

**DATE:** November 1-3, 2019

**TIME:** Nov. 1, 3 PM- Nov 3, 12 PM

**LOCATION:** OLC, Rosemont, Illinois

**APEX**  
THE AANA PROFESSIONAL EXCELLENCE SERIES

**COURSE** APEX Course #: 913  
AANA Advanced Knee Ligament,  
Meniscus and Articular Cartilage

You are encouraged to have breakfast prior to arriving to the course.

Refreshment breaks will be provided with coffee and snacks.

**Please Bring: Writing Materials/Laptop/iPad**

Friday November 1st, 2019		
Time	Lab/Lecture Description	Location
3:00-4:00 PM	Registration	OLC Lobby
4:00-4:15 PM	Welcome: Orientation of Laboratory and Course Philosophy	Auditorium A
	<b>MENISCUS</b>	
4:15-4:25 PM	All-Inside, Inside-Out, Outside-In: How I Decide and How I Do It Faculty lecture:	
4:25-4:35	When To Consider All-Inside Suture Repair Faculty Lecture:	
4:35-4:45 PM	Root Tears: Current Treatment Concepts for 2019 Faculty Lecture:	
4:45-4:55	Biologic Augmentation of Meniscus Repairs: Current Options & What is the Evidence? Faculty Lecture:	
4:55-5:05 PM	Advanced Techniques : Pushing the Envelope in Meniscus Repair Faculty Lecture:	
5:05-5:15	Meniscus Transplantation: Indications, Techniques & Out Comes Faculty Lecture:	
5:15-6:00	Meniscus Resection, Repair and Transplantation: Case - Based Presentation Moderator: Panel: Master Faculty	

6:00-7:30

Non-CME Industry Sponsored Session  
Details Coming Soon!

DRAFT

**Saturday, November 2nd, 2019**

<b>Time</b>	<b>Lab/Lecture Description</b>	<b>Location</b>
	<b>Articular Cartilage: Practical Strategies in the Management of Articular Cartilage Pathology</b>	
<b>7:00-7:08 AM</b>	Evidence-based Treatment of Smaller Condylar Lesions (<2 cm) Faculty Lecture:	
<b>7:08-7:16 AM</b>	Treatment Considerations for Larger Condylar Lesions (>2 cm) Faculty Lecture:	
<b>7:16-7:24 AM</b>	OCD Treatment: Take Home Pearls to Guide your Treatment Faculty Lecture:	
<b>7:24-7:32 AM</b>	The Patellofemoral Cartilage Dilemma: Let Me Help You Faculty Lecture:	
<b>7:32-7:40 AM</b>	New Cartilage Technologies in 2019: Ready for Prime Time? Faculty Lecture:	
<b>7:40-7:48 AM</b>	My Tips on Combining Cartilage with Other Procedures Faculty Lecture:	
<b>7:48-7:56 AM</b>	Steroid, HA, or PRP? Are There Clinically Meaningful Differences? Faculty Lecture:	
<b>7:56-8:04 AM</b>	Orthobiologics Injections in the Knee (BMAC, Amniotic, Fat): What's Appropriate Based on the Evidence? Faculty Lecture:	
<b>8:04 - 8:12 AM</b>	Rehab and Return to Sport Timelines Following Cartilage Surgery Faculty Lecture:	
<b>8:12-8-20 AM</b>	Dealing with Complications and Failures in Articular Cartilage Surgery Faculty Lecture:	
<b>8:20-9:15 AM</b>	Articular Cartilage: Decision Making in 2019: An Evidenced-Based Approach Panel: Master and Associate Faculty Moderator:	
	<b>Move to Cadaver Lab</b>	
<b>9:15-12:15 PM</b>	<b>Cadaver Lab Procedures</b> <ul style="list-style-type: none"> <li>• <b>Meniscus Repair, Transplantation, Articular Cartilage Procedures</b></li> </ul>	
<b>12:15-12:30 PM</b>	<b>Short Intermission (Lunch Provided)</b>	
<b>12:30-1:30 PM</b>	<b>ACL Lectures</b>	
<b>12:30-12:40 PM</b>	ACL Grafts, Tunnels & Fixation: Avoiding Common Mistakes. Faculty Lecture:	
<b>12:40-12:50 PM</b>	ACL Primary Repair: Is There a Role?	
<b>12:50-12:58 PM</b>	Revision ACL-Considerations to Maximize Successful Outcomes Faculty Lecture:	
<b>12:58-1:08 PM</b>	Lateral Extra-articular Procedures: When or Ever Should They be Used with an ACLR (with Technique Options) Faculty Lecture:	
<b>1:08-1:18 PM</b>	When Things Go Bad: Managing Infection & Stiffness Following ACL Surgery Faculty Lecture:	
<b>1:18-1:28 PM</b>	State of the Art in Treating ACL Injuries: What Would You Do? Panel: Moderator:	

<b>1:30-2:20 PM</b>	10 Minute Break	
<b>2:20-2:30 PM</b>	PCL Reconstructions: Technique Options for Success Faculty Lecture:	
<b>2:30-2:40 PM</b>	MCL Injuries: Decision Making and Operative Techniques Faculty Lecture:	
<b>2:40-2:50 PM</b>	Posterolateral Injuries: When and How to Operate Faculty Lecture:	
<b>2:50-3:00 PM</b>	Multiple Ligament Reconstructions: When and How to Operate Faculty Lecture:	
<b>3:00-3:10 PM</b>	<b>Move to Cadaver Lab</b>	
	Cadaver Lab Procedures <ul style="list-style-type: none"> <li>• Ligament Reconstruction and Continue Cartilage Procedures</li> </ul> <b>Faculty demo:</b> <ul style="list-style-type: none"> <li>• <b>Medial side anatomy and reconstruction</b></li> </ul> Faculty demo: <ul style="list-style-type: none"> <li>• <b>Lateral side anatomy and reconstruction</b></li> </ul>	
<b>3:10-6:30 PM</b>	<b>Case Based Presentations</b>	
	Roundtable Discussion, Interesting Cases from Home Panel: All Master Faculty Moderator: Associate Faculty	
<b>6:30 PM</b>	<b>Session Adjourns</b>	

Sunday, November 3rd, 2019

Time	Lab/Lecture Description	Location
6:15-6:45 AM	Change into Scrubs, Breakfast Available at Hampton Inn	
	<b>Patellofemoral</b>	
6:45-7:00 AM	Assessment of Patellar Instability: Consider These Factors Faculty Lecture:	
7:00-7:08 AM	Proximal patellar stabilization procedures: Technique options & tips Faculty Lecture:	
7:08-7:16 AM	Tibial Tubercle Osteotomies: Indications and Techniques Faculty Lecture:	
7:16-7:24 AM	Patella Instability, Maltracking and Pain: A Case-Based Presentation Panel: Moderators:	
7:24-8:15 AM	<b>Knee Osteotomy Cases/Complications</b>	
	HTOs: Technique Options & Avoiding Complications Faculty Lecture:	
8:15-8:25 AM	What You Need to Know About Tibial Slope and its Effect on Cruciate Ligament Reconstructions Faculty Lecture:	
8:25-8:33 AM	Correcting the Valgus Knee: What You Need to Know to Get It Done Successfully Reconstructions Faculty Lecture:	
8:33-8:41 AM	Sharing My Tough Cases and Summary Case Presentations: Bring Your Own Cases from Home Panel: Master Faculty, Associate Faculty Moderators:	
	<b>Move to Cadaver Lab</b>	
8:41-12:00 AM	Cadaver Lab Procedures <ul style="list-style-type: none"> <li>• Patellofemoral Surgery, Osteotomy, Open Dissections</li> <li>• HTO and DFO Osteotomy Demonstration</li> </ul> Faculty Demo:	Cadaver Lab
12:00 AM	Session Adjourns	

**Course Chairmen**

Nicholas Sgaglione, MD  
Kevin Bonner, MD

**Master Instructors**

Robert F. LaPrade, MD, PhD  
Aaron Krych, MD