AO Recon Course—
Principles of Total Hip and Knee Arthroplasty

May 11–12, 2020  Krakow, Poland
Mission
The AO's mission is promoting excellence in patient care and outcomes in trauma and musculoskeletal disorders.

Purpose statement
AO Recon is a global network of orthopedic surgeons committed to best-in-class education in joint preservation and replacement.

The AO principles of fracture management

1. Fracture reduction and fixation to restore anatomical relationships.
2. Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient, and the injury.
3. Preservation of the blood supply to soft-tissues and bone by gentle reduction techniques and careful handling.
4. Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.
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Welcome

Dear AO Recon course participant,

It is with great pleasure that we welcome you to our principles course that offers newly certified surgeons a training on the key principles of primary hip and knee arthroplasty.

Over the program’s two days, renowned expert surgeons will lead interactive discussion groups and instructional lectures and deliver technical know-how in practical exercises to develop your decision-making competency.

Your current level of knowledge, attitudes, and skills will be challenged throughout the course. The best-in-class curriculum and faculty will provide you a memorable learning experience that will remain with you for a lifetime.

We hope that you will immediately integrate these insights into your daily practice, in order to reach our shared goal: to improve patient care through surgical excellence.

Yours sincerely,

Norbert P. Haas
AORecon Steering Board

Carsten Perka
AORecon Education Forum
Course description

This course is modular in structure and highly interactive. Short, evidence-based lectures cover the key information required. Moderated case discussions in small groups will expand on each topic and help participants to develop decision-making and surgical management skills. Participants will perform hands-on practical exercises including templating and planning exercises. Participants will share their experience with faculty and peers. All factors related to achieving the best possible outcomes in primary arthroplasty will be covered.

Goal of the course

The AO Recon Course—Principles of Total Hip and Knee Arthroplasty teaches fundamental principles and current concepts in the treatment of patients with a need for primary arthroplasty in the hip and knee. This course is the initial step along the path of lifelong learning in the area of joint arthroplasty. Based on a patient-centered approach this course focuses on the key principles of primary arthroplasty.

Target participants

This course is targeted at newly certified orthopedic surgeons and advanced orthopedic surgical trainees

Learning objectives

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

- Identify patient’s reconstructive surgery needs
- Adopt a patient-centered approach
- Anticipate, recognize, and stratify potential complications
- Describe and discuss safe and effective procedures for primary arthroplasty
- Discuss the management of early and late problems or complications
- Communicate and facilitate a multidisciplinary team-based approach
- Apply best practice to optimize and document patient outcomes
Chairpersons

Artur Gądek
Krakow, Poland

Sam Oussedik
London, United Kingdom

International and Regional faculty

Luigi Zagra
Milan, Italy

Dinko Vidović
Zagreb, Croatia

National faculty
# Monday

**May 11, 2020**

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>07:30–07:50</td>
<td>Registration</td>
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<tr>
<td>08:00–08:10</td>
<td>Welcome and introduction</td>
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<tr>
<td>08:10</td>
<td>Welcome and introduction</td>
</tr>
<tr>
<td>08:10–08:20</td>
<td>Chairpersons</td>
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</tbody>
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## Module 1

**PERIOPERATIVE MANAGEMENT OF TOTAL HIP AND KNEE ARTHROPLASTY**

**Moderator:** F Surname

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08:10</td>
<td>Small group discussion 1</td>
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<tr>
<td>08:10–08:10</td>
<td>Assessment and decision making</td>
</tr>
<tr>
<td>08:10–08:20</td>
<td>F Surname, F Surname</td>
</tr>
<tr>
<td>08:20–08:30</td>
<td>Preventing infection in joint replacement</td>
</tr>
<tr>
<td>08:20–08:30</td>
<td>F Surname</td>
</tr>
<tr>
<td>08:30–08:40</td>
<td>Questions and answers</td>
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<tr>
<td>08:30–08:40</td>
<td>All faculty</td>
</tr>
<tr>
<td>08:40–08:45</td>
<td>Closing of module: take-home messages</td>
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<tr>
<td>08:40–08:45</td>
<td>F Surname (moderator)</td>
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</tbody>
</table>
Module 2
PERFORMING TOTAL HIP ARTHROPLASTY
Moderator: F Surname

09:45–09:55  Key steps in THA  F Surname
09:55–10:05  Overview of surgical approaches for THA  F Surname
10:05–10:10  Questions and answers  All faculty
10:10–10:30  Coffee break
10:30–10:40  Cemented fixation  F Surname
10:40–10:50  Cementless fixation of the cup and the stem  F Surname
10:50–10:55  Questions and answers  All faculty
10:55–11:05  Bearing choice in THA  F Surname
11:05–11:15  Intraoperative challenges and complications  F Surname
11:15–11:25  Preventing dislocation in THA  F Surname
11:25–11:35  Questions and answers  All faculty

11:35–12:20  Small group discussion 2
Total hip arthroplasty—surgical approaches, preventing dislocation, and fixation

Table 1  F Surname
Table 2  F Surname
Table 3  F Surname
Table 4  F Surname
Table 5  F Surname

12:20–13:20  Lunch break
### Skills Lab HIP: session 1

**Group A: Templating and Small group discussion**
- Templating a THA - 60 min
- Small group discussion 3 - 60 min
  Total hip arthroplasty—inauditory challenges and complications

**Group B: AO Recon Skills stations**
- Reaming the acetabulum and inserting a cup - 30 min
- Preparing the femur and inserting a stem - 30 min
- Safe zones for screw insertion - 30 min
- Meet the Experts - 30 min

**15:20–15:40 Coffee break**

### Skills Lab HIP: session 2

**Group B: Templating and Small group discussion**
- Templating a THA - 60 min
- Small group discussion 3 - 60 min
  Total hip arthroplasty—inauditory challenges and complications

**Group A: AO Recon Skills stations**
- Reaming the acetabulum and inserting a cup - 30 min
- Preparing the femur and inserting a stem - 30 min
- Safe zones for screw insertion - 30 min
- Meet the Experts - 30 min

**17:40–17:45 Closing of module: Take-home messages**

F Surname (moderator)
Tuesday
May 12, 2020

## Module 3
PERFORMING TOTAL KNEE ARTHROPLASTY
Moderator: F Surname

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Facilitator</th>
</tr>
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<tbody>
<tr>
<td>08:00–08:15</td>
<td>Key steps in TKA and overview of surgical approaches for TKA</td>
<td>F Surname</td>
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<tr>
<td>08:15–08:25</td>
<td>Limb alignment and kinematics</td>
<td>F Surname</td>
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<td>08:25–08:35</td>
<td>The role of the PCL in TKA</td>
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<td>08:35–08:45</td>
<td>Bone cuts in TKA</td>
<td>F Surname</td>
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<tr>
<td>08:45–08:55</td>
<td>Questions and answers</td>
<td>All faculty</td>
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<tr>
<td>08:55–09:05</td>
<td>Balancing the varus knee and fixed flexion contracture</td>
<td>F Surname</td>
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<tr>
<td>09:05–09:15</td>
<td>Balancing the valgus knee</td>
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<tr>
<td>09:15–09:25</td>
<td>Patellofemoral resurfacing and tracking</td>
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<tr>
<td>09:25–09:35</td>
<td>Fixation options in knee replacement</td>
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<tr>
<td>09:35–09:45</td>
<td>Questions and answers</td>
<td>All faculty</td>
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<tr>
<td>09:45–10:00</td>
<td>Coffee break</td>
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10:00–10:45  **Small group discussion 4**

*How to do a TKR—valgus, varus, kinematic alignment*

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<th>Table</th>
<th>Facilitator</th>
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<tr>
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<td>4</td>
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<td>F Surname</td>
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</table>

10:45–11:00  Coffee break
### Skills Lab KNEE: session 1

**Group A: Meet the Experts and Small group discussion**
- Meet the Experts – 60 min
- Small group discussion 5 – 60 min
  Total knee arthroplasty—intraoperative challenges and complications

**Group B: AO Recon Skills stations**
- Planning a TKA – 30 min
- Alignment for a tibial cut – 30 min
- Performing a tibial cut – 30 min
- Cementing – 30 min

### 13:00–14:00
Lunch break

### Skills Lab KNEE: session 2

**Group B: Meet the Experts and Small group discussion**
- Meet the Experts – 60 min
- Small group discussion 5 – 60 min
  Total knee arthroplasty—intraoperative challenges and complications

**Group A: AO Recon Skills stations**
- Planning a TKA – 30 min
- Alignment for a tibial cut – 30 min
- Performing a tibial cut – 30 min
- Cementing – 30 min

### 16:00–16:10
Q&A - questions not covered by the course
All faculty

### 16:10–16:20
Closing of module and course: Take-home messages
Chairpersons
Event organization

AO Recon
Camilla Keller
Project Coordinator Education
Davos, Switzerland
Phone +41 81 414 27 57
E-mail camilla.keller@aorecon.org

AO funding sources
Unrestricted educational grants from different sources are collected and pooled together centrally by the AO. All events are planned and scheduled by local and regional AO surgeon groups based on local needs assessments. We rely on industrial/commercial partners for in-kind support to run simulations/skills training if educationally needed.

Event information and logistics

AO Courses Poland
Marta lowicka
Local Event Organizer
Phone +48 667607060
E-mail marta.lowicka@aocourses.org

Event organization compliance
In certain countries where AO has no office but offers educational events, the AO cooperates with third party companies to conduct local organization and logistics, as well as to communicate with participants in the local language. In these cases, the AO has put rules and guidelines in place to ensure that this cooperation has no impact on the curricula, scientific program, or faculty selection.
General information

Course fee
Included in the course fee are conference bag with documentation, coffee breaks, course reception/dinner, and course certificate.

Disclosures and conflicts of interest
All disclosure information can be viewed on https://aorecon.aofoundation.org/disclosure.html

Evaluation guidelines
All AO Recon events apply the same evaluation process, which includes pre- and post-event online evaluation and on-site written questionnaires. These evaluation tools help ensure that AO Recon continues to meet your training needs.

Intellectual property
Event materials, presentations, and case studies are the intellectual property of the event faculty.
All rights are reserved. For more information, please see: www.aofoundation.org/legal.
Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is absolutely forbidden.

The AO Foundation reserves the right to film, photograph, and audio record during their events. Participants must understand that in this context they may appear in these recorded materials. The AO Foundation assumes participants agree that these recorded materials may be used for AO marketing and other purposes, and made available to the public.

Security
There will be a security check at the entrance of the building. Wearing of a name tag is compulsory during lectures, workshops, and group discussions.

No insurance
The event organization does not take out insurance to cover any individual against accidents, theft, or other risks.
Mobile phone use

Mobile phone use is not allowed in the lecture halls and in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

Dress code

Casual

Event venue

Metropolo by Golden Tulip Krakow
Orzechowa 11
30-422 Krakow
Poland
Phone +33 1 70 98 61 18
https://metropolo-krakow.goldentulip.com/en-us
Principles of AO educational events

1. Academic independence
Development of all curricula, design of scientific event programs, and selection of faculty are the sole responsibilities of volunteer AO network surgeons. All education is planned based on needs assessment data, designed and evaluated using concepts and evidence from the most current medical education research, and reflects the expertise of the AO Education Institute (www.aofoundation.org). Industry participation is not allowed during the entire curriculum development and planning process to ensure academic independence and to keep content free from bias.

2. Compliance to accreditation and industry codes
All planning, organization, and execution of educational activities follow existing codes for accreditation of high-quality education:
- Accreditation Criteria of the Accreditation Council for Continuing Medical Education, US (www.accme.org)
- ACCME Standards for Commercial Support: Standards to Ensure Independence in CME Activities (www.accme.org)
- Criteria for Accreditation of Live Educational Events of the European Accreditation Council for Continuing Medical Education (www.jems.eu)

Events that receive direct or indirect unrestricted educational grants or in-kind support from industry also follow the ethical codes of the medical industry, such as:
- Eucomed Guidelines on Interactions with Healthcare Professionals (www.mediteurope.org)
- AdvaMed Code of Ethics on Interactions with Health Care Professionals (advamed.org)
- Mecomed Guidelines on Interactions with Healthcare Professionals (www.mecomed.org)

3. Branding and advertising
No industry logos or advertising (apart from the AO Foundation and its clinical divisions) are permitted in the area where educational activities take place.

Sponsors providing financial or in-kind support are allowed to have a promotional booth or run activities outside the educational area with approval from the event chairperson.

4. Use of technologies and products in practical sessions
In case practical sessions are chosen as an educational method to educate skills, the technologies and products used have been approved or reviewed by the AO Technical Commission—a large independent group of volunteer surgeons developing and peer-reviewing new technology on behalf of the AO Foundation.
Any technology and/or products used in the practical sessions of this event have been found suitable to serve the defined educational purposes.
This does not imply any statement about its use and performance in actual clinical scenarios.
More information on the AO Technical Commission can be found on the AO’s website: www.aofoundation.org/tc.

5. Personnel
Industry staff members are not permitted to interfere with the educational content or engage in educational activities during the event.
# Upcoming events

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<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Athens, Greece</td>
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<td>September 28–29, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Budapest, Hungary</td>
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<td>October 27–28, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Saint Petersburg, Russia</td>
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<td>November 30–December 1, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Davos, Switzerland</td>
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<td>December 3–5, 2020</td>
<td>Comprehensive Periprosthetic Fracture Management of the Hip and Knee</td>
<td>Davos, Switzerland</td>
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<td>October 06, 2020</td>
<td>AO Recon Webinar – Knee Alignment Options in TKA</td>
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<tr>
<td>tbc</td>
<td>AO Recon Webinar – Direct Anterior and Posterior Approach in THA</td>
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<td>tbc</td>
<td>AO Recon Webinar – tbc</td>
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<tr>
<td>June 10, 2020</td>
<td>Syposium at EFORT</td>
<td>Austria</td>
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<td>October 15, 2020</td>
<td>Syposium at VREDEN</td>
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<td>October 21, 2020</td>
<td>Syposium at DKOU</td>
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<td>August 28, 2020</td>
<td>Seminar – Periprothetische Frakture</td>
<td>Germany</td>
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For more information visit [www.aorecon.org](http://www.aorecon.org)
AO Recon is a **global network** of **orthopedic surgeons** committed to best-in-class education in **joint preservation and replacement**.