

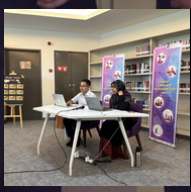


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# PIONEERING PRECISION: HIGHLIGHTS FROM OUR 1<sup>ST</sup> ACL RECONSTRUCTION LIVE SURGERY COURSE

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In the realm of orthopedic surgery, arthroscopic (minimally invasive) anterior cruciate ligament (ACL) reconstruction stands as one of the most sought-after surgeries, owing to the rising number of ACL tears. Recognizing the importance of training orthopaedic surgeons with proficiency in this procedure, the Sports Injury and Arthroscopy Unit of the Department of Orthopaedic & Traumatology organized Hospital Al-Sultan Abdullah's 1st ACL reconstruction Live Surgery Course on the 3rd and 4th of March 2024.

The course was chaired by the esteemed Assoc. Prof. Dr. Mohd Fairuz Mohd Miswan and assisted by Dr. Amirah Alsagoff, alongside a distinguished panel of speakers who shed light on every facet of ACL reconstruction. Among the luminaries were renowned sports surgeons,

including Prof. Dr. Wan Hazmy Che Hon from KPJ Seremban, Assoc. Prof. Dr. Mohd Nizlan Mohd Nasir from Universiti Putra Malaysia (UPM), and Assoc. Prof. Dr. Teo Seow Hui from Universiti Malaya (UM). Complementing the discourse was sports medicine physician Dr. Nik Haziman Wan Hamat from Hospital Sungai Buloh, and HASA's musculoskeletal radiologist Dr. Mohd Shukry Mohd Khalid.

On the first day of the course, participants delved into the nuances of ACL reconstruction, exploring various topics such as the indications for surgery, interpreting radiographic imaging, graft options, and different surgical techniques including the conventional and the all-inside technique. The day concluded with pre-operative rounds in the ward and in-depth discussions on the best approach

for the patients planned for surgery, providing participants with a comprehensive understanding of the pre-surgical considerations.

The highlight of the course was the second day's live surgery arthroscopic ACL reconstruction. Participants witnessed first-hand harvesting of bone patella tendon bone (BPTB) graft and hamstring graft using conventional tunnel techniques and the all-inside method, gaining invaluable insights into the practical application of theoretical knowledge. The second day's proceedings transcended traditional observation as participants were also allowed to scrub in and actively assist the surgeons.

As the course concluded with the presentation of certificates, a palpable sense of achievement filled the room. The attendees not only relished the hands-on learning experience but also thoroughly enjoyed the delicious food provided. We hope that this course will be the first of many, each building on the success of the last, ultimately leading to better patient outcomes and the advancement in arthroscopic surgery. This course also marked a milestone for the department and the success of this event has paved the way for future courses, promising to keep the sports and arthroscopy unit at the forefront of arthroscopic innovation and excellence.



**Figure 1:** Certificate presentation ceremony for participants.



**Figure 2:** Live surgery session - Prof. Dr. Wan Hazmy harvesting the BPTB graft.