

Course Chair



Kai Mithoefer, MD

Dr. Mithoefer is a board-certified orthopedic knee and shoulder specialist at BBJI and New England Baptist Hospital. He is an internationally recognized expert for sports medicine and regenerative orthopedics with more than 20 years of experience. He is a team physician for US Soccer and assistant professor of orthopedics at Tufts University, School of Medicine and has published more than 100 scientific articles and book chapters.

THANK YOU TO THIS YEAR'S EXHIBITORS

Executive

WRS Group

Premium

Enovis

Standard

ATI Physical Therapy
Calamari Medical, Inc
Delta Medical Systems
Dynasplint Systems, Inc
Ferraro & Forbes
IWPharmacy
Johnson & Johnson MedTech
Pacira Pharmaceuticals, Inc
sam Wearable Ultrasound Products

Our Locations

Milton

Beth Israel Milton Hospital
Linz Building, Suite 123
100 Highland Street
Milton, MA 02186

Dedham

40 Allied Drive
Suites 108 and 110
Dedham, MA 02026

Waltham

71 Border Road
Third Floor
Waltham, MA 02451

Westboro

Whittier Rehab Hospital
150 Flanders Road
Westboro, MA 01581

Woburn

800 W Cummings Park
Suite 2250
Woburn, MA 01801

BBJI

Boston Bone & Joint Institute

Orthopedic Work Injury Conference

Effective Strategies for Successful Return to Work

September 12, 2025



Contact Us

www.BBJI.com

(781) 890 2133

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A special thank you to Loddie Mosley for her hard work on this event!



7:30AM
Breakfast / Check-in / Registration

8:00 AM
Welcome and Introduction, BBJI Update, Objectives, Dr Kai Mithoefer

Relevance of Work-Related Musculoskeletal Disorders

8:10 AM
Kerry A. Skillin, CRC, CVE, ABVE/D - Why do Workers Fail to Return to Work?

8:20 AM
Lauren Van Iderstine, Esq – Long-Term Disability after Musculoskeletal Work Injuries: Incidence and Risk Factors
Q&A

Shoulder Injuries

8:40 AM
Dr. Jacob Kirsch – When Should Rotator Cuff Tears be Fixed? Implications for Effective Return to Work

8:50 AM
Dr. Alan Curtis – Keys to Success after Failed Rotator Cuff Surgery

9:00 AM
Dr. Suzanne Miller – Pectoralis Major Injuries

9:10 AM
Dr. Andrew Jawa - Revision of Failed Shoulder Arthroplasty
Q&A

Elbow & Hand

9:30 AM
Dr. Peter Kim – Arthroscopic Treatment of TFCC Injuries

9:40 AM
Dr. Hervey Kimball – Return to Work after Elbow Compressive Neuropathies in the Workplace

9:50 AM
Kerry Demers, OTR/L, CHT – Benefits of Occupational Therapy for Return to Work after Work-Related Hand Injuries
Q&A

10:10-10:30 AM - Break (Percy Wadman Room)

10:30 AM - Keynote Lecture

Dr. John Burress – Optimizing Return to Work/Stay at Work: Overcoming Deficiencies in the Massachusetts Workers Compensation System

Regenerative Orthopedics & Joint Preservation

11:00 AM
Dr. Kai Mithoefer – Orthobiologics: Techniques, Outcomes and Return to Work for Common Orthopedic Work Injuries

Spine

11:10 AM
Dr. Chima Ohaegbulam – Revision Lumbar Spine Surgery in the Injured Worker

11:20 AM
Dr. Brian Kwon – The Fast Track Back: Accelerating Recovery with Minimally Invasive Spine Surgery
Q&A

Breakout Sessions (Auditorium)

11:50 AM
Dr. Dean Hashimoto – Utilization Review and Its Role for Return to Work

12:00 PM
Dr. Lee Okurowski – Effect of Treatment Delays on Return to Work (and How to Avoid it)

12:10 PM
Hon. Omar Hernandez – Legal Aspects of a Successful Recovery

12:20 PM
Erin Muschette – Optimizing Vocational Rehabilitation: The DIA Experience
Q&A

Return to Work Programs (Berkshire Room)

11:50 AM
Dr. Peter Kachavos – The Benefits of Early Intervention and Integrated Care Delivery for Return to Work

12:00 PM
Dr. Claudelyn Valcin – Reducing Lost Time Through Virtual Functional Capacity Evaluations and Real-Time Medical Oversight

12:10 PM
Nicole McManus, MSPT, OMT, FAAOMPT – Work Conditioning: How Does It Affect Return to Work?

12:20 PM
Diana Burns, MS, ATC – The Role of Onsite Worksite Programs for Return to Work
Q&A

12:30 PM - 1:30 PM - Lunch (Cafe)

Hip

1:30 PM
Dr. Thomas Wuerz – Back to Work after Hip Labral and Cartilage Injuries: Treatment Strategies, Timelines, and Expectations

1:40 PM
Dr. Jacob Drew – Hip Arthroplasty Following Workplace Injuries
Q&A

Knee

2:00 PM
Dr. Paul Weitzel – The Torn Meniscus – Lessons Learned Over 20 Years on How to Optimize Return to Work and Long-Term Knee Function

2:10 PM
Dr. Geoffrey Van Flandern – Total Knee Arthroplasty and Return to Work

2:20 PM
Dr. James Nairus – Factors Affecting Return To Work after Knee Arthroplasty: The Independent Medical Examiner’s Perspective

2:30 PM
Dr. Andrew Braziel – Unicompartmental Knee Arthroplasty in the Worker: Indications, Benefits, and Return to Work

2:40 PM
Dr. Michael Baratz – Return to Work Considerations for Revision Arthroplasty
Q&A

Foot & Ankle

3:00 PM
Dr. Kurt Hofmann – Treatment and Return to Work Algorithm Following an Acute Ankle Injury
Q&A

3:20 PM - 3:40 PM - Break (Percy Wadman Room)

Special Considerations for Return to Work

3:40 PM
Nicole Lovett, RN, CCM – Return to Work in Workers >50 Years

3:50 PM
Dr. Marie-Christine David – Facilitating Return to Work in Large Industrial Corporations

4:00 PM
Jamie Evans, Turner Construction Company – Optimizing Worksite Safety for Return to Work

4:10 PM
Debra Wein, MS, RDN, CBHWC, CWWPC – Worksite Wellness and Injury Prevention

4:20 PM
Cindy Bourbeau, RN, CRRN, CCM, CNLCP, CHLCP – The Critical Role of Communication Between Stakeholders for Return to Work
Q&A

4:30 PM
Award for “Excellence in Work Injury Care”

4:45 PM
Conclusions / Closing Remarks / Raffle Drawings

5:00 PM
Social Reception

Keynote Speaker



John W. Burress, MD, MPH, FACOEM

Dr. Burress completed residencies in Family Medicine and Occupational & Environmental Medicine at Harvard. He has practiced in community settings and at Boston Medical Center for 10 years. In 2015, he founded OccMed Consulting & Injury Care, serving \$6B in construction, utilities, transportation, and related industries. The practice addresses gaps in the MA Workers’ Compensation system to improve outcomes and optimize EMR, treating everything from complex lacerations to challenging post-surgical recoveries. He also consults on disability management for government and private organizations in MA and NH, maintains an active IME and writing practice, and serves as a Senior Aviation and HIMS Medical Examiner. Dr. Burress is Medical Director for AIM Mutual Insurance and Co-Chair of the MA DIA Guideline Writing Committee. He is a past Chair of the Mass Medical Society Public Health Committee and former ACOEM Board Member.