

JUAN DE FUCA ORTHOPAEDIC ASSOCIATION

ANNUAL MEETING 2023

ORTHOPAEDIC EVOLUTION

Innovations in Trauma, Sports, and Arthroplasty Surgery

Agenda

General Learning Objectives:

- 1) To explore cutting edge technologies and how they impact current orthopaedic practices in the academic and community settings
- 2) To understand the current evidence supporting new technologies in orthopaedics
- 3) To review advanced surgical techniques made possible by emerging technologies
- 4) Provide an opportunity to discuss cases and how modern techniques aid in patient care

0800-0815: **WELCOME AND INTRODUCTIONS**

0820-0840: **Dr. Dennis McElgunn Emergency Room Physician Award presentation**

MODULE 1: LOOK BEYOND THE OBVIOUS (Moderator: Dr Lucas Pugh)

0840-0855: ACL graft selection: pros and cons of current graft types

0855-0900: Q and A

Dr. Parth Lodhia

Objective: At the end of this session, participants will be able to:

- Review existing ACL graft options
- Review best evidence in selecting ACL graft type

0900-0915: Identifying the bad acting tibial plateau: Cross Pollinating soft tissue knee principles and tibial plateau fractures

915-920: Q and A

Dr Ryan Martin

Objective: At the end of this session, participants will be able to:

- Identify tibial plateau fractures and common associated soft tissue injuries
- Recognize fracture patterns of concern
- Understand basic management principles of associated injuries

0920-0935: The role of open surgical hip dislocations in 2023

935-940: Q and A

Dr. James McInnes

Objective: At the end of this session, participants will be able to:

- Review current role for open surgical hip dislocations

JUAN DE FUCA ORTHOPAEDIC ASSOCIATION

ANNUAL MEETING 2023

- *Identify the pathologies successfully treated with open surgical hip dislocation*

0940-0955: Robotics and restrictive knee kinematics in arthroplasty: What is the evidence?

955-1000: Q and A

Dr. John Dundon

Objective: At the end of this session, participants will be able to:

- *Review current robotics techniques*
- *Understand the role of robotics in current arthroplasty surgery*
- *Look at future role of robotics in orthopaedics*

1000-1015: REFRESHMENT BREAK

MODULE 2: BEYOND SURGERY (Moderator: Dr Duncan Jacks)

1020-1035: Post operative arthrogenic muscular inhibition and the rehab/surgical innovations that have been developed to combat it

1035-1040: Q and A

Dr. Ryan Martin

Objective: At the end of this session, participants will be able to:

- *Understand what post-operative arthrogenic muscular inhibition is*
- *Review current experience on how to avoid this complication*
- *Review current rehab protocols for overcoming muscular inhibition*

1040-1055: Return to sport after ACL reconstruction

1055-1100: Q and A

Dr. Parth Lodhia

Objective: At the end of this session, participants will be able to:

- *Review current literature on success/failures of return to sport after ACL reconstruction*
- *Understand how to maximize patients potential for a full return to sport after ACL reconstruction*

1100-1115: Rise of the machines: AI, Sensor technologies, and mixed reality invading arthroplasty

1115-1120: Q and A

Dr. John Dundon

Objective: At the end of this session, participants will be able to:

- *Understand what Smart Knee implants are*
- *Understand what Mixed reality is*
- *Review the role of these technologies as they relate to orthopaedic surgery*

JUAN DE FUCA ORTHOPAEDIC ASSOCIATION

ANNUAL MEETING 2023

1120-1135: Blood Flow Restriction Therapy- Risks and Benefits

1135-1140: Q and A

Andrew Berk - RebalanceMD Physiotherapy

Objective: At the end of this session, participants will be able to:

- *Understand what restricted blood flow therapy is*
- *Review the role of restricted blood flow therapies in rehab protocols, especially post op patients*
- *Review the evidence supporting the role of restricted blood flow therapy*

1140-1200: Case Based Discussion

Objective: At the end of this session, participants will be able to review and discuss cases related to Module 2

1200-1250: LUNCH and SPONSOR EXHIBITS

MODULE 3: ADVANCING TECHNIQUES (Moderator: Dr. Brent Weatherhead)

1300-1315:--Advancement in graft tensioning for multidirectional knee laxity

1315-1320: Q and A

Dr. Ryan Martin

Objective: At the end of this session, participants will be able to:

- *Review graft tensioning techniques in soft tissue knee injuries*
- *Understand appropriate techniques and order of tensioning in multiple ligament knee injuries*

1320-1335: Hip Arthroscopy in 2023

1335-1340: Q and A

Dr. Parth Lodhia

Objective: At the end of this session, participants will be able to:

- *Review current role for hip arthroscopy*
- *Identify the pathologies successfully treated with hip arthroscopy*

1340-1355: Arthroscopic Latarjet Procedures

1355-1400: Q and A

Dr. David Saliken

- *Review recent evidence on treatment of shoulder instability*
- *Understand role of all arthroscopic techniques*
- *Review the surgical technique of an all arthroscopic Latarjet procedure*

JUAN DE FUCA ORTHOPAEDIC ASSOCIATION ANNUAL MEETING 2023

1400-1415: Robotics and navigation in revision surgery: Component positioning without anatomic landmarks

1415-1420: Q and A

Dr. John Dundon

Objective: At the end of this session, participants will be able to:

- *Review existing role of navigation in revision TKA*
- *Review existing role of robotics in revision TKA*
- *Understand best evidence for the role of each of these technologies in revision TKA*

1420-1435: Osteochondral allografts of the knee

1435-1440: Q and A

Dr. Charles Nelson

Objective: At the end of this session, participants will be able to:

- *Understand the role of osteochondral allografts in the knee*
- *Review basic technical principles of the deployment of this technique*

1440-1455: REFRESHMENT BREAK

MODULE 4: CASES THAT CHALLENGED ME (Moderator: Dr Stephen Burnett)

1500-1600: Open case presentations to allow review and discussion of techniques and challenges listed above

Objective: Case based discussion to highlight the topics covered during the day and to solidify their role in patient care

1600-1615: CLOSING REMARKS AND THANK-YOUS

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, and approved by The Canadian Orthopaedic Association, for a maximum of 5.75 Hours (Credits are automatically calculated)

The Juan de Fuca Orthopaedic Association would like to acknowledge the ongoing support and collaboration received through our industry partners.

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