# Foundations in Arthroscopy

## December 14-16, 2023

## Orthopaedic Learning Center (OLC), Rosemont, Illinois

| December 14th | | |
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| **Time** | **MOTOR SKILLS DAY** | **Location** |
| **10:30–11 a.m.** | Course Registration | Lobby |
| **11–11:20 a.m.** | Welcome and Course Overview<br>Paul Fadale, M.D. | Aud A/B/C |
| | **Each participant now rotates three times:** once in simulators/roundtables, once in FAST basic motor skills and once in FAST knot tying. Follow your highlighted group (see your badge for the group letter):<br>Rotation One<br>**11:30 a.m.–1 p.m.**<br>Rotation Two<br>**1:45–3:15 p.m.**<br>Rotation Three<br>**4–5:30 p.m.** | |
| **11:30 a.m.–1 p.m.** | Motor Skills Rotations Part I<br>Group A – FAST Basic Motor Skills, FAST Dry Lab (Lab A)<br>Faculty: Orwin<br>Group B – FAST Knot Tying (Aud B)<br>Faculty: Ciccone<br>Group C – Simulators and Roundtables (Aud C and Sim Room)<br>Faculty: Mulcahey Fadale | -- |
| **1–1:45 p.m.** | Lunch Break | -- |
| **1:45–3:15 p.m.** | Motor Skills Rotations Part II<br>Group A – FAST Knot Tying (Aud B)<br>Faculty: Ciccone<br>Group B – Simulators and Roundtables (Aud C and Sim Room)<br>Faculty: Mulcahey/Fadale<br>Group C – FAST Basic Motor Skills (Lab A)<br>Faculty: Orwin | -- |
| **3:15–3:45 p.m.** | Break/Snacks | Auds/Lobby |
| **4–5:30 p.m.** | Motor Skills Rotations Part III<br>Group A – Simulators and Roundtables (Aud C and Sim Room)<br>Faculty: Mulcahey/Fadale<br>Group B – FAST Basic Motor Skills (Lab A)<br>Faculty: Orwin<br>Group C – FAST Knot Tying (Aud B)<br>Faculty: Ciccone | -- |

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| **5:45 p.m.** | **Dinner**<br>5:45–6:15 p.m. – Basics of Arthroscopy: Fadale<br>6:15–6:45 p.m. – How I Became a Better Arthroscopist<br>Panel: Orwin, Ciccone, Fadale, Mulcahey | Auds A/B/C |
| **6:45 p.m.** | **Session Ends** | |

| December 15th | | |
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| **Time** | **KNEE DAY** | **Location** |
| | **Please have breakfast at the Hampton Inn prior to arriving at the OLC. Upon arrival, please change into scrubs and move to the lab.** | |
| **7:15 a.m.** | Faculty Arrive – Report Directly to Lab for ASSET Testing Overview and Faculty Expectations<br>Faculty: Fadale, Orwin | OLC |
| **7:30 a.m.– Noon** | **Cadaver Lab Session 1: Knee Arthroscopy**<br>**7:30 a.m.: Recorded Demonstration: Diagnostic Knee Arthroscopy, Fadale**<br>**7:45 a.m.: Pre-Recorded Lecture: Management of Meniscal Tears, FIND INTRO**<br>**8:00 a.m.: Lab Procedures**<br>• Draw anatomic landmarks and choose portal sites but wait for faculty to confirm portal sites<br>• Diagnostic knee arthroscopy<br>• Gillquist maneuver<br>• Accessory portals<br>• Loose body removal<br>• Partial synovectomy<br>• Partial meniscectomy<br>**9:40 a.m.: Lab Procedures**<br>• Proficiency-based HARD STOP (ASSET) must occur prior to meniscus repair. If the student does not achieve a baseline level of proficiency as assessed by their faculty, they will be asked to repeat the previous steps and retest. It is possible that station partners will change if both partners are not at similar levels.<br>• Meniscal repair techniques<br>  • All-inside<br>  • Inside-out<br>  • Outside-in<br>**10:45 a.m.: ACL Graft Lecture**<br>Faculty: Fadale<br>**11:15 a.m.: Live Demo: ACL Harvest Techniques (Bone-Patellar Tendon-Bone, Quad)**<br>Faculty: Mulcahey<br>**11:30 a.m.: Lab Procedures**<br>• Complete any previous techniques or procedures<br>• Can begin ACL hamstring graft harvest<br>Participants will perform each of the above procedures in sequence, focusing on the motor skill emphasis of the prior day. Faculty will provide dynamic feedback throughout the lab session. Fast-paced students may return to the simulator lab or, under the guidance of their faculty, to perform microfracture, OATS or arthroscopic medial capsular reefing. | Cadaver Lab |
| **Noon–1 p.m.** | **Lunch and Lecture/Video Demonstration: ACL Reconstruction Techniques**<br>Faculty: Fadale | |

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| **1–5:30 p.m.** | **Cadaver Lab Session 2: ACL Reconstruction, Surgical Anatomy, Open Dissections**<br>**1 p.m.: Lab Procedures**<br>• ACL graft harvest<br>  • Hamstring before BPTB due to fluid extravasation<br>  • After BPTB and quad tendon harvest, close capsule tightly to allow for adequate visualization<br>• ACL reconstruction<br>  • Femoral and tibial tunnel placement<br>  • Graft passage and fixation<br>• **Formal proficiency-based feedback regarding afternoon tasks should be provided to each student immediately after ACL reconstruction.** If the student demonstrates weaknesses in motor skills or arthroscopic manipulation, they may be asked to return to previous interventional procedures or practice on a simulator.<br><br>**3:30 p.m.: Lab Procedures**<br>• Complete ACL reconstruction<br>• Fast paced, proficient students may return to simulators for practice or, under the guidance of their associate faculty, proceed to arthroscopic PCL reconstruction. If time allows, consider LCL, PLC or MPFL reconstruction.<br>• Open knee dissections<br>  • Anterior approach/anatomy to evaluate ACL reconstructions<br>  • Medial approach/anatomy and to evaluate medial meniscal repairs<br>  • Lateral approach/anatomy and to evaluate lateral meniscal repairs<br>  • Posterior approach/anatomy<br><br>**3:15p.m.: Lecture and Live Dissection: Posterolateral Corner/Fibular Collateral Reconstruction/LET**<br>Faculty: Fadale Lecture, Ciccone/Mulcahey Demo/Fellow<br><br>**4:40 p.m.: Lab Procedures**<br>• Complete open knee dissections | Cadaver Lab |
| **5:30–6:30 p.m.** | Faculty Discussion – Cases<br>Beer and Pizza Served<br>All Faculty | |
| **6:30 p.m.** | Session Adjourns (Frances – 7pm Carlucci) | |

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| December 16th | | |
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| **Time** | **SHOULDER DAY** | **Location** |
| | **Please have breakfast at the Hampton Inn prior to arriving at the OLC in your grouped times.** *Coffee available at the OLC 6:30–7:30 a.m.* | |
| **7:30–11:30 a.m.** | **Cadaver Lab Session 3: Shoulder Glenohumeral Arthroscopy**<br>**7:30 a.m.: Recording: Diagnostic Shoulder Arthroscopy**<br>Faculty: Orwin<br><br>**7:40 a.m.: Lab Procedures**<br>• Draw anatomic landmarks and choose portal sites but wait for faculty to confirm portal sites<br>• Diagnostic shoulder arthroscopy<br>• View from posterior and anterior portals<br>• Loose body removal<br>• **Proficiency-based HARD STOP (ASSET) must occur prior to meniscus repair.** If the student does not achieve a baseline level of proficiency as assessed by their faculty, they will be asked to repeat the previous steps and retest. It is possible that station partners will change if both partners are not at similar levels.<br><br>**9:30 a.m.: Live Demonstration: Shoulder Instability/Bankart Repair**<br>Faculty: Ciccone<br><br>**9:40 a.m.: Lab Procedures**<br>• SLAP repair<br>• Bankart repair (anterior and posterior labral)<br><br>Participants will perform each of the above procedures in sequence, focusing on the motor skill emphasis of the prior day. Faculty will provide dynamic feedback throughout the lab session. | Cadaver Lab |
| **11:30 a.m.–12:30 p.m.** | **Lunch and Lecture: Principles of Rotator Cuff**<br>Faculty: Mulcahey<br><br>Biologics? | Auds |
| **12:30–2 p.m.** | **Motor Skills Session: Rotator Cuff Repair**<br>**12:30 p.m.: Video Demonstration: Rotator Cuff Repair on FAST Models** (Did Feldman record)<br><br>**12:40 p.m.: Lab Procedures**<br>• Anchor placement<br>• Suture passage devices<br>• Suture management | Auds/Conf Room |
| **2–2:15 p.m.** | Return to Lab | |

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| **2:15–5:30 p.m.** | **Cadaver Lab Session 4: Shoulder Subacromial Arthroscopy**<br>**2:15 p.m.: Lab Procedures**<br>• Subacromial arthroscopic bursectomy<br>• Subacromial decompression<br>• Distal clavicle excision<br><br>**2:30 p.m.: Lecture Recording: Subacromial Space**<br>Faculty: Mulcahey<br><br>**3:10 p.m.: Lab Procedures**<br>• Complete subacromial work<br>• May attempt rotator cuff repair, but often difficult due to poor quality tissue, fluid extravasation and abnormal orientation<br>• If the tissue quality is poor or the student has not attained the proficiency level commensurate with arthroscopic repair, the student may progress to mini-open or repeat the procedure on the FAST workstation<br>• Accelerated students may return to the glenohumeral joint to perform capsular release, microfracture, biceps tenotomy and arthroscopic/open biceps tenodesis<br><br>**4 p.m.: Live Demonstration: Open Shoulder Dissection**<br>Faculty: Orwin<br><br>**4:30 p.m.: Lab Procedures**<br>• Complete any arthroscopic work<br>• Open shoulder dissections | Cadaver Lab |
| **5:30 p.m.** | **Course Adjourns** | |

**Course Co-Chairs:** Fadale, Mulcahey, Orwin, Ciccone

## Learning Objectives

After completing this course, participants will be able to:

1. Demonstrate fundamental knowledge to safely perform shoulder and knee arthroscopy.
2. Develop arthroscopic and surgical motor skills for various procedures in the shoulder and knee.
3. Master safely setting up an operating room with minimal oversight and guidance.

## Statement of Need

AANA has determined the need for this live educational activity based on identifying professional practice gaps, previous course evaluations and the AANA Self-Assessment Examination. The educational content of this activity was based upon current issues and topics provided by AANA planning committees and membership.

## Continuing Medical Education/Credit Designation

The Arthroscopy Association of North America is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Arthroscopy Association of North America designates this live activity for a maximum of 28.00 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*This activity may also help fulfill the Maintenance of Certification credit requirements mandated by the American Board of Orthopaedic Surgery.*