

Agenda

Smith+Nephew

Academy

Education + Innovation + Impact

UFC PERFORMANCE
INSTITUTE

Smith+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	All faculty
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	Michael Banffy, MD
8:30 am – 11:20 am	Session I: Shoulder Injuries in the Combat Athlete	Session Moderator: Scott Trenhaile, MD
8:30 am – 8:50 am	Panel 1: Instability – The First Time Dislocator – Soft Tissue Repair vs. Bony Augmentation?	Mod: Scott Trenhaile, MD Christopher Klifto, MD Fey Leung, MD Lucius Pomerantz, MD
8:50 am – 9:15 am	Panel 2: Instability – The Repeat Offender, They Dislocated Again?!	Mod: Giovanna Medina, MD, PhD Michael Banffy, MD Robert Hines, MD Steve Mora, MD
9:15 am - 9:25 am	REGENETEN: The Basic Science – Biology over Structural Solutions in Patients Who Wanted to Return to Training Yesterday	Christopher Klifto, MD
9:25 am – 9:50 am	Debate 1: Bring in Biology! When and Why to Use REGENETEN	Mod: Laith Jazrawi, MD Hafiz Kassam, MD Jacob Calcei, MD Christopher Klifto, MD
9:50 am – 10:00 am	Break	
10:00 am – 10:15 am	Technique in Focus: To Remplissage or Not Remplissage – Range of Motion is King	Mod: Michael Banffy, MD Robert Hines, MD Giovanna Medina, MD, PhD Jacob Calcei, MD
10:15 am - 10:35 am	Debate 2: Where it Bends it Breaks - The Merits of Buttons vs. Screws	Button: Giovanna Medina, MD, PhD Michael Banffy, MD Screw: Scott Trenhaile, MD Fey Leung, MD
10:35 am – 10:45 am	Locked and Loaded: “Cauliflower Elbow” Surgical Management	Steve Mora, MD
10:45 am – 11:05 am	Panel 3: Rehabilitation and Return to Sport for the Athlete Who Won’t Just Tap Out of a Kimura	Mod: Scott Trenhaile, MD Heather Linden, DPT Laith Jazrawi, MD Lucius Pomerantz, MD Hafiz Kassam, MD
11:05 am – 11:20 am	Break	
11:20 am – 12:10 pm	Session II: Special Topics	Michael Banffy, MD
11:20 am - 11:35 am	ENT: Treating Cauliflower Ear and Broken Noses	Casey Batten, MD
11:35 am - 11:55 am	Sounds Like a Traumatic Sport	Christopher Klifto, MD Guillem Gonzalez-Lomas, MD
11:55 am - 12:10 pm	The Uninsured Athlete	Megan Jimenez, MD
12:10 pm - 1:10 pm	Lunch	
1:10 pm - 3:25 pm	Session III: F&A	Session Moderator: Richard Ferkel, MD
1:10 pm - 1:45 pm	Panel 1: Lateral Ankle Instability, Combat Fighters Have It – When Do You Treat It Surgically?	Mod: Jason Lake, MD Christian Kikuchi, MD Kenneth Jung, MD John Marcel, MD
1:45 pm - 2:20 pm	Panel 2: Achilles Tears – Will REGENETEN Get Your Athlete Back Faster?	Mod: John Marcel, MD Jason Lake, MD

		Christian Kikuchi, MD Kenneth Jung, MD
2:20 pm - 2:45 pm	Panel 3: Ankle Arthroscopy – Diagnostic Arthroscopy – You Can’t Treat What You Can’t See	Mod: Richard Ferkel, MD Kenneth Jung, MD Christian Kikuchi, MD Jason Lake, MD
2:45 pm – 3:05 pm	Panel 4: Rehabilitation, Bracing, Return to Sport, Rolling Safely in Gyms Where White Belts Through Heel Hooks	Mod: Christian Kikuchi, MD Heather Linden, DPT Richard Ferkel, MD Kenneth Jung, MD
3:05 pm – 3:25 pm	Break	
3:25 pm – 5:00 pm	Session IV: Special Topics	Michael Banffy, MD
3:25 pm - 3:45 pm	Wound Management: Who Cleans These Mats?!	Lucius Pomerantz, MD
3:45 pm – 4:15 pm	Unified Minds: Interdisciplinary Approaches to Concussion Management	Mod: Heather Linden, MD Charles Hull, MS Casey Batten, MD Guillem Gonzalez-Lomas, MD
4:15 pm – 5:00 pm	Guest Speaker	Guest speaker Michael Banffy, MD
5:00 pm	Adjourn General Session Day One	
7:00 pm – 9:00 pm	Group Reception	All
9:00 pm	Adjourn Day One	
7:00 am - 7:50 am	Breakfast and Registration	
7:50 am – 8:00 am		
8:00 am – 11:00 am	Session V: Hip	Session Moderator: J.W. Byrd, MD
8:00 am – 8:15 am	Evaluating the Combat Athletes for Hip Pain, Especially When It’s Not Actually Hip Pain	J. W. Byrd, MD
8:15 am – 8:40 am	Panel 1: Labral Tears – Acute vs Overuse.	Mod: Tim Bert, MD Guillem Gonzalez-Lomas, MD Fay Leung, MD Jorge Chahla, MD, PhD
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?	Mod: J.W. Byrd, MD Fey Leung, MD Michael Banffy, MD Tim Bert, MD
9:05 am – 9:25 am	Panel 3: Capsular Management – Increased Capsular Tension Leads to Instability, And Capsular Preservation is Critical!	Mod: Scott Faucett, MD, MS Michael Banffy, MD J.W. Byrd, MD Jorge Chahla, MD, PhD
9:20 am – 9:30 am	Proximal Hamstring Injuries in Combat Athletes are a Real Pain in the...	Guillem Gonzalez-Lomas, MD
9:30 am – 9:45 am	Break	
9:45 am – 10:00 am	Dysplasia and Hybrid Patterns of Reduced Volume Acetabulum – PAO is the Answer for Fighters...Or Is It?	Robert Westermann, MD
10:15 – 10:35 am	Panel 4: What is Borderline Dysplasia and What is Your Treatment Algorithm When Range of Motion in Fighters is Key?	Mod: Jorge Chahla, MD, PhD, PhD Robert Westermann, MD Tim Bert, MD J.W. Byrd, MD
10:50 am -11:00 am	Panel 6: Rehabilitation and Return to Sport	Heather Linden, DPT J.W. Byrd, MD Guillem Gonzalez-Lomas, MD
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	Charles Hull, MS
11:35 am – 11:55 am	Fighting for Fighters: Ringside Standards and Advocacy for Combat Athlete Care	Heather Linden, DPT Guillem Gonzalez-Lomas, MD

12:00 pm - 12:15 pm	The Business of MMA Medicine: Ringside Doctors, UFC Athletes Aren't Pro Teams	Hafiz Kassam, MD Steve Mora, MD Robert Hines, MD
12:15 pm - 1:15 pm	Lunch	
1:15 pm - 4:15 pm	Session VI: Knee	Session Moderator: Jorge Chahla, MD, PhD
1:15 pm - 1:45 pm	Panel 1: The Meniscus is Repairable, But Your Fighter Says Remove It So They Can Get Back on the Mats	Mod: Robert Westermann, MD Steve Mora, MD Bob Hines, MD Megan Jimenez, MD
1:45 pm - 2:15 pm	Panel 2: ACL – Management of the ACL Deficient Knee	Mod: Scott Faucett, MD, MS Robert Westermann, MD Laith Jazrawi, MD Casey Batten, MD (non op management)
2:15 pm - 2:45 pm	Panel 3: ACL – When It Comes to Shooting, Quad with REGENETEN is the Answer	Mod: Laith Jazrawi, MD Scott Faucett, MD, MS Robert Westermann, MD Jacob Calcei, MD
2:45 pm - 3:00 pm	Break	
3:00 pm - 3:15 pm	Panel 4: My Fighter Was Caught in a Heel Hook and Now Their Knee is Shot – When Do I do an LET?	Mod: Jorge Chahla, MD, PhD Scott Faucett, MD, MS Robert Westermann, MD Jacob Calcei, MD
3:15 pm - 3:45 pm	CartiHeal: Patient Selection and Indications for Combat Sports	Scott Faucett, MD, MS
3:45 pm - 4:00 pm	Panel 5: Knee Rehabilitation, Return to Sport, and When to Brace	Megan Jimenez, MD Heather Linden, DPT Robert Bob Hines, MD Robert Westermann, MD
4:00 pm - 4:15 pm	Break	
4:15 pm - 5:00 pm	Guest Speaker Steve Mora, MD Christian Kikuchi, MD	
5:00 pm	Course Adjourns	