

+ Meniscus and ACL Instructional Course

Saturday 13th May 2023
Macquarie University Lab

Preliminary Agenda

A/Prof Peter D'Alessandro
Dr Alex Nicholls
Dr Tim McMeniman

Medical Education

Smith+Nephew



Course Description

Meniscus and ACL Instructional Course

This interactive course combines didactic sessions with hands-on cadaveric practice and discussion. The programme addresses current concepts in challenging soft tissue knee pathologies. Attendees will have the opportunity to discuss the evidence and practice the latest surgical techniques and fixation options in the wet lab.

Learning Objectives

By attending this course, participants will be able to:

- Identify graft options for different patient profiles including the range of hamstring constructs, Quad and BTB
- Understand the current evidence and solutions available for complex meniscal tear patterns including ramp lesions and meniscal root tears.
- Identify the solutions to overcome challenges in hamstring ACL Reconstruction Techniques

Participant Profile

- Consultant surgeons who routinely perform ACL reconstructions.
- Surgeons seeking to develop expertise and master practical skills on current concepts in meniscus preservation and decision making in ACL reconstruction surgery.

Products and Technologies



ULTRABUTTON◇
Adjustable
Fixation Device



FASTFIX◇ FLEX◇
Meniscal Repair
System



FIRSTPASS™
Mini



Meniscal Root
Repair
Instruments



BIOSURE◇
REGENESORB◇

Faculty

A/Prof Peter D'Alessandro

Orthopaedic Surgeon
Perth, WA



A/Prof Peter D'Alessandro specialises in arthroscopic reconstructive surgery with a particular interest in surgery for athletes. His knee practice encompasses ACL & multi-ligament knee reconstruction, osteotomy and chondral restoration, meniscal transplantation and patellofemoral reconstruction. His wider sports surgery interests include shoulder stabilisation, hip arthroscopy & hamstring surgery.

Peter trained in Western Australia, with fellowships at Fortius Clinic and Chelsea Westminster under Andy Williams & Jon Lavelle, the Royal Free London with Andrew Wallace and Phil Ahrens followed by a year at the University of British Columbia in Vancouver.

Peter runs the Perth Sports Surgery Fellowship based at Fiona Stanley Fremantle Hospitals Group where he is Director of the Sports Trauma Unit. He is an Associate Professor at the University of Western Australia and is co-founder of the Orthopaedic Research Foundation of Western Australia. He has published and presented widely and is the principal investigator of large RCTs assessing single vs dual hamstring tendon ACL reconstruction, transcranial stimulation after ACL surgery and rehabilitation following hamstring repair. Peter is an active member of the Australian Knee Society, ISAKOS, the Hip Preservation Society and is the Consultant Orthopaedic Surgeon to a number of professional sporting teams in Perth.

Dr Alex Nicholls

Orthopaedic Surgeon
Sydney, NSW



Dr Alex Nicholls is a dedicated specialist knee surgeon, treating all adult and paediatric knee conditions. He has particular interests in sports knee injuries, arthroscopic ligament reconstructions (ACL reconstruction), and management of arthritis in younger more active patients. He also performs knee replacement surgery utilising robotic and navigation techniques.

Dr Nicholls has worked and trained in the USA and the United Kingdom where he undertook specialist fellowships in Sports Knee Surgery, Arthroplasty and Paediatric Orthopaedics. In Sydney, he trains orthopaedic surgeons through his involvement in the Australian Orthopaedic Association registrar program and international orthopaedic surgeons through his role as a fellowship supervisor at Sydney Orthopaedic Research Institute. In 2009, he was awarded a Masters of Science at Oxford University (UK) for his research into osteoarthritis and continues to have a strong focus on improving patient outcomes via clinical research.

Dr Nicholls is an active member of the Australian Knee Society, the Australian Paediatric Orthopaedic Society. He is currently the Head of Orthopaedics at The Children's Hospital at Westmead. Dr Nicholls operates at The Mater Private Hospital, Northern Beaches Hospital and The Children's Hospital.

Faculty

Dr Tim McMeniman

Orthopaedic Surgeon
Sydney, NSW



Dr Timothy McMeniman is an Orthopaedic Surgeon trained in Queensland who specializes in treating sports injuries of the lower limb, knee arthroscopy, and joint replacement of the knee and hip. Dr McMeniman was educated in Brisbane and completed his medical degree at the University of New South Wales (UNSW), Sydney. Subsequently, he completed advanced training in Orthopaedics in Queensland, obtaining his Fellowship of the Royal Australasian College of Surgeons (FRACS) in 2010.

In 2011 he trained with Mr. Andrew Williams and Mr. Jonathan Lavelle as the Knee Fellow at Chelsea and Westminster and The Lister Hospitals in London, England. Here he focused on the management of complex knee injuries, and injuries in professional athletes.

Subsequently, he was the Sports Medicine Fellow with Dr Peter Myers at Brisbane Private Hospital and the Mater Public Hospital. His experience here covered sports orthopaedics and reconstructive knee surgery, including meniscus preservation and transplantation, and joint replacement.

Dr McMeniman has an ongoing active role in teaching in research holding a position as Senior Lecturer at the University of Queensland. He has published and presented his research both nationally and internationally. Dr McMeniman works publicly at the Mater Hospital.

Course Agenda

Meniscus and ACL Instructional Course

Time	Topic	Speaker
8:15	Registration & Coffee	
8:30	Welcome	Peter D'Alessandro
Current Evidence and Techniques for Meniscus Preservation		
8:35	Preserve The Meniscus: Complex Tears And How To Manage Them	Alex Nicholls
8:45	Meniscal Root Tears: Diagnosis and Repair Tips & Tricks	Peter D'Alessandro
8:55	Complex Meniscal tears: Alternative Repair Techniques	Tim McMeniman
9:05	Discussion	Case discussions - ALL
9:20	Lab Demo - Meniscal Root Repair	Peter D'Alessandro
9:40	Lab Session 1 (30mins) – Meniscal Repair	
10:40	Morning Tea	
Decision Making in ACL Reconstruction		
11:00	Graft Choice in ACL Reconstruction: Choosing The Best Graft For The Right Patient	Peter D'Alessandro
11:10	Bone-Patellar Tendon- Bone: Who, How and Why?	Alex Nicholls
11:15	Quads Tendon: Who, How and Why?	Tim McMeniman
11:20	Hamstring ACL Reconstruction Techniques: Dual tendon and single tendon grafts. Who, How and Why?	Alex Nicholls/Tim McMenamin
11:30	Managing the High Risk Patient: My Indications for LET and how I do it	Peter D'Alessandro
11:40	Discussion	Case discussion - ALL
12:00	Lunch	
12:45	Lab Demo – Graft Prep Techniques	Tim McMenamin/ Alex Nicholls/ Peter D'Alessandro
13:15	Lab Session 2 – Graft Harvest & ACL Reconstruction	All - Break out session + case discussions
15:30	Afternoon Tea and Q&A	
15:45	Wrap Up & Evaluations	S&N

Notes

Notes

Course Venue

Macquarie University Hospital
Ground Floor, 2 Technology
Place Macquarie Park 2109

Coordination and Registration

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