



AO Sports Advanced Course— Management of Rotator Cuff Disease and Shoulder Instability

Course description

This course aims to present a broad perspective about the shoulder, emphasizing the concept of “the shoulder as an organ”, where the synergistic interaction between soft tissues (ligaments, tendons, and cartilage) and bone is critical to promote optimal function.

Target participants

Surgeon comfortable with arthroscopy and is learning the complex skill of shoulder surgery. Identical profile for the knee, not new but also not experience.

Learning objectives

Upon completion, participants should be able to:

- Describe the surgical anatomy of the ligaments and tendons of the shoulder
- Explain how anatomy influences surgical techniques for shoulder instability and rotator cuff procedures.
- Perform the spectrum instability and rotator cuff interventions from basic to complex.
- Discuss the role of arthroplasty in the management of various shoulder conditions.

Featured Lectures

- Overview of anatomy, biomechanics and portals
- Shoulder Instability
- Panel Discussion: Complex Rotator Cuff
 - Superior Capsular Reconstruction / Tuberoplasty
 - Lower Trapezius Tendon Transfer
 - Tuberoplasty and Suprascapular nerve Decompression

Course Modules

- Module 1—The shoulder as an organ
- Module 2—Practical exercise: Rotator Cuff
- Module 3—Complex Rotator Cuff
- Module 4—Practical exercise: Complex Rotator Cuff
- Module 5—Shoulder instability
- Module 6—Practical Exercise: shoulder instability
- Module 7—Arthroplasty

Small Group Discussions

- Rotator Cuff:
 - Tear types and repair principles
 - Subscapularis tears
 - Biceps
- Shoulder instability
 - Bone Loss (discussion on what each faculty uses, plus video)
 - Posterior Instability
 - Humeral avulsion of the glenohumeral ligament (HAGL)
 - Acromion Clavicular joint Injuries
- Shoulder arthroplasty
 - Anatomic TSA
 - Reverse TSA (including fracture)
 - Shoulder arthroplasty

Practical Exercises

- Rotator Cuff
 - Arthroscopic Rotator Cuff Repair (Interval Slides; single/double row constructs; patch augmentation)
 - Subscapularis Repair
 - Biceps Tenodesis
- Complex Rotator Cuff:
 - Superior Capsular Reconstruction/Tuberoplasty
 - Lower Trapezius Tendon Transfer
 - Video Demonstration: Suprascapular Nerve Release
- Shoulder Instability
 - Anterior labrum repair
 - Posterior labrum repair
 - Remplissage
 - Open Latarjet
 - Live demonstration: Capsular shift



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