

Agenda

Smith and Nephew UFC Combat Course February 20-21, 2025

Course Description

Through panel discussions and lectures, attendees will develop skills and knowledge related to the treatment of sports medicine shoulder, hip, knee, foot and ankle, trauma, and ENT pathologies in combat sports athletes. Attendees will work alongside leading experts on current trends and techniques in combat sports medicine.

Learning Objectives

At the completion of this course, participants will be able to:

- Describe strategies for treating shoulder instability in combat athletes.
- Identify when to repair the meniscus in combat athletes.
- Identify appropriate ACL management and graft selection in combat athletes.
- Describe the basic science and patient indications for cartilage and biologics in combat athletes.
- Evaluate complex hip instability and impingement for combat athletes and describe surgical solutions and return to sport guidelines.
- Identify ankle instability and Achilles treatment algorithms for combat athletes.
- Describe techniques for wound, ear, and nose injury management in combat athletes.

Target Audience

This course is designed for intermediate to advanced sports medicine surgeons who treat or are interested in treating combat sports athletes.

Wednesday, February 19, 2025		
Time	Program Session	Faculty
7:00 pm – 9:00 pm	Faculty Dinner	
Thursday, February 20, 2025		
7:30 am – 8:20 am	Breakfast and Registration	
8:20 am – 8:25 am	Welcome from Smith and Nephew	
8:25 am - 8:30 am	Welcome From Dr. Michael Banffy	Dr. Michael Banffy
8:30 am – 11:20 am	Session I: Shoulder Injuries in the Combat Athlete	
8:30 am – 8:55 am	Panel 1: Instability – The First Time Dislocator – Soft Tissue Repair vs. Bony Augmentation?	
8:55 am – 9:20 am	Panel 2: Instability – The Repeat Offender, They Dislocated Again?!	
9:20 am - 9:35 am	REGENETEN: The Basic Science – Biology over Structural Solutions in Patients Who Wants to Return to Training Yesterday	
9:35 am – 10:00 am	Debate 1: Where Biomechanics Fail, We Bring in Biology! When and Why to Use REGENETEN	
10:00 am – 10:15 am	Break	
10:15 am - 10:35 am	Debate 2: To Remplissage or Not Remplissage – Range of Motion is King	
10:35 am - 10:50 am	Debate 3: Where it Bends it Breaks - The Merits of Buttons vs. Screws	
10:50 am – 11:05 am	Panel 6: Rehabilitation and Return to Sport for the Athlete Who Won't Just Tap Out of a Kimura	
11:05 am – 11:20 am	Break	
11:20 am – 12:10 pm	Session II: Special Topics	
11:20 am - 11:35 am	ENT: Treating Cauliflower Ear and Broken Noses	
11:35 am - 11:55 am	Sounds Like a Traumatic Sport	
11:55 am - 12:10 pm	The Uninsured Athlete	
12:10 pm - 1:10 pm	Lunch	
1:10 pm - 3:25 pm	Session III: F&A	
1:10 pm - 1:40 pm	Panel 1: Lateral Ankle Instability, Combat Fighters Have It – When Do You Treat It Surgically?	
1:40 pm - 2:10 pm	Panel 2: Achilles Tears – Will REGENETEN Get Your Athlete Back Faster?	
2:10 pm - 2:40 pm	Panel 3: Ankle Arthroscopy - When Chronic Instability Becomes and OCD	
2:40 pm - 2:55 pm	Break	
2:55 pm - 3:25 pm	Panel 4: Rehabilitation, Bracing, Return to Sport, Rolling Safely in Gyms Where White Belts Through Heel Hooks	
3:25 pm – 5:00 pm	Session IV: Special Topics	
3:25 pm - 3:45 pm	Wound Management: Who Cleans These Mats?!	
3:45 pm – 4:15 pm	Unified Minds: Interdisciplinary Approaches to Concussion Management	
4:15 pm – 5:00 pm	Guest Speaker	
5:00 pm	Adjourn General Session Day One	
7:00 pm – 9:00 pm	Group Reception	
9:00 pm	Adjourn Day One	
Friday, February 21, 2025		
7:00 am - 7:50 am	Breakfast and Registration	
7:50 am – 8:00 am	Morning Announcements	
8:00 am – 11:00 am	Session V: Hip	
8:00 am – 8:15 am	Evaluating the Combat Athletes for Hip Pain, Especially When It's Not Actually Hip Pain	

8:15 am – 8:40 am	Panel 1: Labral Tears – Acute vs Overuse	
8:40 am – 9:05 am	Panel 2: FAI: Your Short-Term Problem is Actually a Long-Term Problem. When do You Treat It and How?	
9:05 am – 9:30 am	Panel 3: Capsular Management – Increased Capsular Tension Leads to Instability, And Capsular Preservation is Critical!	
9:30 am – 9:45 am	Break	
10:15 – 10:35 am	Panel 4: Dysplasia + Coverage (PAO) – Protecting Range of Motion	
10:35 am – 10:50 am	Dysplasia and Hybrid Patterns of Reduced Volume Acetabulum and Concomitant FAI	
10:50 am -11:00 am	Panel 6: Rehabilitation and Return to Sport	
11:00 am – 11:15 am	Break	
11:15 am – 12:15 pm	Session VI: Special Topics	
11:15 am – 11: 35 am	Scientific Method of Weight Cutting: Role of Medicine	
11:35 am – 11:55 am	Fighting for Fighters: Ringside Standards and Advocacy for Combat Athlete Care	
12:00 pm - 12:15 pm	The Business of MMA Medicine: Ringside Doctors, UFC Athletes Aren't Pro Teams	
12:15 pm - 1:15 pm	Lunch	
1:15 pm - 4:15 pm	Session VI: Knee	
1:15 pm - 1:45 pm	Debate 1: The Meniscus is Repairable, But Your Fighter Says Remove It So They Can Get Back on the Mats	
1:45 pm - 2:15 pm	Debate 2: ACL – To Repair or Reconstruct?	
2:15 pm - 2:45 pm	Panel 1: ACL – When It Comes to Shooting, Quad with REGENETEN is the Answer	
2:45 pm - 3:00 pm	Break	
3:00 pm - 3:15 pm	Panel 2: My Fighter Was Caught in a Heel Hook and Now Their Knee is Shot – When Do I do an LET?	
3:15 pm - 3:45 pm	CartiHeal: Patient Selection and Indications for Combat Sports	
3:45 pm - 4:00 pm	Panel 3: Knee Rehabilitation, Return to Sport, and When to Brace	
4:00 pm - 4:15 pm	Break	
4:15 pm - 5:00 pm	Guest Speaker	
5:00 pm	Course Adjourns	