Instructional Course
Anatomic and Biomechanical Basis of Knee Ligament Reconstruction

Programme

Chairs: Dr Charles Brown (UAE) and Mr James Robinson (UK)

Smith & Nephew Surgical Skills Centre, York, UK
14 - 15 May 2015
Course Description

This advanced two day course discusses the anatomic and biomechanical rationale behind state-of-the-art knee ligament reconstruction. Participants will be given the opportunity to perform anatomic Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL), Medial Collateral Ligament (MCL), Posterior Oblique Ligament (POL), Posterolateral Corner (PLC), Anterolateral Ligament (ALL) and Medial Patellofemoral Ligament (MPFL) reconstructions under the supervision of a large faculty of internationally recognised experts.

A short series of lectures will be followed by faculty demonstrations using anatomical specimens and extensive hands on surgical skills training. Participants will be invited to discuss, practise and perfect new ligament reconstruction techniques in a fully equipped wet lab. Additionally there will be the opportunity to use fluoroscopy to document placement of ACL and MPFL reconstruction tunnels.

Dr Charles Brown
Director and Consultant Orthopaedic Surgeon, International Knee & Sports Medicine Centre, Abu Dhabi, UAE

Mr James Robinson
Consultant Orthopaedic Surgeon
Avon Orthopaedic Centre, Bristol UK

Faculty

Dr Alan Getgood
Complex Knee Reconstruction and Sports Medicine Fowler Kennedy Sport Medicine Clinic
University of Western Ontario
London, Ontario, CA

Mr Andy Williams
Fortius Clinic London
Imperial College, London
Honorary Senior Research Fellow, Nuffield Department of Orthopaedics, Rheumatology, and Musculoskeletal Sciences, University of Oxford, UK
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Lyon Ortho Clinic
Clinique de la Sauvegarde
Lyon, France

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Professor
Sportstrauma, Dept of Orthopaedics
Aarhus University Hospital, Denmark

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Orthopaedic Associates
Eindhoven Greater Area, Máxima Medical Center
Eindhoven, The Netherlands

Dr Steinar Johansen
Lovisenberg Deaconess Hospital, Oslo, Norway

Andrew Amis FREng, DSc(Eng), PhD
Professor of Orthopaedic Biomechanics
Imperial College London, UK

Dr Koen Lagae
Head of Knee Department
Monica Hospitals
Antwerp, Belgium

Mr Peter Thompson
Consultant Orthopaedic Surgeon
University Hospitals of Coventry and Warwickshire NHS Trust, UK

Dr Robert F. LaPrade
Complex Knee and Sports Medicine Surgeon
The Steadman Clinic
Vail, US

Dr Robert Śmigielski
Orthopaedic and Sports Medicine
Carolina Medical Center
Warsaw, Poland

Dr Thomas Harlem
Clinical Director of Surgery and Orthopedics
Consultant Orthopedic Surgeon
Haraldsplass Deaconal Hospital
Bergen, Norway

Andrew Amis FREng, DSc(Eng), PhD
Professor of Orthopaedic Biomechanics
Imperial College London, UK
Learning Objectives

- Expand theoretical knowledge of knee ligament anatomy, biomechanics and current reconstruction techniques through a series of short lectures
- Gain further knowledge, through a series of wet lab cadaver demonstrations, of the surgically relevant anatomy and biomechanics
- Gain hands on practice of anatomic ACL, PCL, PLC, MCL, POL and MPFL and ALL reconstructions over 2 days in the wet lab, supervised by a faculty of internationally recognised experts

Participant Profile

Orthopaedic surgeons experienced in knee ligament reconstruction:
- Interested in furthering their knowledge of clinically relevant knee anatomy and ligament biomechanics.
- Interested in learning current state-of-the-art anatomic based knee ligament reconstructions
- Involved in the training of orthopaedic surgical residents, registrars and fellows.

Participants should have a good understanding of basic knee anatomy and biomechanics and should have the surgical skills necessary to perform arthroscopic knee ligament reconstructions and open ligament surgery.

The course will be conducted in English therefore a good command of the language is required.
Thursday, May 14, 2015

07:00 Breakfast at the Hilton Hotel

07:45-08:25 Coach transfer from hotel to Smith & Nephew Surgical Skills Centre - arrival and registration

Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>08:25</td>
<td>Welcome and Introduction</td>
<td>C Brown (UAE)</td>
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<td></td>
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<td>J Robinson (UK)</td>
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<td>M Mulvey (S&amp;N)</td>
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<td>08:35</td>
<td>ACL Anatomy: Bundle Concept (via Skype/recorded)</td>
<td>F Fu (US)</td>
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<td>08:55</td>
<td>ACL Reconstruction - A changing paradigm</td>
<td>R Smigielski (PL)</td>
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<tr>
<td>09:00</td>
<td>Commentary: Bundles or ribbon does it really matter when you do surgery?</td>
<td>J Robinson (UK)</td>
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<td>C Brown (UAE)</td>
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<tr>
<td>09:10</td>
<td>ACL Biomechanics: What you need to know</td>
<td>A Amis (UK)</td>
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<td>09:20</td>
<td>Anatomy and biomechanics of the ALL</td>
<td>A Getgood (CA)</td>
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<td>09:30</td>
<td>Is the ALL the whole story?</td>
<td>A Williams (UK)</td>
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<tr>
<td>09:40</td>
<td>How do you best control the pivot shift?</td>
<td>A Amis (UK)</td>
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<tr>
<td>09:50</td>
<td>PCL Anatomy</td>
<td>R LaPrade (US)</td>
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<tr>
<td>10:00</td>
<td>PCL Biomechanics</td>
<td>A Amis (UK)</td>
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<td>10:10</td>
<td>PCL reconstruction: Why I use a single bundle technique</td>
<td>K Lagae (BE)</td>
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<tr>
<td>10:15</td>
<td>PCL reconstruction: Why I use a double bundle technique</td>
<td>R LaPrade (US)</td>
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<tr>
<td>10:40</td>
<td>Discussion Q&amp;A</td>
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<tr>
<td>10:40</td>
<td>Break</td>
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<tr>
<td>11:00</td>
<td>Anatomy of the medial side</td>
<td>R LaPrade (US)</td>
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<td>11:10</td>
<td>Biomechanics of the medial ligaments</td>
<td>J Robinson (UK)</td>
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<td>11:20</td>
<td>Surgical treatment of medial injuries: Current concepts</td>
<td>M Lind (DK)</td>
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<td>11:30</td>
<td>Anatomy of the lateral side</td>
<td>C Brown (UAE)</td>
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<td>11:40</td>
<td>Biomechanics of the PLC</td>
<td>A Amis (UK)</td>
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<tr>
<td>11:50</td>
<td>Point, Counter Point. Anatomic PCL and MCL/POL isn't worth the extra time and complexity; a modified Larson procedure and modified MCL procedure will work just fine</td>
<td>A Williams (UK)</td>
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<tr>
<td>11:55</td>
<td>Point, Counter Point. Anatomic PCL and MCL/POL reconstruction is necessary</td>
<td>R LaPrade (US)</td>
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<td>12:00</td>
<td>Rebuttal</td>
<td>A Williams (UK)</td>
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<tr>
<td>12:05</td>
<td>Rebuttal</td>
<td>R LaPrade (US)</td>
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<tr>
<td>12:10</td>
<td>Discussion Q&amp;A</td>
<td></td>
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12:25–12:35 Anatomy of the PFJ  
12:35–12:45 Biomechanics of the PFJ  
12:45–12:55 Surgical management of patellar Instability: Current concepts  
12:55–13:05 Discussion Q&A

13:05 - 13:45 Lunch

13:45 - 15:30 Lab Session 1  

15:30 - 15:45 Break

15:45 - 17:30 Lab Session 2  

17:30 End of Day 1 - Coach back to the hotel  
19:30 Course Dinner
Friday, May 15, 2015

07:00 Breakfast at the Hilton Hotel

07:45-08:15 Coach transfer from hotel to Smith & Nephew Surgical Skills Centre - arrival and coffee

Day 2

08:15 - 10:00 Lab Session 3 All

10:00 - 10:15 Break

10:15 - 12:00 Lab Session 4 All

12:00 - 12:45 Lunch

12:45 - 14:15 Lab Session 5 All

14:15 - 15:00 Final discussion and debrief, course evaluation.

15:00 Course ends
Course Venue
Smith & Nephew Surgical Skills Centre
York Science Park
York, United Kingdom

Hotel Information
Hilton York Hotel
1 Tower Street
York, United Kingdom
Website www.hilton.com/york
Telephone +44 1904 648111

Accommodation for the nights of the 13 and 14 May are included in the registration fee. Additional nights can be booked for you however you will need to arrange payment of any additional nights with the hotel on departure.

Organisation and Course Registration
Katie Melia
Event Coordinator
Telephone +44 1904 824243
Email katie.melia@smith-nephew.com

Transfers
Nearest airports are Leeds Bradford (1 hour by car) and Manchester (2 hours by car)
Ground transportation to and from Leeds and Manchester Airport will be arranged. Please provide flight details on the booking form

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