

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:

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., preoperative 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 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 Association of North America (AANA), the American Orthopaedic Society of Sports Medicine (IOASSM), and the International Patellofemoral Study Group. Dr. Hiemstra determine (IOAA), the Memican Orthopaedic Sworts Medicine (IOASSM), and the International Patellofemoral Study Group. Dr. Hiemstra 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 Orthopaedic Swortdwide (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

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 nonsurgical 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

AO NA Disclaimer Information

Faculty Disclosure:

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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.

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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

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