

# AO Trauma Masters Course—Fractures around the Knee (With Human Anatomical Specimens)

## Tuesday

July 14, 2026

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08:00 - 09:00 Participants' Registration

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### Module 1

#### Distal Femur Fractures: From Classical Concepts to Smart Reconstruction

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09:00 - 09:15 Extra-articular Distal Femur Fractures: Modern Locked Lateral Plates F. Pereira

09:15 - 09:30 Retrograde Nailing and Combined Techniques: When the Canal Becomes Your Ally N. Tavares

09:30 - 09:45 Articular and Complex Fractures: From Hoffa to Multiplanar Patterns H. CostaSousa

09:45 - 10:00 Complications and Failures After Distal Femur Fixation: Prevention and Management

10:00 - 10:15 Emerging Trends and Innovation: The Future of Distal Femur Fixation T. MartinsAguiar

10:15 - 10:30 Coffee break

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#### 10:30 - 11:30 Discussion 1

Distal femur fractures - one clinical case per group, strategy planning and plenary discussion

Discussion Group 1

Discussion Group 2

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### Module 2

#### Tibial Plateau Fractures: From Mapping to Reconstruction

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11:30 - 11:50 Surgical Planning and the 4-Column Concept in Tibial Plateau Fractures

11:50 - 12:05 Lateral Approaches and Exposure Options: From Minimally Invasive to Extended J. Boluda-Mengod

12:05 - 12:20 Posterior Column: When and How to Approach M. Vale

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12:20 - 12:35	Complex and Bicondylar Fractures: Strategy, Sequencing and Staged Fixation	J. Boluda-Mengod
12:35 - 12:50	Tibial Spine Avulsions: ACL and PCL Considerations	T. MartinsAguiar
12:50 - 14:00	Lunch	
14:00 - 15:00	<b>Discussion 2</b> Tibial plateau fractures  Discussion Group 1 Discussion Group 2	

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## **Module 3**

### **WET LAB DAY 1**

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15:00 - 16:00	<b>Extended lateral approach to tibial plateau: epicondyle osteotomy</b>
16:00 - 17:00	<b>Posterior approach (Lobenhoffer/Carlson; Boluda; Luo) and posterior tibial plate</b>
17:00 - 17:30	Coffee break
17:30 - 18:30	<b>Anterolateral tibia approach: VA lateral tibia plate with percutaneous guide</b>
18:30 - 18:45	Closing Remarks

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# Wednesday

July 15, 2026

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## Module 4

### Periprosthetic & Peri-implant Fractures Around the Knee

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09:00 - 09:15 Periprosthetic Distal Femur Fractures J. Boluda-Mengod

09:15 - 09:30 Periprosthetic Tibial and Patellar Fractures F. Pereira

09:30 - 09:45 Peri-implant Fractures Around the Knee (When Old Hardware Meets New Fracture) F. R.L.GuerraPinto

09:45 - 10:45 **Interactive Session – I Bring My Case (7 min each)**

10:45 - 11:00 Coffee Break

11:00 - 12:00 **Discussion 3**  
Periprosthetic & peri-implant fractures

Discussion Group 1

Discussion Group 2

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## Module 5

### Associated and Functional Injuries Around the Knee

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12:00 - 12:15 Floating Knee and Complex Ipsilateral Femur–Tibia Injuries H. CostaSousa

12:15 - 12:30 Fracture-Dislocations of the Knee

12:30 - 12:45 Patellar and Extensor Mechanism Injuries M. Vale

12:45 - 13:00 Complications and Salvage After Fractures Around the Knee N. Tavares

13:00 - 14:00 Lunch

14:00 - 15:00 **Discussion 4**  
Miscellany & patella fractures

Discussion Group 1

Discussion Group 2

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## Module 6

### WET LAB DAY 2

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15:00 - 16:00 **Swashbuckler approach VA distal femur plate**

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16:00 - 17:00 **Dissection of medial aspect of the knee and thigh. Vascular bundle identification**

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17:00 - 17:30 **Coffee break**

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17:30 - 18:30 **Patellar approach and application of the patella plate**

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18:30 - 19:00 **Closing Remarks & End of the Course**

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**Thursday**

July 16, 2026

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