



**JUAN DE FUCA**  
Orthopaedic Association

*Juan de Fuca Orthopaedic Association  
in partnership with  
University of British Columbia, Department of Orthopaedics  
Presents*

## **Orthopaedic Foundations: Insights and Innovations for Community Orthopaedic Surgeons**

**October 4, 2025  
Victoria, BC**

### **Agenda**

#### ***General Learning Objectives***

***At the end of this conference, participants will be able to:***

- 1. List core principles of orthopaedic practice relevant to community-based surgeons.*
- 2. Discuss recent innovations in surgical techniques, technology, and perioperative management that impact patient outcomes.*
- 3. Practice evidence-based approaches to the diagnosis and management of common and complex musculoskeletal conditions.*
- 4. Incorporate new clinical insights and best practices into community orthopaedic care to improve patient safety and quality of care.*
- 5. Strengthen collaboration between academic centres and community practice by engaging in knowledge exchange and professional dialogue.*

**0800-0815: WELCOME AND INTRODUCTIONS (unaccredited)**

0820-0840: **Dr. Dennis McElgunn Emergency Room Physician Award presentation (Dr. Peter Dryden)- Unaccredited**

**MODULE 1:**

**Moderator: Dr. James McInnes**

**0840-0855: Pilon fractures - Insights from the east**

**0855-900: Q and A**

**Dr. David Stephen**

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

- *Describe the current challenges and controversies in the management of pilon fractures*
- *Compare surgical approaches used in different centres and regions*
- *Analyze outcome and complications associated with varying management strategies for pilon fractures*

**0900-0915: Dr. Jennifer Leighton - Current trends in femoral stem design**

**0915-0920: Q and A**

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

- *Discuss the rationale behind the designs of new triple taper collared stems*
- *Explain the advantages and disadvantages of triple taper collared stems*
- *List the effects of a collar in press-fit stems*

**0920-0935: Innovations in Shoulder arthroplasty**

**0935-940: Q and A**

**Dr. Jarrett Woodmass**

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

- *Review the rates of shoulder replacement surgery*
- *Discuss innovative technologies including patient specific planning and instrumentation*
- *Evaluate the effectiveness of these technologies*

**0940-0955: Modern ACL and Adjuncts: Updates from ISAKOS 2025**

**0955-1000: Q and A**

**Dr. Mark McConkey**

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

- *Summarize the most recent evidence presented at ISAKOS 2025*
- *Discuss advances in ACL treatment*
- *Incorporate new knowledge and international best practices into individualized treatment planning for ACL injuries*

**1000-1015: REFRESHMENT BREAK and SPONSOR EXHIBITS (Unaccredited)**

**Teamwork makes the dream work – Perspectives from Allied Health**

**Moderator: Dr. Tristan Camus**

**1020-1040: Ask the Expert - Case Based Discussions**

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

- *Evaluate challenging orthopaedic surgery cases by integrating current evidence, expert opinion and clinical guidelines*
- *Apply advanced surgical decision making strategies to complex patient scenarios with multiple comorbidities and atypical presentations*
- *Recognize potential complications and formulate risk mitigation strategies to technically demanding cases*
- *Incorporate expert insights into participants own clinical practice to improve patient outcomes in complex cases*

**MODULE 2:****1040-1055: Approach to balancing TKA using MAKO robotics**

**1055-1100: Q and A**

**Dr. Jennifer Leighton**

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

- *Demonstrate how Mako SmartRobotics allows for 3D understanding of knee anatomy pre- and intra-operatively*
- *Explain how Mako SmartRobotics allows for personalized balancing strategies intra-operatively*
- *Incorporate a basic algorithm to achieve the balance you want in a total knee arthroplasty*

**1100-1115: Midfoot injuries: whats new?**

**1115-1120: Q and A**

**Dr. David Stephen**

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

- *Describe the current understanding of midfoot injuries*
- *Discuss advances in imaging, classification and diagnostic approaches for midfoot injuries*
- *Evaluate recent evidence on surgical and non surgical management*
- *Incorporate best practices into clinical decision making to optimize outcomes and reduce long term complications*

**1120-1135: Reducing opioid dependency following outpatient orthopaedic surgery**

**1135-1140: Q and A**

**Dr. Jarret Woodmass**

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

- *Identify the current burden of Opioids in outpatient orthopaedic surgery*
- *Review proven strategies to reduce the burden*
- *Evaluate the effectiveness of population-based interventions*

**1140-1230: Stretch and SPONSOR EXHIBITS (Unaccredited)**

**1230-1300 Lunch and Learn with Bioventus (UNACCREDITED)**

**Getting Ahead of Fracture Healing**

**Dr. Andrew Harrison, Senior Director of International Medical Affairs,  
Specialization in Exogen, Bioventus**

**MODULE 3:**

**Moderator: Dr. James McInnes**

**1300-1315: - Lifelong learning for pelvis and trauma surgery: perspectives from a career at Sunnybrook**

**1315-1320: Q and A**

**Dr. David Stephen**

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

- *Describe key evolutions in the management of pelvic and complex trauma injuries over the course of modern orthopaedic practice.*
- *Discuss lessons learned from a career in trauma surgery, including approaches to difficult cases, system-level challenges, and innovations in care delivery.*
- *Analyze how reflective practice and lifelong learning contribute to maintaining excellence and adaptability in trauma surgery.*
- *Incorporate insights from academic and community trauma care into their own surgical decision-making and professional development.*

**1320-1335: - Alignment strategies for TKA in 2025**

**1335-1340: Q and A**

**Dr. Jennifer Leighton**

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

- *List the philosophy and rationale for:*
  - Mechanical alignment*
  - Kinematic alignment*
  - Inverse kinematic alignment*
- *Summarize the current evidence for each*

**1340-1355: - Shoulder stabilization- Remplissage is here to stay**

**1355-1400: Q and A**

**Dr. Jarret Woodmass**

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

- *Identify the current burden anterior shoulder instability*
- *Review soft-tissue strategies to stabilize the shoulder*
- *Evaluate the effectiveness of remplissage in reducing the recurrence rate*

**1400-1430: Ask the Expert - Case Based Discussions**

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

- *Evaluate challenging orthopaedic surgery cases by integrating current evidence, expert opinion and clinical guidelines*

- *Apply advanced surgical decision making strategies to complex patient scenarios with multiple comorbidities and atypical presentations*
- *Recognize potential complications and formulate risk mitigation strategies to technically demanding cases*
- *Incorporate expert insights into participants own clinical practice to improve patient outcomes in complex cases*

#### **1430-1445: REFRESHMENT BREAK (Unaccredited)**

#### **Module 4: Western Canadian Resident Research Spotlight**

**Moderator: Dr. Tristan Camus**

**14:45-14:55 Economic analysis of dynamic vs. static stabilization of the syndesmosis**  
***Dr. Ethan Sanders, University of Calgary Resident***

**14:55-15:05- - Reducing operating room waste in orthopaedic surgery: A quality improvement initiative UAH-WISE: University of Alberta - Waste less, Innovate, Sustain & Eliminate**  
***Dr. Martin Botha, University of Alberta Resident***

**15:05-15:15 – From Injury to Reconstruction: How Rapid Access Acute Knee Clinics Expedite Adolescent Anterior Cruciate Ligament Injury Management**  
***Dr. Nicole Krysa, University of British Columbia Resident***

#### **15:15-15:30: Q and A**

*Objective: At the end of these sessions, participants will be able to:*

- *Summarize emerging research findings from the western residents and describe their relevance to clinical practice*
- *Discuss how new research insights may influence patient care, surgical decision making and future research directions in orthopaedic care.*

#### **15:30 – 16:00 Ask the Expert - Case Based Discussions**

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

- *Evaluate challenging orthopaedic surgery cases by integrating current evidence, expert opinion and clinical guidelines*
- *Apply advanced surgical decision making strategies to complex patient scenarios with multiple comorbidities and atypical presentations*
- *Recognize potential complications and formulate risk mitigation strategies to technically demanding cases*
- *Incorporate expert insights into participants own clinical practice to improve patient outcomes in complex cases*
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#### **UBC Orthopaedic Address**

**16:00 –16:15 Update from UBC**

**16:15- 16:30 Q and A**

**Dr. Kishore Mulpuri**

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

- *Summarize current initiatives, innovations and academic contributions identified by the UBC Department of Orthopaedics*
- *Identify future opportunities for knowledge translation and future collaboration between UBC and the wider orthopaedic community*

**1630-1645: CLOSING REMARKS AND THANK-YOU'S (unaccredited)**

**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. You may claim a maximum of 6 hours ( credits are automatically calculated).**

**This conference was co-developed with the University of British Columbia's Department of Orthopaedics and was planned to achieve scientific integrity, objectivity and balance.**

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

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