

HKCOS EDUCATIONAL DAY IN KNEE - DAY ONE DECEMBER 28th 2019



11:00 am – 1:00 pm	PRIMARY ACLR – PART I	Lecture theatre, G/F, Block M, QEH
	DIDACTIC LECTURE SERIES	
11:00 – 11:10	Introduction - ACL Reconstruction in 21 st century	P Yung
11:10 – 11:20	Choice of graft in HK – A review	P Yung
	SURGICAL VIDEO AND PRESENTATION SERIES	
	How I do it?	
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
	SURGICAL VIDEO AND PRESENTATION SERIES	
	MY FAVOURITE ACL RECONSTRUCTION IN	
12:00 – 12:05	A 25-year old male elite athlete with chronic ACL injury for three years	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
	DIDACTIC LECTURE SERIES	
12:45 – 13:00	Tips and Tricks in improving results after ACLR	Ho HM
13:00 – 14:00	LUNCH (NOT PROVIDED)	