



# Alabama Orthopaedic Society

## *News*

Winter 2018



**PLEASE JOIN US**



**AOS/MOS  
Annual Meeting**



**May 17-19, 2018  
The Grand Hotel Point Clear, AL**

**Advocacy | Relationship | Education**



# Know Your Board of Directors

Thank you to the 2017-18 AOS Board of Directors who volunteer their time to offer their insight, experience and resources to the association. Please feel free to contact any of our board members if you have questions, comments, or suggestions regarding the Alabama Orthopaedic Society. If you would like to serve on the Board of Directors or a committee, please contact Terri Mendez, AOS Executive Director: 334-657-6575 / [terri@aosdocs.com](mailto:terri@aosdocs.com)



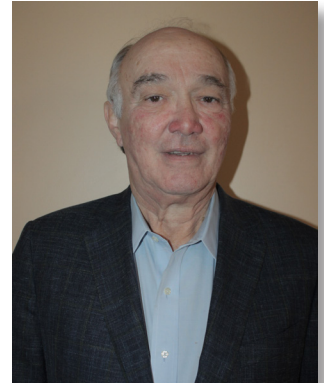
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**Terri Mendez**  
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# AOS President's Message

*Howard Miller, M.D.*



## We Must Be Unified

Colleagues,

Consider this--

- 18% of our nation's GDP is spent on health care
- One third of that (6% of GDP) is spent on musculoskeletal related issues
- Orthopaedists represent only 3% of all physicians

Is it any wonder why we face increasing external pressures from multiple fronts including government, private insurers, hospitals, pharmaceutical companies, and alternative providers? With a large bullseye on our back, we must meet the challenge of advocating for our patients and for our profession.

To do so, we must be unified - unified in putting our patients' interest first in any circumstance, and unified in representing our profession to those who make decisions about health care and reimbursements.

In our individual practices we advocate for patients on a daily basis. We must continue that, but we must also advocate for our patients and our profession in Montgomery and in Washington. A few of our colleagues actively pursue such advocacy, but every one of us must support that effort.

I urge you to establish a relationship with your elected officials and contact them to discuss issues that affect your practice of orthopaedics. And I challenge you to recruit a colleague who is not a member of our State Society to join and participate. The

Academy each year recognizes the State Society with the greatest percentage increase in membership and the State that has the highest percentage of contributors to the AAOS OrthoPAC-I would like to see Alabama obtain recognition in both areas.

The Alabama Orthopaedic Society works closely with the Medical Association of the State of Alabama (MASA) on issues affecting orthopaedic medicine. Together, MASA and AOS have advocated before the Legislature to protect the safety of orthopaedic patients and advance the practice of orthopaedic medicine.

Our Society annual meeting is scheduled 17-19 May at the Grand Hotel in Point Clear, with the Mississippi Society again meeting with us. Guest participants are Foot and Ankle specialist, Dr. Robert Anderson, of Green Bay, WI, (recently relocated from Charlotte;) Upper Extremity specialist, Dr. Fred Corley of the University of Texas-San Antonio; and Dr. Jesse DeLee, Sports Medicine and Total Joint Specialist, also of San Antonio. In addition to their presentations, we will have a session on opioid prescribing that will satisfy the requirement the Alabama Board of Medical Examiners has established necessary for maintaining an Alabama license. And along with the scientific presentations and technical exhibits, we have scheduled social events that will make this an enjoyable weekend for your entire family.

We have just received notification from the IRS that our application to establish a non profit 501(3)c foundation has been approved by the IRS. The AOS Foundation will be able to solicit tax deductible funds from individuals and organizations and use those funds for various projects. Our initial initiative will be to have a playground build patterned after the one that has been done at the AAOS Academy annual meeting in recent years. It is my hope we can make this an annual event here in our state, and build lasting structures that will give kids safe environments in which to play and exercise.

So, I urge you to:

- talk to a colleague who is not a member about joining AOS.
- text AAOS to 41444. You will be directed to a link to contribute to the OrthoPAC--get your toes wet--even a small contribution will allow you to follow what your PAC does for you.
- register for the annual meeting at [aos.com/annual-meeting](http://aos.com/annual-meeting).

I wish for you a safe, healthy, and prosperous New Year.

See you in Point Clear.

A handwritten signature in dark ink that reads "Howard G. Miller". The signature is written in a cursive, flowing style.

Howard G. Miller, M. D.  
President,  
Alabama Orthopaedic Society



## AOS President-Elect's Message

*Chad Mathis, M. D.*

### Keeping a Sharp Eye Out

I hope you are well and were able to take some time off during the holiday and spend time with your family.

As we look forward to the new year, we must keep a sharp eye out on what is happening in Montgomery and Washington.

I urge you to stay involved with AOS and the national PAC of AAOS.

The board and I are continuing to engage with our political leaders at home and in our capitols. I will be representing Alabama

orthopaedists at the MASA Government Affairs Conference in Washington, DC this month. As I visit our elected officials, I will discuss issues that affect orthopaedists.

I believe it is important for us, as physicians to have strong relationships with our elected officials. I urge you to make a new year's resolution to engage with our local, state, and national political leaders.

I look forward to seeing you in Point Clear in May at our annual meeting. We are continually

improving our annual meeting - both the scientific sessions and the opportunities to engage with our peers. We are going to meet again this year with Mississippi Orthopaedic Society. Please join us.

Chad Mathis, M.D.  
President-Elect  
Alabama Orthopaedic Society

**See you in New Orleans!**  
**AAOS 2018 Annual Meeting**  
**March 6-10**

# Executive Director's Letter

## Terri Mendez



## Would you Notice?

Imagine you are asked to view a short video in which six people pass around basketballs. Three are wearing white shirts, three are wearing black shirts. While you watch the video, you are asked to keep a silent count of the number of passes made by the people in white shirts.

*Spoiler Alert: if you have not seen this video, I am about to spoil it for you. You might want to take a look at the video: [www.theinvisiblegorilla.com](http://www.theinvisiblegorilla.com).*

During the passing of the basketballs, a gorilla strolls into the middle of the action, faces the camera and thumps its chest, then leaves. He spends 9 seconds onscreen. Only 50% of those viewing the video noticed the gorilla! I viewed this video at a seminar many years ago, and was awestruck that much of our audience didn't see the gorilla.

Would you see it?

The point is, we are so focused on one thing, we often miss things that are right in front of us; for instance, the AOS Annual Meeting. If your attention is on attending the lectures and obtaining CME credits, you might miss the wonderful opportunity to learn from your peers, to have conversations with colleagues, to play golf with a seasoned surgeon, or to view the latest technology from our suppliers.

Last year, an orthopaedist told me of a career opportunity that hatched

after a brief conversation at our Annual Meeting. He was visiting with a colleague at breakfast, and that conversation eventually evolved into later conversations culminating in an excellent opportunity for this physician.

There is so much opportunity at our Annual Meeting. I hope you'll join us at The Grand Hotel May 17-19, 2018 for CME opportunities, the opportunity to share your experiences, to learn about the latest technology, to learn from your peers, to see old friends and make new ones.

We have another busy year ahead. Members of the AOS Board of Directors will be representing AOS at several events in 2018.

- AOS President-Elect, Dr. Chad Mathis and I will attend the MASA Government Affairs Conference in Washington, DC. January 29-31.
- AOS President, Dr. Howard Miller will represent AOS at the MASA Annual Meeting in Montgomery, April 13-14.
- Our two councilors to AAOS, Dr. Howard Miller and Dr. Trey Baird, as well as chief residents from each of our medical schools will attend the National Orthopaedic Leadership Conference (NOLC) in Washington, D.C. June 6-9.

- We hope to see many of you at the AAOS Annual Meeting in New Orleans, LA. March 7-10

As you look forward to the coming new year, please think about making these resolutions:

- Resolve to be involved in your Association
- Keep abreast of challenges and opportunities for orthopaedists
- Keep in touch with legislators who affect healthcare

Please let me know if there is anything the Association can do for you.

A handwritten signature in black ink that reads "Terri Mendez".

Terri Mendez  
Executive Director  
Alabama Orthopaedic Society

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# AAOS Board of Councilors' Report



Howard Miller, M.D.  
AAOS Board of Councilors



Robert Baird, III, M.D.  
AAOS Board of Councilors

The Board of Councilors of the AAOS consists of 90+ members who are elected by state and regional orthopaedic societies, the branches of the U.S. military, and Puerto Rico and U.S. territories. The BOC represents the grassroots of the profession and serves as an advisory body to the AAOS Board of Directors and as a resource to AAOS.

## **Committees.**

In addition, the BOC manages AAOS relations with state and regional societies by conducting programs to strengthen and support those societies organizationally. The BOC meets three times yearly: at the AAOS annual meeting; at the National Orthopaedic Leadership Conference each spring in Washington, D.C., where we meet with our elected officials; and at the AAOS Fall Meeting, which is held in October at varying locations.

Alabama has two delegates - Trey Baird of Mobile is our first year Councilor, and I am our third year Councilor. Terms are for three years, with Councilors typically serving two terms.

Trey and I attended the fall meeting in October in Dallas. The Board of Councilors discussed anticipated changes to the process for maintaining certification, professionalism aspects of advertising for such things as stem cell injections and joint replacements, economic issues such as payment reform and how to maintain viability of all practice models, bundled payments and changes in the CJR, medical liability reform, physician ownership of hospitals, and risk adjustment reimbursement. We also discussed adding value for membership in state societies, disaster response limitations because of licensure and malpractice, and scope of practice issues.

Symposia were held with topics of Orthopaedic Registries, Partnership and Unity in the House of Orthopaedics, Developing Agendas for Legislative and Regulatory Advocacy, and possible RVU Consequences of Removing TJR from the inpatient only list.

In the AAOS Now publication, there is a column from the BOC which summarizes ongoing activities. Review that, and let Trey and me know what issues you are dealing with.

With your input we can bring these matters up for discussion.

Respectfully submitted,

A handwritten signature in black ink that reads "Howard Miller".

Howard Miller, M.D.  
AAOS Board of Councilors



# Three Simple Steps for Increasing Orthopaedics' Influence

Niko Corley  
Director, Legislative Affairs  
Deputy Director, Alabama  
Medical PAC (ALAPAC)  
Medical Association of the State  
of Alabama

From the outside looking in, the political process likely seems as inviting as a shark tank, as navigable as a corn maze, as predictable as the Kentucky Derby. Intimidating, confusing and frustrating are often used by citizens to describe advocacy-related interactions with government and frankly, this isn't surprising given most citizens' level of understanding of the political process.

In his Gettysburg Address, President Abraham Lincoln famously opined our nation's form of government – “of the people, by the people, for the people” – would long endure. Unlike the direct democracy of 5th century Athens, Americans live in a representative democracy, electing individuals from city councilmen to the President to make decisions for them.

Representative democracy eliminates the need for the citizenry to be involved in the minutiae of modern governance.

The downside, however, can be a culture of complacency on the part of the electorate. Outcomes are typically directed by those choosing to engage government on issues important to them, and so government becomes “of the people, by the people, for the people [who choose to participate].” The citizenry is ultimately still responsible for holding government accountable, through either direct engagement with lawmakers or the electoral process (or both), though few understand how to do so.

By following the three simple steps below, orthopaedists can increase their influence on issues important to them and the patients they serve.

## **Step 1:** *Join, join, join*

A significant portion of success is simply showing up, but orthopaedists don't have the time to spend flying back and forth to Washington or driving to Montgomery for Congressional

or legislative meetings, hearings and sessions. Laws and or regulations are constantly under consideration in either the nation's or state's capitol directly affecting orthopaedics. A practicing orthopaedist can't possibly make all the scheduled meetings and still see patients, much less attend to the very necessary continual monitoring of legislative and regulatory bodies that is required of successful modern-day advocacy operations.

But when like-minded people pool their resources good things can happen. Advocacy organizations concerned with ensuring delivery of quality orthopaedic care and a positive practice and liability environment – from the American Academy of Orthopaedics Surgeons to the Alabama Orthopaedic Society to the Medical Association of the State of Alabama – all deserve your support and membership.

They are all working for you and joining them gives these

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organizations the resources to hire qualified personnel to represent orthopaedists and their patients before legislative and regulatory bodies.

## **Step 2:** *Get to know a few key people*

Orthopaedists are responsible for a lot, and in today's world especially, it's easy to get in a routine and leave the job of representing the profession to someone else. After all, isn't that what membership dues are for? Yes and no. While membership in organizations advocating for orthopaedists helps fund advocacy operations, paying membership dues alone is not enough, not in the era of social media, 24-hour news and increased engagement by those on the other side of issues from Orthopaedics. Perhaps surprisingly, getting to know a few key people is not difficult, even if only by phone or email. While those paid to represent Orthopaedics will know the members of the Legislature and Congress and try to convince them of Orthopaedics' position, in lawmakers' minds, there is no contact more important than one from a constituent.

Orthopaedists should start locally, getting to know their State Representative and State Senator first, gradually working up to establishing relationships with their member of Congress

and U.S. Senators. If they are doing their job well as an elected representative, these legislators and their staff will be glad to hear from a constituent and get his/her perspective. At the same time, don't overlook the importance of encouraging fellow orthopaedists to engage their local elected officials in meaningful dialogue as well so overall efforts will be amplified. For more information on how to interact and communicate with lawmakers, check out the Medical Association's ABCs of VIP (also available at <http://alabamamedicine.org/abcs-of-vip/>).

## **Step 3:** *Put your money where your mouth is*

Medical and specialty society membership dollars cannot be legally used for elections purposes, and so separate political action committees or PACs must be established and funds raised each year to help elect candidates orthopaedists' can work with on important orthopaedic issues. Not surprisingly, numerous entities whose objectives are at odds with medical liability reform, meaningful health system reform and with ensuring the highest standards for orthopaedic care are eager to get their allies elected to office.

Just like their parent organizations, the PACs of the American

Academy of Orthopaedic Surgeons (OrthoPAC) and the Medical Association of the State of Alabama (ALAPAC) are all worthy of your support. When it comes to PAC contributions, never underestimate the impact of even a small donation.

Choosing to not participate in the political process – when it's known the decisions of lawmakers directly affect Orthopaedics – is akin to getting sued, consciously sitting out voir dire and letting the plaintiff's lawyer pick the jury.

## **Summary**

The future of orthopaedics, in Alabama and the nation, rests not with elected lawmakers and appointed bureaucrats but with the men and women caring for orthopaedic patients everyday. A representative democracy functions best when the electorate holds those elected to office accountable. Increasing Orthopaedics' ability to successfully advocate for the specialty and the patients it serves will require increased participation in the political process. It is incumbent upon orthopaedists to join the organizations fighting for them, to get to know their elected officials and to contribute to PACs whose goals align with their own.



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*\*Contribute more than \$250*

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# University of Alabama Birmingham Update

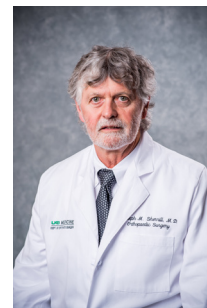
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Erin Ransom, M.D.



Kennieth McCollough, M.D.



Joseph Sherrill, M.D.

We are happy to announce that UAB Orthopaedic Surgery is officially a Department as of October first. This new independence will allow us to continue to grow and achieve our vision for expanding to meet the Orthopaedic Surgery needs of the citizens of Alabama.

In addition, we would like to welcome two additional faculty members, **Drs. Kennieth McCollough and Dr. Joseph Sherrill** who joined the UAB Department of Orthopaedics on October 1, 2017.

**Dr. Kennieth “Kenny” C. McCollough** is a specialist in non-operative sports medicine. He began his career as an athletic trainer and physical therapist in Mississippi. He completed medical training with an internal medicine residency at Baptist Health Systems followed by a sports medicine fellowship with American Sports Medicine Institute. He joins our team

after several years of private practice in Florence and Sylacauga, Alabama. He will continue to cover multiple high schools in Birmingham as well as UAB athletics. His clinical interests include tendinopathies, orthobiologics, ultrasounds and concussions.

**Dr. Joseph Sherrill** is a specialist in hand and upper extremity. He is a native to Birmingham and completed his Orthopaedic Surgery Residency and Hand Fellowship at UAB. He has been a very successful hand surgeon in Birmingham for over thirty years and an integral part of the hand fellowship. He also served as the president of the Alabama Orthopaedic Society in 1997-1998. With his academic practice, he will continue to lead as the Hand Fellowship Director. His clinical interests include tendon repair, reconstructive wrist surgery, dupuytren’s and nerve decompression.

We would also like to invite everyone to the Department of Orthopaedic Surgery Grand Rounds which are held twice monthly at 5 pm on Thursdays in the Highlands Hospital Media Center on the first floor of UAB Highlands. CME credit is available. Please also refer to our website for new updates and information at [www.uab.edu/medicine/surgery/orthopaedics](http://www.uab.edu/medicine/surgery/orthopaedics)

# University of South Alabama Update

Alex MacDonell, M.D.



Alex MacDonell, M.D.



Richard Marks, M.D.



John Marymont, M.D.



Navkirat Bajwa, M.D.



Patrick Smith, M.D.



Patrick Barousse, M.D.

The University of South Alabama Department of Orthopaedics has made some fantastic changes this fall 2017. **Dr. Richard M. Marks** accepted the position as Chairman of the department and has been serving as our chair since this fall. He comes to us from the Medical College of Wisconsin where he was director of the Foot and Ankle Fellowship. He completed his medical school at Sidney Kimmel Medical College and then his residency at Thomas Jefferson University. He then completed a Foot and Ankle fellowship in Baltimore, Maryland at Union Memorial Hospital. Dr. Marks serves as a reviewer of Techniques in Foot and Ankle Surgery journal and Journal of the American Academy of Orthopaedic Surgeons, as well as an associate editor of Clinical Orthopaedics and Related Research. We are extremely excited to have him in our

Department now and are excited for all the changes to come.

Congratulations to **Dr. John Marymont**, who previously was serving as interim chairman, on being appointed to the Jones Health Care Advisory Board at Rice University's Jones Graduate School of Business and as the Council of Deans Liaison to the Association of American Medical Colleges' Group on Business Affairs. The Jones Health Care Advisory Board at Rice University comprises a group of national leaders from different sectors of the health care industry that advise and interact with different constituents at the Jones Graduate School of Business.

"It's an honor to represent the University of South Alabama on a national level and to work with leaders at the AAMC and at Rice University," Dr. Marymont said.

"Both of these appointments not only provide an opportunity to give insight and advice, but also to learn and to incorporate new ideas, best practices and programs at USA.

Congratulations to our chief residents this year, who matched to excellent fellowships.

**Dr. Navkirat Bajwa** will be completing a spine fellowship at Cleveland Clinic this coming fall. **Dr. Patrick Smith** will be completing a sports fellowship at the Campbell clinic in Memphis. **Dr. Patrick Barousse** will be completing a foot and ankle fellowship at U.C. Davis in Reno.

This has been an exciting fall for the University of South Alabama Department of Orthopaedic Surgery, and we look forward to the future of this program.

# AOS/MOS Joint Annual Meeting Registration

## May 17-19, 2018

The Grand Hotel Marriott Resort, Point Clear, AL

Mail form with payment to:

**AL Orthopaedic Society**, 1085 Chesson Hill Drive, Fitzpatrick, AL 36029

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Spouse or Guest Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Tel: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Fax: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

Type of Credit Card: \_\_\_\_\_ VISA \_\_\_\_\_ AmExp \_\_\_\_\_ MasterCard

Credit Card #: \_\_\_\_\_ CSV: \_\_\_\_\_ Exp. \_\_\_\_\_

Print Name as it Appears on Credit Card: \_\_\_\_\_

Signature of Card Holder: \_\_\_\_\_

Category: (Circle One)

AOS/MOS Member      AOS/MOS Non-Member      Resident/Fellow      NP/PA/RN/SA

Registration Fees:

AOS/MOS Members	\$200.00
AOS/MOS Non-Members	\$275.00
Allied Professionals (NP/PA/RN/SA)	\$100.00
Residents/Fellows	No Charge
Friday Golf	\$185.00/Player

Number Attending:

_____
_____
_____
_____
_____

Total Amount Paid: \$ \_\_\_\_\_

For Hotel Reservations Call: 800-544-9933 Meeting Code: Alabama: **alolaloa**

For Online Hotel Reservations See: [www.aosdocs.com/annual-meeting/](http://www.aosdocs.com/annual-meeting/)

Terri Mendez, AOS Executive Director: [terri@aosdocs.com](mailto:terri@aosdocs.com) | 334-657-6575

# CALL FOR PAPERS!

**Due March 1, 2018**

**For consideration of presentation at the  
AOS/MOS Annual Meeting**

**May 17-19, 2018**

**Point Clear, AL**

More information: [aosdocs.com/annual-meeting](http://aosdocs.com/annual-meeting)

Terri Mendez: [terri@aosdocs.com](mailto:terri@aosdocs.com)



## Save the Date

Preceding the AOS/MOS Annual Meeting

**The 29th Annual Southeastern  
Orthopaedic Foot Club Meeting**

**The Grand Hotel Marriott  
Point Clear, AL**

**Thursday, May 17, 2018**

# AOS to give the Promise of **PLAY**

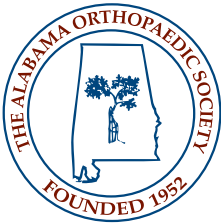


Alabama orthopaedists will soon have an opportunity to give back to the communities we serve to promote and protect a child's active play.

We know first-hand how critical it is to bone and joint health for kids to be physically active and to have a healthy body weight, how important it is that children of all abilities be able to access play space together, and how the creation of safe places to play can be a powerful injury prevention strategy.

We hope you will join us as we roll up our sleeves and help provide an underserved community in Alabama with a safe and accessible playground.

**Details coming soon.**



We value your membership in  
Alabama Orthopaedic Society

Please JOIN or RENEW today!

## 2018 AOS DUES STATEMENT

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Specialty (please include for AOS website search): \_\_\_\_\_

### **Check One Category:**

Active \$300.00/yr.

Senior / Resident / Fellow (Circle One) No Charge

### **METHOD OF PAYMENT:**

Check (Complete this form, attach check payable to AOS and mail to Alabama Orthopaedic Society, 1085 Chesson Hill Dr., Fitzpatrick, AL 36029)

Credit Card On-Line  
www.aosdocs.com Select *Membership Renewal* or *Join AOS*

Credit Card-AOS Will Process  
Complete this form and Fax to AOS at 334-460-9925.

Group Discount  
Practices whose members all join as a Group will receive a 10% discount off total dues.

Type of credit card used to pay:  MasterCard  VISA  American Express

Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp: \_\_\_\_\_ - \_\_\_\_\_ CSV Code: \_\_\_\_\_

Credit Card Billing Address: \_\_\_\_\_ Zip Code \_\_\_\_\_

Cell: (will not be made public) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Auto-Renewal  Cancel Auto-Renewal

By selecting Auto-Renewal, your membership will be renewed each year. You will receive a dues statement each year. If you do nothing, the credit card shown above will be charged on Dec. 15. If you wish to cancel auto-renewal, select "cancel auto-renewal."

Mail to: AOS | 1085 Chesson Hill Drive | Fitzpatrick, AL | terri@aosdocs.com  
Tel: 334-657-6575 | Fax: 334-460-9925 | www.aosdocs.com



Alabama Orthopaedic Society  
1085 Chesson Hill Drive  
Fitzpatrick, AL 36029



Find us on [facebook!](#)

[www.facebook.com/AlabamaOrthopaedicSociety](http://www.facebook.com/AlabamaOrthopaedicSociety)

# 2018 AOS/MOS Annual Meeting

May 17-19, 2018

Marriot Grand Hotel, Pt. Clear, Alabama

Register online [aosdocs.com/annual-meeting](http://aosdocs.com/annual-meeting)