

Foundations in Arthroscopy

October 17-19, 2024

Orthopaedic Learning Center, Rosemont, Illinois

October 17 th , 2024		
Time	Motor Skills Day	Location
10:30-11 a.m.	Course Registration	Lobby
11:00-11:20 a.m.	Welcome, Course Overview	Auditorium A/B
	<p align="center">Motor Skills Rotations</p> <p align="center">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):</p> <p align="center">Rotation One 11:30 a.m.–1 p.m.</p> <p align="center">Rotation Two 1:45–3:15 p.m.</p> <p align="center">Rotation Three 4–5:30 p.m.</p>	
11:30 a.m.-1:00 p.m.	Motor Skills Rotation #1 Group A – FAST Basic Motor Skills, FAST Dry Lab (Lab A) Group B – FAST Knot Tying (Aud B) Group C – Simulators and Roundtables (Aud C and Sim Room)	
1:00-1:45 p.m.	Return to Auditoriums for Working Lunch Practicing Orthopaedic Surgery Faculty: David Richards, M.D.	
1:45-3:15 p.m.	Motor Skills Rotation #2 Group A – FAST Knot Tying (Aud B) Group B – Simulators and Roundtables (Aud C and Sim Room) Group C – FAST Basic Motor Skills (Lab A)	
3:15-4:00 p.m.	Break, Refreshments	
4:00-5:30 p.m.	Motor Skills Rotations #3 Group A – Simulators and Roundtables (Aud C and Sim Room) Group B – FAST Basic Motor Skills (Lab A) Group C – FAST Knot Tying (Aud B)	
5:30 p.m.	Dinner Available, Return to Auditorium by 5:45 p.m.	

5:45-6:15 p.m.	Basics of Arthroscopy Faculty: Paul Fadale, M.D.	
6:15-6:45 p.m.	How I Became a Better Arthroscopist Panel: Mulcahey, Ciccone, Richards, Fadale	
6:45 p.m.	Session Adjourns, Please Return to Auditorium by 7:00 a.m.	

October 18th, 2024		
Time	Knee Day	Location
7:00 a.m.	Report to Auditoriums	Auditorium A/B
7:00-7:05 a.m.	Safety Talk	
7:05-7:30 a.m.	Basics of Knee Arthroscopy and Management of Meniscal Pathology Faculty: Mary Mulcahey, M.D.	
7:30 a.m.	Faculty Remain in Auditorium for Brief Meeting Participants Change to Scrubs and Report to Lab	
7:30 a.m.-12:00 p.m.	Lab Session #1	Cadaver Lab
7:45-8:00 a.m.	Pre-Recorded Lecture: Management of Meniscal Tears	
8:00 a.m.	Lab Procedures: <ul style="list-style-type: none"> • Draw anatomic landmarks and choose portal sites but wait for faculty to confirm portal sites • Diagnostic knee arthroscopy • Gillquist maneuver • Accessory portals • Loose body removal • Partial synovectomy • Partial meniscectomy 	
9:40 a.m.	<ul style="list-style-type: none"> • 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. • Meniscal repair techniques • All-inside • Inside-out • Outside-in 	
10:45 a.m.	ACL Graft Lecture Faculty: Paul Fadale, M.D.	

11:15 a.m.	Live Demonstration: ACL Harvest Technique (Bone-Patellar Tendon-Bone, Quad) Faculty: Mary Mulcahey, M.D.	
11:30 a.m.	Complete Previous Techniques/Procedures, Begin ACL Hamstring Graft Harvest	
12:00-1:00 p.m.	Lunch and Lecture/Video Demonstration: ACL Reconstruction Techniques Faculty: Paul Fadale, M.D.	Auditorium A/B
1:00 p.m.	Return to Lab	
1:00-5:30 p.m.	Lab Session #2	Cadaver Lab
1:00 p.m.	<ul style="list-style-type: none"> • ACL graft harvest • Hamstring before BPTB due to fluid extravasation • After BPTB and quad tendon harvest, close capsule tightly to allow for adequate visualization • ACL reconstruction • Femoral and tibial tunnel placement • Graft passage and fixation • 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. 	
3:15 p.m.	Lecture and Live Dissection: Posterolateral Corner/Fibular Collateral Reconstruction/LET Faculty: Mary Mulcahey, M.D., William Ciccone, M.D.	
3:30 p.m.	<ul style="list-style-type: none"> • Complete ACL reconstruction • 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. • Open knee dissections • Anterior approach/anatomy to evaluate ACL reconstructions • Medial approach/anatomy and to evaluate medial meniscal repairs • Lateral approach/anatomy and to evaluate lateral meniscal repairs • Posterior approach/anatomy 	
4:40 p.m.	Complete Open Knee Dissections	
5:30-6:30 p.m.	Faculty Case Discussions Beer and Pizza Served All Faculty Encouraged to Bring Cases	
6:30 p.m.	Session Adjourns	

October 19 th , 2024		
Time	Shoulder Day	Location
7:00 a.m.	Report to Auditoriums	Auditorium A/B
7:00-7:30 a.m.	Diagnostic Shoulder Arthroscopy and Treatment of Labral Pathology Faculty: David Richards, M.D.	
7:30-11:30 a.m.	Lab Session #3	Cadaver Lab
7:30 a.m.	<ul style="list-style-type: none"> • Draw anatomic landmarks and choose portal sites but wait for faculty to confirm portal sites • Diagnostic shoulder arthroscopy • View from posterior and anterior portals • Loose body removal • 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. 	
9:30 a.m.	Live Demonstration: Shoulder Instability, Bankart Repair Faculty: William Ciccone, M.D.	
9:40 a.m.	<ul style="list-style-type: none"> • SLAP repair • Bankart repair (anterior and posterior labral) <p>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.</p>	
11:30 a.m.-12:30 p.m.	Lunch and Lecture: Principals of Rotator Cuff Faculty: Mary Mulcahey, M.D.	Auditorium A/B
12:30 p.m.-2:00 p.m.	Motor Skills Session: Rotator Cuff Repair Video Presentation of Cuff Repair on FAST Models <ul style="list-style-type: none"> • Anchor Placement • Suture Passage Devices • Suture Management 	
2:00-5:15 p.m.	Lab Session #4	Cadaver Lab
2:15 p.m.	<ul style="list-style-type: none"> • Subacromial arthroscopic bursectomy • Subacromial decompression • Distal clavicle excision 	
2:30 p.m.	Lecture Recording: Subacromial Space Faculty: Mary Mulcahey, M.D.	
3:10 p.m.	<ul style="list-style-type: none"> • Complete subacromial work 	

	<ul style="list-style-type: none"> • May attempt rotator cuff repair, but often difficult due to poor quality tissue, fluid extravasation and abnormal orientation • 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 • Accelerated students may return to the glenohumeral joint to perform capsular release, microfracture, biceps tenotomy and arthroscopic/open biceps tenodesis 	
4:00 p.m.	Live Demonstration: Open Shoulder Dissection Faculty: William Ciccone, M.D.	
4:30 p.m.	Complete and Arthroscopic Work, Open Shoulder Dissections	
5:30 p.m.	Course Adjourns	

Course Co-Chairs: Mary Mulcahey, M.D., William Ciccone, M.D.

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 15.00 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.