

Arthroscopic Glenohumeral Reconstruction

December 11–12, 2009

**Texas Orthopedic Hospital
Houston, Texas**

**Course Director
Gary M. Gartsman, MD**

Texas Orthopedic Hospital
Fondren Orthopedic Group, LLP
Houston, Texas



Registration

Registration Fees: \$2,000.00 for physician \$3,000.00 for physician and non-physician assistant

Full Name (include credentials): _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ FAX: _____ E-mail: _____

Emergency contact number: _____

Payment: please charge to the provided credit card number check enclosed made payable to *Joe W. King Orthopedic Institute*.

VISA

MasterCard

AMEX

Card No. _____ Expiration Date _____

Print Name (as it appears on credit card) _____

Signature: _____

Fax this form to Kayla Berndt@ (713) 794–3395

You should receive a confirmation within 7 to 10 days. If not, please contact us at 713-794-3517.

Course Description

This intense course will teach orthopedic surgeons how to perform an arthroscopic glenohumeral reconstruction. The essential techniques include labrum repair (anterior and posterior Bankart lesions, SLAP lesions), capsular tensioning and rotator interval repair. By focusing on one procedure and offering hands-on instruction, each registrant will receive the training needed to master the surgical techniques. The limited class size will provide time for each individual to practice the procedure on shoulder models. In addition, Dr. Gartsman will be available after each session for those who need more instruction, need more in-depth practice, or have questions. The surgical procedure will be broken down into individual steps including cannula placement, knot tying, suture management, and anchor placement. Each step will be learned, practiced, and mastered. Psychomotor checklists will be used to evaluate skill mastery.

Target Audience

This activity is designed for orthopedic physicians who are experienced in shoulder arthroscopy.

To ensure maximum educational value for all participants, attendees must be able to:

- perform an arthroscopic subacromial decompression within 30 minutes
- perform 30 glenohumeral reconstructions per year (open or arthroscopic)
- perform 50 shoulder arthroscopies per year

In addition, attendees must have completed the ARCR course before attending this course.

Objectives

Upon completion of the activity, participants will be able to:

- understand the theoretical principles behind arthroscopic glenohumeral reconstruction
- describe applications for arthroscopic glenohumeral reconstruction
- perform an arthroscopic glenohumeral reconstruction
- manage intraoperative complications

Design & Educational Methods

Didactic lectures will be utilized to discuss the theoretical principles behind arthroscopic glenohumeral reconstruction. Demonstrations and hands-on workshops will assist in the presentation, practice, and refinement of the surgical techniques.

Needs Assessment

Objectives and topics for this activity were developed from the following sources: medical journal literature review and the expertise of orthopedic surgeons specializing in surgery of the shoulder. This course is the most specific and extensive that is currently available for acquiring the knowledge and psychomotor skills needed to perform arthroscopic glenohumeral reconstruction.

Accreditation

This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education (ACCME). The Joe W. King Orthopedic Institute is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

Continuing Medical Education

The Joe W. King Orthopedic Institute designates this educational activity for a maximum of 16 hours in AMA PRA Category 1 credits. Each physician should claim only those hours of credit he/she actually spent in the educational activity.

Registration

Registration Fee \$2,000.00 for Physicians \$3,000.00 for Physician and a non-physician assistant

We encourage you to register early. **Enrollment for all courses is limited to twelve physicians.** The registration fee includes breakfasts, lunches, all meeting sessions, and all conference materials. **Refunds, less \$500.00 for administrative costs, will be given for cancellations received in writing 30 days prior to the course. NO REFUNDS WILL BE GIVEN AFTER THAT TIME.**

Accommodations

A special room rate has been arranged for conference attendees at the Hilton Houston Plaza/Medical Center located about one mile from Texas Orthopedic Hospital.

Call Jackie Oesterman at the Hilton at 713-313-4654 ext. 3687 or email jackie.oesterman@hilton.com.

Transportation

All course activities are located at Texas Orthopedic Hospital, 7401 South Main, Houston, Texas. Participants will be responsible for their own transportation.

Friday – 7:00 a.m. – 5:00 p.m.

Welcome – Rotator cuff repair group experience
Lecture: Arthroscopic Glenohumeral reconstruction

Video – Bankart

Lab I: Practice Board

Anchor placement/position
Suture Management
Accidental Unloading (prevention-retrieval)

Video – Bankart with complications

Observe Live Surgery 1 – Arthroscopic Glenohumeral Reconstruction

Lab II: Practice Board

Suture Passing through soft tissue
Direct and indirect techniques
Reversing the loop
Knot Tying

Observe Live Surgery 2 – Arthroscopic glenohumeral reconstruction

Lab III: Practice Board

Labrum Repair with cannulas - 1 anchor

Observe Live Surgery 3 – Arthroscopic glenohumeral reconstruction

Lab IV: Practice Board

Labrum Repair with cannulas
2 anchors - 3 anchors

Lab V: Practice Board

Anterior and inferior Capsular imbrication
Capsular plication
Advance to labrum/glenoid with anchors
1-step / 2-step

Video – Multi-directional Instability

Lab VI: Shoulder Model with Arthroscope

Labrum Repair - 1,2,3 anchors

Lab VII: Shoulder Model with Arthroscope

Soft tissue tensioning
Capsular imbrication
Capsular plication
Advance to labrum/glenoid with anchors

Lab VIII: Shoulder Model with Arthroscope

Labrum Repair - 1 anchor

Advance capsule to labrum/
glenoid with anchors

Saturday – 7:00 a.m. – 5:00 p.m.

Lab IX: Shoulder Model with Arthroscope

Anterior Labrum Repair -
2 anchors
Capsular imbrication
Advance to labrum/
glenoid with anchors

Lab X: Shoulder Model with Arthroscope

Anterior Labrum Repair -
3 anchors
Capsular imbrication
Advance to labrum/
glenoid with anchors

Video – SLAP Repair

Lab XI: Shoulder Model with Arthroscope

SLAP repair

Lab XII: Shoulder Model with Arthroscope

Anterior Labrum Repair -
3 anchors
Capsular imbrication
Advance to labrum/
glenoid with anchors
SLAP repair -2 anchors

Video – Rotator Interval Repair

Lab XIII: Shoulder Model with Arthroscope

Rotator interval repair

Video - Posterior Labrum Repair

Lab XIV: Shoulder Model with Arthroscope

Posterior Labrum Repair
1 anchor-2 anchors
1 and 2 posterior cannula
techniques

Lab XV: Shoulder Model with Arthroscope

Video – Posterior Capsular Imbrication

Posterior Capsular imbrication
Posterior Capsule - Advance to
labrum
To glenoid with anchors

Lab XVI: Shoulder Model with Arthroscope

Anterior, Superior and Posterior
Labrum Repair
with anchors +
Soft tissue tensioning
Capsular imbrication
Advance to labrum/
glenoid with anchors
Rotator interval repair

Closing Comments, Evaluation