



ISAKOS

newsletter

SUMMER 2004

Volume 8, Issue 2

INSIDE THIS ISSUE

Editor's Note	2
President's Message	2
2005 ISAKOS Awards.....	4
Your Committees at Work	6
What are New Members Saying	9
Teaching Center Spotlight	10
Traveling Fellows	11
Current Concepts	12
ISAKOS Approved Courses	18

EDITOR

Ronald M. Selby, MD, USA

EDITORIAL BOARD

Vladimir Bobic, MD FRCSed,
United Kingdom
Moises Cohen, MD, Brazil
Mark Ferguson, MD, South Africa
Philippe P. Hardy, MD, France
Seung-Ho Kim, MD, Korea
Tomihisa Koshino, MD, Japan
Nicola Maffulli, MD MS PhD FRCS
(Orth), United Kingdom
Peter T. Myers, MBBS FRACS,
Australia
Mitsuo Ochi, MD, Japan
Fernando Radice Dieguez, MD,
Chile
Kurt P. Spindler, MD, USA

**International Society of
Arthroscopy, Knee Surgery and
Orthopaedic Sports Medicine**
2678 Bishop Drive, Suite 250
San Ramon, CA 94583 USA
Telephone: +1 (925) 807-1197
Fax: +1 (925) 807-1199
E-mail: isakos@isakos.com
www.isakos.com

Join ISAKOS in HOLLYWOOD, FLORIDA

The 2005 ISAKOS Congress will be held at the Westin Diplomat Resort and Spa, a brand-new oceanfront resort in southern Florida. All sleeping rooms have intra-coastal or ocean views. The hotel boasts an 18-hole championship golf course, a tennis center, a day spa and two marinas. Attendees may also enjoy the lavish swimming pools, equipped with two waterfalls, an infinity-edge and a glass bottom.



ISAKOS Congress attendees will experience, once again, the extraordinary international exchange that takes place at this biennial gathering place. Members who have not attended a recent congress should make plans to attend in 2005. There is no other congress in this specialty that can offer such diversity and vibrancy.



The **Program Committee** has developed a comprehensive and innovative program to include world leaders in arthroscopy, knee surgery and sports medicine. Highlights of the congress include live surgical demonstrations, instructional course lectures, hands-on workshops, standard posters, e-posters and technical exhibits. ●



**Simultaneous
Interpretation to
Spanish at
Congress**

FROM OUR LEADERSHIP

ISAKOS WELCOMES NEW MEMBERS

ACTIVE MEMBERS

Sercan Akpinar, MD, Turkey
Jose Luis Aparicio, MD, Argentina
Adad Baranto, MD, Sweden
Nicolas Bonin, MD, France
Gershon Chaimsky, MD, Israel
Fred Cushner, MD, USA
Andrea Ferraz de Arruda, MD, Brazil
Jeffrey Harrison, MD, USA
Kazuhiisa Hatayama, MD, Japan
Jim Irving, MD, FRCSC, Canada
Eiji Itoi, MD, Japan
Segarra Juan, MD, Spain
Vitaly Kuksov, MD, Russia
David Lintner, MD, USA
Augustus Mazzocca, MD, USA
Luiz Carlos Menezes, MD, Brazil
Mark Miller, MD, USA
Ali Motamedi, MD, USA
Hira Lal Nag, MD, India
Antonio Ortega, MD, Mexico
David Parker, FRACS, Australia
Antonio Soler-Salas, MD, USA
Akihiro Tsuchiya, MD, Japan

ASSOCIATE MEMBERS

Nobuhiro Abe, MD, PhD, Japan
Kivanc Atesok, MD, Israel
Paul Baxt, MD, USA
Michael Casey, MD, USA
Brian Donley, MD, USA
Christian Dumontier, MD, France
Scott Dye, MD, USA
Jouni Heikkila, MD, PhD, Finland
Takashi Horaguchi, MD, PhD, Japan
Thomas Hunt III, MD, USA
Sang Hun Ko, Prof, South Korea
Mohammed Mufti, MD, FRCS,
Saudi Arabia
Wolfgang Nebelung, MD, Germany
Alpay Ozenci, MD, Turkey
Luca Pazzaglia, MD, Italy
Edgard Pereira, Jr., MD, Brazil
Chadwick Prodromos, MD, USA
Miguel Angel Raijman, MD,
Argentina
Faisal Siddiqui, FRCS, Saudi Arabia
Takuro So, MD, Japan
Qinglei Xu, MD, PhD, China
Minoru Yoneda, MD, PhD, Japan



Editor's Note Ronald M. Selby, MD, USA

Less is More, More or Less!

Mathematics is an age-old and exact science. More is more. Less is less. Well, more or less. Members and readers may recall how optimistic and bullish I am about the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. You already know I think this is a fabulous organization to be part of.

Reasons have been laid down why this is and rightfully should be your international organization: Biennial Congresses (see information in this issue on the offerings for the 5th Biennial ISAKOS Congress in Hollywood, Florida, USA, April 3rd–7th, 2005), an included subscription to **Arthroscopy: The Journal of Arthroscopic and Related Surgery**, attractive international venues, support for research and interim meetings, the camaraderie of colleagues from around the world, an entertaining and informative newsletter, and the list goes on. You may rightfully take pride in the accomplishments and bright burning future potential of this internationally respected society!

Prior readers may also recognize our new slimmed down, athletic, and muscular physique. That's right, ISAKOS has defied the natural laws and undisputable logic of mathematics and natural science. The newsletter which you are now holding in your hands holds more information of benefit and interest to you than previous editions with more pages. How is this possible? Simply, the power of technology! The newsletter is not only the greeting card of ISAKOS, it is the gateway and open-door to the ISAKOS website. Under the guiding hand of **Dr. Per Renström** (Sweden), and the ISAKOS Board, and with the strong support and encouragement from Executive Director Michele Johnson and her superb ISAKOS staff, Communications Chair **Dr. Kurt Spindler** (USA) has established a trilogy of sub committees. The Newsletter Sub committee works closely with the Information Technology (website) Sub Committee headed up by **Dr. Vladimir Bobic** (United Kingdom). All of the current concepts articles which appear in the newsletter are cataloged and archived on the website. Beginning with this issue, complete references, full articles and illustrations will be available on the website. This is and will become an increasingly valuable resource and certainly it is a value-added benefit for membership. It allows us the opportunity to maximize the available space that we have in the newsletter and make it more enlightening and informative for you.

(continued on page 16)



President's Message Per A. Renström, MD, PhD, Sweden

Dear Friends of ISAKOS,

Our regional societies continue to show outstanding performances. We would like to congratulate them for organizing successful congresses during the spring.

In March, SLARD organized their first independent congress in Vina Del Mar, just outside Valparaiso in Chile. The congress was well organized, had an attractive program and a wonderful and warm atmosphere.

In April, AANA had their annual meeting in Orlando, Florida and increased international cooperation by making a number of well respected international leaders in our field honorary members. Our mutual journal, **Arthroscopy: The Journal of Arthroscopic and Related Surgery**, will now be offered monthly. Well done.

In May, ESSKA held their annual Congress in Athens; it was the highest attended ESSKA Congress to date. We raise our hats to our friends for their success.

During the AAOS meeting in San Francisco, the ISAKOS **Executive Committee**, the **Board of Directors** (BOD) and various committees met. The **Executive Committee** also met during the ESSKA Congress. The following are some of the current decisions made:

- The BOD approved a new mission statement. ISAKOS' Mission Statement is now as follows: "ISAKOS advances the worldwide exchange and dissemination of education, research and patient care in arthroscopy, knee surgery and orthopaedic sports medicine."
- The ISAKOS Global Connection Campaign has been a great success. Through March 2004, the campaign has raised over \$3.5 million in corporate and member pledged gifts. This is a fantastic accomplishment. This achievement will make it possible for ISAKOS to offer successful high quality global education.
- ISAKOS would like to thank all of the companies that have contributed in making this campaign a great success. The campaign was able to access and recruit a formidable group of campaign leaders who worked well under the guidance of our co-chairs, **Dr. Freddie Fu** (USA) and **Dr. Barry Tietjens** (New Zealand), as well as Campaign Director Colleen M. de Keratry, Executive Director Michele Johnson, and some strong, committed volunteers.

(continued on page 16)

MEMBERS

MEMBERS ONLY

A new service, entitled "Members Only", will be added to the home page of the ISAKOS website. Expected to be available by August 15, 2004, this service will provide you with the ability to pay your dues online, review committee projects and update your contact information. Please visit www.isakos.com to benefit from this new member service.

KEEP YOUR MEMBER INFORMATION CURRENT!

ISAKOS Members: Help us keep your contact information current! Please visit the ISAKOS website at www.isakos.com and check your listing in the online Membership Directory. To correct your address, telephone numbers and e-mail address, click on the "Members Only" link.

APPLY FOR MEMBERSHIP TODAY!

In order to register for the 2005 congress as a member, please submit a completed ISAKOS membership application to the ISAKOS Office no later than January 1, 2005. You may download an ISAKOS Membership Application or request an application online at the ISAKOS website, www.isakos.com or contact the ISAKOS Office directly at isakos@isakos.com.

MEMBERSHIP DUES

Membership dues must be paid before you register for the 2005 ISAKOS Congress as an ISAKOS member. If you have not paid your dues by the time you register online, the ISAKOS office will automatically bill you for the outstanding dues. If you do not register online, the ISAKOS office will request dues be paid before your registration is processed.

The Board of Directors has approved an increase in the membership dues beginning in 2005. The change in dues reflects Arthroscopy: The Journal of Arthroscopic and Related Surgery subscription fee increases for the last five years.

THE 2005 MEMBERSHIP DUES*

Non AANA Members	\$240
AANA Members	\$165
Emeritus (with Journal)	\$100
Emeritus (without Journal)	\$0
Corresponding	\$0

* 2005 Membership Dues will be invoiced beginning on November 1, 2004

REGISTER ONLINE FOR THE ISAKOS CONGRESS

www.isakos.com/register

You can register online beginning September 1, 2004 for the 2005 ISAKOS Congress. Visit the ISAKOS website at www.isakos.com/register, enter your registration information and provide a credit card number for payment. Your payment will be processed immediately and you will receive a confirmation of your registration via e-mail. Registration discounts will be honored until February 1, 2005.

The deadline to pre-register for the 2005 ISAKOS Congress is March 1, 2005. After March 1, you will be required to register on-site at the meeting in Hollywood, Florida.

If you prefer to submit your registration via fax or mail, you may download the registration form after September 1 from the ISAKOS website at www.isakos.com.

TO APPLY FOR AN AWARD, PLEASE COMPLETE THE APPLICATION

found on the ISAKOS website at www.isakos.com. If you have any questions, contact the ISAKOS office at + 1 925-807-1197 or via email at isakos@isakos.com.

2005 CONGRESS UPDATE

CONGRESS AWARD PROGRAMS

JOHN JOYCE AWARD

Sponsored by Smith & Nephew, Inc. Endoscopy Division

A cash award of US \$1,500 will be awarded to the best arthroscopy paper read during the scientific program in Hollywood. All arthroscopy papers presented at the 2005 ISAKOS Congress are automatically considered for this award. Second and Third Place awards of US \$750 are also granted.

RICHARD B. CASPARI AWARD

Sponsored by Mitek Worldwide

This award began at the 2003 ISAKOS Congress in Auckland, New Zealand as a monetary prize in honor of **Richard B. Caspari, MD**. This award will be presented to the best upper extremity paper read at the scientific program of the congress.

A panel composed of members of the ISAKOS **Upper Extremity Committee** will select the prize-winning paper. The winner will be announced in Hollywood at the Awards Ceremony and a US \$2,000 honorarium will be awarded. A second place prize of US \$1,000 is also granted.

ACHILLES ORTHOPAEDIC SPORTS MEDICINE RESEARCH AWARD

Sponsored by Aircast, Inc.

Deadline for application September 1, 2004.

A US \$3,000 honorarium will be awarded to the researcher who has performed the most outstanding clinical or laboratory research in the field of orthopaedic sports medicine. To apply for this award download an application form found on the ISAKOS website www.isakos.com.

PRE-COURSE: ISAKOS TEAM PHYSICIANS MEETING

Ned Amendola, MD, USA

HOT ISSUES IN SPORTS MEDICINE: AN INTERNATIONAL PERSPECTIVE

This Team Physicians Course, designed by the ISAKOS **Sports Medicine Committee**, will bring together an internationally renowned faculty who have expertise in delivering team care in a variety of sports including rugby, soccer, and other popular international sports. The course will include didactic lectures and interactive discussion on the current and difficult issues dealing with the organization, delivery, prevention, evaluation, treatment and rehabilitation of the injured athlete.

This course will be of benefit to medical practitioners, orthopaedic surgeons, athletic trainers, and rehabilitation experts who care for and manage athletic teams as part of their total practice. The international perspective on developing trends and techniques across disciplines will enhance our current approach to the provision of team care. More information will be provided in the 2005 ISAKOS Congress Preliminary Program. ●

4 • ISAKOS NEWSLETTER • SUMMER 2004

ALBERT TRILLAT YOUNG INVESTIGATOR'S AWARD

Deadline for application September 1, 2004.

A US \$3,000 honorarium will be awarded to a young researcher who has done outstanding clinical or laboratory research contributing to the understanding, care, or prevention of injuries to the knee. All applicants must be under 40 years of age at the time of the 2005 Congress, to be held April 3-7, 2005. To apply for this award download an application form found on the ISAKOS website www.isakos.com.

PATELLOFEMORAL RESEARCH EXCELLENCE AWARD

Sponsored by Patellofemoral Foundation, Inc.

Deadline for application November 1, 2004.

The International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine seeks manuscripts to be considered for the First Biennial Patellofemoral Research Excellence Award, established to encourage outstanding research leading to improved understanding, prevention and treatment of patellofemoral pain or instability. The recipient will be formally awarded at the 2005 ISAKOS Biennial Congress in Hollywood, Florida, USA with a US \$2,500 honorarium. The paper will also be submitted to **Arthroscopy: The Journal of Arthroscopic and Related Surgery** for consideration for publication. To apply for this award download an application form found on the ISAKOS website www.isakos.com.

PATELLOFEMORAL TRAVELING FELLOWSHIP

Sponsored by Patellofemoral Foundation, Inc.

Deadline for application October 1, 2004.

This travel award is to promote better understanding and communication regarding patellofemoral pain. The Patellofemoral Foundation will provide a stipend to permit visits to several centers worldwide. To apply visit www.isakos.com.

LUNCH TIME WORKSHOPS

**SUNDAY APRIL 3 THROUGH WEDNESDAY APRIL 6
12:00 TO 13:30, WESTIN DIPLOMAT RESORT & SPA**

Free to all registered attendees

Spend the lunch hour learning the latest surgical techniques with a variety of cutting-edge instruments and models. Join us each day for 90-minutes of hands-on practice.

- Knot Tying Techniques
- Meniscus Repair with Suture and Implants
- ACL & PCL Reconstruction
- Shoulder Stabilization
- Rotator Cuff Repair

SPECIAL EVENTS IN HOLLYWOOD

WELCOME RECEPTION

This grand and festive affair, one of the highlights of the congress, offers music, hors d'oeuvres, and cocktails to all congress attendees. Cost is included in the registration fee. Guests are welcome at no additional charge. Dress is business casual.

Date: Sunday, April 3
Time: 18:30 – 21:00
Cost: Included in registration
Guests are welcome
Location: Exhibit Hall, Westin Diplomat Resort & Spa

FAREWELL BANQUET

Sponsored by Smith & Nephew, Inc. Endoscopy Division

Please join us to commemorate the conclusion of another successful ISAKOS Congress. All meeting attendees are invited to celebrate the 10th Anniversary of ISAKOS. Take in the beautiful beach of the Westin Diplomat while you relax and enjoy the global connections you have made during the congress. Indulge in culinary delights from around the world!

Date: Wednesday, April 6
Time: 18:30 – 21:00
Location: Westin Diplomat Resort & Spa, Ocean Front

DAY TOURS

Special tours have been designed specifically for ISAKOS attendees and are available for an additional charge. Please see the Preliminary Program or the ISAKOS website for a full description of all day tours that are available. Register online for tours at www.isakos.com. Several of the tours that will be offered to both registered attendees and their families are listed below.

Chef Allen's Cooking School

Guests will have an opportunity to attend a class at the famous Chef Allen's Cooking School. A recent article in USA Today offered a spectacular review of the restaurant, the classes, and the school itself. Class participants will help to prepare a three-course lunch served with wine and each participant will receive a personally autographed copy of one of Chef Allen's cookbooks—*The Great Mango Book* or *The Great Citrus Book*.

Historic Art Deco Tour Featuring Lunch at Gianni Versace's Mansion

Architecture and history. As a special treat, guests will enjoy lunch at Casa Casaurina, once home to renowned fashion designer Gianni Versace. ●

LIVE SURGICAL DEMONSTRATIONS

ISAKOS is offering a series of live surgical demonstrations on cadavers, free to all attendees. Simultaneous interpretation will be available in Spanish to all attendees, free of charge.

SUNDAY, APRIL 3RD

13:30 – 14:30

Double Bundle Hamstring ACL and Single Bundle Patellar Tendon

K. Donald Shelbourne MD and Masahiro Kurosaka MD
Sponsored by Smith & Nephew, Inc. Endoscopy Division

15:10 – 16:10

Rotator Cuff Repair with Footprint Reconstruction

W. Jaap Willems MD and James Esch MD
Sponsored by Smith & Nephew, Inc. Endoscopy Division

MONDAY, APRIL 4TH

11:00 – 12:00

Arthroscopic Rotator Cuff Repair

Stephen Burkhart MD
Sponsored by Arthrex, Inc.

13:30 – 14:30

Arthroscopic Knot Tying vs Knotless Approach to Instability. North Meets South

Guillermo Arce MD and Laurence Higgins MD
Sponsored by Mitek Worldwide

TUESDAY, APRIL 5TH

11:00 – 12:00

Arthroscopic PCL and PLC

Lonnie Paulos MD and Robert LaPrade MD
Sponsored by Stryker

13:30 – 14:30

Tibial Osteotomy

Giancarlo Puddu MD
Sponsored by Arthrex, Inc.

WEDNESDAY, APRIL 6TH

11:00 – 12:00

Uni Knee: Medial and Lateral

Philippe Neyret MD and John Repicci MD
Sponsored by Tornier and Biomet Inc

13:30 – 14:15

Minimally Invasive Total Knee Replacement

James Rand MD
Sponsored by Zimmer

14:30 – 15:15

Hip Arthroscopy

Marc Philippon MD and J. Thomas Byrd MD
Sponsored by Smith & Nephew, Inc. Endoscopy Division

YOUR COMMITTEES AT WORK

GLOBAL CONNECTION CAMPAIGN



MEMBER DONORS

ISAKOS members continue to contribute to the **Global Connection: Expanding International Education** campaign.

Special thanks go to the following individuals for their generous support.

Howard R. Brown, MD, FACS	Pier Paolo Mariani, MD
Moises Cohen, MD, PhD	Robert Marx, MD, MSc, FRCS
Daniel V. Comba, MD	Mitsuo Ochi, MD, PhD
Tsoukas Dimitrios, MD	Alfredo Schiavone Panni, MD
Mahmut Nedim Doral, MD	Giancarlo Puddu, MD
Karl Eriksson, MD, PhD	David V. Rajan, MS
Julian A. Feller, FRACS	Ronald M. Selby, MD
James H. Lubowitz, MD	Michael Soudry, MD
Maurilio Marcacci, MD	Zhang Zhongnan, MD, PhD

Please visit www.isakos.com and follow the campaign links to learn more about the campaign. If you have not yet made your gift, please download your pledge form today!

ARTHROSCOPY REVIEW

The Committee had a very constructive meeting in March in San Francisco, allowing its members to work on their plans for the next twelve months. Articles have been selected to be published in the newsletter. The first will be a review on tunnel widening after ACL reconstruction by **Dr. Marc Clatworthy** (New Zealand). Work will be done to create a basic educational tool for the teaching of arthroscopy via a CD Rom on the normal arthroscopic anatomy of all major joints. The presentation of each joint will be managed by at least two members of the committee as well as by invited outside members with special expertise in the field. It will be followed by other CDs on the pathoanatomy of these joints. Furthermore, a survey will be proposed to the **Executive Board** to be sent to all ISAKOS members regarding the technical problems encountered with arthroscopic instruments. The work on standardized terminology forms and classification recommendations, initiated by the previous chair of the committee, **Dr. André Frank** (France), will be continued. The first drafts on the ankle by **Dr. Niek Van Dijk** (Netherlands) and the knee by **Dr. Patrick Djian** (France) will be published in subsequent newsletters.

Romain Seil MD (Germany)
Committee Chair

EDUCATION REVIEW

The **Education Committee** has approved a large number of local and regional courses around the world as well as a few new teaching centers. There are more than 150 teaching centers around the world. The **Education Committee** will ask all centers to respond to a questionnaire over the next six months regarding their activities. The committee will start to review all regional workshops provided by ISAKOS from 2006. This is one of the new and challenging missions ISAKOS has faced; the task is extremely stimulating to carry out on behalf of the committee. For this purpose, we have formed a subcommittee consisting of **Dr. Torsten Wredmark** (Sweden), **Dr. Charles Brown Jr** (USA) and **Hideo Matsumoto** (Japan).

Torsten Wredmark MD PhD (Sweden)
Committee Chair

KNEE: IN WINTER 2004

A consensus meeting on management of early osteoarthritis of the knee was held in Napa, California prior to the AAOS meeting. A draft summary of the meeting is currently being reviewed by the participants and **Knee Committee** members. The presentations and summary will be available in DVD format at the Hollywood meeting. The final document will reflect the opinion of the **Knee Committee** as well as the faculty who attended the meeting. Meetings are currently in progress between members of the Patellofemoral Foundation and the **Knee Committee** of ISAKOS to determine selection criteria for a patellofemoral

YOUR COMMITTEES AT WORK

traveling fellow. Funds for this activity are being provided by the Patellofemoral Foundation and the fellowship is being administered through ISAKOS. If any of you know of a young surgeon with an interest in the patellofemoral joint, please have him/her apply for the patellofemoral traveling fellowship. We will begin the fellowship in early 2005.

We have worked with the **Program Committee** which has included many interesting symposia and instructional course lectures as well as live surgical demonstrations in the program for the ISAKOS meeting in 2005.

Jim Rand MD (USA)
Philippe Neyret MD (France)
Committee Co-Chairs

SCIENTIFIC REVIEW

At the 2003 ISAKOS Congress in Auckland, the Scientific Committee re-grouped under the direction of **Dr. Nicola Maffulli** (UK). Since then, we have had two successful teleconferences and a face-to-face meeting during the American Academy of Orthopaedic Surgeons meeting in San Francisco.

In October, November and December of 2003, with the help of **Dr. Gary Poehling** (USA) at *Arthroscopy: The Journal of Arthroscopic and Related Surgery*, we published a set of "How To" research methodology articles and, thus far, we have received fantastic feedback. This project, originally the brainchild of the late **Dr. Sandy Kirkley** (Canada), came to fruition with the collaboration and efforts of many committee members along with **Katie Dainty** (Canada). We are very proud to see it in print in Sandy's name.

Feeling energized after completing such a task, we have charged ourselves with three main projects for the upcoming year. These are predominantly educational forums that, we hope, will benefit the Society at large and make use of the extraordinary expertise we have within our group.

The first project is to produce a record of the research proposals being drafted by other ISAKOS committees. Maintaining a central database will encourage collaboration between committees and allow access to a peer-reviewed process for future projects through the **Scientific Committee**.

Secondly, we have organized an Instructional Course Lecture for the 2005 ISAKOS Congress entitled "How to Write and Review Orthopaedic Scientific Literature." This is a practical topic for all members, and we look forward to drawing on the expertise of our committee and the members of ISAKOS to provide a very dynamic presentation in Florida.

Finally, we have begun preliminary planning for our next publication. Based on the theory behind the success and recent publication of "Evidence Based Sports Medicine," by **Dr. Lars Engebretsen** (Norway) and **Dr. Jon Karlsson** (Sweden), we have proposed to put together a book on "Evidence Based Sport Medicine & Traumatology." We plan to make it available in many mediums including paper, CD and updateable versions for the ISAKOS website. Though this is a considerable undertaking, the **Scientific Committee** has given full backing, and has made the commitment to completing it to provide a continuing reference resource for our orthopaedic community.

To complement this full agenda, we have also been asked to assist in organizing further ISAKOS Consensus Meetings, such as the one which took place in Napa Valley this past March. This will complement our mandate to provide tools for evidence based decision-making in orthopaedic sports medicine, and we are happy to help facilitate this important initiative.

Finally, in conjunction with the **Knee Committee** and the The Patellofemoral Foundation, we shall be part of a panel to encourage research leading to improved understanding, prevention and treatment of patellofemoral pain or instability.

The next few years will be busy, and we are looking forward to the challenge and to promoting and being part of the scientific progress of ISAKOS.

Nicola Maffulli MD (United Kingdom)
Committee Chair

STRATEGIC PLANNING

The **Strategic Planning Committee** met at the recent AAOS Meeting in San Francisco. The committee decided to focus on developing operational objectives of specific principles including: member education, education of the public/patient, patient care issues and society relationships. The committee discussed the potential of a more concise mission statement and suggested the following: "ISAKOS advances the worldwide exchange and dissemination of education, research, and patient care in arthroscopy, knee surgery and orthopaedic sports medicine." A consensus was reached on a vision statement as follows: "To be the dynamic international organization that attracts and nurtures outstanding members who are dedicated to our mission of world wide exchange and dissemination of information in arthroscopy, knee surgery and orthopaedic sports medicine."

Gary G. Poehling MD (USA)
Committee Chair

YOUR COMMITTEES AT WORK

MEMBERSHIP

MEMBER CHALLENGE

This is a critical time in the development of ISAKOS Membership. We depend on our members to make the society what it is today and to embrace the potential it has in the future. We are challenging all current members to recruit one NEW member to join ISAKOS and its Global Campaign to reach across the world.

IT'S EASY!

Take an application with you when you travel and talk about ISAKOS. Tell others about the opportunities and benefits of being an ISAKOS member. Have them look at the ISAKOS website at www.isakos.com.

BYLAWS

The **Bylaws Committee** of ISAKOS met in March 2004 in San Francisco, California and recommended amendments to the ISAKOS Bylaws. **PLEASE VISIT THE ISAKOS WEBSITE AT WWW.ISAKOS.COM TO REVIEW THE CURRENT BYLAWS.**

The proposals for change shall be presented at the first business meeting of the 2005 Congress in Hollywood, Florida. The proposals for change will then be voted upon at the second business meeting.

The changes are indicated below:

I. UPDATE EMERITUS DESCRIPTION:

Page 2 (d). Senior (Emeritus) Members. **Emeritus Members. Any member 65 years of age or older not practicing in the field of arthroscopy, knee surgery and orthopaedic sports medicine may become an Emeritus member and may become inactive by request, or may remain active...** Any active or associate member upon reaching the age of 65 years may become a senior member and may become inactive by request, or remain active if he or she continues to meet all the requirements for active membership. Senior members shall not be entitled to vote at meetings of the Society, nor shall they be obligated to pay dues to the Society. Senior members will not be eligible to hold elected office in the Society.

2. CLARIFY JOURNAL INCLUSION IN MEMBERSHIP DUES:

Page 3: Article 8–Dues; Section 8.01 The Board of Directors shall establish the annual dues for each category of membership within the Society. Upon payment of full Society dues, the member shall receive a subscription to the Journal for the following year. **Subscription to *Arthroscopy: The Journal of Arthroscopic and Related Surgery* is included in membership. Only members of the Arthroscopy Association of North America (AANA), as the Journal is also a part of the AANA dues obligation, may choose to waive the Journal portion of their membership dues.** Annual dues will become effective at the beginning of January of the calendar year following their establishment and shall remain in effect for each succeeding year unless and until changed by the Board.

It was suggested by the **Bylaws Committee** to insert the text in bold.

John Bergfeld MD (USA)
Committee Chair ●



The ISAKOS Knee Committee and others met in Napa, California for a Knee Consensus Meeting in March 2004 prior to the AAOS Meeting in San Francisco.

ISAKOS COMMITTEES

If you are interested in becoming a member of an ISAKOS Committee for the 2005-2007 Term, please contact the ISAKOS Office via e-mail at isakos@isakos.com, or fax us +1 925/807-1199. Please indicate which committees are of interest to you. You must be an Active Member in good standing to become an ISAKOS Committee Member.

WHAT ARE NEW Members Saying?

QUESTION 1:

What role does ISAKOS play in your practice, community, region or nation? As ISAKOS grows, what future role would you like to see it play? How could ISAKOS be a better asset to you?

ANSWER:

"ISAKOS is very advantageous for me because it treats all of my favorite parts of orthopaedic surgery, including arthroscopic surgery, knee surgery and sports medicine. In my practice, I am especially performing surgery of the knee such as ligament reconstruction, osteochondral graft, arthroplasty and, etc. ISAKOS provides me with new evidence-based strategy and techniques through the *Journal of "Arthroscopy"* and the newsletter. As ISAKOS grows, the Global Connection will be expanded and thus worldwide experience and education should be shared with



many orthopaedic colleagues for the fight against musculo-skeletal injury and disorders. I am looking forward to having a discussion with all of the members and appreciate the chance to improve my knowledge as a new member."

Nobuhiro Abe, MD
Okayama, JAPAN
Member Since February 2004

QUESTION 2:

What do you see as being the greatest challenge(s) that ISAKOS faces? What is/are its greatest strength(s)?

ANSWER:

"I believe that the greatest challenge that ISAKOS faces is the integration of the new technologies in our daily practice (Gene therapy, cartilage repair, virtual arthroscopy...). We, ISAKOS members, are at a pivotal turn. Will we stay on the edge of the skilled technician or are we going to use the arthroscopy as a tool to deliver the new technologies that are appearing in our patient's joints?"



The greatest strength of the ISAKOS is its ability to mix surgeons from all over the world and to benefit from the best in each of us.

I am excited to meet new colleagues in the next ISAKOS meeting."

Christian Dumontier, MD
Paris, FRANCE
Member Since February 2004

QUESTION 3:

Which past ISAKOS congress did you attend? What impressed you most about it? When you came home and told peers about it, what did you emphasize? What would you improve?

ANSWER:

I attended the 2003 ISAKOS Congress at Auckland, New Zealand. It was my first ISAKOS congress.



I cherish its memory. This has impressed me in more than one way. The Instructional Course Lectures and hands-on workshops during the lunch hour were very impressive. I liked and appreciated the richness of knowledge and the decades of long experience reflected in the speakers as well as the frank tips for crucial surgical steps. The punctuality of the sessions, wide variety of topics, and the lively discussion at the end of each session were commendable. I felt the ISAKOS Congress was the best single academic platform due to the enthusiastic global participants, the keenness and zeal to learn and share the experience.

When I came back home after attending this congress, I must have told my experience to many others than I expected. I emphasized on the live surgical demonstrations amongst other things and the many tips which I acquired. I learned that I must strive at my institute to maintain the highest standard in teaching, patient care and research. I wish to attend the next congress in Florida, USA.

H. L. Nag, MD
New Delhi, INDIA
Member Since January 2004



TEACHING CENTER SPOTLIGHT

BASKENT *University*

CONTACT ADDRESS:

Baskent University Hospital

Dept. of Orthopaedics & Traumatology
Bahçelievler 06490 Ankara Turkey

Phone: 90-312-212 68 68/ ext. 1421-1361

Fax: 90-312-223 73 33

Website: www.baskent.edu.tr

Chair: Prof. Reha N. Tandogan MD

e-mail: rehat@baskent-ank.edu.tr

Baskent University is organized as a central hospital in Ankara, with four affiliated hospitals in Adana (300 beds), Konya (200 beds), Alanya (120 beds) and Ozmir (35 beds). The main hospital in Ankara has 300 beds, and an additional 90 beds for rehabilitation and physical therapy in a thermal resort located just outside Ankara.

All the hospitals have state of the art imaging and surgical facilities. Arthroscopic surgery of the knee, ankle, shoulder and wrist is routinely performed in addition to a large amount of primary & revision arthroplasty and trauma care. The surgeons in the hospital are actively involved in the educational activities of the Turkish Sports Traumatology Arthroscopy Knee Surgery Society and contribute regularly as instructors to the courses organized by the Society. In addition to these activities, the Department of Orthopaedics & Traumatology organizes regular courses and symposia.

The University has one of the best animal research laboratories in the country, complete with an electron microscopy unit. A biomechanics laboratory is also in the process of being established.

The main hospital in Ankara is located in the city center. The Department of Orthopaedics has access to an unlimited number of operating theaters 24 hours a day. In addition to a heavy patient workload (1000-1200/month in the out-patient clinic), the department has a strong interest in academic and educational activities. Weekly meetings for grand rounds, seminars, clinico-pathologic conferences and literature clubs are organized for both undergraduate and residency trainees. Due to its close ties with the Department of Sports Science, the Department of Orthopaedics has access to the Sports Physiology Lab located in the Baglica Campus just outside Ankara. All the doctors' offices in the hospital have on-line internet access, and most of the important orthopaedic publications are available in the library either as hard copies or in electronic form. The university has an in-house media center, where all publications, presentations, posters, books and brochures are prepared. A medical illustrator is also available.

Baskent University presents the following opportunities to fellows from ISAKOS:

1. All the senior teaching personnel speak fluent English. Some French is also spoken.
2. The fellow can participate in all of the educational activities of the department and can perform patient examinations and minor outpatient procedures.
3. The fellow can scrub and assist in the surgical procedures, and can perform supervised operations depending on the level of skill; however, the fellow cannot perform unsupervised operations.
4. The fellow can carry out a research project under the supervision of the department.
5. Meals are provided free of charge, and accommodation can be arranged for a modest fee. ●



Konya Hospital



Main University



Adana Hospital

ISAKOS Exchange TRAVELING FELLOWSHIP

SOUTH AMERICA – ASIA PACIFIC • 23 FEBRUARY – 15 MARCH 2003

Eduardo Zamudio MD, SLARD President, CHILE

I am pleased to report on the first ever ISAKOS traveling fellowship between South America (SLARD) and Asia Pacific (APOSSM) organized by ISAKOS and sponsored by Aircast Corporation.

It has been almost a year since we traveled and I clearly remember the great scientific moments, the social and cultural events, and the friendship and exchange we experienced, not only with our hosts, but amongst ourselves as we represented our different Latin American countries.

We are most grateful to all those people who made this tour possible. They have given us a friendly reception and have allowed us to share a high level of scientific exchange as well as life experience.

We especially thank **Dr. Barry Tietjens** (*New Zealand*) who was the first to talk about the possibility of the traveling fellowship from the time when I began as SLARD President (May 2002).

We are now collaborating with the organization of the second Asia Pacific-South America exchange with the visit of **Dr. Young Bok Jung**, godfather from Korea and the fellows **Dinshaw Pardiwala** from India, **Sermsak Sumanont** from Thailand, and **Paul His Pei Chou** from Taiwan, to complete the exchange to (South America). We are sure that meeting with them and our own traveling fellows, **Dr. Nestor Rendon** (*Argentina*), **Dr. Benno Eijnisman** (*Brazil*) and **Dr. Frank Dawson** (*Chile*), will bring back great memories.

Let me share some of the experiences from our trip and give my personal thanks in each case to the host and colleagues that made us welcome. My apologies if I have forgotten some names.

Our trip began in Los Angeles where we waited several hours for our connection to Hong Kong but this gave us some time for the group to get to know each other. Thanks to the Mexican manager of the Radisson Hotel at the LA Airport who gave us free use of the showers in the fitness club! We had time to take a taxi ride to visit the main attractions of the city.

When we arrived in Hong Kong at the Riverside Regal Hotel, our host and now good friend **Dr. K.M. Chan** (*China*) arrived to give us the complete program. The residents **Chris Tong**, **Henry Ho** and **Patrick Yung** joined us for an unforgettable dinner. We visited the Prince of Wales Hospital where we saw different types of ACL reconstructions and had lunch with **Dr. James Lam** (*China*) at the Hong Kong Navy Club. We had a meeting with the

orthopaedic group at the Pamela Youde Nethersole Eastern Hospital and some of us presented our personal experiences during the symposium entitled "Update of New instrumentation for Shoulder Surgery". That night we had dinner at the Fish Market where our hosts were **Dr. James Lam** (*China*) and **Chien Ping** (*China*).

The next day we visited the Sports Institute of Hong Kong, Chinese University and its Sport and Physical Education Department with **Dr. Y.L. Hong** (*China*) where we saw some practical classes with the students. In the afternoon, we visited the orthopaedic study centre of the Pamela Youde Hospital and presented our own scientific papers. After this we had a farewell dinner at the Hong Kong Jockey Club with our friend **Dr. K.M. Chan** (*China*).

On 26 February we arrived at the Apolo Novotel in Singapore where we met our host **Dr. Paul Chang** who was very kind to us. We visited public and private hospitals and the medical school in Singapore. That night we had dinner at the Golf Club where we also met **Dr. Tay Boon Keng** who was just leaving for Bangladesh. At the Singapore General Hospital we watched several procedures and the traveling fellows were able to join in with the surgery. We had the opportunity to meet Mrs. Chang at a special dinner at a famous seafood restaurant by the marina. On 1 March we presented our scientific papers at the Alexander Hospital. We then made a visit to the Botanical Gardens and later visited the famous Raffles Hotel for a gin sling.

We arrived in Melbourne early in the morning of 2 March where our generous host was **Dr. John Bartlett** (*Australia*). John took us to the Australian Wildlife Centre to see the native animals of Australia, and then we went on to lunch at the Golf Club. In the afternoon, we went to the Melbourne Cricket Ground to watch a game of Australian Rules football, a mixture of rugby and soccer. John and **Dr. Julian Feller** (*Australia*) gave us the opportunity to visit the team before the game. The next day we visited a private hospital and the La Trobe University with **Dr. Julian Feller** and Kate Webster. There we saw the Gait Laboratory and presented our scientific papers. We also visited the Vimy House Private Hospital with **Dr. Hayden Morris** (*Australia*) to see a cartilage transplantation procedure with the 'Verigen' technique using a fibrin gel. That night we had an excellent convivial dinner with John Bartlett's family. The next day we saw several procedures with John and Julian, including total knee replacement and ACL reconstruction. Our farewell dinner was at a restaurant in the city.

(continued on page 17)

PCL TUNNEL: Biomechanical Comparisons of Three Different Tibia Tunnel Directions in Posterior Cruciate Ligament Reconstruction

Sung-Jae Kim, MD, Jung Woog Shin, Ph.D., Chang Hun Lee, B.S., Ho Joon Shin, B.S., Su-Hyang Kim, M.S., Jae-Hoon Jeong, MD, Jin Woo Lee, MD

Department of Orthopaedic Surgery, Yonsei University College of Medicine and BK21 Project for Medical Science, Yonsei University, Seoul, Korea
Department of Biomedical Engineering, Inje University, Kimhae, Korea

CORRESPONDING AUTHOR: Jung Woog Shin, Ph.D.

ADDRESS: Department of Biomedical Engineering, Inje University, Kimhae, Korea

TEL: 82-55-320-3317

FAX: 82-55-327-3292

E-MAIL: sjw@bse.inje.ac.kr

This work was supported by Korea Research Foundation Grant(KRF-2000-F00233) and the Brain Korea 21 Project for Medical Science, Yonsei University.

Biomechanical Comparisons of Three Different Tibia Tunnel Directions in Posterior Cruciate Ligament Reconstruction.

ABSTRACT

Purpose: To investigate the effects of three different tunnel directions on the outcomes of posterior cruciate ligament reconstruction surgery based on the forces exerted on the replacement ligament from a biomechanical point of view. The three directions in making a tunnel in the proximal tibia are the medial, central, and lateral approach.

TYPE OF STUDY:

Biomechanical study Methods:

The forces exerted on the replaced posterior cruciate ligament were calculated using finite element analyses as well as measurements from six cadavers. The results of the three surgical approaches were then compared. In the finite element analyses, the replaced ligament was assumed to have nonlinear elastic as well as viscoelastic properties. In order to simulate the overload in exercise, the femur was forced to move in the anterior direction abruptly while the tibia was held. From numerical analyses, the resultant forces, von Mises stresses, and maximum shear stresses on the replacement posterior ligaments were calculated and compared. In the cadaveric study, a pressure-sensitive thin film was inserted between the replacement PCL and the killer turn area of the tibia. The color changes in films were evaluated using digital image processing in each case.

RESULTS:

The medial approach showed remarkably higher stresses and forces on the interface between the replaced PCL and the killer turn in both the numerical and cadaveric study. In contrast, the lateral approach showed the lowest stresses.

CONCLUSIONS

The numerical and cadaveric studies indicate that the lateral approach is highly promising compared to the other approaches.

Keywords: Posterior Cruciate Ligament Reconstruction-Finite Element Analysis-Viscoelastic Properties-Cadaveric Experiments.

ACKNOWLEDGEMENT

Special thanks to Dr. Ki-Won Choi in KIST(Korea Institute of Science and Technology, Seoul, Korea) for his generous supply of CT images and interpolations.

Table 1. Linear elastic properties

	Ligaments	Bones
Elastic modulus	55 MPa (<3%), 165 MPa (<6%), 222 MPa (> 6%)	20 GPa
Poisson's ratio	0.49	0.3

Table 2. Viscoelastic properties

Viscoelastic Materials (PCL, ACL, MCL, LCL)	
Bulk modulus	3.156 GPa
Density	1.22g/cm ³
G ₀	95.04 MPa
G ₁	30.04 MPa
G ₂	5.80 MPa
β ₀	0
β ₁	0.0059
β ₂	0.0204
Shear relaxation function	$g(t) = \sum_{m=0}^2 G_m e^{-\beta_m t}$

FIGURE LEGENDS

Figure 1. Schematic diagram representing the three different approach techniques investigated in this study. The three different starting points meet at the same location.



Figure 2. Sagittal view representing how the tunnel was made in this study. For both cadaveric experiments and numerical analyses the tunnels were made as shown to make a 45° angle with respect to the vertical line.



Figure 3. The posterior view of the finite element model after surgery. The replacement PCL was made using three-dimensional brick elements while the remaining ligaments were modeled as cable elements, which were resistant to tension only. The bones were made from shell elements with a much higher stiffness to represent the rigid body motions.



Figure 4. This picture shows a typical cadaveric experiment. Mounted on the specially designed jigs, the femur was forced to move downwards (anterior direction) with a speed described in Figure 4. The pressure sensitive thin film is also shown as noted.

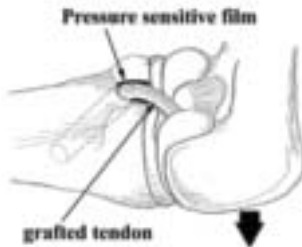


Figure 5. The von Mises and maximum shear stresses calculated from the trilinear elastic numerical studies around the killer turn. The lateral approach technique provided the least von-Mises stress, which is a criterion for failure or yielding of any structure. The lateral approach showed the least maximum shear stress.

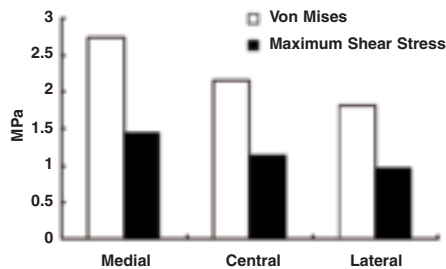
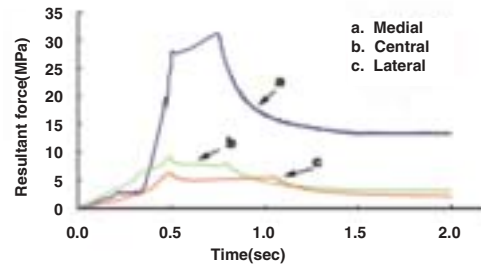
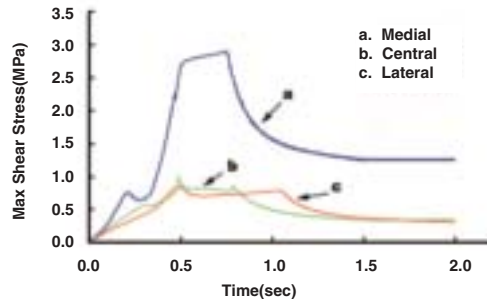
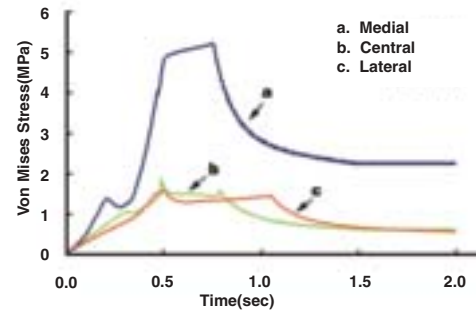


Figure 6. The results of the numerical studies based on the viscoelastic properties. Typically, every curve represents two peaks. The first peak occurred around 0.5 seconds after the forced movement. The second peak occurred 1.0 second after movement, approximately. The second peak represents the traditional visco-effects such as phase delay. (A) von Mises stresses (B) Maximum shear stress (C) resulting force as a function of time. In every case, the lateral approach showed the lowest stress values, which predicts greater structural stability.



(continued on page 14)

CURRENT CONCEPTS

Figure 7. The digitized image obtained from the pressure sensitive thin films for each approach. The gray scale images were digitized from the films. The images were then converted into binary images using two different threshold values, 180 and 160. The lateral approach technique contains less black areas than the others, which shows that lateral approach technique has the lowest force.

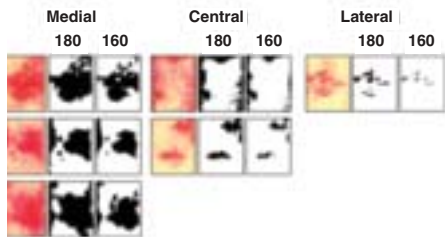
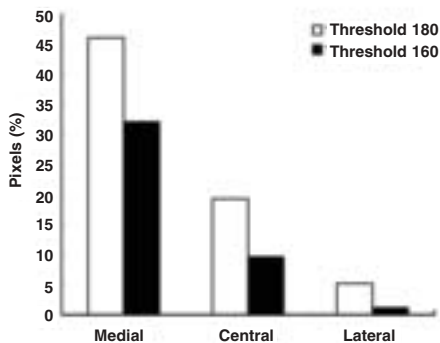


Figure 8. The ratios of the number of black pixels to the total number of pixels within the same size of the area measured. This graph clearly demonstrates that the lateral approach is the more promising than the other techniques.



For full text of the article, PCL TUNNEL, please visit the ISAKOS website at www.isakos.com and proceed to the Publications section. ●

SHOULDER Dislocation

PRESENTER:

Berni J. Einoder

Launceston General Hospital

Tasmania

AUSTRALIA

ABSTRACT

Arthroscopic repair treatment for the primary acute traumatic shoulder dislocation in a young person.

Most studies confirm an unacceptable recurrence rate (80% or more) following conservative treatment. This paper will review the literature and my own experience supports that early arthroscopic repair of the capsulolabral complex or avulsion fracture of the glenoid rim following a first up traumatic dislocation of the shoulder in a young and active person results in a stable shoulder in 90% or more of patients.

As fiberoptics, instrumentation, suture anchors and surgical techniques continue to evolve this operation is now within the capabilities of any surgeon skilled in arthroscopic surgery.

There is an associated minimal morbidity and most young adults return to all pre injury activities after three months.

Repair is better than reconstruct! In the acute setting it is easier to repair the damage arthroscopically when compared to the open technique. ●

EVIDENCE-BASED *medicine*

Moises Cohen, Maria Stella Peccin, Alvaro Nagib Atallah (BRAZIL)

Evidence-based medicine emphasizes high-quality scientific information (evidence) as an essential tool for the health professional, combining evidence with personal experience to successfully assist patients. In the health area, almost 2,000,000 studies are annually published in almost 22,000 scientific journals. It is estimated that a specialist needs to read approximately 25 articles/day to keep updated on his/her specialty. Consequently, a critical search of the best scientific knowledge must be methodically and collaboratively performed by trained groups in order to make decisions, provide all patients with quality service, and avoid duplication of efforts (Atallah, 2000).

For many years, medicine was based on personal experience, influence of individuals with the highest academic degrees, and physiopathological theories. Evidence Based on Medicine (EBM) (Sacket, 1966; Jadad, 1997), or under rigorous scientific proof, guides medical decisions by making an explicit and honest search of the best available scientific evidence in the medical and biomedical literature (Atallah, 1998). Evidence based on medicine is a movement that has quickly developed in the last decade, with an objective to qualify all care in varying health areas. Considering the great amount of information available and the increasing speed of knowledge production, the fact that doctors are not always updated is a common problem that impairs all high-quality therapeutic decisions. While a great part of the sciences are based on empiricism, evidence based on medicine seeks to prove the effectiveness of daily treatments, summarizing relevant information and making it available for the health professionals. Instead of using physiopathological theories, evidence based on medicine prefers to use clinical trial results for therapeutic decisions. Theory becomes a hypothesis to be tested in a clinical trial and, if it works, therapies are then applied (Atallah, 1998).

To adequately answer our clinical questions, we need to have an adequate drawing of our research, as shown in the Figure 1 below.

CLINICAL QUESTION	RESEARCH DRAWING
Diagnosis	Transversal
Prevalence	Transversal
Incidence	Cohort
Risk	Cohort/Case-control
Prognosis	Cohort
Treatment	Randomized clinical trial
Prevention	Randomized clinical trial
Cause	Cohort/case-control

Figure 1. Clinical questions and drawing research

The amount of scientific information that is available is vast, but this information must be gathered, organized, critically evaluated and quantitatively measured. The systematic review is a scientifically reproducible technique, allowing us to evaluate independent studies and explain possible conflicts. It also provides increased confidence in the results, improving accuracy on the effect evaluations of some clinical interventions (Mulrow, 1994).

To select some high-quality articles related to therapeutic or prevention treatments, we can take some advantage of the systematic reviews (level I of scientific evidence) (Fig.2) available in the literature, followed or not by meta-analysis.

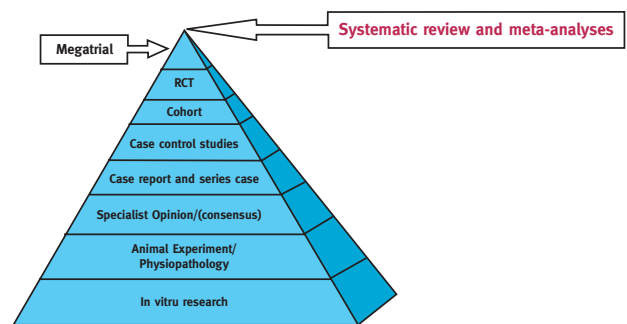


Figure 2 – Levels of evidence to be incorporated to the therapeutics, according to Atallah, 2003.

The systematic reviews derive from a specific clinical question, with comprehensive sources of research and strategy of explicit research. The selection is based on criteria equally applied to a critical and reproducible evaluation with a quantitative synthesis by means of a meta-analysis (Cook DB, 1995). Meta-analysis, at last, is the statistical method applied to a systematic review which gathers under rigorous statistical methods the results of two or more primary studies (Clarke, 2003).

The systematic review is a secondary type of study, allowing scientists to elaborate on the guidelines and to plan the clinical research. A great number of results of clinical essays are gathered and adequately organized in a systematic review.

To overcome these limitations and maximize the benefits of systematic reviews to health care decisions, an international group of individuals is preparing, maintaining and disseminating up-to-date systematic reviews of research evidence in the health area. This group is known as the Cochrane Collaboration. It started its work in 1992 in the United Kingdom. The Cochrane Collaboration is an international organization with the objective of helping people make high-quality decisions in the health area. Its duty is to prepare, maintain and assure the access of systematic reviews on the effects of treatment in the health area.

For full text of the article, Evidence-based medicine, please visit the ISAKOS website at www.isakos.com and proceed to the Publications section.

(continued from page 2)

EDITOR'S NOTE

I think you'll find the scientific offerings in this issue well worth reading and pondering. PCL Tunnels by **Dr. Kim** (Korea) helps us find the physiologic and anatomically correct sites in reconstruction. The article by **Dr. Berni J. Einoder** (Australia) brings interesting insight for the clinical management of shoulder dislocations. Rounding out the scientific offerings, **Dr. Moises Cohen** (Brazil) provides reasoning for Evidence Based Medicine in Orthopaedics.

Be sure to take note of the wealth of offerings for the Fifth Biennial ISAKOS Congress including the wide selection of live cadaveric surgical demonstrations by experts in each particular procedure. Also, don't miss the notice about the Team Physicians pre-course on April 2nd, 2005, being arranged by the **Sports Medicine Committee** under the direction of **Dr. Ned Amendola** (USA). Make your travel plans now to be in Hollywood, Florida for what promises to be an extraordinary meeting! ●



The ISAKOS Executive Board and the ISAKOS Staff met at the ISAKOS Office in San Ramon, California for the Executive Board meeting in March 2004 prior to the AAOS Meeting in San Francisco.

From Left to Right: Don Johnson, Rebecca Etherington-Smith, Andraya Martin, Gigi Tarasow, Per Renström, Moises Cohen, Barry Tietjens, Michele Johnson and John Bergfeld.

(continued from page 2)

PRESIDENT'S MESSAGE

We now have tremendous potential with the success of the Global Connection Campaign as a springboard for future ISAKOS activities. To implement the wishes of our members and our donors, we have formed the **Strategic Advisory Task Force (SATF)** with goals to formulate a five-year strategic implementation plan. Some of the activities that are currently being implemented are:

- Regional education workshops in arthroscopy and related surgery around the world. Each year ISAKOS will organize, promote and host a series of hands-on surgical workshops in regions throughout the world. The first workshop was held in Oman in January in cooperation with FIMS. Within the next year we plan to hold workshops in China, Brazil and India. It is important for ISAKOS to organize workshops of the highest quality with the best educators in the world.
- Current concept consensus symposia to include a closed meeting on knee joint replacement in March 2004 in San Francisco organized by the knee committee. There will be an ankle ligament consensus symposium in Hong Kong in September 2004. The scientific committee will start an enormous task to analyze evidence-based medicine in major sports medicine areas.
- Global Leadership Retreat. The **Executive Board** of ISAKOS, other ISAKOS leaders and several corporate donors will convene in October 2004 to review the progress of the society's educational activities. The topics to be discussed will include education, research, emerging markets, ethics and on going challenges in our field.

Our cooperation with **Arthroscopy: The Journal of Arthroscopic and Related Surgery** continues. The Executive Committee appointed **Dr. Ned Amendola** (USA) to represent ISAKOS on the journal's Board of Trustees. Furthermore, a Journal Advisory Group was formed to review how ISAKOS can offer supplemental journals to our members. **Dr. Walt Curl** (USA) will be the leader of this group.

We look forward to the 5th Biennial ISAKOS Congress to be held April 3-7, 2005 in Hollywood, Florida. The **Program Committee** met in Athens in May and finalized the program. The ISAKOS Orthopaedic **Sports Medicine Committee** is planning a pre-congress Team Physicians Meeting on Saturday, April 2, 2005. We are looking forward to seeing you there. ●

NEWS FROM ISAKOS Website and Newsletter

On March 10, 2004, at the AAOS in San Francisco, the **Editorial Board** of the ISAKOS Newsletter has agreed to expand the use of ISAKOS website for hosting newsletter articles. This will free-up considerable space for the paper newsletter so that more articles can be published, but in more manageable "article per page" form. Full articles, with illustrations and complete references, will be available online as downloadable and printable PDF files. The main advantage of PDF articles is that they retain the original appearance and will print exactly as they look in the newsletter. This is better than the html format which has web optimized layout but does not print well. The additional benefit of posting PDF articles on the web is that authors will have an opportunity to provide active links to other articles, references and relevant websites, which will be preserved and embedded in PDF form. All articles will be grouped in anatomic and subspecialist categories and published on separate Newsletter and Current Concepts web pages. Please visit www.isakos.com for updates and more information.



WHAT IS ADOBE PDF?

Portable Document Format (PDF) is the de facto standard for the secure and reliable distribution and exchange of electronic documents and forms around the world, with a ten-year track record. PDF is a universal file format that preserves the fonts, images, graphics, and layout of any source document, regardless of the application and platform used to create it. Adobe PDF files are compact and complete, and can be shared, viewed, and printed by anyone with free Adobe Reader software. You can convert any document to Adobe PDF using Adobe Acrobat software, enabling medical, business, engineering, and many other professionals to create, distribute, and exchange secure and reliable Adobe PDF documents. Governments and organizations around the world have adopted PDF to streamline document management, increase productivity, and reduce reliance on paper. For example, PDF is the standard format for the electronic submission of drug approvals to the U.S. Food and Drug Administration (FDA), and for electronic case filing in U.S. federal courts. It is also used by the governments of the United Kingdom and Germany for electronic document exchange. Finally, the ISO's PDF/X specification is the standard file format used for the digital distribution of advertisements for publication. Individual users benefit from PDF's platform ubiquity as well, because Adobe Reader lets them view articles, PDF slide shows and electronic cards created using Adobe Acrobat and Adobe Photoshop Album software. Adobe Reader 6.0 is free software that lets you view and print Adobe PDF files on a

variety of hardware and operating system platforms. To date, more than 500 million copies of the software have been distributed. To download the newest version of the familiar Adobe Acrobat Reader and Adobe Photoshop Album Starter Edition go to www.adobe.com (Acrobat page) and click on the icon like this one:



Vladimir Bobic, MD, FRCSEd

Consultant Orthopaedic Knee Surgeon
Chester Knee Clinic, Chester, UK
Chair of ISAKOS Website Sub-committee,
Newsletter Editorial Board Member ●

(continued from page 11)

ISAKOS EXCHANGE TRAVELING FELLOWSHIP

On 5 March we traveled to Sydney and then directly from the airport to the 'Warthog Meeting' of the Cleveland Clinic Alumni at the North Shore Private Hospital. We were met by **Dr. John Bergfeld** (USA) together with our local host in Sydney, **Dr. Myles Coolican** (Australia). We stayed at the hospital during our visit. On the first night, we enjoyed a dinner cruise on Sydney Harbour watching a beautiful sunset. Over the course of the next few days, we attended all the Warthog meetings and presented our scientific papers as well. The gala dinner was at the Kirribilli Bowling Club where we had the opportunity to thank our Cleveland Clinic hosts and to participate in a tribute to **Dr. John Bergfeld** (USA) as his colleagues presented him with an endowed lectureship. Our last day in Sydney was the final day of the Warthog meeting and the farewell dinner was held in a harbour restaurant.

On 8 March we traveled to Auckland to attend the ISAKOS Congress hosted by ISAKOS President **Dr. Barry Tietjens** (New Zealand). We had the opportunity to present our group to the meeting and thank all the friends we had made during our travels.

As I relive the memories, I can remember the great moments we experienced and I recognize the importance of this traveling fellowship. I am sure that the fellows, like me, will never forget this experience. ●



UPCOMING ISAKOS APPROVED COURSES

17TH KNEE ARTHROSCOPY WORKSHOP

Yonsei University College of Medicine
October 30, 2004
Seoul, Korea

For Further Information, Please Contact::

Sung-Jae Kim, MD
Fax: +82 2 363 1139
Email: severanscopy@yumc.yonsei.ac.kr

The 3rd Congress of the Asia-Pacific Knee Society Combined with the 7th Congress of Turkish Sports Traumatology, Arthroscopy and Knee Surgery

October 30-31, 2004, Istanbul
AND

November 1-4, 2004, Ankara

<http://www.asia-pacific-turkspor.org>

For Further Information, Please Contact:

Congress Secretariat
Fax: +90 212 258 60 78
Email: asia-pacific-turkspor@figur.net

18TH SHOULDER ARTHROSCOPY WORKSHOP YONSEI UNIVERSITY COLLEGE OF MEDICINE

November 6, 2004
Seoul, Korea

For Further Information, Please Contact:

Sung-Jae Kim, MD
Fax: +82 2 363 1139
Email: severanscopy@yumc.yonsei.ac.kr

2009 ISAKOS CONGRESS

Proposals for the 2009 Congress are now being accepted. The ISAKOS **Site Selection Committee** is now reviewing proposals for the 2009 ISAKOS Congress. Members may download the request for proposal on the ISAKOS website at www.isakos.com under the Member Only section. This proposal along with a formal, comprehensive packet should be submitted to the ISAKOS office (by post only) for consideration by the **Site Selection Committee**. Three complete packets per proposal are required.
Deadline for Submission: February 1, 2005

FUTURE MEETING

Australian Knee Society

The Annual Scientific Meeting of the Australian Knee Society will be held at the manly Pacific Hotel Sydney from 21 to 24 October 2004 preceding the Combined Orthopaedic Associations meeting. Members of ISAKOS are invited to attend and present papers. www.aoa.org.au

ISAKOS WORKSHOP SERIES 2004

IAS 2004 HANDS-ON CADAVERIC WORKSHOP

Basic Knee & Shoulder Arthroscopy

October 7-9, 2004

The workshops will be held at the King Edward VII Memorial Hospital and the conference will be held at the Bombay Hospital & Research Center in Mumbai, Maharashtra, India.

The workshop is designed as per international norms. There will be 14 complete arthroscopy stations along with fresh cadaveric knees & shoulders. Each workstation will have four delegates and two faculty members with complete instrumentation. This will ensure that each delegate will have a true sense of performing arthroscopic surgery under the expert guidance of the faculty member. This experience would be invaluable for any beginner who wants to develop his psychomotor skills.

The conference will include Lectures, Workshops, Live Surgery, Symposia, Current Concepts Lectures and Debates. These sessions will cover but are not limited to: ACL reconstruction, PCL reconstruction, Cartilage surgery, Meniscus repair and transplants, Shoulder instability, Ankle arthroscopy, SLAP / SLAC / PSGI: management options and Sports injuries. ●

✦ At **smith&nephew**, we develop surgical techniques that are less invasive than traditional open procedures. This results in reduced trauma and pain for the patient, reduced cost to healthcare systems, and better outcomes for surgeons. We're proud that every day we help patients quickly get back to normal . . . whatever that may be.

www.smith-nephew.com





**International Society of Arthroscopy,
Knee Surgery and Orthopaedic Sports Medicine**

2678 Bishop Drive, Suite 250
San Ramon, CA 94583 USA

Telephone: +1 (925) 807-1197

Fax: +1 (925) 807-1199

E-mail: isakos@isakos.com

Web: www.isakos.com



2005 ISAKOS CONGRESS

APRIL 3–7, 2005

WESTIN DIPLOMAT RESORT & SPA
HOLLYWOOD, FLORIDA, USA

Presorted Standard
U.S. Postage
PAID
Berwyn, IL
Permit No.73