

## Pre-Conference Workshops - 3rd April 2019 (Wednesday)

To enhance the APOA Sports Meeting 2019, our Organising Committee has lined up a series of pre-conference workshops. Participants for the main meeting may sign up for these workshops as an add-on option.

### WORKSHOP 1 ● PCL / PLC UPDATE

🕒 9.00am to 12.00pm

This workshop will cover the A to Z of managing the complex PCL and PLC. There will be lectures covering the anatomy, biomechanics, clinical evaluation and imaging for PCL and PLC injuries followed by surgical technique approaches to the PCL and PLC. To complete the session, we have planned a cadaveric demonstration to showcase the approaches by the distinguished Prof Dr Michael J. Strobel.

#### Programme:

- Anatomy And Biomechanics Of PCL
- Anatomy And Biomechanics Of PLC
- Clinical Evaluation And Imaging For PCL And PLC Injuries
- My Preferred Surgical Techniques PCL
- My Preferred Surgical Techniques PLC - Modified Larsen's + Popliteus Reconstruction
- My Preferred Surgical Techniques PLC – LaPrade Anatomical Reconstruction
- Cadaveric Dissection & Demonstration – PLC
- Discussion

### WORKSHOP 2 ● IRREPARABLE MASSIVE CUFF TEAR

🕒 9.00am to 12.00pm

This workshop brings together the heavyweights in shoulder repair namely Dr Jaap W. J. Willems, Assoc Prof Dr Teruhisa Mihata, Prof Dr Jin-Young Park and Dr Umer Butt. This workshop covers the top to bottom of cuff repair; from those that are irreparable to reverse shoulder arthroplasty. To liven up the discussions, there will be a cadaveric demonstration on tendon transfer.

#### Programme:

- Which Cuff Is Irreparable?
- Role Of Non-Surgical Management And Partial Cuff Repair In Irreparable Cuff?
- Tendon Transfers In Irreparable Cuff
- Superior Capsular Transfer: My Preferred Method
- Reverse Arthroplasty In Irreparable Cuff
- Cadaveric Demonstration – Tendon Transfer
- Panel Discussion & Case Series

### WORKSHOP 3 ● ALL ABOUT ACL

🕒 2.00pm to 5.00pm

This workshop is for the surgeon who wants to fine-tune his surgical technique in managing ACL injuries. The workshop will start with the basics, includes a cadaveric demonstration by world renowned Prof Dr Freddie Fu and rounded up with case discussions.

#### Programme:

- ACL Anatomy And Biomechanics
- Clinical Evaluation Of ACL Injuries
- Non-Operative Treatment
- ACL Graft Selection
- Who Needs An Extra Articular Procedure
- Cadaveric Demonstration - ACL
- Discussion & Case Presentations

### WORKSHOP 4 ● CARTILAGE REGENERATION & PRESERVATION

🕒 2.00pm to 5.00pm

The specialty of cartilage repair continues its' rapid advancement and there are many options available to any sports surgeon today. This workshop aims to cover the different options available. Participants of this workshop will be able to learn the best practices from each carefully chosen expert. Arm yourself with clinical updates which are immediately applicable in your daily practice post-workshop.

#### Programme:

- What Is New In Cartilage Restoration
- Cartilage Repair Algorithm For The Condyles
- Biologics (PRP, BMAC) / Scaffolds For The Knee – What Really Works And What I Do In My Practice
- Addressing Bone Marrow Edema And AVN In 2019
- Osteochondral Cylinder Transfer - My Technique And Rehab Pearls
- High Tibial Osteotomy - My Technique And Rehab Pearls
- Cartilage Regeneration With Micro-Drilling And Local Stem Cell Injection - My Technique And Rehab Pearls

## REGISTRATION FEES FOR PRE-CONFERENCE WORKSHOP

Malaysian	International
RM 500.00	USD 150.00

\*Registration Fee per half-day workshop

#### Please note that :-

- Pre-Conference Workshop registration fees includes one tea break.
- Delegates may choose to register for one (1) or two (2) workshops.
- Due to limited places, registration is on a first come first served basis and based on paid registration.
- All workshops are limited to 40 places.