Foundations in Arthroscopy

November 12-14, 2026

Orthopaedic Learning Center, Rosemont, Illinois

Course Co-Chairs:
William J. Ciccone II, M.D., FAANA
Mary K. Mulcahey, M.D., FAANA
David P. Richards, M.D., F.R.C.S.C.

Course Master Faculty:
Andrew S. Bernhardson, M.D., F.R.C.S.C.

Associate Faculty:
TBD

Thursday, November 12, 2025		
Time	**Motor Skills Day**	**Location**
10:30-11 a.m.	Course Registration	Lobby
11-11:20 a.m.	Welcome, Course Overview	Auditorium A/B
	Motor Skills Rotations 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 identification):*** **Rotation One** 11:30 a.m.–1 p.m. **Rotation Two** 1:45–3:15 p.m. **Rotation Three** 4–5:30 p.m.	
11:30 a.m.-1 p.m.	Motor Skills Rotation #1 Group A – FAST Basic Motor Skills, FAST Dry Lab (Lab B) Group B – FAST Knot Tying (Auditorium B) Group C – Simulators and Roundtables (Auditorium A and Sim Room) **11:30-11:50 am** C1-Sim; C2, 3, 4-Roundtables **11:55 am-12:15 pm** C2-Sim; C1 3, 4-Roundtables **12:20-12:40 pm** C3-Sim; C1,2,4-Roundtables **12:40-1 pm** C4-Sim; C1,2, 3-Roundtables	
1-1:45 p.m.	Return to Auditoriums for Working Lunch Practicing Orthopaedic Surgery Faculty: David Richards, M.D., F.R.C.S.C.	
1:45-3:15 p.m.	Motor Skills Rotation #2 Group A – FAST Knot Tying (Auditorium B) Group B – Simulators and Roundtables (Auditorium A and Sim Room) **1:45-2:05 pm** B1-Sim; B2,3,4-Roundtables	

	2:10-2:30 pm B2-Sim; B1,3,4-Roundtables **2:35-2:55 pm** B3-Sim; B1,2,4-Roundtables **2:55-3:15 pm** B4-Sim; B1,2,3-Roundtables Group C – FAST Basic Motor Skills (Lab B)	
3:15-4 p.m.	Break, Refreshments	
4-5:30 p.m.	Motor Skills Rotations #3 Group A – Simulators and Roundtables (Auditorium B and Sim Room) **4-4:20 pm** A1-Sim; A2,3,4-Roundtables **4:25-4:45 pm** A2-Sim; A1,3,4-Roundtables **4:50-5:10 pm** A3-Sim; A1,2,4-Roundtables **5:10-5:30 pm** A4-Sim; A1,2,3-Roundtables Group B – FAST Basic Motor Skills (Lab B) Group C – FAST Knot Tying (Auditorium B)	
5:30 p.m.	Dinner Available, Return to Auditorium by 5:45 pm	
5:45-6:15 p.m. **6:15-6:45 p.m.**	How I Became a Better Arthroscopist Moderator: Mary K. Mulcahey, M.D., FAANA, Panel: William J. Ciccone II, M.D., FAANA, David P. Richards, M.D., F.R.C.S.C., Andrew S. Bernhardson, M.D., F.R.C.S.C.	
6:45 p.m.	Session Adjourns, Please Return to Auditorium by 7:00 a.m. Friday immediately following breakfast at the hotel.	

Friday, November 13, 2025		
Time	**Knee Day**	**Location**
	Breakfast at hotel prior to arriving at the OLC	
7 a.m.	Report to Auditorium	Auditorium A/B
7-7:05 a.m.	Safety Talk – Mary K. Mulcahey, M.D., FAANA	
7:05-7:30 a.m.	Basics of Knee Arthroscopy and Management of Meniscal Pathology Faculty: Mary K. Mulcahey, M.D., FAANA	
7:30 a.m.	Faculty Remain in Auditorium for Brief Meeting Participants Change to Scrubs and Report to Lab	
7:30 a.m.-12 p.m.	**Lab Session #1**	Cadaver Lab
7:45-8 a.m.	**Pre-Recorded Lecture: Management of Meniscal Tears**	
8 a.m.	Lab Procedures: • 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.	• Meniscal repair techniques • All-inside • Inside-out • Outside-in	
10:45 a.m.	**ACL Graft Lecture** **Faculty:** Andrew S. Bernhardson, M.D.	Cadaver Lab

11:15 a.m.	**Live Demonstration: ACL Harvest Technique (Bone-Patellar Tendon-Bone, Quad)** Faculty: Mary K. Mulcahey, M.D., FAANA	
11:30 a.m.	Complete Previous Techniques/Procedures, Begin ACL Hamstring Graft Harvest	
12-1 p.m.	Lunch and Lecture/Video Demonstration: ACL Reconstruction Techniques Faculty: Andrew S. Bernhardson, M.D.	Auditorium A/B
1 p.m.	Return to Lab	
1-5:30 p.m.	**Lab Session #2**	Cadaver Lab
1 p.m.	• 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: Andrew S. Bernhardson, M.D.	
3:30 p.m.	• 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 Moderator: William J. Ciccone II, M.D., FAANA Panel: All faculty Beer and Pizza Served ***All Faculty Encouraged to Bring Cases***	
6:30 p.m.	Session Adjourns	

Saturday, November 14, 2025		
Time	**Shoulder Day**	**Location**
	Breakfast at hotel prior to arriving at the OLC	Auditorium A/B
7 a.m.	Report to Auditoriums	
7-7:30 a.m.	Diagnostic Shoulder Arthroscopy and Treatment of Labral Pathology Faculty: David P Richards, M.D.	
7:30-11:30 a.m.	**Lab Session #3**	Cadaver Lab
7:30 a.m.	• 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	
9:30 a.m.	**Live Demonstration: Shoulder Instability, Bankart Repair** Faculty: William J. Ciccone II, M.D., FAANA	
9:40 a.m.	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.	
11:30 a.m.-12:30 p.m.	Lunch and Lecture: Principals of Rotator Cuff Faculty: David P. Richards, M.D., F.R.C.S.C.	Auditorium A/B
12:30 p.m.-2 p.m.	Motor Skills Session: Rotator Cuff Repair Video Presentation of Cuff Repair on FAST Models Anchor Placement Suture Passage Devices Suture Management	
2-5:15 p.m.	**Lab Session #4**	Cadaver Lab
2:15 p.m.	• Subacromial arthroscopic bursectomy • Subacromial decompression • Distal clavicle excision	
2:30 p.m.	**Lecture Recording: Subacromial Space** Faculty: Mary K. Mulcahey, M.D., FAANA	
3:10 p.m.	• Complete subacromial work	

	• 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 p.m.	Complete and Arthroscopic Work, Open Shoulder Dissections	
5 p.m.	Course Adjourns	

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.

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.

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.

Mitigation Statement*:*
In accordance with the guidelines of the ACCME, it is AANA policy that planners and faculty disclose to learners PRIOR to the CME activity all financial relationships within 24 months of the educational activity with any ineligible company (any entity whose primary business is producing, marketing, reselling, or distributing health care products used by or on patients) that relates to their content. All disclosures will be listed in the final program/agendas and/or on-site materials that are distributed during designated activities. In accordance with AANA policy, faculty participation is predicated upon timely submission and review of disclosures. Noncompliance results in faculty removal from the program.