

AANA Mastering the Complicated Knee

This educational activity is designed to provide Orthopaedic Surgeons with an individualized, evidence-informed and skills-focused experience in advanced knee arthroscopy and ligament reconstruction. Participants engage in a comprehensive pre-course curriculum addressing core and advanced concepts in knee pathology and surgical management, including diagnostic knee arthroscopy, meniscal injury patterns and treatment options, principles of knee ligament anatomy and biomechanics, graft selection and harvest techniques and strategies for cartilage preservation and restoration. Additional content focuses on surgical management of instability across multiple planes, including cruciate, collateral and patellofemoral instability.

During the live course, participants benefit from focused instruction through Technical Pearls sessions, non-CME surgical demonstrations and interactive case-based panel discussions emphasizing real-world surgical decision-making. The cornerstone of the experience is two extended hands-on Mastering the Complicated Knee lab sessions in which participants select from a broad range of advanced arthroscopic and open knee procedures, allowing for a customized learning experience. Faculty provide direct observation, structured guidance and real-time feedback to support skill acquisition, technical refinement and confidence in procedural execution.

This immersive educational design supports improved competence and performance by enabling participants to deepen their understanding of surgical indications and techniques, practice advanced knee procedures in a controlled and supervised environment and apply case-based reasoning to complex knee pathology, including multiligament injury, patellofemoral instability, meniscal preservation and cartilage restoration.

Learning Objectives

1. **Describe** the current evidence-based principles, indications and technical considerations for arthroscopic and open knee procedures, including meniscal preservation, ligament reconstruction and cartilage restoration.
2. **Demonstrate** improved competence in performing advanced knee arthroscopy techniques, including diagnostic arthroscopy, meniscus resection and repair, graft harvest and single-stage cartilage procedures.
3. **Apply** anatomic and biomechanical principles to surgical management of knee instability, including ACL, PCL, MCL, posterolateral corner and patellofemoral instability.
4. **Integrate** contemporary reconstruction strategies for complex and multiligament knee injuries, including MPFL repair, imbrication and reconstruction, as well as MQTFL reconstruction.
5. **Utilize** case-based reasoning to guide surgical decision-making for complex knee pathology, including ligamentous instability, meniscal injury patterns and focal cartilage defects.
6. **Evaluate** individual learning needs and select personalized procedural goals to enhance technical proficiency and improve patient outcomes in knee surgery.

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).

**An ineligible company is defined as one whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.*

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 Mastering the Complicated Knee, October 24, 2026

Orthopaedic Learning Center, Rosemont, Illinois

Course Chairs

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Tyler Uppstrom, M.D.

Joshua Wright-Chisem, M.D.

Saturday Session

Hands-on Activity

7-7:30 a.m.	Registration, Coffee, Networking, Booth Visits – Reception Area
7:30-8 a.m.	Technical Pearls – Auditorium 7:30-7:40 a.m. – Auto Quadriceps Harvest 7:40-7:50 a.m. – Lateral Extraarticular Tenodesis/ALL 7:50-8 a.m. – Complex Meniscus – Root/Ramp
8-8:15 a.m.	Move to Lab
8:15-11:30 a.m.	Lab 8:15-9:45 a.m. ACL/LET/Meniscus 9:45-10:15 a.m. Didactic Technical Pearls at lab stations 9:45-9:55 a.m. LCL/PLC Pearls 9:55-10:05 a.m. PCL Pearls 10:05-10:15 a.m. MCL Pearls

	10:15-11:30 a.m. Lab – Ligament Recon
11:30-Noon	Lunch Available – Reception Area
Noon-12:30 p.m.	Non-CME Demonstration – Lab
12:30-1 p.m.	Break
1-2 p.m.	Didactics – Auditorium • 1-1:15 p.m. – ACL Panel-revision, LET, Tibial Slope • 1:15 -1:30 p.m. – Meniscus/Cartilage Panel • 1:30-1:45 p.m. – Didactic Technique: Patellofemoral Medical Reconstruction, Lateral Lengthening • 1:45-2 p.m. Didactic Technique: TTO
2-2:30 p.m.	Break and Move to lab
2:30-4:30 p.m.	Lab Participant Chosen Goals Available Procedures • Diagnostic scope • Knee Ligament Anatomy and Reconstruction • Meniscus Resection/Repair • Graft Harvest • ACL Repair/Reconstruction • PCL Reconstruction/PLC Reconstruction • MCL Repair/Reconstruction • MPFL Repair/Imbrication/Reconstruction, MQTFL Reconstruction • Chondroplasty/Marrow Stimulation/Single Stage Resurfacing
4:30-5 p.m.	Case-Based – Patellofemoral
5 p.m.	Course Adjourns

Master Online Program – Knee

Pre-Course Lecture Database

Innovations in Knee Arthroscopy	
Knee Arthroscopy Master Class (Online Pre-Course)	
10 Minutes	Primary ACLR: Which Graft Choices for Which Patient? BTB, Hamstring or Quad Tendon? Luke V. Tollefson, M.D.
10 Minutes	Key Principles for a BTB Graft Harvest Jesper Fritz, M.D.
10 Minutes	Key Principles for a Quad Tendon Harvest Alan M.J. Getgood, M.D.
10 Minutes	Role of Concomitant Lateral Meniscal Root and Ramp Tears on ACL Graft Forces and Key Surgical Principles Andrew G. Geeslin, M.D.
10 Minutes	The Role of the Posterolateral, Posteromedial and Anterolateral Corner on ACL Graft Forces and How to Maximize Success of your ACLR Gilbert Moatshe M.D., PhD
10 Minutes	The Role of Hyperlaxity and Increased Tibial Slope on ACL Graft Forces and How to Address These for a Primary ACLR Andrew S. Bernhardtson, M.D.
10 Minutes	Revision ACLR: Don't Miss These Concomitant Pathologies to Improve Your Outcomes Darren L. Johnson, M.D.
10 Minutes	Horizontal Meniscus Repairs: Indications and Optimization of Techniques Vehniah K. Tjong M.D.
10 Minutes	Meniscal Radial Tears: How to Optimize Repairs Sanjeev Bhatia, M.D.
10 Minutes	Medial Meniscus Root Tears: Key Pearls to Optimizing Outcomes in 2025 Scott S. Faucett, M.D., M.S.
10 Minutes	Posteromedial and Posterolateral Knee-Key Anatomic Principles and Surgical Pearls Travis J. Dekker M.D., FAANA
10 Minutes	Anatomic FCL and Posterolateral Corner Reconstructions: Anatomic Treatment and Surgical Pearls Ciara M. Stevenson M.D., M.B.B.Ch., BaO, F.R.C.S.
10 Minutes	Clinically Relevant PCL Anatomy, Bracing and Diagnostic Techniques in 2025 Patrick Kane, M.D.
10 Minutes	Double Bundle PCLR is the Gold Standard and Key Surgical Pearls Jorge Chahla, M.D., Ph.D.

