Introduction

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The Fundamentals of Arthroscopic Surgery Training Program is a collaborative effort by the:
Arthroscopy Association of North America (AANA)
American Academy of Orthopaedic Surgeons (AAOS)
American Board of Orthopaedic Surgery (ABOS)

Arthroscopy is a very common orthopaedic procedure, yet it remains challenging from technical and psychomotor perspectives. Arthroscopy requires ambidextrous triangulation in three dimensions, guided by a two-dimensional video display. About four years ago, AANA launched an initiative in response to our increasing awareness that basic motor skills training approaches were neither structured nor objective. Although new simulation technologies were evolving (including haptic-based virtual reality devices), we still lacked a structured curriculum to guide very basic arthroscopic motor skills training outside of the operating room.

The Fundamentals of Arthroscopic Surgery Training (FAST) Program was initiated in 2011 as a collaborative effort of AANA, AAOS, and ABOS. The FAST Program is based on the tenet that basic surgical skills are best developed sequentially. It assumes that advanced proficiency should be predicated upon successful completion of a basic skills curriculum. The program recognizes that there are a wide variety of relevant and effective training modalities, ranging from simple joint models to sophisticated computerized simulators. Selection of the best educational approaches for each training program should be driven by structured and detailed curriculum. The FAST Program essentially represents our efforts to *deconstruct* arthroscopy into very basic motor skills elements, followed by *construction* of training modules that are directed at these specific psychomotor elements.

While there are many commercial options, no single solution will meet all training requirements. Computerized virtual reality platforms hold great potential for basic and advanced surgical training, and they have some key advantages in terms of objective assessment (assuming the performance metrics are sufficiently validated). At the other end of the spectrum, there is still a strong argument for "box trainers" designed to physically emulate specific surgical tasks. The FAST Workstation is our attempt to create a "toolbox" of simple and relatively inexpensive options for structured arthroscopy training. The committee selected a vendor with prior experience producing bone and joint models (Sawbones, Pacific Research Labs) to create the FAST workstation. The financial arrangement calls for a modest return to AANA-AAOS-ABOS to defray some developmental expenses. Our hope is that the FAST Workstation will provide effective, efficient and practical training alternatives.



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