Anatomic and Biomechanical Basis of Knee Ligament Reconstruction
Instructional Course

Preliminary Programme

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

Expert Connect Centre, Croxley Park, UK
5 – 6 April 2018

Supporting healthcare professionals for over 150 years
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 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, practice 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.

Invited Chairs

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

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

Invited faculty

TBC
Learning objectives

By attending this course, participants will be able to:
- Describe the clinical relevant anatomy and biomechanics of the ACL, PCL, PFJ and medial and lateral sides of the knee.
- Explain current evidence-based anatomic knee ligament reconstructions.
- Perform current evidence-based anatomic knee ligament reconstructions.

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.
Products and technologies

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Wednesday, 4 April

Individual arrival

Thursday, 5 April

07:30 Coach depart from Holiday Inn Watford Junction Hotel

Expert Connect Centre (ECC), Croxley Park, Watford

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>08:00</td>
<td>Registration ECC, Croxley Park</td>
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<tr>
<td>08:30 – 08:45</td>
<td>Welcome and Introduction</td>
<td>Paul Wellings (S&amp;N)</td>
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<td>Charles Brown (UAE)</td>
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<td>James Robinson (UK)</td>
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**The Cruciate Ligaments**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>08:45 – 09:15</td>
<td>ACL</td>
<td></td>
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<tr>
<td>09:15 – 09:45</td>
<td>PCL</td>
<td></td>
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<tr>
<td>09:45 – 10:05</td>
<td>Medial Side</td>
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<tr>
<td>10:05 – 10:15</td>
<td>Discussion</td>
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<tr>
<td>10:15 – 10:45</td>
<td>Break</td>
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<tr>
<td>10:45 – 10:55</td>
<td>PFJ</td>
<td></td>
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<tr>
<td>10:55 – 11:05</td>
<td>Current concepts</td>
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<tr>
<td>11:05 – 11:15</td>
<td>Discussion</td>
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<tr>
<td>11:15 – 12:05</td>
<td>Lateral Side</td>
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<tr>
<td>12:05 – 12:15</td>
<td>Discussion</td>
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<td>12:15 – 13:00</td>
<td>Lunch</td>
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<tr>
<td>13:00 – 14:45</td>
<td>Lab Session 1</td>
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<td>14:45 – 15:00</td>
<td>Break</td>
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<td>15:00 – 16:45</td>
<td>Lab Session 2</td>
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<td>16:45 – 17:00</td>
<td>Change</td>
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<td>17:00 – 17:20</td>
<td>Mini Symposium</td>
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<td>17:20 – 18:00</td>
<td>Breakout sessions: Delegate case discussions</td>
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<tr>
<td>18:00</td>
<td>Coach back to hotel</td>
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<tr>
<td>19:30</td>
<td>Meet in hotel foyer and transfer to restaurant</td>
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<tr>
<td>20:00</td>
<td>Course dinner, Dickinson Suite, Shendish Manor Hotel</td>
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All
**Friday, 6 April**

**07:30**  
*Coach depart from Holiday Inn Watford Junction Hotel*

**Expert Connect Centre (ECC), Croxley Park, Watford**

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>08:00 – 09:30</td>
<td>Lab Session 3</td>
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<tr>
<td>09:30 – 09:45</td>
<td>Break</td>
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<tr>
<td>09:45 – 11:15</td>
<td>Lab Session 4</td>
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<td>11:15 – 11:30</td>
<td>Break</td>
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<tr>
<td>11:30 – 13:00</td>
<td>Lab Session 5</td>
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<tr>
<td>13:00 – 13:15</td>
<td>Course Evaluation and wrap up</td>
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<tr>
<td>13:15 – 14:00</td>
<td>Lunch and depart</td>
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James Robinson (UK)
Charles Brown (UAE)
Course fees
Registration fee covers course dinner, accommodation (two nights), ground transportation, during programme, instructional course attendance, course materials and refreshments.

Course venue
Smith & Nephew Expert Connect Centre
Croxley Park
Building 5 Hatters Lane
Watford
United Kingdom
WD18 8YE

Hotel
Holiday Inn Watford Junction
65 -57 Clarendon Road
Watford
WD17 1DS

Course dinner
Dickinson Suite
Shendish Manor Hotel
London Road
Hemel Hempstead
HP3 0AA

Organiser
Paul B Wellings
ENT & Sports Medicine Content Delivery Manager
Telephone +44 (0) 7971 154 707
Email: paul.wellings@smith-nephew.com
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