



The Fifth Annual JHAH  
Multidisciplinary Conference:

# The Art of Motion

Regaining and Maintaining  
Function in Musculoskeletal  
Disease  
*A Multidisciplinary Approach*

**November 9-11 ,2019**

*24 CME hours accredited by  
the Saudi Commission for Health Specialties  
and 25.5 AMA PRA Category 1 Credits™*



**JOHNS HOPKINS**  
M E D I C I N E

مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

Saturday, November 9, 2019

TIME	TOPIC	SPEAKERS
7:00 - 8:00	Registration	
<b>Opening Session</b>		
8:00 - 8:05	Welcome and Conference Goals by Dr. Daniele Rigamonti	
8:05 - 8:10	Welcome and Musculoskeletal Service Goals and Objectives by Dr. Dawn LaPorte and Dr. Mojieb Manzary	
<b>Session I: Introduction to Musculoskeletal Disease</b>		
8:10 - 8:55	Keynote Lecture on Leadership	Dr. James Ficke
8:55 - 9:15	Saudi Arabia Vision 2030 in Health Care and Wellness	Dr. Shorouk Ahmad
9:15 - 9:25	Perspective of Musculoskeletal Care in JHAH	Dr. Daniele Rigamonti
<b>Session II: Non-operative Management of Knee Joint Pain</b> Moderator: Dr. Ghassan Habbal		
9:25 - 9:45	Knee Pain-Appropriate Care Across the Disease Continuum	Dr. Anis Farooqui
9:45 - 10:00	Evidence Based Neuromuscular Exercise for Knee Arthritis	Mr. Kenneth Johnson
10:00 - 10:25	Appropriate Use of Injectables in the Management of OA	Dr. Bashir Zikria
10:25 - 10:35	Moderated Open Discussion	Dr. Ghassan Habbal
10:35 - 10:45	<b>Break</b>	
<b>Session III: Knee Sports Injuries</b> Moderator: Dr. Ghassan Habbal		
10:45 - 11:30	Knee Sports Injuries	Dr. Bashir Zikria Dr. Ghassan Habbal
11:30 - 11:50	Soft Tissue Radiology of the Knee	Dr. Shadpour Demehri
11:50 - 12:10	Physical Therapy for Knee Sports Injuries	Dr. Qassim Al Muaidi
12:10 - 12:20	Moderated Open Discussion	Dr. Ghassan Habbal
12:20 - 1:20	<b>Lunch Break</b> <b>Meet the Experts Session</b>	
1:20 - 1:40	Poster Presentations Session with Opening Remarks by Dr. Linda Lee	

Saturday, November 9, 2019

IV: Concurrent Sessions / Workshops (limited seats are available so early registration to the workshop is required)		
Al Samar Hall	Al Lama Hall	Al Hassa Hall
<b>Shoulder Sports Injuries</b> Moderator: Dr. Ghassan Habbal	<b>Pediatric MSK</b> Moderator: Dr. Mohammed Itani	<b>Sport Injury Physical Therapy (Workshop)</b>
1:40 - 2:25 <b>Shoulder Sports Injuries</b> Speakers: Dr. Bashir Zikria Dr. Abdulaziz Al Omar	<b><u>Traumatic Disorders:</u></b> 1:40 - 1:55 <b>a. Common Fractures</b> Speaker: Dr. Abdullah Bin Saleh <b><u>Congenital Disorders:</u></b> 1:55 - 2:10 <b>a. Developmental Dysplasia of Hip (DDH)</b> Speaker: Dr. Paul Sponseller	1:40 - 3:20 <b>Sport and Arthritis Physical Therapy</b> Speakers: Mr. Kenneth Johnson Dr. Terrence McGee
2:25 - 2:45 <b>Soft Tissue Radiology of the Shoulder</b> Speaker: Dr. Shadpour Demehri	2:10 - 2:25 <b>b. Talipes Equinovarus</b> Speaker: Dr. Thamer Al Hussainan	
2:45 - 3:10 <b>Physical Therapy for Shoulder Sports Injuries</b> Speaker: Dr. Qassim Al Muaidi	<b><u>Developmental Disorders:</u></b> 2:25 - 2:40 <b>a. Toeing In/Out</b> Speaker: Dr. Mohammed Itani	
3:10 - 3:20 <b>Moderated Open Discussion</b>	2:40-2:55 <b>b. The Limping Child</b> Speaker: Dr. Paul Sponseller	
	2:55 - 3:10 <b>c. Surgical Principles of CP treatment</b> Speaker: Dr. Ibrahim Tabsh	
	3:10 - 3:20 <b>Moderated Open Discussion</b>	
3:20 - 3:30	<b>Break</b>	

Saturday, November 9, 2019

Concurrent Sessions / Workshops (limited seats are available so early registration to the workshop is required)		
Al Samar Hall	Al Lama Hall	Al Hassa Hall
<b>Hand and Wrist</b> Moderator: Dr. Dawn LaPorte	<b>Foot and Ankle</b> Moderator: Dr. James Ficke	<b>Sport Injury Physical Therapy (Workshop)</b> Moderator: Mr. Kenneth Johnson
3:30 - 3:55 <b>Hand Emergencies</b> Speaker: Dr. Amr Hamdi	3:30 - 3:55 <b>Common Foot Problems</b> Speaker: Dr. Orfan Arafa	3:30 - 5:40 <b>Sport Physical Therapy: Selected Manual Therapy Approaches</b>
3:55 - 4:15 <b>Radiology of Wrist and Hand</b> Speaker: Dr. Shadpour Demehri	3:55 - 4:15 <b>Runner's Feet</b> Speaker: Dr. James Ficke	Speaker: Dr. Hussain Ghulam
4:15 - 4:40 <b>Hand and Wrist Arthritis</b> Speaker: Dr. Dawn LaPorte	4:15 - 4:40 <b>Foot Deformity: Pes Cavus and Pes Planus</b> Speaker: Dr. Suleiman Al-Mousa	
4:40 - 5:00 <b>Hand and Wrist Soft Tissue Pathology</b> Speaker: Dr. Dawn LaPorte	4:40 - 5:00 <b>Ankle Arthritis</b> Speaker: Dr. James Ficke	
5:00 - 5:20 <b>Hand and Wrist Rehabilitation</b> Speaker: Mr. Abdulaziz Haboob	5:00 - 5:20 <b>Radiology for Foot and Ankle</b> Speaker: Dr. Shadpour Demehri	
5:20 - 5:40 <b>Moderated Open Discussion</b> Moderator: Dr. Dawn LaPorte	5:20 - 5:40 <b>Moderated Open Discussion</b> Moderator: Dr. James Ficke	
5:40 - 5:50	<b>Closing Remarks by Dr. James Ficke</b>	

Sunday, November 10, 2019

TIME	TOPIC	SPEAKERS
7:00 - 8:00	Registration	
<b>Session I: The Patient's Journey through Total Joint Replacement</b> <b>Moderator: Dr. Mojieb Manzary</b>		
8:00 - 8:40	Preoperative Optimization for Patients Undergoing TKR/THA	Dr. Julius Oni Ms. Rasha Ansari Dr. Hala Sunbul
8:40 - 8:50	Total Joint Replacement: Pre-operative Physical Therapy	Dr. Khalid Al-Obathani
8:50 - 9:00	Moderated Open Discussion	Dr. Mojieb Manzary
<b>Session II: Intra Operative Management- Knee</b> <b>Moderator: Dr. Mojieb Manzary</b>		
9:00 - 9:25	Expert Panel: Total Knee Arthroplasty	Dr. Bashir Zikria Dr. Suleiman Al-Mousa Dr. Orfan Arafa
9:25 - 9:50	Crossre Debate: Knee Arthroplasty - Cemented vs. Cementless Total Knee Implants	Dr. Julius Oni Dr. Mojieb Manzary
9:50 - 10:00	Moderated Open Discussion	Dr. Mojieb Manzary
10:00 - 10:15	<b>Break</b>	
<b>Session III: Hip</b> <b>Moderator: Dr. Mojieb Manzary</b>		
10:15 - 10:40	Expert Panel: Total Hip Arthroplasty	Dr. Julius Oni Dr. Orfan Arafa Dr. Amr Hamdi
10:40 - 11:00	Crossfire Debate: Optimal Bearing Surface for Total Hip	Dr. Julius Oni Dr. Amr Hamdi
11:00 - 11:45	Integrated Post operative Care for Patients with TKR/THR	Dr. Julius Oni Dr. Khalid Al Obathani Dr. Kawthar Al Hussain Ms. Hana Hill
11:45 - 12:05	Early Recovery after Surgery (ERAS): JHAH Experience	Dr. Fahad Qureshi
12:05 - 12:15	Moderated Open Discussion	Dr. Mojieb Manzary
12:15 - 1:15	<b>Lunch Break</b> <b>Meet the Experts Session</b>	
12:40 - 1:40	Poster Presentation Session	

Sunday, November 10, 2019

Concurrent Sessions / Workshops (limited seats are available so early registration to the workshop is required)		
Al Samar Hall	Al Lama Hall	Al Hassa Hall
<b>Ortho-spine (Back pain)</b> Moderator: Dr. Khaled Kebaish	<b>Closed Session</b>	<b>Spine Physical Therapy</b>
1:15 - 1:35 <b>"Making peace with the Lamina" A new Lamina Sparing Technique for Spinal Canal Decompression</b> Speakers: Dr. Khaled Kebaish		1:15 - 2:55 <b>Value-based Care for the Management of Low Back Pain: It's Time to Get With The Guidelines</b>  Speakers: Dr. Terrence McGee
1:35 - 1:55 <b>Pain Management: Selective Blocks and Injections</b> Speakers: Dr. Asim Khan		
1:55 - 2:15 <b>Minimally Invasive Procedures: Neuro-spine</b> Speakers: Dr. Salah Akkad		
2:15 - 2:45 <b>Surgical treatment of Adult Spinal Deformities; Lessons Learned Over the Last 20 Years</b> Speakers: Dr. Khaled Kebaish		
2:45 - 2:55 <b>Moderated open discussion</b> Moderator: Dr. Khaled Kebaish		
2:55 - 3:10		<b>Break</b>

Sunday, November 10, 2019

Concurrent Sessions / Workshops (limited seats are available so early registration to the workshop is required)		
Al Samar Hall	Al Lama Hall	Al Hassa Hall
Special Consideration: Sickle Cell Disease and its Effect in Musculoskeletal Moderator: Dr. Mojieb Manzary	Shoulder  Moderator: Dr. Ghassan Habbal	Spine Manual Therapy  Moderator: Mr. Ahmad Al Musabih Dr. Terrence McGee
3:10-3:30 <b>Musculoskeletal Manifestation of Sickle Cell Disease</b> Speakers: Dr. Julius Oni	3:10-3:30 <b>Rotator Cuff Pathology- Clinical Manifestation and Non-operative Management</b> Speakers: Dr. Saad Alqahtani	3:10-5:10 <b>Spinal Manual Therapy: Selected Advanced Techniques</b>  Speaker: Dr. Ali Alshami
3:30 – 3:50 <b>Pain Management in Sickle Cell Disease</b> Speakers: Dr. Asim Khan	3:30 – 3:50 <b>Operative Management of Rotator Cuff Arthroscopic vs.Open</b> Speakers: Dr. Bashir Zikria	
3:50 – 4:55 <b>Expert panel discussion:</b>  <b>a. Avascular Necrosis in Sickle Cell Disease</b>  <b>b. Total Hip Arthroplasty in Sickle Cell Disease</b>  Panelists : Dr. Julius Oni Dr. Orfan Arafa Dr. Suleiman Al-Mousa	3:50 – 4:10 pm <b>Surgical Management of Shoulder Arthritis</b> Speakers: Dr. Bashir Zikria	
	4:10 pm- 4:30pm <b>Shoulder Rehabilitation</b> Speakers: Dr. Collins Ogbeivor	
	4:30pm-4:55pm <b>Pain Management</b> Speakers: Dr. Abdullah A AlGhamdi	
4:55 – 5:10 Moderated Open Discussion Moderator: Dr. Mojieb Manzary	4:55 – 5:10 <b>Moderated Open Discussion</b> Moderator: Dr. Ghassan Habbal	
5:10 - 5:25	Closing Remarks by Dr. Mojieb Manzary	

Monday, November 11, 2019

TIME	TOPIC	SPEAKERS
7:00 - 8:00 a.m.	<b>Registration</b>	
<b>Session I: Amputation &amp; Osseointegration</b> <b>Moderator: Dr. Samer Bondukji</b>		
8:00 - 8:45	Osseointegration Lecture	Dr. Jonathan Forsberg
8:45 - 9:00	Pain Management: Phantom Pain	Dr. Amjad Bader
9:00 - 9:15	Therapy and Rehabilitation for Lower Extremities Amputation	Ms. Rabab Abu Zaid
9:15 - 9:45	Prosthetics	Dr. Jonathan Forsberg
9:45 - 10:00	<b>BREAK</b>	
10:00 - 10:15	Management of Diabetic Foot: JHAH Experience	Dr. Samer Bondokji
10:15 - 10:35	Psychosocial Management of Amputation	Dr. Maissaa Buraik
10:35 - 10:50	Patient Journey	Mr. Jacob A. Bury
10:50 - 11:00	Spotlight on Overcoming Disabilities	Dr. Jonathan Forsberg
11:00 - 11:10	Moderated open discussion	Dr. Samer Bondukji
<b>Session II: Bone Health</b> <b>Moderator: Dr. Mohammed Itani</b>		
11:10 - 11:30	Osteoporosis Prevention and Management	Dr. Alanood Qahtani
11:30 - 11:45	Diabetes and Bone	Dr. Ahmed Jameel
11:45 - 12:00	Exercise and Musculoskeletal Health	Mrs. Lamia Al zayer
12:00 - 12:20	Nutritional Management for Bone Health	Mrs. Zainah Al Ghamdi
12:20 - 12:30	Moderated open discussion	Dr. Mohammed Itani
12:15 - 1:15	<b>Lunch Break</b> <b>Meet the Experts Session</b>	



**Monday, November 11, 2019**

<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKERS</b>
<b>Session III: Advancement in Musculoskeletal Technology and Experts Career Journey Dr. Mojieb Manzary</b>		
1:30 – 1:50	Surgical Simulation and Evaluation	Dr. Dawn LaPorte
1:50 – 2:10	Cartilage Transplantation	Dr. Bashir Zikria
2:10 – 3:00	Experts Career Journey: A Joint Session	Dr. Daniele Rigamonti Dr. Dawn LaPorte Dr. Mohammed Itani Dr. Bashir Zikria
3:00 – 3:15	Moderated Open Discussion	Dr. Mojieb Manzary
3:15 – 3:30	<b>Closing Remarks by Dr. Mojieb Manzary and Dr. Dawn LaPorte</b>	

