

**Arthroscopy of the Shoulder Course &  
Cadaveric workshop (24- 25 March 2010)**

**Preliminary program**

**Day 1 (24 March 2010):**

**Lectures and Interactive Discussions (Le Gulf Meridian Hotel, Khobar)**

**7.30 – 8.30: Registration**

8.30 – 8.45: Clinical Examination

8.45 – 9.00: Lateral Decubitus and Beach Chair

9.00 – 9.15: Normal Anatomy and Portals

9.15 – 9:30: Diagnostic Routine of GH Joint and SA Space

9.30 – 10.00: Discussion / Open Forum

**10 – 10.45: Opening Ceremony, Tea / Coffee**

10.45 – 11.00: AC Joint resection, Repair

11.00 – 11.15: Subacromial Decompression / Indications, Techniques and Complications

11.15 – 11.30: Adhesive Capsulitis

11.30 – 11.45: Biceps Tenotomy vs. Tenodesis

11.45 – 12.00: Discussion / Open Forum

**12.00 – 1.00: Prayer and Lunch**

**Knot Tying, Alex Model Demonstrations, Computer Simulators**

1.0 – 1.15: Knot Tying

1.15 – 1.30: SLAP lesions

1.30 – 1.45: Multidirectional instability

1.45 – 2.00: Shoulder Stabilization

2.00 – 2.15: Rotator Cuff Repair

2.15 – 2.30: Discussion Groups and Case Discussion

2.30 – 3.00: Quiz

**Day 2 (25<sup>th</sup> March 2010):**

**Cadaveric Lab (Prince Sultan College, KFMMC)**

9.00 – 9.15: Introduction

9.15 – 9.30: Go to Lab and Setup

9.30 – 10.45: Diagnostic Technique and Biceps Tenotomy

10.45 -12.00: Subacromial Decompression and ACJ resection

**12.00 – 1.00: Prayer and Lunch**

1.00 - 1.30: Labral Pathology and Anterior Stabilization

1.30 – 3.00: Rotator cuff Mini-open Repair

3.00 – 3.15: Evaluation Forms, Certificates and Close

**20.00: Casual Dinner**