AO Recon Course—
Principles of Total Hip and Knee Arthroplasty

April 3–4, 2020
Sofia, Bulgaria

EVENT PROGRAM
### 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

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<tbody>
<tr>
<td>1</td>
<td>Fracture reduction and fixation to restore anatomical relationships.</td>
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<td>2</td>
<td>Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient, and the injury.</td>
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<td>3</td>
<td>Preservation of the blood supply to soft-tissues and bone by gentle reduction techniques and careful handling.</td>
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<td>4</td>
<td>Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.</td>
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<td>2</td>
<td>Mission</td>
<td>Purpose statement</td>
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<td>The AO principles of fracture management</td>
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<td>4</td>
<td>Welcome</td>
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<td>Course description</td>
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<td>Goal of the course</td>
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<td>Target participants</td>
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<td>Learning objectives</td>
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<tr>
<td>6</td>
<td>Chairpersons</td>
<td>Faculty</td>
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<td>7</td>
<td>Friday, April 3, 2020</td>
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<td>10</td>
<td>Saturday, April 4, 2020</td>
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<td>12</td>
<td>Event organization</td>
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<td>Event information and logistics</td>
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<tr>
<td>13</td>
<td>General information</td>
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<td>14</td>
<td>Event venue</td>
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<td>Accommodation for participants</td>
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<tr>
<td>15</td>
<td>AO Foundation—Principles of AO educational events</td>
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<tr>
<td>16</td>
<td>Upcoming events</td>
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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

Plamen Kinov
Sofia, Bulgaria

Bas Masri
Vancouver, Canada

International and Regional faculty

Simon Kovač
Valdoltra, Slovenia

George Macheras
Athens, Greece

Sam Oussedik
London, United Kingdom

National faculty

Asparouh Asparouhov
Pleven, Bulgaria

Petio Bratoev
Stara Zagora, Bulgaria

Georg Dimitrov
Pleven, Bulgaria

Deian Enchev
Sofia, Bulgaria

Andrei Iotov
Sofia, Bulgaria

Vladimir Stavrev
Plovdiv, Bulgaria

Jordan Valeshkov
Pleven, Bulgaria
# Friday
April 3, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:30–07:50</td>
<td>Registration</td>
</tr>
<tr>
<td>08:00–08:10</td>
<td>Welcome and introduction</td>
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<td>Chairpersons</td>
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<tr>
<td>08:10–09:10</td>
<td><strong>Small group discussion 1</strong></td>
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<tr>
<td></td>
<td><strong>Assessment and decision making</strong></td>
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<td>Table 1, F Surname, F Surname</td>
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<td>Table 2, F Surname, F Surname</td>
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<td>Table 4, F Surname, F Surname</td>
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<td></td>
<td>Table 5, F Surname, F Surname</td>
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<tr>
<td>09:10–09:20</td>
<td>Summary: Optimizing the patient journey</td>
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<td></td>
<td>F Surname</td>
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<tr>
<td>09:20–09:30</td>
<td>Preventing infection in joint replacement</td>
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<td></td>
<td>F Surname</td>
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<tr>
<td>09:30–09:40</td>
<td>Questions and answers</td>
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<td></td>
<td>All faculty</td>
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<tr>
<td>09:40–09:45</td>
<td>Closing of module: take-home messages</td>
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<td>F Surname (moderator)</td>
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</table>

**Module 1**
PERIOPERATIVE MANAGEMENT OF TOTAL HIP AND KNEE ARTHROPLASTY
Moderator: F Surname
## Module 2
### PERFORMING TOTAL HIP ARTHROPLASTY

**Moderator:** F Surname

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>09:45–09:55</td>
<td>Key steps in THA</td>
<td>F Surname</td>
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<tr>
<td>09:55–10:05</td>
<td>Overview of surgical approaches for THA</td>
<td>F Surname</td>
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<tr>
<td>10:05–10:10</td>
<td>Questions and answers</td>
<td>All faculty</td>
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<tr>
<td>10:10–10:30</td>
<td>Coffee break</td>
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<tr>
<td>10:30–10:40</td>
<td>Cemented fixation</td>
<td>F Surname</td>
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<tr>
<td>10:40–10:50</td>
<td>Cementless fixation of the cup and the stem</td>
<td>F Surname</td>
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<tr>
<td>10:50–10:55</td>
<td>Questions and answers</td>
<td>All faculty</td>
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<tr>
<td>10:55–11:05</td>
<td>Bearing choice in THA</td>
<td>F Surname</td>
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<tr>
<td>11:05–11:15</td>
<td>Intraoperative challenges and complications</td>
<td>F Surname</td>
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<tr>
<td>11:15–11:25</td>
<td>Preventing dislocation in THA</td>
<td>F Surname</td>
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<tr>
<td>11:25–11:35</td>
<td>Questions and answers</td>
<td>All faculty</td>
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<tr>
<td>11:35–12:20</td>
<td><strong>Small group discussion 2</strong></td>
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<td></td>
<td><strong>Total hip arthroplasty—surgical approaches, preventing dislocation, and fixation</strong></td>
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<td>Table 5</td>
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<tr>
<td>12:20–13:20</td>
<td>Lunch break</td>
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</table>
13:20–15:20 **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—intraoperative 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**

15:40–17:40 **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—intraoperative 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)
### Module 3
PERFORMING TOTAL KNEE ARTHROPLASTY

**Moderator: F Surname**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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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>
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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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<tr>
<td>08:25–08:35</td>
<td>The role of the PCL in TKA</td>
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<tr>
<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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<td>08:55–09:05</td>
<td>Balancing the varus knee and fixed flexion contracture</td>
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<tr>
<td>09:05–09:15</td>
<td>Balancing the valgus knee</td>
<td>F Surname</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>Questions and answers</td>
<td>All faculty</td>
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<td>09:35–09:50</td>
<td>Coffee break</td>
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<td>09:50–10:35</td>
<td>Small group discussion 4</td>
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<td></td>
<td><strong>How to do a TKR—valgus, varus, kinematic alignment</strong></td>
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<td>10:35–10:50</td>
<td>Coffee break</td>
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<td>Time</td>
<td>Event</td>
<td>Participants</td>
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<td>10:50–12:50</td>
<td><strong>Skills Lab KNEE: session 1</strong></td>
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<td></td>
<td><strong>Group A: Meet the Experts and Small group discussion</strong></td>
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<td>• Meet the Experts – 60 min</td>
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<td></td>
<td>• Small group discussion 5 – 60 min</td>
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<td>Total knee arthroplasty—intraoperative challenges and complications</td>
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<td><strong>Group B: AO Recon Skills stations</strong></td>
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<td>• Planning a TKA – 30 min</td>
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<td>• Alignment for a tibial cut – 30 min</td>
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<td>• Performing a tibial cut – 30 min</td>
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<td>• Cementing – 30 min</td>
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<td>12:50–13:50</td>
<td><strong>Lunch break</strong></td>
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<td>13:50–15:50</td>
<td><strong>Skills Lab KNEE: session 2</strong></td>
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<td><strong>Group B: Meet the Experts and Small group discussion</strong></td>
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<td>• Meet the Experts – 60 min</td>
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<td>• Small group discussion 5 – 60 min</td>
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<td>• Performing a tibial cut – 30 min</td>
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<td></td>
<td>• Cementing – 30 min</td>
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<tr>
<td>15:50–16:00</td>
<td><strong>Q&amp;A - questions not covered by the course</strong></td>
<td>All faculty</td>
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<tr>
<td>16:00–16:10</td>
<td><strong>Closing of module and course: Take-home messages</strong></td>
<td>Chairpersons</td>
</tr>
</tbody>
</table>
**Event organization**

**AO Recon**
Bas Wijburg  
Senior Project Manager Education  
Davos, Switzerland  
Phone  +41 81 414 24 79  
Mobile  +41 79 547 77 65  
E-mail  bas.wijburg@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 Central Eastern Europe**
Jarka Horakova  
Local Event Organizer  
Phone  +420 736 681 505  
E-mail  jaroslava.horakova@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

Novotel Sofia
115 N Tsarigradsko Shosse Blvd
1784 Sofia
Bulgaria
Phone  + 35 92 90 43 000
Email  H8468-re@accor.com
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.accrene.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.uems.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.medicocheurope.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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>July 16-18, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Athens, Greece</td>
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<tr>
<td>September 28–29, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Budapest, Hungary</td>
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<tr>
<td>October 27–28, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Saint Petersburg, Russia</td>
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<tr>
<td>November 30–December 1, 2020</td>
<td>Complex Total Hip and Knee Arthroplasty</td>
<td>Davos, Switzerland</td>
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<tr>
<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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<tr>
<td>October 06, 2020</td>
<td>AO Recon Webinar – Knee Alignment Options in TKA</td>
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<td>AO Recon Webinar – Direct Anterior and Posterior Approach</td>
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<td>AO Recon Webinar – Shoulder Arthroplasty</td>
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<td>AO Recon Webinar – tbc</td>
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<tr>
<td>June 10, 2020</td>
<td>Symposia at EFORT</td>
<td>Austria</td>
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<td>October 15, 2020</td>
<td>Symposia at VREDEN</td>
<td>Russia</td>
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<td>October 21, 2020</td>
<td>Symposia at DKOU</td>
<td>Germany</td>
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<tr>
<td>August 28, 2020</td>
<td>Seminar – Periprothetische Frakture</td>
<td>Germany</td>
</tr>
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</table>

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.