

*Dear Colleagues,*

this one-day compact course is aimed primarily at experienced orthopedic and trauma surgeons and guides you systematically and pragmatically to the autologous bone dowel press fit technique for ligament reconstruction in the knee.

Participants will learn in this course Cert I in 4 workshops techniques of harvesting and processing of bone dowles with the hollow reamer system for ACL replacement. The personal target devices should be brought. This training is the certification and basic to participate at „BIO ADD ON Contract“.

Cert II course is about Revision of ACL & PCL in a single step, Healing Response & OATS.

*We look very much forward meeting you!*



## **Biological Ligament and Joint Academy**

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# ACL Press Fit

Compact Course Cert I

**16. APRIL 2016**



## **Venue**

DANMEDICS Medical Engineering  
Obere Hauptstr. 40/1  
78573 Wurmlingen (near Tuttlingen)  
Germany

## **Instructor**

Bröske, Thorsten, Villingen-Schwenningen  
Felmet, Gernot, Villingen-Schwenningen  
Hefner, Paul, Offenburg  
Kentel, Maciej, Poland

## Training Course

Limited number of participants

**No sponsoring!**

- ☒ Teams (2-3 Members)
- ☒ Sawbones knee (femur/tibia)

## Saturday 16. 4. 2016

- 8:15 Registration
- 9:00 Welcome & Introduction
- 9:15 Bio Index in a health care insurance
- 10:00 History of ACL surgery
  - Graft and fixation techniques
  - Anatomical Positioning
  - What strength of ACL -replacement is necessary?
  - Stability in press fit fixation
- 12:00 Lunch
- 13:00 **Workshop 1**
  - How to use hollow reamer
  - How to harvest bone cylinder
  - Bone cylinder fixation
  - Collateral ligament reconstruction MCL / LCL
- 13:30 **Workshop 2**
  - ACL reconstruction
  - Tunnel management
  - Harvest the bone cylinder
  - Preparing the graft
  - Fixation of the graft
  - Self-adapted tensioning
  - Press fit fixation with Hamstring
- 16:30 **Workshop 3**
  - Technique:
    - Patella TB
    - Patella BTB
- Workshop 4**
  - Quadriceps
  - Graft Management

- 18:00 Rehabilitation
- Return to sport
- Return to competition
- Discussion
- 18:30 End of the course

## Fee includes

- Course book
- Snacks and drinks
- Saw bones

1 day workshop 1-4	999,- € (899,- AGA members)
	199,- € (aff. BLJA members)

Please bring your regular K-Wire and Guiding Device to find your direct way to Press Fit management.

## Registration:

[info@blj-academy.com](mailto:info@blj-academy.com)

Affiliated BLJA Member:

why: lower fee in BLJA Courses and EFOST Congress, newsletter, organize your BLJA Course with Bio-Index and "Biological Add ON"

how: become an affiliated and supporting member of the Biological Ligament and Joint Academy with 29,-€ per month - membership for one year at least  
*„become free in your surgery“*