

April 2005 Newsletter

Editorial

Presidents Message AANA newsletter May 2005



Showing the Way

The leadership of AANA has always been instrumental in showing the way in arthroscopic education. There are 3 milestones that particularly illustrate that concept. The early visionaries started the arthroscopy association 25 years ago. This was at a time when arthroscopy was in its formative years. There was no other 'scopy society. The founders felt that arthroscopy was not just about a technique, but was about a way of thinking of minimally invasive surgery. They were certainly ahead of their time. The creation of the learning center 10 years ago established a base for teaching cadaver hands-on arthroscopy courses. This co-venture with the academy has been extremely successful to teach all aspects of minimally invasive surgery. The building on excellence program raised 5 million dollars to continue to provide arthroscopic education. This has resulted in 3 resident courses per year at the learning center. Approximately 150 residents each year will be subsidized to attend the learning center by the building on excellence funds. These 3 seminal events certainly establish AANA as an association that has been showing the way in arthroscopic education.

What is the future going to bring? It is always difficult to make predictions. I am reminded of those who said, who needs more than 64K of memory in the computer, and who would want a computer in the home. The future of arthroscopic education is certainly going to be electronic. Will live surgery transmitted over the internet be the standard? Will online education with "just in time video" from the association's web site be more popular than a searchable archive of past PowerPoint presentations from the annual meeting and fall course? Will the computer simulation of arthroscopy be the first step in learning how to triangulate, and perform a diagnostic arthroscopy? Or will plastic models become realistic enough to replace cadavers in teaching ACL reconstruction? These are all unknowns. Who would have guessed that Podcasting would suddenly become the hot fashionable to share electronic information? By the way I have the 2004 fall course mp3 files on my ipod, and can listen to the lectures at any time. I must admit that I prefer to listen to Dave Kotz!

We have decided to cover all the bases, and are offering all the different electronic versions described above. It will be up to the members, and especially the young members to decide which one of these will be the future. Twenty-five

percent of AANA members are under 40 years of age. We are listening to this group. We have formed a young members development task force to encourage their participation in the decision making for future education. We look forward to their input in deciding what is the best way in the future to provide arthroscopic education. I am sure that technology in education is the next milestone for the association, and I am sure that once again AANA will show the way.

This is my last message as president. I want to say what an honor it was to serve as your president this past year. I wish Jim Chow the best for the coming year.

Report from ISAKOS

Journal Club Articles

Residents and Fellows Meeting Palm Island Florida

Residents & fellows Arthroscopy conference By Ali Alsuwaidi
Palm Island, fl

I had the pleasure to be invited to this year meeting held at the beautiful resort of Palm Island of the west coast of Florida. I met up with great group of young surgeons who share interest and enthusiasm for Arthroscopy from all over North America.

It was great opportunity to listen to research work done by other Residents and fellows. First year in practice surgeons gave valuable advice to surgeons entering fellowship or practice. Experienced faculty presented their work and critique young surgeons work in a constructive and friendly fashion.

We had ample time to enjoy the resort, meet the families and enjoy dining together with a trip to Tampa to watch the world champions Red sox's playing the devils ray in the wonderful Tropicana arena.

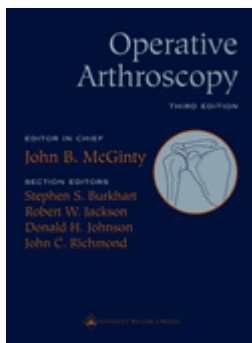
There were several great papers presented such as the award winning paper presented by Dr. Jerome Dasilva. This was a retrospective study of outcome following simultaneous ACL reconstruction and medial opening wedge HTO. 36 patients treated with above combined procedure were followed for 25 months. All osteotomies united satisfactory with four complications. Based on clinical evaluation and patient self-reporting questionnaires all patients had improved ligamentous stability and 25 patients returned to full activities. They concluded that combining both procedures yields a satisfactory outcome with a low complication rates in those difficult subset of patients.

Dr .Coons presented a midterm results of meniscal repair with the use of Biostinger meniscal repair device. This was a retrospective review of 41 patients underwent meniscal repair of a longitudinal tear with 38 months follow up.

Outcome measures using the Lysholm, tegner, Cincinnati and IKDC scores were done. Clinical evidence of meniscal healing was found in 95% patients. They concluded that this advice was highly successful at midterm in a select group of patients with a longitudinal tear.

Over all this was an immensely enjoyable conference and I would recommend all residents and fellows to reap the reward of their hard work by submitting their papers and attending this meeting.

McGinty's Operative Arthroscopy Textbook



Extensively revised and updated for its Third Edition, **Operative Arthroscopy** remains the most comprehensive and authoritative reference in this rapidly advancing specialty. World-renowned experts describe the latest instrumentation and techniques and detail proven minimally invasive procedures for the knee, shoulder, elbow, wrist, hip, foot, ankle, and spine.

This edition gives experienced and training orthopaedic surgeons the state-of-the-art information they need to stay current and increase the coverage in their practice. New topics include meniscus repair with implantable devices, arthroscopic knot tying, post-traumatic and post-surgical shoulder stiffness, the thrower's shoulder, thermal capsulorrhaphy, fractures about the shoulder, arthroscopic radial head resection, arthroscopic management of the stiff elbow, elbow arthroscopy in the throwing athlete, hip arthroscopy in the athlete, arthroscopic-assisted management of ankle fractures, osteochondral autografts of the talus, and subtalar arthroscopy.

Hundreds of quality illustrations--including full-color arthroscopic views, surgical exposures, and line drawings--guide surgeons in technique and clinical decision-making. The text offers stepwise intraoperative instruction on commonly performed procedures, including cruciate ligament reconstruction, meniscal repair, stabilization of the shoulder, treatment of rotator cuff tears, and meniscal and chondral allografts.

This edition includes a free DVD of surgical procedures, with over 200 minutes of select authors' video to demonstrate key surgical points and techniques.

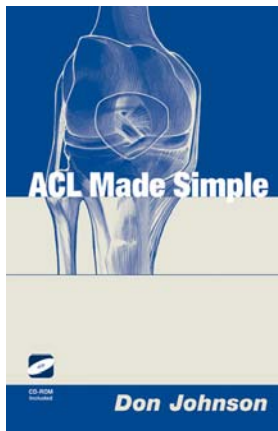
See full description at:

<http://www.lww.com/product/?0-7817-3265-4>

ACL Made Simple

All you wanted to know about the ACL is now available in this book and CD from Springer. See the web site at:

<http://www.springer-ny.com/detail.tpl?cart=10722687896533522&isbn=0387401466>



ACL Made Simple is a book/CD-ROM combination that educates orthopedic residents, athletic trainers, and various medical support staff about the fundamentals of ACL injuries. The content is both thorough and practical. Readers benefit from

comprehensive discussions of diagnosis, partial tears, treatment options, operative techniques, and complications. This definitive guide also outlines a six-month rehabilitation program complete with goals, stages, and exercises. More than 150 photographs and diagrams illuminate key concepts. The CD-ROM is keyed to each chapter and compliments the text, making it easy for users to locate sections of particular interest. The numerous graphics and narrated video clips are dynamic tools that highlight topics including the mechanism of injury, physical examination, and surgical techniques.

Table of Contents

Contents: Introduction, Diagnosis, Partial Tears of the ACL, Treatment Options, Graft Selection, Hamstring Graft Reconstruction Techniques, Patellar Tendon Graft Technique, Rehabilitation, Complications, Results, references

Upcoming Meetings

- **AANA Spring Meeting** – Vancouver BC, Canada May 12-15, 2005
Contact www.aana.org
- **San Diego Shoulder Course** - June 22-25, 2005
Contact www.shoulder.com
- **AANA Fall Course** Dec 1-4, 2005 JW Marriott Desert Ridge Resort & Spa. Phoenix, Arizona. Contact AANA www.aana.org