

SURGERY AND REHABILITATION OF THE HAND 2021 ADAPTABILITY, INNOVATION AND TECHNOLOGY IN THE AGE OF COVID-19

**A VIRTUAL SYMPOSIUM
LIVE* AND ON-DEMAND**



LECTURES AND DEMONSTRATIONS

HAND TO SHOULDER THERAPY • ORTHOTIC FABRICATION • CADAVER ANATOMY & SURGERY

MARCH 27 - 29, 2021

**Live Presentations will be recorded for On-Demand Viewing*

KEYNOTE SPEAKERS

Amy M. Moore, MD
R. Glenn Gaston, MD
Lauren M. DeTullio, OTR/L, CHT
A. Lee Osterman, MD
Randall W. Culp, MD
Terri M. Skirven, OTR/L, CHT

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Surgery & Rehabilitation of the Hand 2021

Adaptability, Innovation and Technology in the Age of Covid-19

The Philadelphia Hand Rehabilitation Foundation is proud to present the **2021 Virtual Philadelphia Meeting, Surgery and Rehabilitation of the Hand: Adaptability, Innovation and Technology in the age of Covid 19**. The 2021 virtual program will provide evidence informed practice in the care of upper extremity injuries and conditions, presented by a distinguished faculty of surgeons and therapists. In addition to our live presentations, we will offer an extensive on-demand library which will include hand to shoulder lectures and therapy, orthotic fabrication and cadaver anatomy and surgical demonstrations.

Target Audience: Hand Therapists, Occupational and Physical Therapists, Athletic Trainers, Rehabilitation Nurses, Hand, Orthopedic, Plastic Surgeons, General Surgeons, Physiatriests, Fellows, Residents and Students.

SATURDAY MARCH 27, 2021

- 3:00 pm Opening Remarks
A. Lee Osterman, MD
Terri M. Skirven, OTR/L, CHT
- 3:05 PM KEYNOTE PRESENTATION**
Survival Strategies in the Age of Covid-19: Tales of Innovation, Flexibility and Technology
Lauren M. DeTullio, OTR/L, CHT
- 3:25 pm Hand Anatomy – Key Points
Jenifer M. Haines, OTR/L, CHT
- 3:35 pm Flexor Tendon Injuries - Key Points
Thomas J. Gillon, MD
- 3:45 pm Extensor Tendon Injuries – Key Points
Teri Speakman, OTR/L, CHT
- 3:55 pm Hand Fractures – Key Points
Praveen G. Murthy, MD
- 4:05 pm Wound Healing and Scar – Key Points
Annalisa Franzen, OTD, OTR/L, CHT
- 4:15 pm **CASE PRESENTATION 1**
Flexor Tendon Injury - Zone II
Moderator: *David S. Zelouf, MD*
Surgeon: *Rowena McBeath, MD, PhD*
Therapist: *Lauren M. DeTullio, OTR/L, CHT*
- 4:30 pm **CASE PRESENTATION 2**
Central Slip Laceration
Moderator: *David S. Zelouf, MD*
Surgeon: *Richard J. Tosti, MD*
Therapist: *Lauren M. DeTullio, OTR/L, CHT*
- 4:45 pm **CASE PRESENTATION 3**
Proximal Phalanx Fracture
Moderator: *Eon K. Shin, MD*
Surgeon: *Richard J. Tosti, MD*
Therapist: *Marianne Dunphy, OTR/L, CHT*

- 5:00 pm **CASE PRESENTATION 4**
Dupuytren's Contracture PIPJ
Moderator: *Eon K. Shin, MD*
Surgeon: *Praveen G. Murthy, MD*
Therapist: *Terri M. Skirven, OTR/L, CHT*
- 5:15 PM KEYNOTE PRESENTATION**
The Boundless Potential of Peripheral Nerve Regeneration
A. Lee Osterman, MD
- 5:45 pm **CASE PRESENTATION 5**
Median Nerve Laceration at the Wrist
Moderator: *A. Lee Osterman, MD*
Surgeon: *Thomas J. Gillon, MD*
Therapist: *Brittany Sampson, OTR/L*
- 6:00 pm ADJOURN

SUNDAY MARCH 28, 2021

- 3:00 PM KEYNOTE PRESENTATION**
Inspiration for Innovation - Nerve Transfers
Amy M. Moore, MD
- 3:30 pm Sensibility Testing – Key Points
Mary Dougherty, OTR/L, CHT
- 3:40 pm Postural Deformities and Orthoses After Nerve Injuries – Key Points
Ariana Belles, OTR/L, CHT
- 3:50 pm Nerve Neurodynamics – Key points
Lauren M. DeTullio, OTR/L, CHT
- 4:00 pm **CASE PRESENTATION 1**
Absent Ulnar Nerve Function/AIN Transfer
Moderator: *Adam B. Strohl, MD*
Surgeon: *Andrew J. Miller, MD*
Therapist: *Teri Speakman, OTR/L, CHT*

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- 4:15 pm **CASE PRESENTATION 2**
Neuroma Case
 Moderator: *Adam B. Strohl, MD*
 Surgeon: *Amy M. Moore, MD*
 Therapist: *Lorna Kahn, BSPT, CHT*
- 4:30 pm **CASE PRESENTATION 3**
Tendon Transfers for Radial Nerve Palsy
 Moderator: *Dan A. Zlotolow, MD*
 Surgeon: *Leonid I. Katolik, MD*
 Therapist: *Marie Sayers, OTR/L, CHT*
- 4:45 pm **CASE PRESENTATION 4**
Spinal Cord Injury Case
 Moderator: *Mark S. Rekant, MD*
 Surgeon: *Dan A. Zlotolow, MD*
 Therapist: *Lauren M. DeTullio, OTR/L, CHT*
- 5:00 PM KEYNOTE PRESENTATION**
Targeted Muscle Reinnervation
R. Glenn Gaston, MD
- 5:30 pm **CASE PRESENTATION 5**
Mid-Forearm Amputee
 Moderator: *R. Glenn Gaston, MD*
 Surgeon: *Matthew S. Wilson, MD*
 Therapist: *Norah Malkinski, OTR/L, CHT*
- 5:45 pm **CASE PRESENTATION 6**
Lateral Epicondylitis/Radial Tunnel Syndrome
 Moderator: *Patrick M. Kane, MD*
 Surgeon: *Mark S. Rekant, MD*
 Therapist: *Jenifer M. Haines, OTR/L, CHT*
- 6:00 pm ADJOURN
- 3:40 pm Wrist Examination – Key Points
Terri M. Skirven, OTR/L, CHT
- 3:50 pm Patterns of Wrist Arthritis – Key Points
A. Lee Osterman, MD
- 4:00 pm DRUJ Therapy – Key Points
Christopher Saporito, OTR/L, CHT
- 4:10 pm Thumb Osteoarthritis – Key Points
Andrew J. Miller, MD
- 4:20 pm Distal Biceps Rupture – Key Points Nerve Palsy
Kenneth A. Kearns, MD
- 4:30 pm **CASE PRESENTATION 1**
SLAC Wrist/PRC
 Moderator: *Randall W. Culp, MD*
 Surgeon: *Thomas J. Gillon, MD*
 Therapist: *Deborah K. Reich, PT, DPT, CHT*
- 4:45 pm **CASE PRESENTATION 2**
DRUJ Contracture Post Distal Radius Fracture
 Moderator: *Andrew J. Miller, MD*
 Surgeon: *David S. Zelouf, MD*
 Therapist: *Jenifer M. Haines, OTR/L, CHT*
- 5:00 pm **CASE PRESENTATION 3**
Thumb Osteoarthritis Case
 Moderator: *Meredith N. Osterman, MD*
 Surgeon: *A. Lee Osterman, MD*
 Therapist: *Jennifer Kitchen, OTR/L*
- 5:15 pm **CASE PRESENTATION 4**
PIPJ Arthritis Case
 Moderator: *Meredith N. Osterman, MD*
 Surgeon: *John D. Lubahn, MD*
 Therapist: *Terri L. Wolfe, OTR/L, CHT*

MONDAY MARCH 29, 2021

- 3:00 PM KEYNOTE PRESENTATION**
New Dimensions in the Treatment of Wrist Arthritis
Randall W. Culp, MD
- 3:30 pm Wrist Anatomy – Key points
Andrew J. Miller, MD
- 5:30 PM KEYNOTE PRESENTATION**
Professional Identity: Know Your Value and Own It
Terri M. Skirven, OTR/L, CHT
- 6:00 pm ADJOURN

Surgery & Rehabilitation of the Hand 2021

Adaptability, Innovation and Technology in the Age of Covid-19

ON-DEMAND LECTURES

FUNDAMENTALS

25 Minutes Each

- Anatomy of the Hand
Kathy Galloway PT DSc
- Clinical Assessment of the Hand
Jenifer M. Haines, MS, OTR/L, CHT
- Assessment and Management of Scar
Jonathan Niszczyk, MS, OTR/L, BT-C
- Connective Tissue Response to Therapy: Why Forceful, Pain Provoking Passive Motion Doesn't Work with the Stiff Hand
Gary Solomon, MBA, MS, OTR/L, CHT
- Wound Management & Coverage Techniques
Adam B. Strohl, MD

FRACTURES AND JOINT INJURIES

25 Minutes Each

- The Tried and True and New: Management of Hand Fractures
Eon K. Shin, MD
- Therapy and Orthotic Intervention Following Hand Fractures
Sheri B. Feldscher, OTR/L, CHT
- Internal Bracing in Upper Extremity Surgery
Thomas J. Gillon, MD

TENDON CONDITIONS

25 Minutes Each

- Approaches to Flexor Tendon Repair – the Old and the New
Stephanie Sweet, MD
- Biologic Augmentation of Tendon Repair Strategies Utilizing Stem Cells
Jeffrey Yao, MD
- Flexor Tendon Rehabilitation: What Does the Zone of Injury Have to do With it?
Nancy M. Cannon, OTR, CHT
- Extensor Tendon Update
Roslyn B. Evans, OTR/L, CHT

NERVE INJURIES

25 Minutes Each

- Nerve Injury and Repair
Meredith N. Osterman, MD
- Therapy Following Nerve Injury and Repair
Mark T. Walsh, PT, DPT MS, CHT
- Nerve Transfer: Reanimation of Function
Amy M. Moore, MD
- Donor Activation Rehab Approach After Nerve Transfer
Lorna Kahn, BSPT, CHT
- Clinical Strategies Following Nerve and Muscle Transfer
David Hutchinson, PT, DSc, MS, ECS
- Neurolysis for Entrapment Neuropathy Utilizing Barriers, Conduits and Wrapping
Mark S. Rekant, MD
- Principles of Neural Mobilization
Mark T. Walsh, PT, DPT, MS, CHT
- Cold Intolerance
Lorna Kahn, BSPT, CHT
- Tendon Transfers
Leonid I. Katolik, MD
- Therapy for Tendon Transfers
Marie Sayers, OTR/L, CHT
- Management of Tetraplegia
Dan A. Zlotolow, MD
- Management of Spasticity
Dan A. Zlotolow, MD

ELBOW AND WRIST CONDITIONS

25 Minutes Each

- Management of Complications of the Distal Radioulnar Joint
David S. Zelouf, MD
- Therapy Management for DRUJ Conditions
Emily Altman PT, DPT, CHT
- Overview of Wrist Instability and Advances in Surgical Management
Randall W. Culp, MD

Surgery & Rehabilitation of the Hand 2021

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On-Demand Lectures Continued

- Innovations in Rehabilitation for Wrist Instabilities
Christos Karagiannopoulos, PT, PhD, ATC, CHT
- Overview of Elbow Instability and Advances in Surgical Management
Kenneth A. Kearns, MD
- Therapy Management for the Unstable Elbow
Laura Walsh, OTD, MS, OTR/L, CHT

UPPER LIMB AMPUTATION

25 Minutes Each

- Technology Trends & Advances in Upper Extremity Prosthetics
Amy M. Todd, MS, OTR/L, CHT
- Overview of Rehabilitation Following Upper Limb Amputation
Lisa Smurr Walters, OTR/L, CHT
- TMR Basics
Matthew S. Wilson, MD
- Prosthetic Training: Strategies Following Targeted Muscle Re-Innervation (TMR) to Improve Upper Limb Prosthetic Control Including Virtual Reality & Biofeedback
Norah Malkinski, OTR/L, CHT
Lauren M. DeTullio, OTR/L, CHT

ARTHRITIS OF THE HAND

25 Minutes Each

- To Suspend Belief: The Need for Thumb Support
A. Lee Osterman, MD
- Tightrope for Thumb Suspension Following Trapeziectomy
Praveen G. Murthy, MD
- Postoperative Management of the CMC Mini-Tightrope
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA
- Advances in MCP and IP Joint Arthroplasties
Eon K. Shin, MD
- Orthotic Intervention Following MCPJ Arthroplasty: Dynamic or No Dynamic Orthosis – That is the Question
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA

- Therapy and Orthotic Intervention Following PIP and DIP Arthroplasty
Lauren M. DeTullio, OTR/L, CHT
- Technology Enabled Joint Protection
Joy C. MacDermid, BScPT, PhD
- Innovative Approaches to UE Rehabilitation
Angela Tate PT, PhD, Cert MDT

MANAGEMENT OF UE PAIN CONDITIONS

25 Minutes Each

- Opioid Sparing Treatment Strategies For Hand Surgeons
Patrick M. Kane, MD
- A Clinical Reasoning Model for Chronic Pain
Sarah B. Wenger, PT, DPT, OCS
- Advancements in the Neuroscience of Pain and Clinical Applications
Susan W. Stralka, PT, DPT, MS, ACHE
- Power Over Pain – An Interdisciplinary Program for Patients with Chronic Pain
Sarah B. Wenger, PT, DPT, OCS

INNOVATION, TECHNOLOGY AND INTERDISCIPLINARY COLLABORATION

25 Minutes Each

- Technology Applications for Hand Therapists
Joy C. MacDermid, BScPT, PhD
- Technology Advances in the Management of the Injured Worker
Susan Emerson, Med, OTR, CHT, CEES
- Digital Rehabilitation Solutions: Biofeedback Training Tools
Amy Todd, MS, OTR/L, CHT
- Innovative Use of Surface Sensors to Assess Upper Limb Movement
Bryan Spinelli, PT, MS, OCS, CLT
- Instrument Assisted Soft Tissue Mobilization
Matthew Conoscenti, PT, DPT, OCS, COMT, CEEAA

Surgery & Rehabilitation of the Hand 2021

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ON-DEMAND LECTURES AND DEMONSTRATIONS

ORTHOTIC INTERVENTION STRATEGIES AND FABRICATION

1 Hour Each

- Long Arm Orthosis
Lauren O'Donnell, OTR/L, CHT
- Relative Motion Orthoses
Terri M. Skirven OTR/L, CHT
Colleen Burke, PTA
- Wire 3-point PIPJ Extension Orthosis
Lauren O'Donnell, OTR/L, CHT
- Static Progressive PIPJ Flexion Orthosis
Andrew Antonio, Capt, USAF, BSCOT
Lauren O'Donnell, OTR/L, CHT
- Anti-Spasticity Orthosis
Lauren O'Donnell, OTR/L, CHT
- Mid-Carpal Instability Orthosis
Terri M. Skirven, OTR/L, CHT
- Return to Play Orthoses
Lauren O'Donnell, OTR/L, CHT
- Mallet, Swan Neck and Boutonniere Deformities
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA
- Orthotic Intervention for Burn Contractures and Scar
Jonathan Nisczacak, MS, OTR/L, BT-C
- Orthosis for Post-Op MCPJ Arthroplasty
Jeanine A. Beasley, EdD, OTR, CHT FAOTA

CLINICAL ASSESSMENT AND EXAMINATION PROCEDURES

1 Hour Each

- Hand Assessment: Where is the Evidence
Elaine E. Fess, OTD, MS, OTR, FAOTA, CHT
- Nerve Anatomy of the Upper Extremity and Entrapment Points
Deborah K. Reich, PT, DPT, CHT
- Clinical Examination of the Shoulder
Brian G. Leggin, PT, DPT, MS, CHT
- Orthopedic Assessment of the Nervous System
Mark T. Walsh, PT, DPT, MS, CHT

- Clinical Examination of the Wrist
Terri M. Skirven, OTR/L, CHT
- Edema Measurement and Management
Sheri B. Feldscher, OTR/L, CHT
Norah Malkinski, OTR/L, CHT, CLT

CLINICAL PRACTICE CONCEPTS AND TECHNIQUES

1 Hour Each

- Hand Therapy Certification and the CHT Examination
J. Martin Walsh, OTR/L, CHT
- A Therapists Approach to Work Site Evaluation and What We Offer to Industrial Design
Susan Emerson, Med, OTR, CHT, CEES
- Manual Therapy for the Shoulder
Thomas Kane, PT, DPT
Christopher Keating, PT, DPT, OCS, FAAOMPT
- Joint Mobilization: Elbow Wrist and Hand
Emily Altman, PT, DPT, CHT
- Taping Techniques for the Upper Extremity
Mary F. Loughlin, OTR/L, CHT
- Optimizing Outcomes: Concepts of Patient Preference, Health Literacy and Adherence to Treatment
Joy C. MacDermid, BScPT, PhD
- A Kinetic Chain Approach to Rehabilitation of Overhead Athletes
Angela Tate, PT, PhD, Cert MDT
Brian J. Eckenrode, PT, DPT, MS, OCS
Brian Leggin, PT, DPT, OCS
- Graded Motor Imagery
Susan W. Stralka, PT, DPT, MS, ACHE
- Advances in Technology and Training for Upper Limb Amputees
Amy Todd, MS, OTR/L, CHT
Stacy Rumpfelt, OTR/L, OTD, CHT, CLT
Lisa Smurr Walters, OTR, CHT

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CADAVER SURGERY DEMONSTRATIONS

ANATOMY

Kathy Galloway, PT, DSc

25 minutes each

- Finger Flexor Musculotendinous Anatomy
- Finger Extensor Musculotendinous Anatomy
- Peripheral Nerve Anatomy
- Bony Anatomy DRUJ And Wrist
- Bony Anatomy Fingers and Thumb
- Bony Anatomy Elbow

TENDON PROCEDURES

15 minutes each

- Classic Flexor Tendon Zone II Repair
Eon K. Shin, MD
- Sagittal Band Reconstruction/Subluxing Extensor Tendon
Richard J. Tosti, MD
- Reattachment Isolated FDP Avulsion
Fraser J. Leversedge, MD
- Pulley Reconstruction-The Ins and Outs
John G. Seiler, III, MD
- Pulley Reconstruction - Staged Tendon Reconstruction
Jeffrey A. Greenberg, MD
- Central Slip Repair Techniques
Steve K. Lee MD
- Dorsal Boutonniere Reconstruction
Donald H. Lalonde, MD
- Volar Reconstruction of Boutonniere
Richard J. Tosti, MD
- Tenolysis
Richard J. Tosti, MD
- Tenolysis Restore the Glide
Randall W. Culp, MD
- Tendon Complications of Distal Radius Fracture
Jorge L. Orbay, MD
- EIP to EPL Transfer
Michael W. Neumeister, MD
- Transfers for FPL Replacement
Daniel P. Mass, MD

HAND FRACTURES AND JOINT INJURIES

15 minutes each

- Metacarpal Fractures
Lloyd P. Champagne, MD
- Intraarticular PIP Joint Fractures
Richard J. Tosti, MD
- Fusion DIP Joint with Special Angulated Screw
Josef Zoldos, MD
- Bridge Plate PIP
Randall W. Culp, MD
- Hemi-Hamate Reconstruction
David S. Zelouf, MD
- Mallet Fracture Repair (Hook Plate)
Jeffrey Yao, MD

THUMB PROCEDURES

15 minutes each

- Tightrope for CMC Stabilization
Jeffrey Yao, MD
- Thumb CMC Dislocations - How to Stabilize
Randall W. Culp, MD
- Ulnar Collateral Ligament Reconstruction Graft-Internal Brace
Patrick M. Kane, MD
- Internal Brace for Thumb CMC
Steven J. Lee, MD
- RCL Injuries of the Thumb & Index
R. Glenn Gaston, MD

NERVE CONDITIONS

15 minutes each

- AIN Transfer
Rowena McBeath, MD, PhD
- Surgical Management of Digital Amputation Neuroma
John S. Taras, MD
- Opposition Transfers for the End-Stage Carpal Tunnel Syndrome
John Bednar, MD

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Cadaver Surgery Demonstrations Continued

- Nerve Transfer Around the Wrist
Rowena McBeath, MD, PhD
- Tendon Transfers for Radial Nerve Palsy
Eon K. Shin, MD
- Salvage of Failed Carpal Tunnel Surgery
Randall W. Culp, MD
- Digital Nerve Repair - To Conduit or Not
Mark S. Rekant, MD

WRIST CONDITIONS AND PROCEDURES

15 minutes each

- Open Reduction Carpal Dislocations
Mark E. Baratz, MD
- Scapholunate Ligament Reconstruction
Sanjeev Kakar, MD
- Ulnar Extrinsic Ligament Repair
Matthew S. Wilson, MD
- Hook of Hamate Excision
Adam B. Strohl, MD
- Peripheral TFCC Repair
Jeffrey Yao, MD
- ECU Stabilization
Mark E. Baratz, MD
- Scapholunate Bracing: Swivel Lock
Steven J. Lee MD
- Arthroscopic Treatment of Distal Radius Fractures
Francisco Del Piñal, MD
- Acute DRUJ Stabilization
Jeffrey Yao, MD
- Chronic DRUJ Reconstruction
Bryan D. Adams, MD
- Aptus

Douglas P. Hanel, MD

- Intermedullary Wrist Fusion
Robert Gray, M.D.
- Distal Radius Hemiarthroplasty
Randall W. Culp, MD
- IOM Reconstruction
A. Lee Osterman, MD

ELBOW CONDITIONS AND PROCEDURES

15 minutes each

- Anconeus Flap for Recalcitrant Lateral Epicondylitis
Fraser J. Leversedge, MD
- Lateral Epicondylar Osteotomy for Lateral Elbow Joint
Randall W. Culp, MD
- Elbow MCL Reconstruction
Neal C. Chen, MD
- Stabilizing the Unstable Elbow
Jorge L. Orbay, MD
- ORIF of the Intra-Articular Distal Humerus Fracture
David C. Ring, MD, PhD
- Distal Biceps Repair, Single vs. Double Incision
Scott W. Wolfe, MD

SOFT TISSUE PROCEDURES

15 minutes each

- Homodigital Island Flap
L. Scott Levin, MD
- Propeller Flap and Nail Bed Reconstruction
Adam B. Strohl, MD
- Soft Tissue for the Web: Z-Plasties and Flaps
William C. Pederson, MD
- Skin Coverage Zones III and IV
David S. Zelouf, MD

REGISTRATION

Registration fee is \$425.00 which includes access to live presentations as well as on-demand content. Content will be made available until December 31, 2021.

CANCELLATION

There is a \$25.00 cancellation fee if canceled before March 19, 2021. No refunds will be issued after March 19, 2021.

CONTINUING EDUCATION

Hand Rehabilitation Foundation designates this educational activity, Surgery and Rehabilitation of the Hand 2021: Adaptability, Innovation and Technology in the Age of COVID-19, for a maximum of 71.5 contact hours.

DISCLOSURE STATEMENT

All faculty participating in continuing education programs sponsored by the Hand Rehabilitation Foundation are expected to disclose to the program audience any real or apparent conflict of interest related to the content of their presentation(s).

Surgery & Rehabilitation of the Hand 2021

Adaptability, Innovation and Technology in the Age of Covid-19

2021 VIRTUAL MEETING FACULTY

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*Amy Moore, MD
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SURGICAL CADAVER FACULTY

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Mark E. Baratz, MD

John M. Bednar, MD

Lloyd P. Champagne, MD

Neal C. Chen, MD

Randall W. Culp, MD

Francisco Del Pinal, MD

R. Glenn Gaston, MD

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