




AO Sports NA Course—Principles of Sports Medicine: The Joint Is an Organ

 August 19, 2022 - August 20, 2022
Denver, Colorado, USA

Course Description:

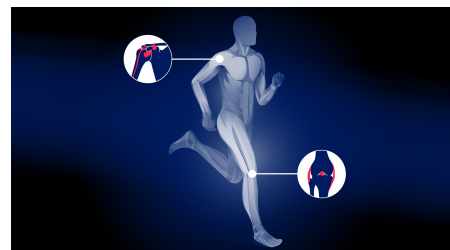
This two-day course introduces the principles of sports injuries through a variety of interactive educational modalities. Using arthroscopic simulations and practical exercises, 3D-animated tours, and case discussions, this course addresses all fundamental aspects of sports medicine, from anatomy and biomechanics to principles of arthroscopy, fixation strategies, and rehabilitation protocols. Modules and small-group discussions will be moderated by world-renowned expert faculty, and participants will have the opportunity to interact and discuss cases with them. This course is the stepping-stone to AO Sports Advanced and Masters courses.

Target Participants:

This course is targeted towards attending orthopedic surgeons, sports medicine fellows and residents seeking to gain experience in diagnosis and management of sports medicine conditions.

Goal of the Course:

The goal of this educational event is to teach the fundamental principles of sports medicine, with focus on the knee and shoulder. It is critical to recognize that the joint works as “an organ system.” Applied knowledge of knee and shoulder anatomy and biomechanics will assist in the diagnosis and management of sports injuries. Participants will achieve technical competency in the arthroscopic and open treatment of common knee and shoulder pathology.



Event Summary

Tuition:

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

Level Name: Participant-Sports
Pricing Tier: Fellow
Tuition: \$750.00

Level Name: Participant-Sports
Pricing Tier: Resident
Tuition: \$500.00

Course Prerequisite(s):

No Prerequisites

Venue:

[Sheraton Denver Downtown Hotel](#)
1550 Court Place
Denver, Colorado, USA
Phone Number: (303) 893-3333

Language(s):

English

Directly Provided by:



Professional Level Prerequisite(s):

- Residency Year 1
- Residency Year 2
- Residency Year 3
- Residency Year 4
- Residency Year 5
- Residency Year 6
- Residency Year 7
- Residency Year 8
- Fellow
- Practicing

CME

Continuing Education Credit: 15.25



- AO North America is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Designation Statement - AO North America designates this live educational activity for a maximum of 15.25 **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:

- Appreciate the unique anatomy and biomechanics of intra- and extraarticular structures around the knee and shoulder
- Perform a thorough and systematic history and physical examination and review pertinent imaging studies, taking into consideration joint, limb, and patient-specific factors
- Formulate a treatment plan based on a focused problem list for common knee and shoulder sports injuries
- Comprehend the principles of sports medicine fixation strategies
- Perform standard arthroscopic procedures for sports medicine application and be familiar with open procedures for the knee and shoulder joint
- Apply the principles of sports medicine rehabilitation and return to play

Faculty

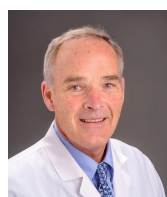


Sherman, Seth - Chairperson

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.



Stannard, James - Chairperson

MD

Hansjörg Wyss Distinguished Chair of Orthopaedic Surgery
Chairman, Department of Orthopaedic Surgery
Medical Director, Missouri Orthopaedic Institute
Chief Medical Officer for Procedural Services
University of Missouri Health Care
Columbia, Missouri

James P. Stannard, MD Hansjörg Wyss Distinguished Chair in Orthopaedic Surgery Chairman, Department of Orthopaedic Surgery Medical Director, Missouri Orthopaedic Institute Chief Medical Officer for Procedural Services University of Missouri Health Care An internationally respected orthopaedic trauma and complex knee injury surgeon, Dr. James P. Stannard leads the clinical, training, and research efforts for the University of Missouri's Department of Orthopaedic Surgery. He oversaw the opening of the Missouri Orthopaedic Institute in May 2010, which is central Missouri's most comprehensive orthopaedic surgery center, as well as its latest four-floor expansion in 2017. He serves as principal investigator on two Department of Defense medical research grants (more than \$3 million in funding) that study biologic joint replacement strategies in knee and ankle patients. Dr. Stannard is the immediate Past President of AONA, as well as the Chairman of the Board of Directors of AO North America, an orthopaedic education and research foundation. Before arriving in Missouri, he was section chief of the orthopaedic trauma service at the University of Alabama at Birmingham (1996-2009). He has served as editor-in-chief of the Journal of Knee Surgery since 2010, and the textbook he co-edited, Surgical Treatment of Orthopaedic Trauma, published its second edition in 2016. It is the best-selling textbook in its field and is published in six languages. He is the head team physician for the University of Missouri's football team. Dr. Stannard completed 10 years of active service with the U.S. Army, including service as a paratrooper with the 82nd Airborne Division at Fort Bragg in North Carolina. He received an Army Commendation Medal twice, three Meritorious Service Medals, and Airborne wings from four different countries (USA, Germany, Honduras, and South Africa). He was a defensive lineman for Brown University in the early 1980s. He and Carolyn, his wife for 43 years, have seven children and ten grandchildren.

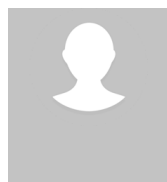


DeFroda, Steven - Lecturer

MD, MEng

University of Missouri
Columbia, Missouri

Steven DeFroda, MD, is a fellowship-trained sports medicine, shoulder and orthopaedic trauma surgeon who specializes in the diagnosis and treatment of sports medicine injuries of the hip, shoulder, knee and elbow, as well as the care of complex fractures. Dr. DeFroda has a passion for athletics — he played catcher for his college baseball team at Stevens Institute of Technology — and his desire to help athletes get back in the game after injuries led him to pursue a career as an orthopaedic surgeon. Dr. DeFroda cares for University of Missouri athletes, specifically he is a team physician for the baseball and women's volleyball team. He has served as an assistant team physician for the Chicago White Sox, Chicago Bulls and Chicago Fire. He performs minimally invasive arthroscopic procedures to manage tendon, ligament and labrum injuries and also does open ligament reconstructions, cartilage procedures, shoulder replacements and fracture surgeries.



Frank, Rachel - Lecturer

MD

Director, Joint Preservation Program
Head Orthopaedic Surgeon, Colorado Rapids
Associate Professor, Department of Orthopaedic Surgery
University of Colorado School of Medicine
Denver, Colorado

**Jaeger, Martin - Guest of Honor**

Dr. med.
Freiburg

**Katthagen, J. Christoph - Lecturer**

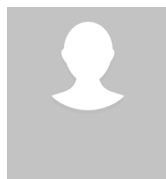
MD
Prof. Dr. med.
Chief senior physician
Department of Trauma, Hand and Reconstructive Surgery
University Hospital Münster
Münster

**McCarty, Eric - Lecturer**

MD
Professor
Chief of Sports Medicine and Shoulder Surgery
Department of Orthopedics
University of Colorado School of Medicine
Head Team Physician, University of Colorado
Medical Director, Colorado Avalanche Hockey Club

Boulder, Colorado

Dr. Eric McCarty is a nationally and internationally recognized sports medicine trained orthopedic surgeon and shoulder specialist. He serves as the Chief of Sports Medicine and Shoulder Surgery and is a Professor in the Department of Orthopedics at the University of Colorado School of Medicine. His passion for treating the active individual stems from his experience at the University of Colorado where he excelled and received numerous honors for his exploits in the classroom as well as on the football field where he was a first-team all-conference linebacker in the prominent Big-Eight Conference and he was also an Academic All-American. Dr. McCarty attended medical school at the University of Colorado. After graduation he trained in orthopaedic surgery at Vanderbilt University and fellowship training in sports medicine at the Hospital for Special Surgery. He subsequently returned to Vanderbilt as a faculty member in the department of orthopedics. In 2003, Dr. McCarty was recruited back to Colorado to take over the sports medicine and shoulder program at the University of Colorado School of Medicine and to serve as the head team physician for the University of Colorado athletics. He also is the medical director for the Colorado Avalanche Hockey Club. His specialized practice involves the care of these collegiate and professional athletes as well as recreational and highly competitive athletes from the community and the rocky mountain area. In addition to his busy clinical practice, Dr. McCarty is very active in research, teaching, and writing in the field of sports medicine and knee and shoulder surgery. He has over 275 publications in the field of Sports Medicine. He has been the recipient of numerous national research awards including several from AOSSM, the ASES Neer Award and the prestigious AAOS Kappa Delta Award in 2012 and 2019. He is also very active in national and international sports medicine and arthroscopic societies including AOSSM, ISAKOS, AANA and ASES with various positions of leadership in those societies. Since his playing days, Dr. McCarty continues to maintain a very active lifestyle with his family enjoying the activities he grew up with in Colorado including hiking, cycling and skiing. This carries over into his unbridled dedication of returning his patients to their desired activity/sport. His passion for his work as a team physician, surgeon, educator and researcher is quite evident in his enthusiasm for what he does.

**Musahl, Volker - Lecturer**

MD
Professor
Pittsburgh

**Ponce, Brent - Lecturer**

MD
Chair AO Sports
Chair of Research Hughston Foundation
COERG Founder
Hughston Clinic
Columbus, Georgia

Dr. Brent Ponce received his medical degree from Vanderbilt University and completed his orthopaedic residency at the Combined Harvard Orthopaedic Residency Program. He then received fellowship training from Drs. JP Warner and Peter Millett with the Harvard Shoulder Service. After serving in the United States Air Force at the Air Force Academy with a tour in Iraq, he joined the University of Alabama at Birmingham faculty in 2006 where and became professor and vice chair of the department. He has published over 175 papers and has served on several orthopaedic leadership committees in the AAOS, ASES and AOA. In early 2021 he joined the Hughston Clinic as the Chair of Research of the Hughston Foundation in Columbus Georgia.

**Tanaka, Miho - Lecturer**

MD, PhD

Director, Women's Sports Medicine Program

Associate Professor, Orthopaedic Surgery

Massachusetts General Hospital

Harvard Medical School

Boston, Massachusetts

Dr. Tanaka is a sports medicine surgeon and Director of the Women's Sports Medicine Program at the Massachusetts General Hospital and Harvard Medical School. Her primary research focus is on the biomechanics, imaging and anatomy of the patellofemoral joint. She additionally has interest in improving the understanding of treatment outcomes and injury prevention in female athletes. She currently serves as head team physician for the New England Revolution (MLS) team, and as team physician for the Boston Red Sox, Boston Glory, and Boston Ballet.

Agenda

Day 1

Friday, August 19, 2022 - 07:00 - 18:50 - (includes breaks, travel-time and meals)

Schedule	Title	Moderator	Faculty	Room
07:00 - 08:00	Registration and Breakfast - Mezzanine Level - Lecture Room Silver			
08:00 - 08:10	Welcome and introduction to the course		Sherman, S Stannard, J	
08:10 - 08:50	Module 1: "The joint is an organ"—anatomy and biomechanics	Sherman, S		
08:10 - 08:15	Virtual tour of the knee		Stannard, J	
08:15 - 08:30	Plenary presentation—the joint is an organ		Stannard, J	
08:30 - 08:50	Tour of the shoulder		Katthagen, J	
08:50 - 12:05	Module 2: patient evaluation, imaging, and classification	McCarty, E		
08:50 - 09:05	Patient history, imaging, and classification systems for sports injuries		McCarty, E	
09:05 - 09:25	Coffee Break (location change to breakout rooms)			
09:25 - 10:05	Small-group breakout discussions • Group A: Knee examinations • Group B: Common knee injuries • Group C: Shoulder examinations • Group D: Common shoulder injuries			
10:05 - 10:45	Small-group breakout discussions • Group D: Knee examinations • Group A: Common knee injuries • Group B: Shoulder examinations • Group C: Common shoulder injuries			
10:45 - 11:25	Small-group breakout discussions • Group C: Knee examinations • Group D: Common knee injuries • Group A: Shoulder examinations • Group B: Common shoulder injuries			
11:25 - 12:05	Small-group breakout discussions • Group B: Knee examinations • Group C: Common knee injuries • Group D: Shoulder examinations • Group A: Common shoulder injuries			
12:05 - 12:55	Lunch			
12:55 - 17:40	Module 3: Principles of surgical setup, arthroscopy, and fixation techniques	Stannard, J		
12:55 - 13:55	Breakout Session 1 • Group A: Basic skills training • Group B: Small-group discussion—knee • Group C: Arthroscopic skills training • Group D: Small-group discussion—shoulder			
13:55 - 14:00	Location change to next breakout session			
14:00 - 15:00	Breakout Session 2 • Group D: Basic skills training • Group A: Small-group discussion—knee • Group B: Arthroscopic skills training • Group C: Small-group discussion—shoulder			
15:00 - 15:20	Coffee Break			
15:20 - 16:20	Breakout Session 3 • Group C: Basic skills training • Group D: Small-group discussion—knee • Group A: Arthroscopic skills training • Group B: Small-group discussion—shoulder			
16:20 - 16:25	Location change to next breakout session			
16:25 - 17:25	Breakout Session 4 • Group B: Basic skills training • Group C: Small-group discussion—knee • Group D: Arthroscopic skills training • Group A: Small-group discussion—shoulder			
17:25 - 17:30	Location change to lecture room			
17:30 - 17:40	Counseling for player, coach, and family		McCarty, E	
17:40 - 17:50	Summary, evaluation, take-home messages, and preview of day 2		Sherman, S Stannard, J	

17:50 - 18:50 Course Reception Tower B, Level 2

Day 2

Saturday, August 20, 2022 - 07:00 - 16:50 - (includes breaks, travel-time and meals)

Schedule	Title	Moderator	Faculty	Room
07:00 - 08:00	Breakfast			
08:00 - 08:55	Module 4: Arthroscopic and open approaches for knee and shoulder	Tanaka, M		
08:00 - 08:05	Reflection on day 1		Sherman, S Stannard, J	
08:05 - 08:15	Arthroscopic procedures—knee		Tanaka, M	
08:15 - 08:25	Open procedures—knee		Musahl, V	
08:25 - 08:35	Arthroscopic procedures—shoulder		DeFroda, S	
08:35 - 08:45	Open procedures—shoulder		Ponce, B	
08:45 - 08:55	Question and answer session			
08:55 - 09:00	Location change to breakout rooms			
09:00 - 16:40	Module 5: Joint-specific surgical techniques and rehabilitation	Stannard, J		
09:00 - 10:30	Breakout Session 1 • Group A: Practical exercise—knee arthroscopic procedures (60 min) / Case discussion: knee treatment (30 min) • Group B: Practical exercise—knee dry-bone exercise (45 min) and Small-group discussion—rehabilitation protocols (45 min) • Group C: Practical exercise—shoulder arthroscopic procedures (60 min) / Cases: shoulder treatment (30 min) • Group D: Practical exercise—shoulder dry-bone exercise (45 min) / Small-group discussion—recognizing and managing complications (45 min)			
10:30 - 10:50	Coffee Break			
10:50 - 12:20	Breakout Session 2 • Group D: Practical exercise—knee arthroscopic procedures (60 min) / Case discussion: knee treatment (30 min) • Group A: Practical exercise—knee dry-bone exercise (45 min) and Small-group discussion—rehabilitation protocols (45 min) • Group B: Practical exercise—shoulder arthroscopic procedures (60 min) / Cases: shoulder treatment (30 min) • Group C: Practical exercise—shoulder dry-bone exercise (45 min) / Small-group discussion—recognizing and managing complications (45 min)			
12:20 - 13:20	Lunch			
13:20 - 14:50	Breakout Session 3 • Group C: Practical exercise—knee arthroscopic procedures (60 min) / Case discussion: knee treatment (30 min) • Group D: Practical exercise—knee dry-bone exercise (45 min) and Small-group discussion—rehabilitation protocols (45 min) • Group A: Practical exercise—shoulder arthroscopic procedures (60 min) / Cases: shoulder treatment (30 min) • Group B: Practical exercise—shoulder dry-bone exercise (45 min) / Small-group discussion—recognizing and managing complications (45 min)			
14:50 - 15:05	Coffee Break			
15:05 - 16:35	Breakout Session 4 • Group B: Practical exercise—knee arthroscopic procedures (60 min) / Case discussion: knee treatment (30 min) • Group C: Practical exercise—knee dry-bone exercise (45 min) and Small-group discussion—rehabilitation protocols (45 min) • Group D: Practical exercise—shoulder arthroscopic procedures (60 min) / Cases: shoulder treatment (30 min) • Group A: Practical exercise—shoulder dry-bone exercise (45 min) / Small-group discussion—recognizing and managing complications (45 min)			

16:35 - 16:40	Location change to lecture room	
16:40 - 16:50	Summary, evaluation, and take-home messages	Sherman, S Stannard, J

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:

AO NA 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.

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

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Conflict of Interest Resolution Statement:

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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, AO NA'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.

Acknowledgment

In-Kind Support

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

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