

Issue v1 10.8.22

Advanced Arthroscopic Knee 2023

12th-13th January



COURSE DIRECTORS
Professor Fares Haddad
University College London
Professor Deiry Kader
South West London
Elective Orthopaedic Centre



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The Expert Connect Centre
Croxley Park
Smith & Nephew, Building 5
Hatters Lane, Watford, Hert, WD18 8YE



British Orthopaedic Sports
Trauma & Arthroscopy Association



Why Attend?

A hands-on cadaveric practical course to instruct a number of different operative treatments applied in orthopaedic sports surgery. The course will allow participants to enhance surgical skills by practicing arthroscopic techniques on unembalmed cadaveric knees.

Who should attend?

ST6 / ST8, consultants and SAS Grades

Course Format

- Practical cadaveric work
 - Group discussions
 - Short presentations

REGISTER

Registration

Support

E: bostaa@idslondon.co.uk

T: 020 7228 1309

COURSE PROFILE



BOSTAA wishes to thank Smith+Nephew for their support and assistance in providing the outstanding facilities of The Expert Connect Centre.

This premier learning facility provides an outstanding environment in which both surgeons and other clinicians can share their experiences and expertise.



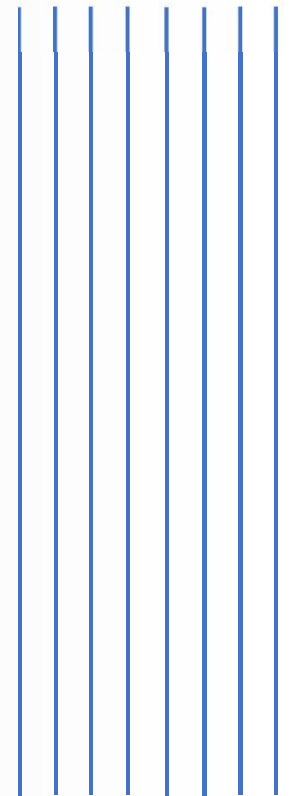
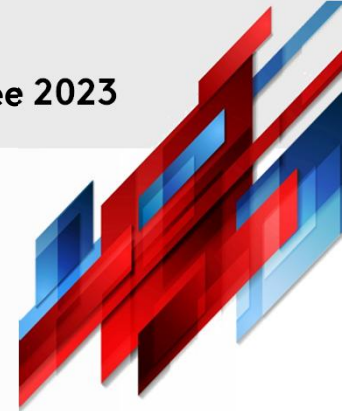
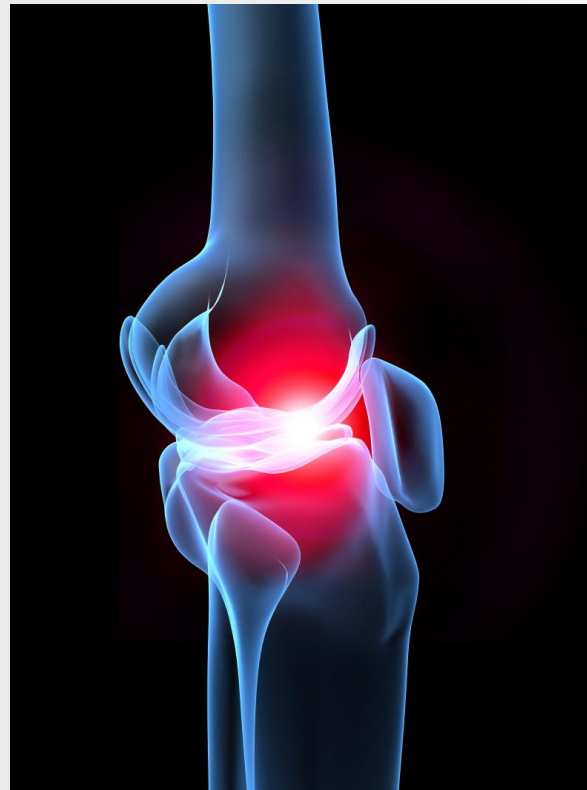
COURSE LEADERS

- Prof. Fares Haddad
- Prof. Deiry Kader



INVITED FACULTY

- Joanne Banks
- David Deehan
- Guido Geutjens
- David Hahn
- Neil Jain
- Simon Jennings
- Vipul Mandalia
- Mike McNicholas
- Rahul Patel
- Ricci Plastow



08.00 **REGISTRATION**

09.00 **INTRODUCTION** (*Fares Haddad / Deiry Kader*)

SESSION 1 Meniscus, Articular Cartilage

09.15 **Meniscal surgery: 10 practical tips** (*Deiry Kader*)

Focus on repair, What method is best? All inside, inside out or outside in?

Know your devices: Tips on using fast-fix 360 (all inside), Meniscal Stitcher set (inside out) and Meniscus Mender II (outside in).

Meniscal root repair tips. How to repair Ramp lesion?

09.35 **Chondral surgery: 10 practical tips** (*David Hahn*)

Microfracture / ACI / Oats

The holes!

09.45 Discussion and plan for the day

10.00 **REFRESHMENTS**

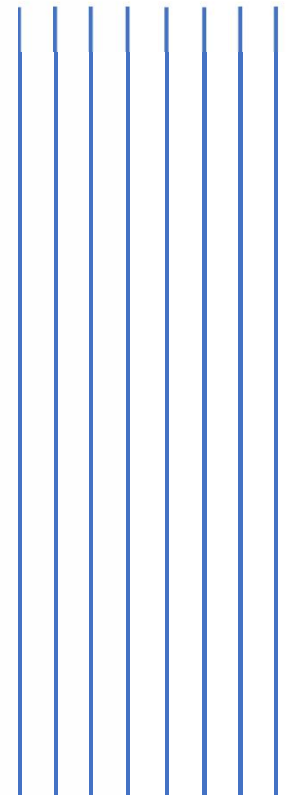
10.15 **PRACTICAL SESSION** Meniscus, Articular Cartilage (*Deiry Kader / David Hahn*)

Access. Meniscal root repair single tunnel or double tunnel. Ramp lesions.

Meniscal repair using All inside Fast-fix. Meniscal repair using outside in technique

Meniscal repair using inside out technique. Meniscal augmentation.

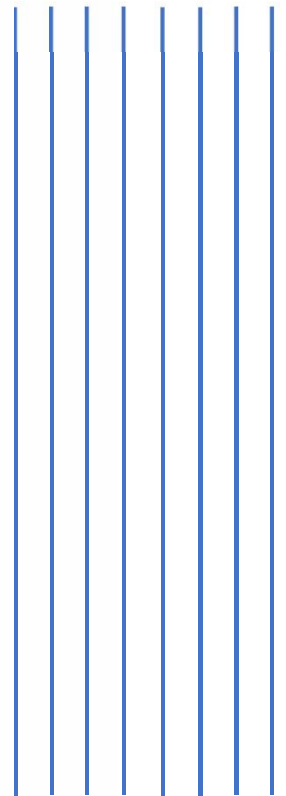
12.15 **LUNCH**





SESSION 2 ACL and Collaterals

- 13.00 **ACL graft choice and technique (*Rahul Patel*)**
Which graft, HT, BTB, Quads, Allo, synthetics. Technical tips.
Harvesting BTB and HT.
- 13.10 **ACL tunnels and technique 10 top tips (*Guido Geutjen*)**
Tunnel positions. Graft fixation: RCI, BioRCI, Endobutton, Ultrabutton
- 13.20 **ALL / extraarticular guidance (*David Deehan*)**
Indications. Tenodesis vs. free graft
- 13.30 **MCL - 10 top tips (*Vipul Mandalia*)**
Technical tips on MCL reconstruction. Single or double strand - graft types
- 13.40 Discussion
- 14.00 **PRACTICAL SESSION ACL Reconstruction (*Guido Geutjens*)**
HT harvest. How to increase the graft diameter? Dealing with short graft. Tunnel placement.
Fixation. Interference screw / suspension / hybrid fixation / tibial double fixation (footprint).
BTB and quads harvest.
- 15.15 **REFRESHMENTS**
- 15.30 **PRACTICAL SESSION Extraarticular (ALL). Associated surgery incl MCL (*Ricci Plastow / Vipul Mandalia*)**
- 16.30 Open discussion – lecture room
- 17.00 **CLOSING REMARKS**



- 09.00 **INTRODUCTION** (*Fares Haddad / Deiry Kader*)
SESSION 3 PCL, PLC...
- 09.10 **PCL reconstruction 10 top tips** (*Neil Jain*)
How many portals. Postero-medial portal demonstration.
Which graft? Tunnel placements and diameters. Easy way to pass the graft.
- 09.20 **PLC repair and reconstruction 10 top tips** (*Guido Geutjens*)
Grafts. Order of tunnels. Fixation sequence.
- 09.30 Discussion
- 09.50 **REFRESHMENTS**
- 10.05 **PRACTICAL SESSION PCL** (*Neil Jain*)
- 11.45 **REFRESHMENTS**
- 12.00 **PRACTICAL SESSION PLC, LCL** (*Guido Geutjens*)
- 13.10 **LUNCH**
- 13.50 **Surgical stabilisation of the patella** (*Mike McNicholas*)
Technical tips on MPF reconstruction. Trochleoplasty. Lateral release
Medial soft tissue plication in the young. Mini incision ITB release.
- 14.10 **Tibial tubercle osteotomy** (*Joanne Banks*)
Distalisation, medialisation & anteriorisation.
- 14.20 Discussion (*Mike McNicholas / Joanne Banks*)
- 14.30 **PRACTICAL SESSION Patellar instability** (*Mike McNicholas / Joanne Banks*)
MPFL reconstruction, tibial tubercle osteotomy, trochleoplasty, soft tissue plication & other procedures such as ITB release.
- 16.15 **CLOSING REMARKS**
- 16.45 **CLOSE**

