

# KNEE ARTHROSCOPY COURSE

## how to make it simple!

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## SCIENTIFIC PROGRAM

**10.30-11.00:** Registrations / Welcome Note

**11.00-11.30:** Lecture Presentations, part I  
Arthroscopy Fundamentals, OR set up, Portal Placement, Diagnostic Arthroscopy

**11.30-11.45** Coffee Break

**11.45-14.15:** Hands – On Session I (15' break at 12:45)

- Arthroscopy fundamentals
  - Basic equipment
  - Scope mechanics
  - Triangulation
- OR set-up for knee arthroscopy
  - Patient positioning
  - Tourniquet use
- Portal placement
  - Primary and secondary knee arthroscopy viewing/working portals.
- Standard arthroscopic evaluation of the knee joint

**14.15-14.45:** Light Lunch

**14.45-15.15:** Lecture Presentations, Part II  
Management of meniscal pathology, ACL reconstruction, Avoiding pitfalls

**15:15 – 18:00** Hands – On Session II

- Management of meniscal pathology
  - Medial/lateral partial meniscectomy
  - "Save the meniscus": meniscal repair options
  - Identification of "hidden lesions": ramp and root tears
- ACL reconstruction
  - 10 easy steps for a successful operation
- Avoiding pitfalls in knee arthroscopy.

**18.00:** Adjourn