

# New Concepts in Patellofemoral Surgery: From Instability to Arthroplasty

Course # 509

September 9, 2016

## Master Instructors

John P. Fulkerson, MD (Course Director)

Andrew J. Cosgarea, MD

Jack Farr, II, MD

Jason L. Koh, MD

William R. Post, MD

<b>Friday 9/9</b>	<i>Morning Session</i>	<b>Lecture Room B &amp; C</b>
6:45-8:00AM	<i>Coffee</i>	
7:00-7:05AM	<b>Introduction &amp; Welcome</b>	John P. Fulkerson, MD
7:05-7:10AM	Patellofemoral Nightmare Case	Jack Farr, II, MD
	<b>Session 1: Anatomy and Patellofemoral Pain</b>	
7:10-7:20AM	Anatomy	William R. Post, MD
7:20-7:30AM	Patellofemoral Pain- What to do and Why	William R. Post, MD
7:30-7:40AM	Rehabilitation Principles and Techniques	Elizabeth A. Arendt, MD
7:40-7:50AM	Patellofemoral Arthroplasty Overview	Jack Farr, II, MD
7:50-8:00AM	<b>Questions</b>	
8:00-8:35AM	<b>Case Presentations Patellofemoral Pain Patients</b>	Jason L. Koh, MD
	<i>Moderator: Andrew J. Cosgarea, MD</i>	William R. Post, MD
		Beth E. Shubin-Stein, MD
8:35-8:45AM	Pathophysiology of Dislocation and Instability	William R. Post, MD
8:45-9:00AM	Acute First Time Dislocation	Jason L. Koh, MD
9:00-9:10AM	Pediatric Acute and Chronic Recurrent Instability	Jack Andrish, MD
9:10-9:17AM	<b>Questions</b>	
9:17-9:27AM	Medial PF Ligament Reconstruction Overview all Techniques	Andrew J. Cosgarea, MD
9:27-9:34AM	Finding the Sweet Spots for MPFL/MQTFL Fixation	Cory Edgar, MD
9:34-9:44AM	TT-TG Variability and How to Assess Alignment	Miho J. Tanaka, MD
9:44-10:10AM	<b>Questions</b>	
10:10-11:30AM	<b>Live Demo: Patellofemoral Anatomy Medial and Lateral (including lateral release/lengthening open medial imbrication procedure)</b>	John P. Fulkerson, MD; William R. Post, MD
	<b>Live Demo: MPFL Reconstruction</b>	Jack Farr, II, MD
	<b>Live Demo: MQTFL Reconstruction</b>	John P. Fulkerson, MD
	<b>Live Demo: Pediatric reconstruction for patellar instability</b>	Jack Andrish, MD
	<i>Moderator: William R. Post, MD</i>	
11:30-11:40AM	Introduction to the Cadaver Lab (short pearl video)	Jason L. Koh, MD
11:40-12:45AM	<b>Cadaver Lab</b>	<b>Lab</b>
	Examination of Patellofemoral Joint Open and Arthroscopic Anatomy	
	MPFL/ MQTFL Reconstruction	
	Lateral Retinaculum Release and Lengthening Techniques	
	Pediatric reconstruction for patellar instability	

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12:45-3:10PM	<i>Afternoon Session</i> <b>Lunch and Lectures</b>	
1:15-1:45PM	Case Presentations Acute and Chronic Patellofemoral Instability (2 cases) <i>Moderator: Jason L. Koh, MD</i>	Diane Dahm, MD Andrew J. Cosgarea, MD Jack Farr, II, MD Elizabeth A. Arendt, MD
1:45-1:55PM	Tuberosity Transfer Surgery: Indications and Techniques	John P. Fulkerson, MD
1:55-2:05PM	Chondral Defects-Marrow Stimulation, Resurfacing and/or Osteotomy Treatment	Jack Farr, II, MD
2:05-2:15PM	Trochleoplasty: Indications and techniques	John P. Fulkerson, MD
2:15-2:30PM	<i>Questions</i>	
2:30-2:50PM	Treating Iatrogenic and Complex PF Problems	John P. Fulkerson, MD
2:50-3:10PM	<b>Live Demo - Tibial Tubercle Transfer</b> <i>Moderator: John P. Fulkerson, MD</i>	Jason L. Koh, MD/Andrew J. Cosgarea, MD
3:10-4:30PM	<b>Cadaver Lab</b> Tibial Tubercle Transfer Anterior, Anteromedial, Medial, Distal Repair/Treatment of Osteochondral Defects Patella Drilling with Vector Guide Patellofemoral arthroplasty techniques hands on demo stations Procedures to control Medial Patella Subluxation Final Anatomic dissection of knee to study deep retinaculum	<b>Lab</b>
	<i>Adjourn from Lab</i>	
4:30-5:00PM	Participants to present cases to Panel	Jack Farr, II, MD
5:00PM	<b>Course Adjourns</b>	

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## Associate Master Instructors

This live activity has been approved for *AMA PRA Category 1 Credit*™

### Accreditation

The Arthroscopy Association of North America is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### ***AMA PRA Category 1 Credit*™ Designation**

The Arthroscopy Association of North America designates this live educational activity for a maximum of **10 *AMA PRA Category 1 Credit(s)*™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.