

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)

0840-0900: ACL graft selection: pros and cons of current graft types

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
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0900-0920: Identifying the bad acting tibial plateau: Cross Pollinating soft tissue knee principles and tibial plateau fractures

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

0920-0940:– The role of open surgical hip dislocations in 2023

Dr. James McInnes

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

- Review current role for open surgical hip dislocations
- Identify the pathologies successfully treated with open surgical hip dislocation

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0940-1000: The use of robotics in modern arthroplasty surgery

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)

1020-1040: Post operative arthrogenic muscular inhibition and the rehab/surgical innovations that have been developed to combat it

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*

1040-1100: Return to sport after ACL reconstruction

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*

1100-1120: Smart Knee and mixed reality in modern orthopaedics

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*

1120-1140: Blood Flow Restriction Therapy

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*

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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)

1300-1320:—Advancement in graft tensioning for multidirectional knee laxity

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*

1320-1340: Hip Arthroscopy in 2023

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*

1340-1400: Arthroscopic Latarjet Procedures

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*

1400-1420: Use of robotics vs navigation in revision TKA

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*

1420-1440: Osteochondral allografts of the knee

Dr. James Stone

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

- *Understand the role of osteochondral allografts in the knee*

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- *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 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