

Lower limb cadaveric course for Orthopaedic trainees

Nottingham City Hospital, Post Graduate Centre Clinical Skills Lab

Tuesday 1st and Wednesday 2nd November 2022

Day 1 (Knees)

0900: Welcome – K Sehat

Lectures

- Biomechanics of the knee in relation to TKR
- Alignment to mechanical axis and ligament balancing
- Computer navigation as a means of understanding the fundamentals of TKR
- How does Computer navigation actually work?
- What is kinematic alignment?
- Discussion

Break

Cadaver lab

-Computer navigated TKR, alignment & ligament balancing in practice.

Lunch

Lecture

Anatomy of the posterior approach to the knee & PCL reattachment
MPFL reconstruction

Cadaver lab

Practical – Posterior approach to the knee, MPFL reconstruction, MCL repair.
Followed by second run of computer navigation as time permits

Break

Lectures

The painful TKR

Discussion, Q&A.

1700: End of day 1

Day 2 (Hips and ankle)

09:00 Welcome back

- Questions on first day's topics
- Anatomy of the posterior approach to the hip
- Anatomy of the Watson-Jones approach to the hip

Lectures

- Biomechanics of the Hip
- Stability – implant orientation and avoiding dislocation
- Cementation technique
- Break
- Cementless fixation
- Peri-prosthetic fractures
- Discussions

Cadaver lab

Posterior approach to the hip
Reaming and rasping techniques
Implant orientation
Leg length assessment
Posterior approach closure

1230: **LUNCH**

1300: **Cadaver lab**

Watson Jones approach
Posterolateral approach to the ankle
Fasciotomy of the leg
Cement mixing

1600: Break

Lectures

Diagnosis and treatment of prosthetic joint infection
Update on Microbiological aspects of PJI

1615: Q&A

1645: End

NOTES:

Parking is available at the rear of the PGC for attendees

Lunch is provided.

Please arrange your own accommodation if required. There are Mercure and Premier Inn with easy parking nearby as well as several city centre hotels.

Cadaver lab sessions involve full PPE.

Feedback questionnaire is web based and a link will be emailed to you after the course. Following this, a certificate of attendance will be issued.