

Arthroscopy Association of North American and Biologics Association Orthobiologics Ultrasound Lab Course

The AANA/BA Orthobiologics Ultrasound Lab is an intensive two-day, hands-on course designed for orthopaedic surgeons and sports medicine specialists seeking to expand their clinical orthobiologics practice with confidence and precision. Combining focused didactic instruction with extensive ultrasound-guided procedural training, this course covers the full spectrum of orthobiologic applications — from platelet-rich plasma, bone marrow aspirate concentrate, and adipose-derived (MFAT) therapies to advanced ultrasound-guided injection techniques across the shoulder, elbow, hip, and knee.

Day One focuses on the foundational science and clinical application of orthobiologic agents, alongside ultrasound-guided procedures of the shoulder and elbow, including regulatory considerations shaping contemporary practice. Day Two builds on this foundation with ultrasound anatomy and procedural technique for the hip and knee, subchondral injection for bone marrow lesions, and practice-building strategies for integrating orthobiologics ethically and effectively into clinical care. Both days conclude with extensive hands-on lab time, giving participants direct procedural practice using live models in a low ratio, high-repetition learning environment — 50 attendees across 25 ultrasound stations, ensuring ample hands-on time with expert faculty guidance throughout.

Participants will leave this course equipped with the technical skills, evidence-based knowledge, and clinical judgment to confidently incorporate ultrasound-guided orthobiologic procedures into their practice.

Learning Objectives

1. **Describe** the basic science underlying platelet-rich plasma, bone marrow aspirate concentrate, and adipose-derived (MFAT) orthobiologic therapies, including their proposed mechanisms of action in musculoskeletal healing.
2. **Differentiate** among available orthobiologic preparations and select the appropriate biologic agent based on patient presentation, tissue target, and current evidence.
3. **Identify** relevant ultrasound anatomy of the shoulder, elbow, hip, and knee as it pertains to safe and accurate procedural guidance.
4. **Demonstrate** proper technique for ultrasound-guided injection procedures of the shoulder, elbow, hip, and knee using live models under faculty supervision.
5. **Apply** subchondral injection technique for the management of bone marrow lesions of the knee and hip.
6. **Evaluate** current evidence regarding the use of biologic augmentation in surgical procedures and integrate this evidence into clinical decision-making.
7. **Summarize** current regulatory considerations governing the clinical use of orthobiologic therapies.
8. **Develop** a practical, ethical framework for introducing and discussing orthobiologic treatment options with patients in an office-based setting.
9. **Analyze** clinical case scenarios to refine diagnostic and treatment reasoning for patients who may benefit from orthobiologic intervention.

Financial Disclosure/Conflict of Interest

It is the mission of AANA as a provider accredited by ACCME to provide independent, fair, balanced, bias-free, peer-reviewed continuing medical education to its learners. In accordance with the ACCME Standards for Integrity and Independence, AANA requires that all CME activities ensure content meets the ACCME requirements for validity (Standard 1), prevents commercial bias and marketing in accredited continuing education (Standard 2), ensures that any individual in the position to control AANA educational content discloses interests with ineligible companies* to AANA and that any relevant financial interests are identified and mitigated, and that all interests are disclosed to learners (Standard 3) and AANA ensures that any and all commercial support (excluding fees for advertising and exhibits, if received), is managed appropriately and disclosed to learners (Standard 4).

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In accordance with the guidelines of the ACCME, it is AANA's policy that faculty and planners disclose to the learners all financial relationships within 24 months of the educational activity with any ineligible company that relates to their content. All disclosures will be listed in the final programs/agenda 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, and mitigation of any relevant financial interest(s). Non-compliance results in faculty removal from the activity.

AANA/BA Orthobiologics Ultrasound Course

October 10-11, 2026

The Westin O'Hare

Course Chairs

Don A. Buford, M.D., FAANA and Brian J. Cole, M.D., M.B.A., FAANA

Associate Faculty

TBD

Saturday Session

7–8 a.m.	Registration and Breakfast
8–8:05 a.m.	Welcome and Introduction
8:05–8:30 a.m.	Orthobiologics Basic Science: PRP, BMAC, Microfat
8:30–8:45 a.m.	Ultrasound Physics
8:45–9 a.m.	Case 1 — Shoulder: Subacromial Bursa
9–9:15 a.m.	Case 2 — Shoulder: Long Head Biceps Tendon Sheath
9:15–9:30 a.m.	Case 3 — Shoulder: Glenohumeral Joint
9:30–9:45 a.m.	Case 4 — Shoulder: Calcium Barbotage
9:45–10 a.m.	Case 5 — Elbow: Lateral Epicondyle
10–10:15 a.m.	Morning Break
10:15–10:30 a.m.	Case 6 — Elbow: UCL
10:30–10:45 a.m.	Case 7 — Elbow: Distal Biceps Tendon Partial Tear
10:45–11 a.m.	Case 8 — Hip: Gluteus Medius / Minimus
11–11:15 a.m.	Case 9 — Hip: Hip Joint / Labral Tear
11:15–11:30 a.m.	Case 10 — Thigh: Hamstring Tendon / Muscle

11:30–11:45 a.m.	Case 11 — Knee: Intra-Articular
11:45 a.m.–12 p.m.	Case 12 — Knee: Patellar Tendinopathy
12–1 p.m.	Lunch
1–1:15 p.m.	Case 13 — Knee: Advanced DJD / Bone Marrow Lesion
1:15–1:30 p.m.	Case 14 — Foot / Ankle: Achilles Tendinopathy
1:30–1:45 p.m.	Case 15 — Foot / Ankle: Posterior Tibialis Tendon
1:45–2 p.m.	Case 16 — Foot / Ankle: Peroneal Tendons
2–2:15 p.m.	Afternoon Break
2:15–3:30 p.m.	Building an Orthobiologics Practice — Scheduling, Workflow, Consent, Inventory, Coding, Cash Pricing, Documentation, Ultrasound Purchasing, Marketing Ethically, Legal Issues
3:30–4:30 p.m.	In Office Sales of Orthobiologics Without Selling Your Soul
4:30–5 p.m.	Open Faculty Questions

Sunday Session

7-8 a.m.	Registration and Breakfast
8-8:15 a.m.	Lab Orientation and Station Assignments
8:15-9:25 a.m.	Scanning and Clinical Positioning — Rotation 1
9:25-9:40 a.m.	Morning Break
9:40-10:50 a.m.	Scanning and Clinical Positioning — Rotation 2
10:50-11 a.m.	Break
11 a.m.-12:10 p.m.	Scanning and Clinical Positioning — Rotation 3
12:10-1:10 p.m.	Lunch
1:10-2:20 p.m.	Scanning and Clinical Positioning — Rotation 4
2:20-2:35 p.m.	Afternoon Break
2:35-3:45 p.m.	Scanning and Clinical Positioning — Rotation 5
3:45-4 p.m.	Course Adjournment / Certificates / Faculty Closing Remarks