

4TH BIENNIAL NATIONAL CAPITAL

KNEE SYMPOSIUM

OCTOBER 18 & 19, 2018

THE WESTIN OTTAWA | 11 COLONEL BY DRIVE, OTTAWA, ON



PROGRAM BROCHURE



uOttawa

The Division of Orthopaedic Surgery
University of Ottawa



uOttawa

Faculté de médecine
Faculty of Medicine

Bureau du développement
professionnel continu

Office of Continuing
Professional Development

OVERALL LEARNING OBJECTIVES

By the end of the educational activity, participants will be able to:

Accurately diagnose knee injuries and recognize the features that will dictate surgical technique;

Outline the alternatives for approaches to the treatment of challenging and controversial cases;

Recall the current up to date techniques of the complex knee arthroplasty;

Recognize common complications of knee surgery, primarily in effort to avoid them, and adjust technique to ensure the optimum patient outcomes;

Identify the anatomy of the knee with the use of ultrasound and demonstrate its use for intraarticular and intratendinous insertion.

PLANNING COMMITTEE

Special thanks to the following committee members who participated in the planning of this event:

Dr. Geoffrey Dervin, Dr. Don Johnson and Dr. Taryn Taylor

ACCREDITATION

This event is an Accredited Group Learning Activity (**Section 1**) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **12.25 hours** (credits are automatically calculated).

This activity is an Accredited Simulation Activity (**Section 3**) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **1.0 hour** (credits are automatically calculated).

WELCOME RECEPTION

Please join us for the 2018 National Capital Knee Symposium Welcome Reception to be held on Thursday, October 18 at Daly's Restaurant located in the Westin Ottawa from 4:30pm to 6:30pm. Enjoy a selection of hors d'oeuvres and beverages while networking with colleagues!

REGISTRATION

Conference Registration Fees (fees are in CAD)	Early Bird Online Rate On or before Sept 14		Regular Online Rate On or before Sept 14	
	1 Day	2 Days	1 Day	2 Days
Physicians	\$330	\$550	\$385	\$605
Residents	\$165	\$275	\$195	\$305
Other Health Care Professionals	\$165	\$275	\$195	\$305
Guest Reception Ticket	\$40	\$40	\$40	\$40

To register online, please visit: <https://uottawacpd.eventsair.com/4th-biennial-national-capital-knee-symposium/knee2018>

Cancellation Policy: Refunds less \$75 administrative charge will be issued provided cancellation requests are received in writing by **September 14, 2018**. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

COURSE PRESENTATIONS

To ensure course participants receive the most up-to-date information and in an effort to lessen the environmental impact of our events, all available course materials will be posted to our website as soon as they become available. We cannot guarantee that all course materials will be posted on the website.

ACCOMMODATIONS

Course participants requiring accommodation can take advantage of the special discounted rate available for the duration of the conference. As this is peak conference season, hotel accommodation space is limited and we encourage you to reserve your guestroom(s) early!

The discounted group rate is \$265/night. In order to qualify for the group rate, reservations must be made by **Tuesday, September 25** or until the group room block is full. To book your accommodations, contact the Westin Ottawa directly at 1-800-WESTIN-1 and quote the group code "Knee Symposium".

Further information: cpd@toh.ca | 613-761-4480 ext. 1 | [Visit our website](#)

DAY 1 PROGRAM | ARTHROSCOPY & SPORTS

06:45	Registration & Networking Breakfast
07:20	Introduction: Controversies and Complications
7:30 - 8:30	Symposium 1 - Panel: ACL Treatment Options <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none">• Assess the role of conservative management in ACL injuries• Identify the partial ACL tear and explore the optimum management• Identify the pediatric ACL injury, and recall the optimum management• Recall the optimum graft choice in ACL reconstruction• Assess the role of primary repair of ACL injuries, and recall the optimum technique <p>Moderator: Dr. Laith Jazrawi Panelists: Dr. John Richmond, Dr. Al Getgood, Dr. Laith Jazrawi & Dr. Sasha Carsen</p>
8:30 - 9:30	Symposium 2 - Panel: Failed ACL Reconstruction <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none">• Identify causes of failed ACL ligament surgery and recall their optimum management <p>Moderator: Dr. John Richmond Panelists: Dr. Laith Jazrawi & Dr. Al Getgood</p>
9:30	Refreshment Break & Networking with Exhibitors
10:00 - 11:00	Symposium 3 - Panel: ACL Rehab and RTP <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none">• Identify and analyze the effectiveness of ACL injury prevention• Assess the impact, and benefits of pre-habilitation• List the parameters for return to play after ACL surgery• Identify the management of complications seen in the rehabilitation of ACL <p>Moderator: Dr. Taryn Taylor Panelists: Dr. Kevin Wilk, Dr. Laith Jazrawi, Dr. Andy Marshall & Dr. Allan Liew</p>
11:00 - 12:00	Symposium 4 - Panel: Meniscus/Cartilage Restoration <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none">• List the indications for meniscal resection and meniscal repair• Evaluate the current techniques of meniscal repair, and the potential of biologic augmentation of meniscal repair• Recall the indications and incorporate the technique of meniscal allograft transplantation• Employ the appropriate classification of articular cartilage injuries• Recall the indications and techniques for debridement, micro-fracture, osteochondral allograft, and techniques of fixation of osteochondral fractures, and osteochondritis dessicans.• Describe the role of biologics in treatment of cartilage injuries <p>Moderator: Dr. Al Getgood Panelists: Dr. John Richmond, Dr. Laith Jazrawi, Dr. Al Getgood, Dr. Mike Pickell & Dr. Ken Kontio</p>
12:00	Lunch & Networking with Exhibitors

DAY 1 PROGRAM | ARTHROSCOPY & SPORTS

13:00 - 14:00 Symposium 5 - Panel: Patellofemoral Instability

At the end of this session, participants will be able to:

- Evaluate the acute patellar dislocation and recall the management of patellar dislocation in both the pediatric and adult situation
- Evaluate chronic patellar dislocation in the adolescent and recall the management of recurrent patellar dislocation

Moderator: Dr. Geoff Dervin

Panelists: Dr. John Richmond, Dr. Al Getgood, Dr. Sasha Carsen & Dr. Ken Kontio

14:00 - 15:00 Symposium 6 - Panel: Multi-ligament

At the end of this session, participants will be able to:

- Identify complex ligament injuries and evaluate the optimum individualized management

Moderators: Dr. Al Getgood & Dr. Allan Liew

Panelists: Dr. John Richmond, Dr. Laith Jazrawi & Dr. Al Getgood

15:00 Refreshment Break & Networking with Exhibitors

15:30 - 16:30 Ultrasound Workshop

At the end of this session, participants will be able to:

- Assess the anatomy of the knee and lower leg with the use of ultrasound
- Describe the benefit of the use of ultrasound in diagnosing patellar tendon injuries and demonstrate the technique of localizing the patellar tendon by ultrasound
- Identify the benefits of PRP injections of the knee, and repeat the technique of tendon and joint injections.

Moderators: Dr. Taryn Taylor & Dr. Jay Sheridan

16:30 Closing Remarks

16:30 Welcome Reception

DAY 2 PROGRAM

07:30 Registration & Networking Breakfast

08:00 Welcome and Introductory Comments

8:05 - 9:00 Panel: Nonoperative Treatment of Knee OA (ARS Case Presentations)

Moderated by Dr. Taryn Taylor

At the end of this session, participants will be able to:

- Recall the major non operative categories for treatment of symptomatic knee OA
- List the current evidence supporting various injectable therapies for knee OA and their use
- Identify the key elements of a physical therapy and manual therapy approach for symptom control in knee OA

Panelists: Dr. Taryn Taylor, Dr. Monica Clarke, Dr. Robert Gauvreau & Dr. Daniel Coutu

9:00 - 10:00 Panel: Unicompartmental Options

Moderated by Dr. Geoff Dervin

At the end of this session, participants will be able to:

- Recall specific contraindications to unicompartmental arthroplasty of all 3 compartments of the knee
- Identify what evidence exists to support their use versus total knee replacement for various patients
- List the potential complications specific to unicompartmental replacement and describe their management

Medial UKR: Avoiding Issues

Presented by Dr. Keith Berend

Lateral UKR

Presented by Dr. Philip Fleuriau Chateau

Patellofemoral Arthroplasty

Presented by Dr. Geoff Dervin

Panel: ARS Case Presentations, Special Situations, Complications

10:00 Refreshment Break & Networking with Exhibitors

10:30 - 11:20 Evolving Concepts in TKR

Moderated by Dr. David Backstein

At the end of this session, participants will be able to:

- Review and recall the evidence in support of cementless total knee replacement
- Identify modifications and polyethylene that may be of benefit in total knee replacement
- Explain the difference between mechanical and kinematic alignment and the practical applications of these in surgery
- Identify those cases that add additional complexities in the young active heavy patient

Has the time now come for cementless implants?

Presented by Dr. Pascal-André Vendittoli

Advances in polyethylene

Presented by Dr. Paul Kim

Why and how should we align total knee replacement: Mini debate

Presented by Dr. David Mayman, Dr. Keith Berend & Dr. Pascal-André Vendittoli

Panel: ARS Case Presentations

Presented by Dr. David Backstein, Dr. Paul Kim, Dr. David Mayman & Dr. Pascal-André Vendittoli

11:20 - 12:00 TKR Design Debate: "Mine is better than yours" - mini symposium

Moderated by Dr. Keith Berend

At the end of this session, participants will be able to:

- Review some key differentiating design features in modern total knee replacement systems and identify how they might influence outcome and survivorship

Panelists: Dr. Pascal-André Vendittoli, Dr. David Backstein, Dr. David Mayman & Dr. Alberto Carli

12:00 Lunch & Networking with Exhibitors

DAY 2 PROGRAM

13:00 - 14:00 **Small Group Case Discussions** - Please rate your case discussion preference while registering for the conference. Case discussion topics will be offered based on demand. Each case discussion will be 30 minutes in length.

At the end of this session, participants will be able to:

- Identify key determinants of patient selection, surgical treatment, and complication management in the various categories

CD1: Osteotomies about the knee

Presented by Dr. Mike Pickell & Dr. Geoff Dervin

CD2: Primary TKR – getting a great result

Presented by Dr. Robert Feibel & Dr. David Mayman

CD3: Revision TKR - tips and tricks

Presented by Dr. David Backstein & Dr. Paul Kim

CD4: So you want to try Outpatient TKR - how to make it work

Presented by Dr. Keith Berend & Dr. Pascal-André Vendittoli

14:00 **Stretch Break**

14:05 - 14:45 **Panel: Now for the hard part**

Moderated by Dr. Robert Feibel

At the end of this session, participants will be able to:

- Identify the pathophysiology and establish diagnosis of infected TKR with best practice management principles
- Determine a practical and efficient approach to management of periprosthetic fractures around the knee

Infection in TKR: What we know and what we don't

Presented by Dr. Alberto Carli

Practical Approach to Treatment

Presented by Dr. Keith Berend

My approach to fractures around knee replacement

Presented by Dr. David Backstein

14:45 - 15:45 **Panel: My Toughest Case Since Last Meeting! (and what I learned)**

Moderated by Dr. Paul Kim

At the end of this session, participants will be able to:

- Assess the serious complications and therapeutic challenges presented
- Identify the management options and treatment strategies used in such difficult cases
- Describe key elements of prevention where possible

Participant case presentation

Panel: ARS Case Presentations

Presented by Dr. David Backstein, Dr. Keith Berend, Dr. Alberto Carli, Dr. Robert Feibel, Dr. David Mayman & Dr. Pascal-André Vendittoli

15:45 **Closing Remarks & Evaluations**

16:00 **Adjournment**