

# Arthroscopy Course Level I

Arthrex GmbH | Erwin-Hielscher-Straße 9 | 81249 München

Speakers	Philipp Winkels   Thomas Sissener
Date	March 08 - 09, 2019
Location	Arthrex GmbH   Erwin-Hielscher-Str. 9   81249 Munich

## Program | Friday, March 08, 2019

<b>07:45 - 17:30</b>	<b>Arthroscopy Course Level I</b>	
<b>07:45 - 08:15</b>	<b>Registration &amp; Coffee</b>	<b>Doctors' Lounge</b>
08:15 - 08:30	Welcome at Arthrex Introductions - Faculty, Staff & Residents	
08:30 - 09:30	Principles of Arthroscopy <ul style="list-style-type: none"><li>• Equipment</li><li>• Portal Placement &amp; Fluid Management</li><li>• Triangulation Techniques</li></ul>	
09:30 - 10:30	DryLab Session <ul style="list-style-type: none"><li>• Lab Exercise 1: Pepper Exploration</li><li>• Lab Exercise 2: ArthroBox™ - Triangulation Exercises</li><li>• Lab Exercise 3: ArthroBox™ - Advanced Exercises</li></ul>	
<b>10:30 - 11:00</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
11:00 - 11:45	Principles & Techniques of Elbow Arthroscopy <ul style="list-style-type: none"><li>• OR Setup, Draping, Patient Position, Portal Placement and Equipment</li><li>• Arthroscopic Anatomy and Joint Exploration</li></ul>	
11:45 - 12:30	Operative Elbow Arthroscopy <ul style="list-style-type: none"><li>• Indications for Elbow Arthroscopy</li><li>• Techniques for Fragmented Coronoid Removal, OCD Flap Removal</li><li>• Medial Elbow Arthrotomy</li></ul>	
<b>12:30 - 13:30</b>	<b>Lunch Break</b>	<b>Arthrex Cafeteria</b>
13:30 - 16:00	WetLab Session - Elbow <ul style="list-style-type: none"><li>• Portal Placement and Joint Exploration</li><li>• Coronoid Fragment Removal</li><li>• OCD Flap Removal</li><li>• Medial Elbow Arthrotomy</li></ul>	
<b>16:00 - 16:30</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
16:30 - 17:30	Case Discussion Elbow and Wrap-Up	
<b>17:30</b>	<b>End of Day 1</b>	
<b>19:00</b>	<b>Dinner</b>	

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## Program | Saturday, March 09, 2019

<b>08:00 - 16:30</b>	<b>Arthroscopy Course Level I</b>	
<b>08:00 - 08:30</b>	<b>Welcome &amp; Coffee</b>	<b>Doctors' Lounge</b>
08:30 - 09:00	Summary: What Did We Learn From Yesterday?	
09:00 - 09:45	Arthroscopy of the Shoulder <ul style="list-style-type: none"><li>• OR Setup, Draping, Patient Position, Portal Placement</li><li>• Arthroscopic Anatomy, Joint Exploration and Shoulder Arthrotomies</li></ul>	
09:45 - 10:15	Operative Shoulder Arthroscopy <ul style="list-style-type: none"><li>• Indications and Work Up</li><li>• Techniques for OCD Flap Removal, Biceps Tenotomy</li><li>• Arthrotomy</li></ul>	
<b>10:15 - 10:30</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
10:30 - 12:30	WetLab Session - Shoulder <ul style="list-style-type: none"><li>• Portal Placement</li><li>• Joint Exploration</li><li>• Arthrotomy</li></ul>	
<b>12:30 - 13:30</b>	<b>Lunch Break</b>	<b>Arthrex Cafeteria</b>
13:30 - 14:00	Case Discussion	
14:00 - 16:00	WetLab Session - Shoulder/Elbow <ul style="list-style-type: none"><li>• OCD Flap Removal</li><li>• Biceps Tenotomy</li><li>• Shoulder Arthrotomy</li><li>• Elbow Arthrotomy</li></ul>	
16:00 - 16:30	Discussion and Debrief	
<b>16:30</b>	<b>End of Course</b>	