

AANA/AMECRA Knee and Shoulder Course

February 21-22, 2025

ArthroLab™ Facility, Naples, FL

Optimizing Surgical Outcomes: “Be the Best You Can Be”

Friday, February 21, 2025	
Knee Session Overview	
8-8:10 a.m.	Course and Faculty Introduction, Lab Overview
8:10-8:20 a.m.	Move to Cadaver Lab
8:20-9 a.m.	“Optimize” Basic Scope Techniques (ASSET Feedback for Each Attendee)
9-10:30 a.m.	“Optimize” Meniscus <ul style="list-style-type: none"> Repairing Vertical Tears/Horizontal Tears/Root Repairs/Radial Tears
10:30 a.m.-Noon	“Optimize” ACL <ul style="list-style-type: none"> Tunnel Placements Graft Options Fixation Choices Classic Vs. All-Inside LET vs. ALL
Noon-1 p.m.	Lunch Break, Return to Lab by 1 p.m.
1-4 p.m.	<p>Track A:</p> <p>“Optimize” Cartilage Restoration</p> <ul style="list-style-type: none"> Debridement Microfracture OATS <p>Track B:</p> <p>“Optimize” Patellar Instability</p> <ul style="list-style-type: none"> Lateral Release Arthroscopic Reefing MPFL Reconstruction <p>Track C:</p> <p>“Optimizing” Alignment</p> <ul style="list-style-type: none"> HTO/DFO/Tibial Tubercle
4 p.m.	Lab Adjourn, Happy Hour Begins at 5 p.m.

Saturday, February 22, 2025

Shoulder Session Overview

8-8:10 a.m.	Knee Session Recap, Goals for Shoulder Day
8:10-9 a.m.	“Optimize” Basic Scope Techniques (Quality Feedback for Each Attendee)
9-10:30 a.m.	<p>“Optimize” Labral Repair and Instability</p> <ul style="list-style-type: none"> • Bankart • SLAP • Pan Labral
10:30 a.m.-Noon	<p>“Optimize” Proximal Biceps</p> <ul style="list-style-type: none"> • Tenotomy • Suprascapular Tenodesis • Subscapular Tenodesis
Noon-1 p.m.	Lunch Break, Return to Lab by 1 p.m.
1-4 p.m.	<p>Track A: “Optimize” Rotator Cuff</p> <ul style="list-style-type: none"> • Single Row vs. Double Row • Augmentation • Arthroscopic Biceps Tenodesis • Distal Clavicle Excision <p>Track B: “Optimize” Instability with Bone Defects</p> <ul style="list-style-type: none"> • Latarjet • Remplissage <p>Track C: “Optimize” Reverse Arthroplasty</p>
4 p.m.	Course Adjourns

Course Draft Version 1 – 7/16/24