



# MID-AMERICA ORTHOPAEDIC ASSOCIATION



**Pre-Meeting Course – Wednesday, April 10, 2019:**  
*“Case-Based Controversies in Orthopedic Trauma”*

**37<sup>TH</sup>**  
**ANNUAL MEETING**

**APRIL 10-14, 2019**

Hilton Sandestin Beach Golf Resort | Miramar Beach, Florida

**Preliminary Program and Registration Information**

Visit [www.maoa.org](http://www.maoa.org) to register online

Registration Deadline – **March 8, 2019**

MID-AMERICA  
ORTHOPAEDIC  
ASSOCIATION

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*AAOS Board Prep and Review Chair*  
*(ex officio member)*

Dear Colleagues and Guests:

I hope you will be able to join us at the Hilton Sandestin Beach Golf Resort, in Miramar Beach, Florida, for the 37th Annual Meeting of the Mid-America Orthopaedic Association. Carlos Higuera and the Program Committee have done a superb job putting together the best papers and top speakers for a great educational meeting, including our traditional Plenary and Breakout sessions, the early morning Instructional Course Lectures, and a series of important Symposia on topics of importance to all of us in current orthopedic practice. This "content-rich" program will provide up to 18.5 CME hours for the regular meeting alone. And, as in previous years, we will again be co-sponsoring a pre-meeting course with ICJR, which many of you may find interesting. Justin Siebler and his team have put together a comprehensive one-day course on Wednesday – "Case-Based Controversies in Orthopedic Trauma" which will cover the most current strategies and approaches to fractures of the clavicle and humerus, hip, femur, tibia, foot and ankle. This excellent course is one you won't want to miss!

Our guest speakers are an exceptional group of orthopedic leaders, and will provide important insight into the future of clinical practices and our profession.

This year's speakers include:

**Presidential Guest Speaker**

James N. Weinstein, D.O., M.S., Dartmouth College  
*"Closing the Gap Between Health Care and Health"*

**Rapp Lecturer**

Evan Flatow, M.D., President, Mount Sinai West, New York  
*"Perspectives on the Evolution of Shoulder Replacement"*

**Classics Speakers**

Kristy Weber, M.D., President AAOS, University of Pennsylvania  
*"Malignancies Around the Major Joints: Current Surgical Treatment Options"*

Kevin Garvin, M.D., University of Nebraska  
*"Extensor Mechanism Complications in TKA: Evaluation and Management"*

J. Lawrence Marsh, M.D., University of Iowa  
*"Orthopedic Education in the Future"*

In addition to the exceptional clinical speakers listed, we are pleased to have a very special guest as our **Steel Lecturer**: Eric Heiden, M.D., Olympic Gold Medalist, cyclist, and team physician for U.S. Speed Skating and North American cycling teams, will speak on "A Thread Through Sports".

As always, we have arranged a number of great social activities including:

- MAOA Golf Tournament
- MAOA Tennis Tournament
- Destin dolphin cruise
- A kayak tour of the inter-coastal waters
- Craft brewery tour
- Kids Club and recreation program
- Spouse/Guest Hospitality and Program

You can sign up for the above tours and tournaments when you complete your online meeting registration ([www.maoa.org](http://www.maoa.org)).

Becky and I hope you and your family will join us at the Hilton Sandestin Beach Golf Resort in Miramar Beach, Florida, April 10-14, for a great educational experience, the opportunity to see old friends, and a chance to make new ones!



Robert F. McLain, M.D.  
President, Mid-America Orthopaedic Association

## Abstract Review

Mid-America Orthopaedic Association would like to recognize and thank the following for their time and effort in reviewing the abstracts for the 2019 scientific program.

## Program Committee

Carlos A. Higuera, M.D., Chair  
Brian W. Buck, D.O.  
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Nicolas O. Noiseux, M.D.  
Ryan M. Nunley, M.D.  
Justin C. Siebler, M.D.

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### Disclaimer

The data, conclusions, and opinions presented by those who present or exhibit at Mid-America Orthopaedic Association sponsored meetings or who serve as authors in its publications, are solely the responsibility of those individuals or exhibitors and are not to be considered those of the Association, which takes no responsibility for them. The Association does not endorse any products.

## CME Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Orthopaedic Surgeons and Mid-America Orthopaedic Association.

The American Academy of Orthopaedic Surgeons is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Orthopaedic Surgeons designates this live activity for a maximum of 26\* *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*\*7.5 CME Credits for MAOA/ICJR Pre-Meeting Course*

*\*15.5 CME Credits for Scientific Program*

*\*1 CME Credit for Scientific Poster Sessions*

*\*1 CME Credit for Ask the Expert*

*\*1 CME Credit for Quiz Bowl*

## Objectives

**Objective 1:** To understand current surgical indications and techniques for rotator cuff tears.

**Objective 2:** To learn how to do the basic management of soft tissue masses in the musculoskeletal system.

**Objective 3:** To discuss recent state regulations to manage the opioid crisis and explore alternatives to manage musculoskeletal pain.

**Objective 4:** To comprehend what options are available to manage distal radius fractures.

**Objective 5:** To learn different effects of opioid usage in the outcomes of different orthopedic interventions including soft tissue reconstructions, fracture repair, and arthroplasty.

**Objective 6:** To understand the impact of periprosthetic joint infection in the health care system.

**Objective 7:** To study the effects of NSAIDs on different types of fractures.

**Objective 8:** To discuss different mechanisms to prevent PJI from prophylactic antibiotics to the use of antibiofilm solutions during surgery.

**Objective 9:** To discuss the potential applications of social media tools and apps on orthopedic interventions.

**Objective 10:** To learn current alternatives to manage hip pain in the young adult including the use of orthobiologics.

**Objective 11:** To understand current trends in health care and their effects on orthopedic practice.

# Scientific Meeting in Brief

## Tuesday | April 9, 2019

- 6:00 p.m. - 8:00 p.m. **MAOA Registration Desk open** – *Emerald Registration Desk*  
6:00 p.m. - 8:00 p.m. **Speaker Ready Room open** – *Boardroom*

## Wednesday | April 10, 2019

- 7:00 a.m. - 8:00 p.m. **MAOA Registration Desk open** – *Emerald Registration Desk*  
7:00 a.m. - 8:00 p.m. **Speaker Ready Room open** – *Boardroom*  
7:30 a.m. - 5:00 p.m. **MAOA/International Congress for Joint Reconstruction Pre-Meeting**  
*Case-Based Controversies in Orthopedic Trauma*  
5:00 p.m. **Board of Directors' Meeting**  
5:00 p.m. - 9:00 p.m. **Exhibitor and Poster Setup**  
6:30 p.m. **Exhibit Meeting for Company Representatives**  
7:00 p.m. - 9:00 p.m. **Welcome Reception and Buffet** – *Sunrise and Barefoot's Deck*

## Thursday | April 11, 2019

- 6:00 a.m. - 3:00 p.m. **MAOA Registration Desk open** – *Emerald Registration Desk*  
6:00 a.m. - 3:00 p.m. **Speaker Ready Room open** – *Boardroom*  
6:30 a.m. - 7:45 a.m. **IC I – Rotator Cuff Tears in 2019: When to Repair, Reconstruct, or Replace?**  
Julie Y. Bishop, M.D., Moderator Grant L. Jones, M.D.  
Columbus, OH Columbus, OH  
Gregory L. Cvetanovich, M.D. Brian R. Wolf, M.D., M.S.  
Columbus, OH Iowa City, IA

*This Instructional Course will provide an up-to-date discussion of management of rotator cuff tears in 2019. The basics of evaluation and imaging will first be reviewed and discussed. The faculty will discuss controversies in decision-making including indications for nonoperative management vs. surgical treatment, the emerging role of biologics for rotator cuff disease, and the roles for repair, reconstruction, and arthroplasty, with an emphasis on evidence-based treatment guidelines. Specific cases will be discussed by the faculty that highlight decision-making between treatment options, and tips and tricks for successful surgical intervention will be discussed.*

- 6:30 a.m. - 7:45 a.m. **Lumps, Bumps, and Bone Lesions – When to Refer to Orthopedic Oncology**  
Matthew T. Houdek, M.D., Moderator Brent Witten, M.D.  
Rochester, MN Milwaukee, WI  
Peter S. Rose, M.D.  
Rochester, MN

*Soft-tissue and bony lumps are frequently encountered in day-to-day clinical practice. Although a majority of these tumors represent benign processes, the inadvertent or inappropriate treatment of these tumors can lead to substantial patient morbidity. The purpose of this Instructional Course is to review the basics in the work-up of benign and malignant soft-tissue and bony tumors of the extremities through case discussion with a focus on common tumors, appropriate work-up, and key features for referral to an orthopedic oncologist.*

- 7:30 a.m. - 12:30 p.m. **Exhibits/Posters/Career Center Open**  
*(continental breakfast available from 7:30 a.m. - 9:00 a.m. in exhibit area)*  
8:00 a.m. - 10:30 a.m. **Plenary Session**  
**Welcome: Robert F. McLain, M.D., MAOA President**



## **Symposium I: State Regulations and Opioids – How Can We Still Manage Pain?**

**Classics Speaker: Kevin L. Garvin, M.D.**

“Extensor Mechanism Complications in TKA: Evaluation and Management”

Traveling Fellowship Presentations

Historian’s Report

10:30 a.m. - 10:40 a.m. First Business Meeting (*MAOA members only*)

10:30 a.m. - 11:00 a.m. Poster viewing – presenters will be available (*CME credit will be offered*)

10:30 a.m. - 11:00 a.m. **Coffee Break in Exhibit Area**

11:00 a.m. - 12:00 p.m. Ask the Expert

12:00 p.m. - 1:00 p.m. Industry-sponsored lunch/presentation (*No CME credit offered*)

1:15 p.m. - 3:00 p.m.

**Breakout #1 Hand/Elbow**

**Breakout #2 Sports Medicine**

**Breakout #3 Trauma**

**Breakout #4 Hip and Knee Arthroplasty Infection**

**Breakout #5 Tumor/Education/Practice Management**

6:00 p.m. - 7:30 p.m. Exhibitors’ Reception

## **Friday | April 12, 2019**

6:00 a.m. - 1:00 p.m. **MAOA Registration Desk open** – *Emerald Registration Desk*

6:00 a.m. - 1:00 p.m. **Speaker Ready Room open** – *Boardroom*

6:30 a.m. - 7:45 a.m. **IC III – The Young Adult – What is the Issue?**

W. Kelton Vasileff, M.D., Moderator  
Columbus, OH

Rafael J. Sierra, M.D.  
Rochester, MN

Jeffrey J. Nepple, M.D.  
St. Louis, MO

Geoffrey Van Thiel, M.D., M.B.A.  
Rockford, IL

*Young adults, from late adolescent and teen years forward, can present to the office with many different types of hip injuries. At times, it can be difficult to delineate the specific source of pain, given the multitude of possible pain generators around the hip girdle. As techniques have evolved, indications for surgical and non-surgical treatment have as well. The goal of this instructional course is to provide current recommendations and treatment techniques on diagnosis, imaging, and surgical treatments for a variety of hip problems both intra-articular and extra-articular.*

6:30 a.m. - 7:45 a.m. **IC IV – Why Didn’t That Work? Techniques That Work Great in the Textbook...But Not Always in Practice**

Brandon J. Yuan, M.D., Moderator  
Jonathan D. Barlow, M.D., M.S.  
William W. Cross, III, M.D.  
S. Andrew Sems, M.D.  
Rochester, MN

*This instructional course will focus on challenging cases of fractures that seem straightforward on the surface...but frequently result in suboptimal outcomes. Instructors will present cases of their own experience with these difficult fractures (including personal failures) as well as practical tips and tricks to avoid problems in the future. The course will feature video and photographs detailing novel techniques that have been successful in preventing these pitfalls.*

# Scientific Meeting in Brief

- 7:30 a.m. - 12:30 p.m. **Exhibits/Posters/Career Center Open**  
*(continental breakfast available from 7:30 a.m. - 9:00 a.m. in exhibit area)*
- 8:00 a.m. - 10:30 a.m. **Plenary Session**  
**Presidential Guest Speaker: James N. Weinstein, D.O., M.S.**  
“Closing the Gap Between Health Care and Health”  
**Symposium II: Emerging Trends in Health Care**  
**AAOS REPORT: Kristy L. Weber, M.D.**  
Physician in Training Award presentations  
**Classics Speaker: Kristy L. Weber, M.D.**  
“Malignancies Around the Major Joints: Current Surgical Treatment Options”
- 10:30 a.m. - 11:00 a.m. Poster viewing – presenters will be available *(CME credit will be offered)*
- 10:30 a.m. - 11:00 a.m. **Coffee Break in Exhibit Area**
- 11:00 a.m.- 1:00 p.m. **Breakout #6 Foot/Ankle**  
**Breakout #7 Sports/Shoulder/Elbow**  
**Breakout #8 Trauma**  
**Breakout #9 Total Knee Arthroplasty**  
**Breakout #10 Hip Preservation and Arthroscopy**
- 6:30 p.m. - 7:30 p.m. **Steel Lecturer: Eric Heiden, M.D.**  
“A Thread Through Sports”
- 7:30 p.m. - 10:00 p.m. **Friday Night Dinner – Sunrise and Barefoot’s Deck**

## Saturday | April 13, 2019

- 6:00 a.m. - 1:30 p.m. **MAOA Registration Desk open – Emerald Registration Desk**
- 6:00 a.m. - 1:30 p.m. **Speaker Ready Room open – Boardroom**
- 6:30 a.m. - 12:30 p.m. **Exhibits/Posters/Career Center Open**  
*(continental breakfast available from 6:30 a.m. - 8:30 a.m. in exhibit area)*
- 7:00 a.m. - 10:00 a.m. **Plenary Session**  
**Symposium III: How to Transition to Elective Ambulatory Arthroplasty – Words of Experience**  
Introduction of Poster Award winners  
**OREF Presentation**  
**Rapp Lecturer: Evan L. Flatow, M.D.**  
“Perspectives on the Evolution of Shoulder Replacement”  
Resident Quiz Bowl  
**Classics Speaker: J. Lawrence Marsh, M.D.**  
“Orthopedic Education of the Future”
- 10:00 a.m. - 10:05 a.m. Second Business Meeting *(MAOA members only)*
- 10:00 a.m. - 10:30 a.m. **Coffee Break in Exhibit Area**
- 10:30 a.m. - 1:30 p.m. **Breakout #11 Hip Arthroplasty**  
**Breakout #12 Pediatrics/Spine**  
**Breakout #13 Knee Arthroplasty**  
**Breakout #14 Shoulder Arthroplasty**  
**Breakout #15 Sports Medicine**
- 1:30 p.m. **Board of Directors’ Meeting**

## Case-Based Controversies in Orthopedic Trauma

Pre-meeting course on Wednesday, April 10, 2019

7:30 a.m. - 5:00 p.m.

*Jointly sponsored by Mid-America Orthopaedic Association and the International Congress for Joint Reconstruction*

### Course Faculty to include:

Justin C. Siebler, M.D., Omaha, NE (*Course Chair*)

Michael T. Archdeacon, M.D., Cincinnati, OH

Brian W. Buck, D.O., Springfield, MO

Lisa K. Cannada, M.D., Jacksonville, FL

Andrew N. Choo, M.D., Houston, TX

Brett D. Crist, M.D., FACS, Columbia, MO

William W. Cross, III, M.D., Rochester, MN

Matthew D. Karam, M.D., Iowa City, IA

Matthew A. Mormino, M.D., Omaha, NE

Chinedu C. Nwosa, M.D., Des Moines, IA

Edward A. Perez, M.D., Memphis, TN

Philipp N. Streubel, M.D., Omaha, NE

### Learning Objectives:

1. Recognize the current methods of emergent treatment for hemodynamically unstable patients with pelvic ring injuries.
2. Understand diagnostic subtleties of fractures of the clavicle, humerus, femur, tibia, ankle, and foot as they pertain to treatment decision-making.
3. Comprehend current controversies of treatment for fractures of the clavicle, humerus, femur, tibia, ankle, and foot.
4. Tactics for optimizing operating room setup and management for fractures of the clavicle, humerus, femur, tibia, ankle, and foot.
5. Learn techniques, tips and tricks for surgical treatment of fractures of the clavicle, humerus, femur, tibia, ankle, and foot.
6. Strategies for avoiding surgical complications when treating fractures of the clavicle, humerus, pelvis, femur, tibia, ankle, and foot.

### Pre-Course Agenda:

#### Session I

- Unstable Intertrochanteric Fractures
- “Young” Femoral Neck Fractures
- Acute Pelvis Fracture Management

#### Session II

- Distal Tibia Fractures
- Ankle Fractures ± Syndesmosis Injury
- Midfoot Injuries

#### Session III

- Proximal Tibia Fractures
- Distal Femur Fractures
- Subtrochanteric Fractures

#### Session IV

- Clavicle Fractures
- Proximal Humerus Fractures

Join us one day prior to the MAOA Annual Meeting for this CME event of faculty presentations followed by round table discussions. Fee: \$250 for practicing orthopedists and \$150 for residents, fellows, medical students, and allied health. To register, visit the MAOA web site ([www.maoa.org](http://www.maoa.org)). Click on “2019 Annual Meeting”. 7.5 Category 1 CME credits will be offered for this one-day course. For more information, go to the ICJR ([www.icjr.net](http://www.icjr.net)) or MAOA ([www.maoa.org](http://www.maoa.org)) web site.

## Resident Quiz Bowl

Saturday, April 13, 2019

8:30 a.m. - 9:30 a.m.

Back by popular demand! This session will be a fun, interactive hour focusing on important issues in all areas of orthopedics. Format will be similar to a quiz show where orthopedic residents from academic programs in the Mid-America region will compete against one another answering questions from a well-informed moderator!! Score will be kept!! This will be an educational experience for both participants as well as the audience.

**For a complete list of the scientific presentations and posters, please visit the MAOA web site ([www.maoa.org](http://www.maoa.org)).**

# Meeting Registration

Please visit [www.maoa.org](http://www.maoa.org) to register for the meeting and reserve a hotel room. Make plans early to attend a great meeting. **All presenters are required to register and pay a registration fee.**

## What is Included in Your Registration Fee?

See the MAOA web site regarding the separate registration fee for the Wednesday, April 10, 2019, pre-meeting course “Case-Based Controversies in Orthopedic Trauma”.

### Regular Meeting registration fees include:

#### Physician Registration

- Continental Breakfast in Exhibit Area on Thursday, Friday, and Saturday
- Coffee Breaks in the Exhibit Area
- Welcome Reception and Buffet Dinner on Wednesday
- Friday Night Dinner
- Meeting Expenses - As with all meetings, your registration fee helps to cover all expenses of the annual meeting, such as name badges, printing, postage, audiovisual equipment, etc.

#### Spouse/Guest Registration

- Continental Breakfast at the Spouse/Guest Hospitality on Thursday and Friday
- Welcome Reception and Buffet Dinner on Wednesday
- Friday Night Dinner
- Name badge

#### Controlling Registration Fees

Charges for functions, meeting space, and amenities are ameliorated in direct ratio to the number of rooms booked through the Association's block. Consolidating our reservations helps control registration fees.

## The 2019 Meeting Registration Fees are as follows:

	On or before March 8, 2019	After March 8, 2019
<b>Member</b>	\$800.00	\$900.00
<b>Nonmember</b>	\$1,200.00	\$1,300.00
<b>Resident/Fellow/Allied Health</b>	\$500.00	\$600.00
<b>Medical Student</b>	\$100.00	\$200.00
<b>Spouse/Guest of Members and Nonmembers</b>	\$250.00	\$250.00
<b>Spouse/Guest of Residents, Fellows, and Allied Health</b>	\$0.00	\$0.00
<b>Spouse/Guest of Medical Student</b>	\$100.00	\$100.00
<b>Exhibitor</b> – company representative (includes Wed. & Fri. dinners)	\$265.00	\$265.00
<b>Exhibitor</b> – company representative (includes Wed. dinner)	\$135.00	\$135.00
<b>Exhibitor</b> – company representative (includes Fri. dinner)	\$130.00	\$130.00
<b>Exhibitor</b> – company representative (no dinners included)	\$0.00	\$0.00

**PLEASE NOTE: If you are NOT a member of the MAOA, please consider joining at this time. If your membership application is received in the MAOA office by March 8, 2019, you will only be charged the member rate. The application can be found on the MAOA web site ([www.maoa.org](http://www.maoa.org)).**

#### Meeting registration fee cancellation policy

Full meeting registration fees (less \$50.00 administrative fee) will be refunded if notice is received by March 8, 2019. All meeting cancellations must be received in writing. No refund of meeting registration fee will be granted if notice is received March 9, 2019, or later.

#### Policy regarding children's attendance

At the Hilton Sandestin Beach Golf Resort, children 17 years of age and younger stay free when sharing a room with parents (with existing beds).

Children attending the MAOA 2019 Annual Meeting are welcome to attend various functions with a parent.

**Sign-up is required for the children's evening meals and can be done when completing your online registration.**



# Hilton Sandestin Beach Golf Resort

The Hilton Sandestin Beach Golf Resort in Miramar Beach, Florida, is the largest beachfront resort on Northwest Florida's Gulf Coast. Sink your toes into the sugar-white sands along the emerald green waters of the Gulf of Mexico and take in the stunning South Walton views. Lounge on the beach or by one of the three pools, or indulge in one of the first-class amenities such as golf, tennis, or the award-winning spa. There are six on-site dining venues including a Four-Diamond steak and seafood restaurant or enjoy the outdoors at the beachside bar and grill. The Hilton is a great family destination with plenty of activities for all.

Visit [www.hiltonsandestinbeach.com](http://www.hiltonsandestinbeach.com) for additional information about the resort.

MAOA has been allotted "Run of the House" accommodations. This means that the special MAOA room rate will include rooms in all categories listed on the MAOA web site. Accommodations will be assigned at the time of check-in according to your reservation request. These special MAOA group rates are valid three (3) days preceding and three (3) days following the meeting, based upon availability.

## The MAOA daily room rate is as follows:

<b>Run of House Room (single or double occupancy)</b>	<b>\$249.00</b>
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The MAOA group rate includes some junior suites that come with additional bunk beds in a small private alcove. This layout is designed to accommodate families.

There will be a \$20 charge for each additional adult in the room exceeding double occupancy.

**Note:** The above European Plan (no meals included) rates are subject to applicable state and local taxes, which are currently 11% and subject to change.

**Resort amenities program:** The Hilton Sandestin Beach Golf Resort charges a daily Resort Fee of \$30.00 per room per day. **THIS FEE HAS BEEN REDUCED TO \$10.00/room/night.** The resort fee includes guest internet access, self-parking, fitness center access, tram transport throughout the resort, board and beach games, resort activities, kids 10 and under eat free breakfast at Sandcastles with a paid adult, exclusive shopping pass, and local/toll free calls.

MAOA will be providing Internet service in the meeting room space.

## How to reserve a hotel room

Visit the Mid-America Orthopaedic Association web site ([www.maoa.org](http://www.maoa.org)) to reserve a hotel room. If you encounter any problems making your room reservation, please call the hotel reservation department at 850-267-9500 ext. 6700 or the MAOA office at 507-281-3431. Room reservations will be closed March 8, 2019, or earlier if all hotel space has been allocated.

## Hotel confirmation and cancellation policy

A one night's deposit with a major credit card is due at time of booking. If the guest must cancel they must do so seven (7) days prior to arrival to avoid forfeiture of the deposit.

**IMPORTANT – The Hilton Sandestin Beach Golf Resort is in Miramar Beach, Florida – the Northwest coast of Florida. It is important that you use the following airport codes.**

## Airport/hotel transportation

FYI--the Hilton Sandestin Beach area can be accessed by using the following airports:

- **Fort Walton Beach (Airport code VPS) – 24 miles to resort**
- **Panama City (Airport code ECP) – 40 miles to resort**
- **Pensacola Regional Municipal (Airport code PNS) – 65 miles to resort**

Individuals can arrange their own transportation to/from the hotel by rental car, taxi, Uber, or Lyft.

# Social Program at a Glance

## Wednesday, April 10

7:00 p.m. - 9:00 p.m. **Welcome Reception and Buffet**  
*Sunrise and Barefoot's Deck*

## Thursday, April 11

8:30 a.m. – 10:30 a.m. **Spouse/Guest Hospitality**

9:30 a.m. **Spouse/Guest Welcome**

6:00 p.m. – 7:30 p.m. **Exhibitors' Reception**  
*Coastal Ballroom*

**Dinner at Leisure**

## Friday, April 12

8:30 a.m. – 10:30 a.m. **Spouse/Guest Hospitality**

10:30 a.m. **Spouse/Guest-Children Sandcastle Building**  
*Hilton Sandestin Beach*  
Online signup not required

1:15 p.m. – 4:45 p.m. **OPTIONAL ACTIVITY**  
**Destin Dolphin Cruise Aboard the Southern Star**  
Signup required—see below

1:30 p.m. **OPTIONAL ACTIVITY**  
**MAOA Golf Tournament**  
*Baytowne Golf Club*  
Signup required—see below

2:00 p.m. **OPTIONAL ACTIVITY**  
**MAOA Tennis Tournament**  
*Sandestin Golf and Beach Resort Tennis Courts*  
Signup required—see below

6:30 p.m. – 7:30 p.m. **Steel Lecture**  
*Emerald ABC*

7:30 p.m. – 10:00 p.m. **Friday Night Dinner**  
*Sunrise and Barefoot's Deck*

## Friday, April 12 Optional Activities

**10:30 a.m. Spouse/Guest-Children Sandcastle Building**  
Hilton Sandestin Beach  
Come play in the sand and see who can build the most sand-sational sandcastle or sand animal! Sand, buckets, shovels, fun, and a winning prize are all included. The Resort Recreation Team will set-up squares for each individual/team, supervise, and judge the event. Come have fun in the sun and sand! It is highly recommended that a parent/adult accompany each child.  
**Cost: \$0 – activity complimented by MAOA**

Registration for the following activities can be done when registering for the meeting on the MAOA web site ([www.maoa.org](http://www.maoa.org))

**1:15 p.m. - 4:45 p.m. Destin Dolphin Cruise Aboard the Southern Star**  
Join in this fun, family-friendly cruise aboard the Southern Star glass bottom boat! Guests will enjoy a narrated two-hour adventure along the beautiful emerald green waters of the Gulf of Mexico and experience close-up views of dolphins, seabirds, and other marine wildlife. Kids will enjoy feeding the birds and steering the boat (with a little help from the Captain, of course!)  
**Cost: \$85/person (ages 15+) • \$67.50/child (ages 4-14) • \$0/child (ages 0-3)**  
**(Cost includes transportation)**

**1:30 p.m. MAOA Golf Tournament – Scramble Format (shotgun start)**  
Baytowne Golf Club  
**Cost: \$100/person**

**2:00 p.m. MAOA Tennis Tournament**  
Sandestin Golf and Beach Resort Tennis Courts  
**Cost: \$50/person**

# Social Program at a Glance

## Saturday, April 13

2:00 p.m. – 4:30 p.m. **OPTIONAL ACTIVITY**

### **Kayak Eco-Adventure**

Signup required—see below

2:30 p.m. – 5:00 p.m. **OPTIONAL ACTIVITY**

### **Coastal Brews – A Craft Brewery Tour of Grayton Beer Company**

Signup required—see below

### **Dinner at Leisure**

## Sunday, April 14

Departures

## Saturday, April 13 Optional Activities

### **2:00 p.m. - 4:30 p.m. Kayak Eco-Adventure**

The Emerald Coast is well known for its beautiful beaches and great fishing, but less known are the unique and scenic dune lakes that dot the coastline along the area's beach dune system. Nestled along Scenic Highway 30A, the coastal dune lakes are rare geological features that only occur in the Florida Panhandle, Madagascar, Australia, New Zealand, and the northern Pacific coast of the United States. An eco-tour guide will take you on a 90-minute paddle along Western Lake where you will experience the diversity of wildlife and habitats that define these unique lake systems. You will paddle fresh water entry points up to the lake outfall on the white sand beaches of the Gulf of Mexico.

**Cost: \$125/person (includes transportation)**

### **2:30 p.m. - 5:00 p.m. Coastal Brews – A Craft Brewery Tour of Grayton Beer Company**

Tucked away in Walton County between Rosemary and Grayton Beach, the Grayton Beer Company is a brewery that makes beer to compliment the local area that owner Jamey Price calls home. Starting with an IPA and a Pale Ale – classic American craft beers – they now boast 1980 Founder's Ale, a balanced amber ale; White Dunes, a Belgian white; 30A Beach Blonde, a refreshing blonde ale; Salt of the Gulf, a Gose-style beer; and Fish Whistle IPA, a robust copper-colored IPA. You will experience a tour of the brewery by one of their beer ambassadors as you sip on one of their craft brews followed by a tasting of five of their beers and small batch series in their tap room. At the conclusion of the tour, each guest will receive a Grayton Beer souvenir 16 oz. glass as a memento.

**Cost: \$62/person (includes transportation)**

### **Fishing**

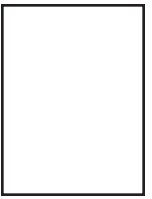
If individuals are interested in fishing, the Sandestin Orvis store recommends contacting Shallow Water Expeditions to set up an excursion. Phone: 850-534-4349 or visit

**[www.shallowwaterexpeditions.com](http://www.shallowwaterexpeditions.com)**



# MID-AMERICA ORTHOPAEDIC ASSOCIATION

300 Third Avenue, S.E.  
Suite 405  
Rochester, MN 55904



**37th Annual Meeting** | April 10-14, 2019 Hilton Sandestin Beach Golf Resort | Miramar Beach, Florida



# MID-AMERICA ORTHOPAEDIC ASSOCIATION

[www.maoa.org](http://www.maoa.org)

## FUTURE MEETINGS **MARK YOUR CALENDARS**

**April 10-14, 2019**

Hilton Sandestin Beach Golf Resort  
Miramar Beach, Florida

**April 22-26, 2020**

Hyatt Regency Coconut Point Resort  
Bonita Springs, Florida

**April 21-25, 2021**

Omni Amelia Island Plantation  
Amelia Island, Florida

**April 6-10, 2022**

La Cantera Resort  
San Antonio, Texas