

24th Annual AAOS/AOSSM/AANA Sports Medicine Course

January 21-24, 2024

SUNDAY, January 21, 2024

Time	Title	Faculty	Minutes
2:45 PM	Welcome and Introduction	McCarty and Matzkin	15
3:00 PM	What Have I learned about the Meniscus and Cartilage in Athletes - a 25 year experience	Brian J. Cole, MD, MBA, FAAOS	30
3:30 PM	MENISCUS		0
3:30 PM	Case: Medial Meniscus Bucket Handle in a 19 year old - what are the options?	Mark D. Miller, MD, FAAOS?	10
3:40 PM	Case: Lateral Meniscus Radial Tear in 21 yo collegiate volleyball player - how to approach	Darren L. Johnson, MD, FAAOS	10
3:50 PM	Root Tears - Medial or lateral, when and how do we fix these?	Armando F. Vidal, MD, FAAOS	10
4:00 PM	Case: Menicus Deficient knee in a 28 year old - what is next?	Thomas M. DeBerardino, MD, FAAOS	10
4:10 PM	Discussion	faculty	15
4:25 PM	Beverage & Break		20
4:45 PM	CARTILAGE		0
4:45 PM	Case: 25 yo professional soccer player with in season cartilage injury - how to approach?	Rachel M. Frank, MD, FAAOS	10
4:55 PM	Case: 15 yo high school basketball player with symptomatic OCD - best management	Stephen K. Aoki, MD, FAAOS	10
5:05 PM	Case:32 yo skier with 10 mm Medial femoral condyle defect - what are the options?	Mark Miller, MD or Busconi	10
5:15 PM	Case: 28 yo recreational athlete with 25 mm Lateral femoral condyle defect - options?	Jim Stannard, MD	10
5:25 PM	Patella or Trochlea cartilage defects; tough areas, many options	Jeff Dugas, MD	10
5:35 PM	Orthobiologics in the knee	Rachel M. Frank, MD, FAAOS	10
5:45 PM	Discussion	faculty	15
6:00 PM	OSTEOTOMES/OTHER OPTIONS		0
6:00 PM	Case: Varus alignment in a 40 year old climber	Armando F. Vidal, MD, FAAOS	10
6:10 PM	Case: Valgus alignment 24 year old club soccer player	Rachel M. Frank, MD, FAAOS	10
6:20 PM	Case 45 year old with medial compartment DJD - what about a Unicompartmental knee	Thomas M. DeBerardino, MD, FAAOS	10
6:30 PM	Cartilage meniscus rapid fire cases /Disaster cases/ Complications	faculty	30
7:00 PM	Dinner & Beverages		30
7:30 PM	Innovation Hour (20 minute talks)		60
8:30 PM	Course Adjourns for the Day		

MONDAY, January 22, 2024

Time	Title	Faculty	Minutes
6:00 AM	Spotlight Session I: TBD		30
6:30 AM	Breakfast		30
7:00 AM	Welcome and Announcements		5
7:05 AM	SHOULDER INSTABILITY		0
7:05 AM	History of the Bankart Repair	Robert T. Burks, MD, FAAOS	10
7:15 AM	Case: 1st time Dislocation in-season Junior - How to manage	Eric C. McCarty, MD, FAAOS	10
7:25 AM	Case: 35 year old snowboarder with anterior Discolation with glenoid fracture	Burks, MD	10
7:35 AM	Case: 26 yo athlete Recurrent Ant Dislocation with no bone loss		3
7:38 AM	PRO: open bankart	Bottoni, MD	6
7:44 AM	PRO: arthroscopic bankart +/- remplissage	Marc Getelman, MD	6
7:50 AM	Case: 24 yo athlete Recurrent Ant Dislocation with 20% bone loss		3
7:53 AM	PRO: Latarjet is way to go	Asheesh Bedi, MD or Coyner	6
7:59 AM	PRO: Arthroscopic Bone grafting	JT Tokish, MD	6
8:05 AM	Shoulder Rehabilitation Following Shoulder Instability: Non-Op & Post-Op Guidelines	Kevin Wilk, PT	20
8:25 AM	Break		20
8:45 AM	HAGL,RHAGL, GLAD, ALPSA - Alphabet soup of shoulder instability	Lance E. LeClere, MD, FAAOS	10
8:55 AM	21 y.o. -college student club volleyball with MDI:	John M. Tokish, MD, FAAOS	10
9:05 AM	Case: 19 yo Lacrosse player with posterior pain	Coyner or Bedi or Bottoni	10
9:15 AM	Case: 34 yo police officer with posterior instability and bone loss: how to fix it	Lance E. LeClere, MD, FAAOS	10
9:25 AM	Failed Instability surgery: how to evaluate and what is next?	Bedi or Burks or Tokish	15
9:40 AM	Complications/Cases/Discussion		30
10:10 AM	Adjourn until afternoon session		260
2:30 PM	Spotlight Session II: TBD		30
3:00 PM	Break w. Snacks		30
3:30 PM	Welcome and Announcements		5
3:35 PM	PATELLOFEMORAL		0
3:35 PM	Case: 17 yo with 1 st time patella dislocation: how to manage	Aoki, MD	10
3:45 PM	Case: 22 yo softball player recurrent patella instability and TTG 20 mm	Frank or Burks	10

3:55 PM	Case: 28 y.o. NFL player with pain and no instability and 15 mm Patella Cartilage Defect	Armando F. Vidal, MD, FAAOS or Bottoni	10
4:05 PM	Technique: MPFL - how to do it right	Elizabeth G Matzkin, MD, FAAOS	10
4:15 PM	Case: 45 yo with isolated significant Patellofemoral Osteoarthritis : does a PF arthroplasty work?	Thomas M. DeBerardino, MD, FAAOS	10
4:25 PM	Complications/Cases/ Discussion		25
4:50 PM	Break		20
5:10 PM	TEAM PHYSICIAN SESSION		5
5:15 PM	How to excel as a team physician -	McCarty, MD	10
5:25 PM	Injections on your athlete: when is it appropriate and when is it not?	Dugas	10
5:35 PM	Pearls and Pitfalls as a team doctor	Miller	10
5:45 PM	Emergency on the field: Fractures, Dislocations, Compartment Syndrome, etc: Be Prepared!	Stannard	15
6:00 PM	Covid 19: When the doc becomes the Patient	Johnson	15
6:15 PM	Team Physician Cases/Challenges/Discussion	Cohen, Stannard, Dugas, Most docs, etc	
		Mazzoca	
7:10 PM	Course Adjourns for the Day		

TUESDAY, January 23, 2024

Time	Title	Faculty	Minutes
6:00 AM	Spotlight Session III: TBD		30
6:30 AM	Breakfast		30
7:00 AM	ACL and other Ligaments		0
7:00 AM	Neurocognitive training following ACL Injury	Kevin E. Wilk, DPT,PT	15
7:15 AM	History of ACL Surgery	Robert T. Burks, MD, FAAOS	10
7:25 AM	Case: 13 yo male basketball player with ACL Tear: Special considerations in the skeletally immature athlete	Stephen K. Aoki, MD, FAAOS	10
7:35 AM	Case: 18 yo female soccer player with ACL Tear: Special considerations in the female athlete	Rachel Frank, MD	10
7:45 AM	Case and debate: ACL 23 y.o. Club Rugby Player: What Graft to use?		0
7:45 AM	BTA	Bottoni	5
7:50 AM	Quad	Coyner	5
7:55 AM	BTB	Dugas	5
8:00 AM	ACL Repair	Frank	5
8:05 AM	Hamstring	Matzkin	5
8:10 AM	Why are we so focused on the Graft: Pay attention to the Tunnels!	Mark Miller, MD	10
8:20 AM	Return to play Testing and Criteria after ACL	Kevin E. Wilk, DPT,PT	15
8:35 AM	Discussion		15
8:50 AM	Break		20
9:10 AM	Case : 28 yo skier with ACL tear and hyperlaxity and question of increase slope: The role of ACL +	Vidal, MD	10
9:20 AM	Case: 23 yo basketball athlete with failed ACL x 2: How to evaluate and treat the failed ACL	Darren L. Johnson, MD, FAAOS	10
9:30 AM	Case: 32 yo with a dislocated knee	dugas or miller or coyner	10
9:40 AM	Case: 28 year old with persistent medial sided laxity: How to approach the Dark side of the knee	James P. Stannard, MD, FAAOS	10
9:50 AM	Case: 44 year old rancher with PCL and Lateral sided laxity: how to fix it so he can stay on the ranch	Thomas M. DeBerardino, MD, FAAOS	10
10:00 AM	Cases/Complications/Discussion	faculty	30

10:30 AM	Adjourn until afternoon session		240
2:30 PM	Spotlight Session IV: TBD		30
3:00 PM	Break/Snacks		30
3:30 PM	HIP		0
3:30 PM	Case: 24 year old soccer player with abd/hip pain: What is it? How to sort out core muscle injury from hip pathology	Brian D. Busconi, MD, FAAOS	10
3:40 PM	Case: 22 y.o. hockey athlete with hip impingement, is it FAI? How to treat	Asheesh Bedi, MD, FAAOS	10
3:50 PM	Case: 35 y.o. yo persistent pain s/p previous hip arthroscopy: what next	Stephen K. Aoki, MD, FAAOS	10
4:00 PM	Case: 45 y.o. year old water skiing felt a pop in their hamstring:	Brian D. Busconi, MD, FAAOS	10
4:10 PM	Discussion/cases		20
4:30 PM	CUFF		0
4:30 PM	Case: 51 y.o. with 5 year history of mild shoulder pain, mri shows small cuff tear: Can we rehab it?	matzkin, MD	10
4:40 PM	Case: 48 y.o. with partial tear of rotator cuff: what are the options	Mark H. Getelman, MD, FAAOS or cohen	10
4:50 PM	Case: 56 yo with Acute cuff tear: what are the key steps to maximize healing	Burks, Md	10
5:00 PM	Case 58 you with isolated subscapularis tear: best way to approach	dugas or cohen o bedi or busconi or mccarty	10
5:10 PM	Is there a way to improve healing of cuff tears? Bursa/ Biologic augmentation?	Augustus D. Mazzocca, MD, MS, FAAOS	10
5:20 PM	Discussion		10
5:30 PM	Break		20
5:50 PM	Case: Massive Cuff Tear in the 56 year old tennis player		5
5:55 PM	Partial repair and biceps augment	Tokish	5
6:00 PM	SCR or repair with augment	Getelman	5
6:05 PM	Tendon Transfer ?	?	5
6:10 PM	Balloon ?	McCarty or otheer	5
6:15 PM	Reverse	Bedi, MD	5
6:20 PM	Case; 62 year old with Failed Cuff but still with repairable tissue: What is best approach	Augustus D. Mazzocca, MD, MS, FAAOS	10
6:30 PM	Case: 57 year old with OA- does not want shoulder replacement- what are the options	Steven B. Cohen, MD, FAAOS or Frank MD or Bedi	10
6:40 PM	Sports After TSA/Reverse replacment	Tokish or Bedi	10

