

9th Gulfcoast Orthopaedic Rehabilitation Conference

Ritz Carlton Sarasota, Saturday August 23rd, 2025



The Gulfcoast Orthopaedic Rehabilitation Conference is an event designed to bring orthopaedic surgeons, physical and occupational therapists together in an educational forum. Through a series of didactic lectures, leading area surgeons will discuss the treatment of various upper and lower extremity conditions, and the role physical and occupational therapy plays in the management of these disorders. Multiple panel discussions allow the therapists to interact with the surgeons, in an effort to have open question and answer sessions between sets of lectures. The goal of this course is to provide continuing education for physical and occupational therapists and Continuing Educational Units (7 CEU's) can be claimed by those therapists attending this conference.

Course Directors

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Participating Faculty

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Coastal Orthopedics

David Klein, M.D.

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Dan Lamar, M.D.

Coastal Orthopedics

Chris Dillingham, M.D.

Sforzo/Dillingham/Stewart Orthopedics+Sports Medicine

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August 23th, 2025

Agenda

7:00–7:45 am – Coffee, Assorted Teas

7:00-8:00 am - Course Registration and Sign In

8:00-8:05 am Introductions and Acknowledgment of Industry Supporters Derek Cuff, MD

SESSION I

8:05-8:20	Importance of the Surgeon-Therapist Relationship	Derek Cuff, MD
8:20-8:35	Metacarpal Fractures of the Hand: How to manage	David Chan, MD
8:35-8:50	Virtual Reality for Upper Extremity Rehabilitation	David Klein, MD
8:50-9:05	Advancements in Shoulder Replacement: 2025 Update	Derek Cuff, MD

9:05-9:25 Question and answer session regarding these topics

SESSION II

9:25-9:40	Distal Biceps and Triceps Tears: Surgical Treatment and Rehab	Chris Dillingham, MD
9:40-9:55	Rotator Cuff Tears: How I Fix and Rehab	Stephen Otte, MD
9:55-10:10	Proximal Humeral Fractures: Non-op and operative treatment	Derek Cuff, MD

10:10-10:25 Question and answer session regarding these topics

SHORT REFRESHMENT BREAK- 10:25-10:40

SESSION III

10:40-10:55	Ankle Sprains: Where are we at in 2025?	Javier Guzman, MD
10:55-11:10	Pediatric Spondylolysis: Treatment Options	Eric Sundberg, MD
11:10-11:25	Articular Cartilage Injuries of the Knee: Treatment Options and Rehab	Dan Lamar, MD
11:25-11:40	Robotic Technologies in Total Joint Replacement	Joshua Greenspoon, MD

11:40-12:00 Question and answer session regarding these topics

LUNCH BUFFET- 12:10-1:00

SESSION IV

1:00-1:15	AI, Implantable and Wearable Tech after Total Joint Arthroplasty	Ed Stolarski, MD
1:15-1:30	Outpatient Joint Replacement: My Keys to Success	Sean Dingle, MD
1:30-1:45	Unicompartmental Knee Replacement: Indications and Rehab	Jeff Silverstein, MD

1:45-2:10 Question and answer session regarding these topics

Session V

2:10-2:25 Hip Abductor Tendon Tears: How to Treat and Rehab
2:25-2:40 Foot Deformity: Treating Flat Feet and High Arches
2:40-2:55 Medial Meniscus Root Tears: Treatment and Rehab

Tracy Ng, DO
Javier Guzman, MD
Joe Noah, MD

2:55-3:15 Questions and answer session regarding these topics

FINAL REMARKS AND ADJOURN

Industry Sponsors

Course organized by:



For those entities wishing to be a sponsor for this course and listed as one of our supporters, please reach out to Amber Harris at aharris@sossm.net





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