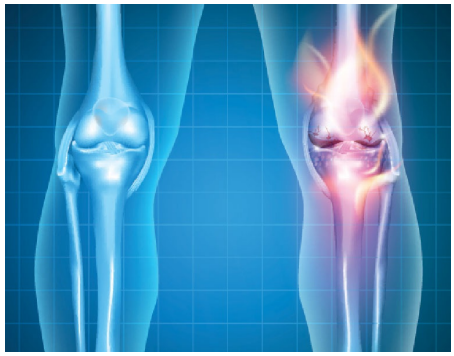
AO North America

# AO Sports NA Advanced Knee Course - Patellofemoral

November 14, 2025 - November 15, 2025
La Jolla, California, USA



**Course description**
This course reviews the principles of petallar stability, demonstrates the latest techniques, and explores the best practices in the management of patellofemoral injuries. The course includes case-based lectures, interactive sessions, and a hands-on experience with synthetic models that reproduce very closely the anatomy of the knee. The sessions will be moderated by experts in the field presenting the best current evidence related to each topic of the course.

**Goal of the course**

This course aims to present a broad perspective about the knee joint, emphasizing the concept of “reconstruction”, where the synergistic interaction between soft tissues (ligaments, menisci, and cartilage) and bone is critical to promote optimal function. The focus is to deliver a set of principles that should guide surgeons on the process of decision making while dealing with sports related knee injuries.

**Target participants**

Sports Medicine Fellows or senior residents who are going into a Sports Medicine Fellowship are also encouraged to attend.

## Event Summary

**Tuition:**
Level Name: Participant-Sports
Pricing Tier: Attending
Tuition: $1,100.00

Level Name: Participant-Sports
Pricing Tier: Fellow
Tuition: $800.00

Level Name: Participant-Sports
Pricing Tier: Resident
Tuition: $800.00

**Course Prerequisite(s):**
No Prerequisites

**Venue:**
San Diego Marriott La Jolla
4240 La Jolla Village Drive
La Jolla, CA, USA
Phone Number: 858-587-1414
www.marriott.com

**Language(s):**
English
**Directly Provided by:**
AO North America
**Professional Level Prerequisite(s):**
No Prerequisites

## CME

**Continuing Education Credit: 10.00**

- This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AO North America and The Patellofemoral Foundation. AO North America is accredited by the ACCME to provide continuing medical education for physicians.

- **Designation Statement** - AO North America designates this live educational activity for a maximum of 10.00 ***AMA PRA Category 1 Credits***™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**The Continuing Medical Education (CME) mission of AO North America (AONA®) is to provide comprehensive multidisciplinary needs based education to surgeons, fellows, and residents in the specialties of orthopedic, hand, craniomaxillofacial, spine, neurosurgery, and veterinary surgery in the areas of trauma (i.e.), operative reduction and fixation), degenerative disorders, deformities, tumors, and reconstruction.**

**Expected results of AONA's CME activities for surgeons, fellows, and residents are to:**
**• Increase their knowledge base and surgical skill level**
**• Improve competence by applying advances of knowledge in patient care in the areas of trauma, degenerative disorders, deformities, tumors, and reconstructive surgical techniques**
**• Address practice performance gaps by improving management of aspects of traumatic injuries and musculoskeletal disorders (i.e., pre-operative planning to post-operative care)**

## Learning Objectives

**Upon completion, participants should be able to:**

- Apply algorithms for treatment of lateral Patellofemoral instability
- Assess the patient's pathoanatomy to select the optimal surgical procedure
- Perform each surgical Technique
- Avoid and manage complications that arise during and after the procedures

## Faculty

### Fulkerson, John - Co-Chairperson

MD
Professor of Clinical Orthopedic Surgery
Sports Medicine
Yale University School of Medicine
President, The Patellofemoral Foundation
Founder, The International Patellofemoral Study Group
New Haven, Connecticut

John Fulkerson started community and team activities as a youth singing in his church choir, and playing football, tennis and wrestling in high school, and then playing on the New England Champion Williams College tennis team 1965-68. He ran the Community Health Visitor Program at Yale Medical School, did two years of government service in the U.S. Public Health Service (Navaho Indian Reservation) and medical mission work on multiple occasions in Tobago of the West Indies. He was team physician for Farmington High School, Simsbury High School, Avon Old Farms School, Westminster School, and Trinity College, receiving the Bantam Award at Trinity for distinguished service in athletics, then later was a team physician for U.S. Olympic men's ice hockey (1993-4) as well as head team physician for the NHL Hartford Whalers (1989-97) and AHL Hartford Wolfpack (1997-2006). John has been on Boards of the Arthroscopy Association of North America (executive committee), Greater Hartford Orthopedic Education and Research Foundation (past president), Herodicus Society (President) and Litchfield Land Trust (past president) for 20 years. John served on the Litchfield Community Center Board of Directors for two terms as Chairman of Board Affairs and worked with the its Buildings and Grounds Committee to get solar panels on the Community Center in 2019. He founded the International Patellofemoral Study Group (1995, www.ipsg.org) as well as the Patellofemoral Foundation (www.patellofemoral.org) of which he is president in 2003. John was Professor of Orthopedic Surgery at University of Connecticut and then in private practice until 2020 when he became Professor of Orthopedic Surgery at Yale Medical School, joining his career long mentor Peter Jokl. He is probably best known professionally for his surgical innovations and teaching in knee surgery having first described anteromedialization of the tibial tubercle (AMTTO), medial quadriceps tendon-femoral ligament (MQTFL) reconstruction and central quadriceps free tendon (CQFT) reconstruction of the ACL (1998). His current research is 3D study of trochlea dysplasia at Yale having published multiple articles on this 2022-2024 He invented the DJO Trupull brace. In 2016, he was elected Connecticut Orthopedic Surgeon of the Year by the Connecticut Orthopedic Society and AOSSM Hall of Fame in 2023

### Brady, Jacqueline - Lecturer

MD
Associate Professor
Department of Orthopaedics & Rehabilitation
Oregon Health & Science University
Head Team Physician, Portland State University
Portland, Oregon

Dr. Brady is a sports surgeon specializing in injuries of the knee and shoulder. She serves as Associate Residency Program Director at OHSU, and Director of Surgical Simulation for the residency program. She has research interests in arthroscopic education, treatment of patellofemoral instability, and treatment of multi-ligament knee injuries.

### Cosgarea, Andrew - Lecturer

MD
Drew Family Professor of Orthopaedic Surgery in honor of Alec J. Cosgarea
Department of Orthopaedic Surgery
Head Team Physician
Johns Hopkins University
Baltimore, Maryland

### Farrow, Lutul - Lecturer

MD
Cleveland, Ohio

## Hiemstra, Laurie - Lecturer

MD, PhD, FRCSC
Clinical Professor
Dept of Surgery
University of Calgary
Director of Research
Banff Sport Medicine
Banff, Alberta

Dr. Hiemstra is a Fellowship trained orthopaedic surgeon working in Banff, Canada. She holds Clinical Professor appointment at the University of Calgary. The clinical and research program in Banff is focused on knee ligament injury, prevention of secondary injury, rehabilitation and surgical outcomes with an emphasis on ACL injury and reconstruction and patellofemoral instability. Laurie is on the Board of Directors of the Patellofemoral Foundation, Banff Sport Medicine Foundation, and the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS). Laurie has published over 80 peer-reviewed papers and is a national and international speaker. Laurie obtained her Medical Degree from the Memorial University of Newfoundland, completed an orthopaedic residency at the University of Manitoba, and a Clinical Fellowship in Orthopedic Sport Medicine at the University of Western Ontario. She also attained a PhD in Neuromuscular Physiology. Laurie has worked as an Orthopaedic Surgeon at Banff Sport Medicine since 2005. Her clinical focus is on patellofemoral instability and ACL reconstruction. Laurie is the Past-President of the Canadian Orthopaedic Association (2022-2023). She is also an active member of many sport medicine organizations, including the Arthroscopy Association of Canada (AAC), International Society of Arthroscopy, Knee and Orthopedic Sports Medicine (ISAKOS), European Society for Sport Traumatology, Knee Surgery and Arthroscopy (ESSKA) Arthroscopy Association of North America (AANA), the American Orthopedic Society of Sports Medicine (AOSSM), and the International Patellofemoral Study Group. Dr. Hiemstra has a keen interest in gender diversity and inclusion in orthopaedic surgery. She is a founding member of the International Orthopaedic Diversity Alliance (IODA) and Women in Orthopaedics Worldwide (WOW). She is the 2nd President-Elect for IODA. She is the past chair of the Gender Diversity and Inclusion Task Force for both the COA and for ISAKOS.

## Parikh, Shital - Lecturer

MD
Professor of Orthopaedic Surgery
University of Cincinnati School of Medicine
Co-director, Orthopaedic Sports Center
Cincinnati Children's Hospital
Cincinnati, Ohio

## Sherman, Seth - Lecturer

MD
Associate Professor of Orthopedic Surgery
Sports Medicine Fellowship Director
Head Team Physician, Stanford Cardinal Football
Palo Alto, California

www.SethLShermanMD.com Dr. Seth L. Sherman is a third-generation team physician and surgeon. He is board certified and fellowship trained in Sports Medicine. Dr. Sherman is proud to serve as Orthopedic Surgeon for Stanford Cardinal Football and as the Sports Medicine fellowship director. Dr. Sherman specializes in arthroscopic and minimally invasive surgical interventions for the knee and shoulder. He has subspecialty and research interests in knee joint preservation/cartilage restoration and the patellofemoral joint. As a tertiary care provider, Dr. Sherman offers non-surgical and salvage surgical solutions for active patients with complex problems and in cases where other surgeries have failed. Dr. Sherman completed his residency training at the Hospital for Special Surgery in New York City and was trained by the team physicians for the NY Giants, Mets, and Knicks. During his sports medicine fellowship in Chicago, he served as assistant team physician for the Chicago Bulls and White Sox. Prior to joining the team at Stanford University in July 2019, he served as team physician for the Mizzou Tigers in the NCAA SEC conference. Dr. Sherman is co-author on more than 100 peer reviewed articles/chapters and actively presents his research at national and international meetings. He is Chairman of the AAOS Sports Medicine/Arthroscopy committee and holds leadership positions in several other organizations (AOSSM, AANA, ISAKOS, ICRS). He is a member of the prestigious international ACL and Patellofemoral Study Groups. He enjoys spending time with wife Sylvia, daughter Evie, and son Hudson. He is an avid fresh and saltwater fly fisherman.

## Yanke, Adam - Lecturer

MD, PhD
Associate Professor
Vice Chair of Research
Rush University Medical Center
Chicago, Illinois

# Agenda

## Day 1

**Friday, November 14, 2025 - 11:30 - 17:45 - (includes breaks, travel-time and meals)**

| Schedule | Title | Moderator | Faculty | Room |
|---|---|---|---|---|
| 11:30 - 13:00 | Registration and Lunch | | | |
| 13:00 - 13:10 | Welcome and Introduction | | | |
| 13:10 - 14:20 | Module 1: Soft Tissue Management | | | |
| 13:10 - 13:20 | Medial Quadriceps Tendon Femoral Ligament Reconstruction (MQTFL) | | | |
| 13:20 - 13:30 | Describe steps involved in MQPFL reconstruction | | | |
| 13:30 - 13:40 | Medial Patellotibial Ligament Reconstruction (MPTL) | | | |
| 13:40 - 13:50 | Plan for and avoid complications during MPFL/MQTFL reconstruction | | | |
| 13:50 - 14:00 | Distinguish between lateral retinacular lengthening vs release | | | |
| 14:00 - 14:20 | Question & Answers | | | |
| 14:20 - 14:40 | Coffee Break & Location Change | | | |
| 14:40 - 16:20 | Module 2: Practical Exercise | | | |
| 14:40 - 16:20 | Practical Exercise 1: Medial Patellofemoral Ligament Reconstruction (MPFL) • Medial Quadriceps Tendon Femoral Ligament Reconstruction (MQTFL) • Lateral retinacular lengthening | | | |
| 16:20 - 16:30 | Location Change | | | |
| 16:30 - 17:15 | Panel Discussion 1: Algorithms, Indications and Techniques | | | |
| 17:15 - 17:30 | Question & Answers | | | |
| 17:30 - 17:45 | Summary of the Day | | | |

## Day 2

**Saturday, November 15, 2025 - 07:30 - 15:00 - (includes breaks, travel-time and meals)**

| Schedule | Title | Moderator | Faculty | Room |
|---|---|---|---|---|
| 07:30 - 07:30 | Module 3: Concurrent Procedures: When is MPFC Reconstruction Not Enough? | | | |
| 07:30 - 07:40 | Welcome & Overview of Day 2 | | | |
| 07:40 - 07:50 | Assessment of alignment: When and how to perform Tibial Tubercle Osteotomy (TTO) | | | |
| 07:50 - 08:00 | Avoiding complications in osteotomy procedures | | | |
| 08:00 - 08:10 | Is Trochleoplasty Necessary and When? | | | |
| 08:10 - 08:20 | Severe Trochlea Dysplasia/Alternatives | | | |
| 08:20 - 08:30 | When and how to perform DFO | | | |
| 08:30 - 08:50 | Questions & Answers | | | |
| 08:50 - 09:00 | Location Change | | | |
| 09:00 - 10:00 | Module 4: Practical Exercise | | | |
| 09:00 - 10:00 | Practical Exercise 2: Tibial Tubercle Osteotomy (TTO): Medialization, AMZ, distalization | | | |
| 10:00 - 10:20 | Coffee Break | | | |
| 10:20 - 11:20 | Practical Exercise 3: Grooveplasty (Trochleoplasty and alternatives) | | | |

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|---|---|
| 11:20 - 12:20 | Practical Exercise 4: Distal Femoral Osteotomy (DFO) |
| 12:20 - 13:20 | Lunch and Location Change |
| 13:20 - 14:35 | Panel Dicussion 2 |
| 14:35 - 14:45 | Question & Answers |
| 14:45 - 15:00 | Summary and Take-home Messages |

## AO NA Disclaimer Information

**Faculty Disclosure:**
It is the policy of AO North America to abide by the Accreditation Council for Continuing Medical Education Standards for Commercial Support. Standard 2: “Disclosures Relevant to Potential Commercial Bias and Relevant Financial Relationships of Those with Control over CME Content,” requires all planners, including course directors, chairs, and faculty, involved in the development of CME content to disclose their relevant financial relationships prior to participating in the activity. Relevant financial relationships will be disclosed to the activity audience. The intent of the disclosure is not to prevent a faculty with a relevant financial or other relationship from teaching, but to provide participants with information that might be of importance to their evaluation of content. All potential conflicts of interest have been resolved prior to the commencement of this activity.

**Off-Label / Experimental Discussions:**
Some medical devices used for teaching purposes and/or discussed in AO North America’s educational activities may have been cleared by the FDA for specific uses only or may not yet be approved for any purpose. Faculty may discuss off-label, investigational, or experimental uses of products/devices in CME certified educational activities. Faculty have been advised that all recommendations involving clinical medicine in this CME activity are based on evidence that is accepted within the profession of medicine as adequate justification for their indications and contraindications in the care of patients.

All scientific research referred to, reported or used in this CME activity in support or justification of a patient care recommendation conforms to the generally accepted standards of experimental design, data collection and analysis.

**Disclaimer:**
AONA does not endorse nor promote the use of any product/device of commercial entities. Equipment used in this course is for teaching purposes only with the intent to enhance the learning experience.

USE THE BELOW TEXT FOR DIDACTIC COURSES ONLY!

The opinions or views expressed in this live continuing medical education activity are those of the faculty and do not necessarily reflect the opinions or recommendations of
AO North America or any commercial supporter. The certificate provided pertains only to the participants’ completion of the course.

**Conflict of Interest Resolution Statement:**
When individuals in a position to control or influence the development of the content have reported financial relationships with one or more commercial interests, AO North America utilizes a process to identify and resolve potential conflicts to ensure that the content presented is free of commercial bias.

**Liability Statement:**
AO North America faculty and staff assume no personal liability for the techniques or the use of any equipment and accessories used for teaching purposes in the laboratory. The certificate provided pertains only to the participants’ completion of the course and does not, in any way, attest to the proficiency of the participants’ clinical experience.

**Laboratory Waiver:**
To participate in this surgical skills course, you will be required to sign a waiver of liability prior to the course. In order to participate, AONA’s policy mandates that every individual must wear appropriate protective garments provided by AO NA during the lab sessions. Participants who do not sign the waiver and wear protective garments will not be allowed to participate in the laboratory sessions.

**Human Anatomic Specimens:**
This course will involve exposure to and contact with human anatomic specimens. These specimens are being utilized for purposes of teaching and learning and are to be treated with the utmost respect. Participants should be familiar with and understand the potential risks involved and will be required to observe all customary safety procedures.

**Animal Anatomic Specimens:**
This course will involve exposure to and contact with animal anatomic specimens. These specimens are being utilized for purposes of teaching and learning and are to be treated with the utmost respect. Participants should be familiar with and understand the potential risks involved and will be required to observe all customary safety procedures.

## Acknowledgment

**In-Kind Support**
AO North America gratefully acknowledges in-kind support for equipment and technical staff from J&JMedTech.

**Educational Grant**
AO North America gratefully acknowledges funding for its education activities from the AO Foundation. The AO Foundation receives funding for education from Synthes GmbH.