

# CAO Research Foundation

## THE ORTHOBIOLOGICS FORUM

April 24th–25th

Westin Georgetown, Washington DC

### DAY 1

| Time           | Program Name                               | Moderator          | Speaker | Room                    |
|----------------|--|--------------------|---------|-------------------------|
| 1:30 - 1:35 PM | Welcome & Introduction                     | Scott Faucett, MD  |         | Main Ballroom           |
| 1:35 - 4:30 PM | Ultrasound Program                         | Imran Siddiqui, MD |         |                         |
| 1:35 - 2:50 PM | Shoulder                                   |                    |         |                         |
| 2:50 - 2:50 PM | Elbow                                      |                    |         |                         |
| 2:50 - 2:50 PM | Pelvis                                     |                    |         |                         |
| 2:50 - 3:15 PM | Break (Coffee, Sodas, Snacks)              |                    |         |                         |
| 3:15 - 4:30 PM | Hip  |                    |         |                         |
| 4:30 - 4:30 PM | Knee                                       |                    |         |                         |
| 4:30 - 4:30 PM | Ankle                                      |                    |         |                         |
| 4:30 - 4:35 PM | Concluding Remarks                         | Imran Siddiqui, MD |         |                         |
| 4:35 - 5:00 PM | Transition Break                           |                    |         | Courtyard/<br>Promenade |
| 5:00 - 7:00 PM | The Orthobiologics Forum Welcome Reception | Scott Faucett, MD  |         |                         |

### DAY 2

| Time             | Program Name  | Moderator               | Speaker  | Room          |
|------------------|---|-------------------------|--|---------------|
| 7:30 - 8:00 AM   | Breakfast   |                         |  | Main Ballroom |
| 8:00 - 8:10 AM   | Welcome   | Scott Faucett, MD       |  |               |
| 8:10 - 9:45 AM   | In Office Orthobiologics  | Marc Gruner, DO         |  |               |
| 8:10 - 8:30 AM   | PRP Basic Science & Rationale   |                         | Imran Siddiqui, MD   |               |
| 8:30 - 8:35 AM   | Q&A   |                         |  |               |
| 8:35 - 8:55 AM   | Cellular Orthobiologics — BMAC, MFAT & Adipose-Derived Treatments   |                         | John Farrell, MD   |               |
| 8:55 - 9:00 AM   | Q&A   |                         |  |               |
| 9:00 - 9:45 AM   | Upper Extremity Case Selection & Evidence   |                         | Marc Gruner, DO  |               |
| 9:45 - 9:50 AM   | Q&A   |                         |  |               |
| 8:35 - 9:20 AM   | Lower Extremity Case Selection & Evidence   |                         | YT Chen, MD  |               |
| 9:20 - 9:25 AM   | Q&A   |                         |  |               |
| 9:25 - 9:45 AM   | Faculty Roundtable Discussion   |                         | All Faculty  |               |
| 9:45 - 10:15 AM  | Coffee Break  |                         |  | Foyer         |
| 10:15- 12:00 PM  | Operative Biologics: Upper Extremity  | Noah Raizman, MD        |  | Main Ballroom |
| 10:15 - 10:50 AM | Elbow   |                         |  |               |
| 10:15 - 10:30 AM | Distal Biceps Tendinitis / Tendinosis: Current evidence for orthobiologic interventions in distal biceps pathology  |                         |  |               |
| 10:30 - 10:50 AM | Medial & Lateral Epicondylitis: Orthobiologic options for medial and lateral epicondylitis — comparative outcomes and clinical protocols  |                         | Nate Yokel, MD<br>Zachary Zimmer, MD<br>Chaitu Malempati, MD<br>Cyrus Press, MD  |               |
| 10:50 - 12:00 PM | Shoulder  |                         |  |               |
| 10:50 - 11:05 AM | Glenohumeral Arthritis: Non-operative and preoperative applications of orthobiologics — indications, evidence, and patient selection  |                         |  |               |
| 11:05 - 11:35 AM | Rotator Cuff Tears — Biological Augmentation: Patch augmentation and biological augmentation strategies to optimize rotator cuff healing outcomes   |                         |  |               |
| 11:35 - 12:00 PM | Tendinitis, Tendinopathy & Related Conditions: Proximal biceps tendinitis/tendinopathy, partial-thickness rotator cuff tears, and adhesive capsulitis — is there a role for orthobiologics? |                         |  |               |
| 12:00 - 12:20 PM | Transition Break  |                         |  |               |
| 12:20 - 1:20 PM  | Industry Sponsored Lunch Sessions   |                         |  |               |
| 12:20 - 1:20 PM  | Diamond Sponsor 1: Smith + Nephew   |                         |  | Main Ballroom |
| 12:20 - 1:20 PM  | Platinum Plus Sponsor 2: Ossio   Miach Orthopaedics   |                         |  | Scott Room    |
| 1:20 - 2:50 PM   | Operative Biologics: Concurrent Sessions I  |                         |  | Scott Room    |
| 1:20 - 2:50 PM   | Operative Biologics: Spine  | Michael Goldsmith, MD   |  |               |
| 1:20 - 2:10 PM   | Biologics in Spinal Fusion  |                         |  |               |
| 1:20 - 1:30 PM   | Autograft: Gold Standard or Outdated Surgical Dogma?  |                         |  |               |
| 1:30 - 1:40 PM   | Bone Graft Substitutes: Are Substitutes Ready to Replace Autograft?   |                         |  |               |
| 1:40 - 1:50 PM   | Growth Factors: Unmatched Efficacy at What Clinical Cost?   |                         |  |               |
| 1:50 - 2:00 PM   | Cell-Based Therapies: Promise, Hype, or the Future of Fusion?   |                         | Joseph O'Brien, MD<br>Rachel Bratescu, MD<br>Eve Hoffman, MD<br>Colin Haines, MD |               |
| 2:00 - 2:10 PM   | Scaffolds & Tissue Engineering: Engineering Biology or Overcomplicating Bone Healing?   |                         |  |               |
| 2:10 - 2:50 PM   | Biologics for Disc Regeneration   |                         |  |               |
| 2:10 - 2:20 PM   | Intradiscal Cell Therapy: Can We Truly Regenerate the Degenerating Disc?  |                         |  |               |
| 2:20 - 2:30 PM   | PRP & Biologic Injectables: Signal Modulation or Just Expensive Placebo?  |                         |  |               |
| 2:30 - 2:40 PM   | Annular Repair Strategies: Are We Preventing Failure or Delaying It?  |                         |  |               |
| 2:40 - 2:50 PM   | Anti-Inflammatory Approaches: Treating Pain or Ignoring Underlying Pathology?   |                         |  |               |
| 1:20 - 2:50 PM   | Operative Biologics: Hip  | John Christoforetti, MD |  | Main Ballroom |
| 1:20 - 1:32 PM   | PHip Labrum Reconstruction in 2026  |                         | Winston Gwathmey, MD   |               |
| 1:32 - 1:37 PM   | Discussion /Audience Q&A  |                         |  |               |
| 1:37 - 1:49 PM   | Articular Cartilage Restoration in 2026   |                         | Ajay Lall, MD  |               |
| 1:49 - 1:54 PM   | Discussion /Audience Q&A  |                         |  |               |
| 1:54 - 2:06 PM   | Skeletal Realignment for Hip Cartilage Health   |                         | Asheesh Gupta, MD  |               |
| 2:06 - 2:11 PM   | Discussion /Audience Q&A  |                         |  |               |
| 2:11 - 2:23 PM   | Augmented Tendon Insertion Repair in the Abductor   |                         | John Christoforetti, MD  |               |
| 2:23 - 2:28 PM   | Discussion /Audience Q&A  |                         |  |               |
| 2:28 - 2:40 PM   | Revision Hip Arthroscopy in 2026: Biology Matters!  |                         | Andrew Wolff, MD   |               |
| 2:40 - 2:50 PM   | Rapid Fire Hip Cases  |                         | All Faculty  |               |
| 2:50 - 3:20 PM   | Coffee Break  |                         |  | Foyer         |
| 3:20 - 4:50 PM   | Operative Biologics: Concurrent Sessions II   |                         |  | Main Ballroom |
| 3:20 - 4:50: PM  | Operative Biologics: Knee   | Scott Faucett, MD       |  |               |
| 3:20 - 3:40 PM   | Ligament  |                         |  |               |
| 3:40 - 3:40 PM   | Collateral Ligament   |                         | John Klimkiewicz, MD   |               |
| 3:40 - 3:40 PM   | ACL   |                         | Bashir Zikria, MD  |               |
| 3:40 - 4:20 PM   | Cartilage   |                         |  |               |
| 4:20 - 4:20 PM   | PF  |                         | Guillem Lomas, MD  |               |
| 4:20 - 4:20PM    | Condylar  |                         | Scott Faucett, MD  |               |
| 4:20 - 4:20 PM   | Tibial  |                         | Bashir Zikria, MD  |               |
| 4:20 - 4:45 PM   | Mensicus  |                         |  |               |
| 4:45 - 4:45 PM   | HCT   |                         | Guillem Lomas, MD  |               |
| 4:45 - 4:45 PM   | Complex Tears   |                         | John Klimkiewicz, MD   |               |
| 4:45 - 4:50 PM   | Q&A   |                         | Scott Faucett, MD  |               |
| 3:20 - 4:50: PM  | Operative Biologics: Foot & Ankle   | Steven Neufeld, MD      |  | Scott Room    |
| 3:20 - 3:35 PM   | Biologics in Bony fusions   |                         | Sudheer Reddy, MD  |               |
| 3:35 - 4:00 PM   | Ligament & Tendon Augmentation  |                         | Thomas Sanders, MD   |               |
| 4:00 - 4:25 PM   | Improving Wound Care with Biologics   |                         | Vineet Mehan, MD   |               |
| 4:25 - 4:50 PM   | Cartilage Restoration using biologics   |                         | Marc Chodos, MD  |               |
| 4:50 - 5:00 PM   | Meeting Adjourns Closing Remarks  | John Christoforetti, MD |  | Main Ballroom |