Dr. Fatmah Hasani
Dr. Noorah AlShoweir

Moderator:
Ms. Fatimah AlZaid

9:15 a.m. – 10.30 a.m.

Speakers:
Ms. Lamia AlZayer
Dr.Khaled AlZahrani
Dr. Ryan Cummings
Dr. Julie Finocchiaro

Moderator:
Ms. Fatimah AlZaid

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Day 2 | Sunday, November 17, 2024

Time			Topic			Speaker		
Session VI-a: Total Hip Arthroplasty (Al Maha)			Session VI-b: Knee Sports 1 (Meeting Room 9)			Workshop III: Physio 3 (Meeting Room 8)		
10:30 a.m. – 12:30 p.m.	Moderator: Dr. Sulaiman Al Mousa	Speaker	10:30 a.m. – 12:15 p.m.	Moderator: Dr. Majid Al Yamani	Speaker	10:30 a.m. – 12:30 p.m.	Moderator: Dr. Akram Shabaan	
10:30 a.m. – 10:45 a.m.	Soft Tissue Balancing in THA	Dr. Mojieb Manzary	10:30 a.m. – 10:45 a.m.	Meniscus Ramp Repair: Pearls	Dr. Bashir Zikria	Understanding Running Mechanics Associated with Running-Related Injuries Instructor: Dr. Ziyad Neamatalla		
10:45 a.m. – 11 a.m.	Management of LLD in THA	Dr. Ahmad Al Ghamdi	10:45 a.m. – 11 a.m.	Bucket Handle Meniscal Tear: All-Inside or Inside Out	Dr. Talal Al Kindy			
11 a.m. – 11:15 a.m.	Femoral Stems in THA- Collared or Collarless?	Dr. Fayez Al Sayegh	11 a.m. – 11:15 a.m.	Meniscal Root Repair with Centralization	Dr. Ghassan Habbal			
11:15 a.m. – 11:30 a.m.	THA in DDH-Crowe-2 and 3	Dr. Firas Ya'ish	11:15 a.m. – 11:30 a.m.	Meniscus Transplant	Dr. Bashir Zikria			
11:30 a.m. – 11:45 a.m.	THA in DDH-Crowe-4	Dr. Orfan Arafah	11:30 a.m. – 11:45 a.m.	ACL Repair: Techniques & Outcome	Dr. Talal Al Kindy			
11:45 a.m. – 12 p.m.	THA in Post Traumatic Arthritis	Dr. Ahmad Al Ghamdi	11:45 a.m. – 12 p.m.	Revision ACLR: One or Two Stages	Dr. Mohammad Al Attas			
12 p.m. – 12:15 p.m.	Discussion / Questions		12 p.m. – 12:15 p.m.	Graft Choices in Primary ACL Reconstruction	Dr. Mohammed AlBluwi			
			12:15 p.m. – 12:30 p.m.	Discussion / Questions				
12:30 p.m. – 1:30 p.m.	Poster Session Lunch							
Session VII-a: Perioperative Assorted Topics (Al Maha)			Session VII-b: Revision Total Hip Arthroplasty (Meeting Room 9)			Session VII-c: Shoulder Reconstruction (Meeting Room 8)		
1:30 p.m. – 3:30 p.m.	Moderator: Dr. Anis Farooqui	Speaker	1:30 p.m. – 3:45 p.m.	Moderator: Dr. Orfan Arafah	Speaker	1:30 p.m. – 3:30 p.m.	Moderator: Dr. Majid Al Yamani	Speaker
1:30 p.m. – 1:45 p.m.	Postoperative Delirium and Cognitive Dysfunction in Orthopedic Patients	Dr. Syed Abdulkader	1:30 p.m. – 1:45 p.m.	Surgical Approaches in Revision THA	Dr. Ahmad Al Ghamdi	1:30 p.m. – 1:45 p.m.	The History and Biomechanics of RSA	Dr. Wassim Debayyan

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Day 2 | Sunday, November 17, 2024

Time	Topic	Speaker
1:45 p.m. – 2 p.m.	Pulmonary Consideration in Perioperative Surgical Outcomes	Dr. Abdelhalem Bella
1:45 p.m. – 2 p.m.	Choice of Femoral Stem in Revision THA	Dr. Mojieb Manzary
1:45 p.m. – 2 p.m.	How to Improve Glenoid Exposure in Shoulder Arthroplasty	Dr. Saad Al Qahtani
2 p.m. – 2:15 p.m.	Normal vs. Abnormal Post-Arthroplasty Findings	Dr. Mustafa Fleet
2 p.m. – 2:15 p.m.	Acetabular Bone Defect & their Management	Dr. Savya Thakkar
2 p.m. – 2:15 p.m.	Glenoid Bone Loss Management in RSA	Dr. Thamer Al Raiyes
2:15 p.m. – 2:30 p.m.	Early Mobilization Post TKR to Optimize Outcomes	Ms. Dana Al Youssef
2:15 p.m. – 2:30 p.m.	Approach to Hip Instability	Dr. Fayez Al Sayegh
2:15 p.m. – 2:30 p.m.	Inlay vs. Onlay Humeral Stem, Current Trends and Future Direction	Dr. Adnan Al Rashid
2:30 p.m. – 2:45 p.m.	Precautions in THA, Myth vs. Facts - Post THA Rehab	Prof. Qassim AlMuaidi
2:30 p.m. – 2:45 p.m.	Dual Mobility in THA	Dr. Sulaiman Al Mousa
2:30 p.m. – 2:40 p.m.	Questions / Answers	
2:45 p.m. – 3 p.m.	Preoperative ACL Rehab: A Key to Enhanced Postoperative Recovery?	Dr. Ryan Cummings
2:45 p.m. – 3 p.m.	Principle of DAIR	Dr. Firas Ya'ish
2:40 p.m. – 2:55 p.m.	Management Options for Proximal Humerus AVN	Dr. Thamer Al Raiyes
3 p.m. – 3:15 p.m.	Back in the Game: Rehab and Sport-Ready Criteria After Knee Surgery	Dr. Ryan Cummings
3 p.m. – 3:15 p.m.	Osteolysis in Well Fixed Acetabulum: Retain or Revise	Dr. Savya Thakkar
2:55 p.m. – 3:10 p.m.	RSA vs ORIF for Comminuted Proximal Humerus Fractures	Dr. Khalid Abbasi
3:15 p.m. – 3:30 p.m.	Discussion	
3:15 p.m. – 3:30 p.m.	Spino-Pelvic Relationship in THA	Dr. Savya Thakkar
3:10 p.m. – 3:25 p.m.	Healing Strong: Optimizing Shoulder Recovery Post-Surgery	Dr. Julie Finocchiaro
	Discussion	
3:30 p.m. – 3:45 p.m.	Discussion	
3:25 p.m. – 3:30 p.m.	Questions/Answers	
3:30 p.m. – 3:45 p.m.	Break	
Workshop IV: Shoulder Dry Lab (Meeting Room 5)		
3:45 p.m. – 5:30 p.m.	Moderator: Dr. Gassan Habbal / Dr. Majid Al Yamani	
	Instructors: Dr. Fahad Abduljabbar Dr. Adnan Al Rashid Dr. Raed Abu Talib	

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Day 3 | Monday, November 18, 2024

Time	Topic		Speaker
7 a.m. – 8 a.m.	Registration		
Session IX: Ask the Expert - Challenging Cases in Total Hip Arthroplasty (Al Maha)		Workshop V-a: Physiotherapy (4) (Meeting Room 8)	Workshop V-b: Knee Dry Lab (Meeting Room 5)
8 a.m. – 10 a.m.	Moderator: Dr. Mojieb Manzary	8 a.m. – 10 a.m. Moderator: Dr. Lina ElSabbagh	8 a.m. – 10 a.m. Moderators: Dr. Majid Al Yamani / Dr. Ghassan Habbal
Speakers / Panelists: Dr. Ahmad Al Ghamdi Dr. Fayez Al Sayegh Dr. Javad Parvizi Dr. Orfan Arafah		Optimizing Knee Recovery in Athletes: Acute Management, Rehab Progressions, and Sport Readiness Instructors: Dr. Ryan Cummings Dr. Julie Finocchiaro	
10 a.m. – 10:15 a.m.	Break		
Session IX-a: MSK Management of Sickle Cell Disease (Al Maha)		Session IX-b: Sports Knee 2 (Meeting Room 9)	
10:15 a.m. – 12 p.m.	Moderator: Dr. Manzary	Speaker	10:15 a.m. – 12 p.m. Moderator: Dr. Ghassan Habbal Speaker
Collaborative Care: A Multidisciplinary Approach to Musculoskeletal Management in Sickle Cell Disease		Dr. Ali Chaudhary Dr. Hussain AlGawahmed Dr. Sulaiman Al Mousa Dr. Savya Thakkar Dr Ahmad Al Ghamdi Dr. Alaa AlZaki Dr. Abdullah AlGhamdi Dr. Javad Parvizi	10:15 a.m. – 10:30 a.m. Complex ACL: When and How Do I Add Lateral Procedure Dr. Mohammad Al Attas
			10:30 a.m. – 10:45 a.m. Management of Cartilage Defects in the Knee Dr. Bashir Zikria
			10:45 a.m. – 11 a.m. Patellar Instability 2024 Dr. Fahad Abduljabbar
			11 a.m. – 11:15 a.m. Surgical Management of Multi-Ligament Knee Injuries Dr. Bashir Zikria
			11:15 a.m. – 11:30 a.m. Meniscus Repair 2024 Dr. Mohammad Attas
			11:30 a.m. – 11:45 a.m. Evidence Based Practice in ACL and Meniscal Repair Rehabilitation Prof. Qassim AlMuaidi
			11:45 a.m. – 12 p.m. Moderated Discussion
12 p.m. – 1 p.m.	Lunch / Prayer Break		
Session X: Breaking the Mold: Insights and Reflections of the Most Impactful Cases (Al Maha)			
1 p.m. – 2:30 p.m.	Moderator: Master Of Ceremony (Maryam Hussain)		
	Speakers: Dr. Mojieb Manzary Dr. Ghassan Habbal	Dr. Majid Al Yamani Dr. Syed Ali Dr. Hussein Algawahmed	
2:30 p.m. – 3 p.m.	Closing Remarks		