

# HKCOS EDUCATIONAL DAY IN KNEE - DAY ONE DECEMBER 28<sup>th</sup> 2019



11:00 am – 1:00 pm	PRIMARY ACLR – PART I	Lecture theatre, G/F, Block M, QEH
	<b>DIDACTIC LECTURE SERIES</b>	
11:00 – 11:10	Introduction - ACL Reconstruction in 21 <sup>st</sup> century	P Yung
11:10 – 11:20	Choice of graft in HK – A review	P Yung
	<b>SURGICAL VIDEO AND PRESENTATION SERIES</b>	
	<b>How I do it .....?</b>	
11:20 – 11:30	Medial Hamstring Harvest – Anterior Approach	Gary Yip
11:30 – 11:40	Medial Hamstring Harvest – Posterior Approach	WP Yau
11:40 – 11:50	Bone-Patellar Tendon-Bone Graft	M Ong
11:50 – 12:00	Quadriceps tendon Graft	WP Yau
	<b>SURGICAL VIDEO AND PRESENTATION SERIES</b>	
	<b>MY FAVOURITE ACL RECONSTRUCTION IN .....</b>	
12:00 – 12:05	<b>A 25-year old male elite athlete with chronic ACL injury for three years</b>	Case presentation
12:05 – 12:15	Single bundle – Hamstring	P Yung
12:15 – 12:25	Double bundle – Hamstring	Ho HM
12:25 – 12:35	Single bundle – BPTB	WL Chan
12:35 – 12:45	Combined ACLR + ALLR	WP Yau
	<b>DIDACTIC LECTURE SERIES</b>	
12:45 – 13:00	Tips and Tricks in improving results after ACLR	Ho HM
13:00 – 14:00	<b>LUNCH (NOT PROVIDED)</b>	

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2:00 pm – 5:00 pm	PRIMARY ACLR – PART II and III	Lecture Room, F3, 3/F, Block F, QEH
	<b>INTERACTIVE CASE DISCUSSION - SESSION I</b>	
14:00 – 14:25	A 18-year old girl with generalized ligamentous laxity	Case presentation
	GROUP DISCUSSION AND PRESENTATION	
	<b>ORTHOPAEDIC CROSSFIRE SESSION I</b>	
14:25 – 14:30	<b>Acute ACL tear + Grade 3 MCL injury – “I repair the MCL first and perform second stage ACLR”</b>	Case presentation
14:30 – 14:40	Affirms	CK Lo
14:40 – 14:50	Opposes	W Li
	<b>ORTHOPAEDIC CROSSFIRE SESSION II</b>	
14:50 – 14:55	<b>Chronic ACL deficiency in an elite athlete – “I perform concomitant ACLR and anterior-lateral ligament reconstruction”</b>	Case presentation
14:55 – 15:05	Affirms	WL Chan
15:05 – 15:15	Opposes	M Ong
15:15 – 15:30	<b>TEA BREAK</b>	
	<b>DIDACTIC LECTURE SERIES</b>	
15:30 – 15:40	Femoral tunnel position - Where should I place it?	CK Lo
15:40 – 15:50	What is the optimal size of graft and how to achieve it?	Gary Yip
15:50 – 16:00	Suspensory fixation vs aperture fixation - does it matter?	Ho HM
	<b>INTERACTIVE CASE DISCUSSION - SESSION II</b>	
16:00 – 16:25	ACL rupture in a 14-year old skeletal immature boy	Case presentation
	GROUP DISCUSSION AND PRESENTATION	
	<b>DIDACTIC LECTURE SERIES</b>	
16:25 – 16:35	How to avoid early complications after primary ACLR?	CK Lo
16:35 – 16:45	Infected ACLR - Incidence, prevention and management	M Ong
16:45 – 16:55	Persistent laxity and graft re-rupture	W Li
16:55 – 17:00	<b>ROUND UP</b>	