

## AANA/AMECRA/SLARD Advanced Knee and Shoulder Course

February 1-2, 2026

Arthrex ArthroLab Facility, Naples, FL

### Course Agenda

Optimizing Surgical Outcomes: “Be the Best You Can Be” Knee Focus	
February 1, 2026	
7-7:30 a.m.	Registration
7:30-7:40 a.m.	Introduction and Course Overview
7:40-7:55 a.m.	<i>Optimizing Knee Arthroscopy, Portals, Cadavers, and Using the ASSET Feedback Tool</i>
7:55-8:10 a.m.	<i>Optimizing Meniscus Repairs</i>
8:10-8:30 a.m.	Transition to Lab
8:30-9:15 a.m.	Lab: Knee Arthroscopy, ASSET Evaluation for Each Student, Meniscus Repairs
9:15-9:30 a.m.	<i>Optimizing ACLR: Notchplasty, Tunnel Placement, Graft Passage</i>
9:30-9:45 a.m.	<i>Optimizing ACLR: Graft Choices, Quad Tendon Technique, Fixation Options</i>
9:45-10 a.m.	<i>LET vs. ALL: Technical Pearls</i>
10 a.m.-Noon	Lab: ACLR+/LET (Graft Choice by Student)
Noon-1 p.m.	Lunch Arthrex Overview, Facility Tours Return to Auditorium by 1 p.m. for Afternoon Lectures

1:00-1:20 p.m.	<b>Track 1: Optimizing Patellar Instability: Lateral Release, Arthroscopic Reefing, MPFL</b> Optional: Tibial Tubercle Transfer
1:20-1:40 p.m.	<b>Track 2: Optimizing Cartilage Restoration: Microfractures, OATS</b> Optional: HTO
1-2 p.m.	<b>Track 3: Optimizing Alignment: HTO</b> Optional: DFO, Tibial Tubercle Transfer
2-4 p.m.	Lab: Track Based Stations Final Step: Dissection Focused on NV Risk
4 p.m.	Lab Adjourn: Happy Hour Begins at 5 p.m.
5 p.m.	Happy Hour

## Optimizing Surgical Outcomes: “Be the Best You Can Be” Shoulder Focus

February 2, 2026

<b>8-8:15 a.m.</b>	Course Updates, Shoulder Outline <i>Optimizing Shoulder Arthroscopy, Portals, Cadavers, and Using the ASSET Feedback Tool</i>
<b>8:15-8:30 a.m.</b>	<i>Optimizing Instability Labral Repair: Bankart, SLAP</i>
<b>8:30-8:45 a.m.</b>	<i>Optimizing Instability: Capsulorrhaphy/Remplissage</i>
<b>8:45-9 a.m.</b>	<i>Distal Clavicle/Decompression</i>
<b>9-9:15 a.m.</b>	<i>Optimizing Proximal Biceps: Tenotomy/Suprapec Tenodesis/SubPec Tenodesis</i>
<b>9:15-9:30 a.m.</b>	<b>Transition to Lab</b>
<b>9:30-11:30 a.m.</b>	Lab: Shoulder Arthroscopy, ASSET Evaluation, Labral Repairs, SLAP Repairs, Remplissage, Capsulorrhaphy, Arthroscopic Tenodesis
<b>11:30 a.m.-12:30 p.m.</b>	Lunch Arthrex Overview/Facility Tours Return to Auditorium by 12:30 p.m.
<b>12:30-12:55 p.m.</b>	<i>Track 1: Optimizing Rotator Cuff</i>
<b>12:55-1:20 p.m.</b>	<i>Track 2: Optimizing Bone Deficiency: Arthroscopic vs. Open Latarjet, Posterior Approach to Shoulder</i>

1:20-1:45 p.m.	<i>Track 3: Optimizing Arthroplasty: Reverse Shoulder, Capsular Release, Subscapularis Repair</i>
2:00-4:00 p.m.	Lab: Track Based Lab Stations Final Step: Dissection Focused on NV Risk
4:00 p.m.	Course Adjourns

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