

Preservation Arthroplasty for Knee OA - Basic Course 2023 -

In your practice, are you always overwhelmed by the following statements?

- Knee OA is an irreversible degenerative disease
- Arthroscopic management is a sham procedure for knee OA
- HTO could only buy time for knee OA
- UKA is an unnecessary procedure before TKA
- Cell therapy is the future for knee OA

We appreciate your interest in this course, a culmination of our research and clinical experience that have spanned more than 20 years and have benefited more than 10,000 sufferers of knee OA. We believe this course will broaden and change your vision regarding all the above questions about knee OA.

In this course, we will unveil the details of a comprehensive treatment protocol of knee OA that is based on our long-standing, extensive, and in-depth investigations of the roles that medial plica and its resulting medial abrasion phenomenon play in the pathogenesis of knee OA. With a clearer view of a cause of knee OA, our treatment, therefore, has been specific, precise, and effective, both subjectively in patients' view and objectively in terms of radiographic findings.

Faculty:

- 呂紹睿主任 大林慈濟醫院 國際膝關節健康促進中心主任 / 教學部主任
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- 楊琳敏醫師 台中澄清醫院平等院區 / 骨科主治醫師
- 李心白主任 屏基醫療財團法人屏東基督教醫院 / 骨科主任
- 余曉荃主任 台中慈濟醫院 膝關節健康促進中心主任 / 骨科主治醫師
- 洪碩穗主任 台北慈濟醫院 膝關節健康促進中心主任 / 骨科主任
- 洪榮斌醫師 大林慈濟醫院 國際膝關節健康促進中心 / 骨科主治醫師
- 林毅成醫師 衛生福利部雙和醫院 / 骨科主治醫師
- 周立展醫師 大林慈濟醫院 國際膝關節健康促進中心 / 骨科主治醫師

Date: September 23, 2023

Organizer:

Knee Health Promotion Center, Taipei Tzu Chi Hospital

Venue:

Taipei Tzu Chi Hospital

Topic:

ACRFP

Moderator:洪碩穗

Time	Topic	Speaker
08:30~	Registration	
08:50-09:00	Course Introduction	洪碩穗
09:00-09:20	MAP As A Cause of Knee OA	呂紹睿
09:20-09:40	The Development Of KHPO	呂紹睿
09:40-10:40	ACRFP Experience Sharing	方彥博、曾宗煒、楊琳敏、李心白
10:40-11:00	Coffee Break	

UKA

Moderator: 呂紹睿

Time	Topic	Speaker
11:00-11:30	UKA – Basics and Technique Tips	余曉荃
11:30-12:30	Workshop UKA	余曉荃
12:30-13:30	Lunch	

HTO

Moderator: 李心白

Time	Topic	Speaker
13:30-14:00	HTO – Basics and Technique Tips	洪碩穗
14:00-14:20	HTO Experience Sharing	洪榮斌、林毅成
14:30-14:40	Discussion	洪碩穗
14:40-15:00	Coffee Break	
15:00-16:00	Workshop	洪碩穗

ACRFP + Cell Therapy

Moderator: 楊琳敏

Time	Topic	Speaker
16:00-16:30	KHPO 2.0	呂紹睿
16:30-16:50	Cell Therapy Experience Sharing	周立展
16:50-17:00	Discussion	呂紹睿
17:00~	Adjourn	

References:

1. Lyu S-R, Hsu C-C, Hung J-P, Chou L-C. Arthroscopic cartilage regeneration facilitating procedure can modify the clinical course of knee osteoarthritis. *Journal of Orthopaedic Surgery*. 2023;31(2). doi:[10.1177/10225536231180331](https://doi.org/10.1177/10225536231180331)
2. Lyu, S-R, Hung, J-P, Hsu, C-C, Chen, Y-R, Lin, C-W, (2021) Arthroscopic Cartilage Regeneration Facilitating Procedure: A Decompressing Arthroplasty for Knee Osteoarthritis. doi. org/10.21203/rs.3.rs-32928/v2
3. Lyu S-R, Hsu C-C, Hung J-P. Medial abrasion syndrome: a neglected cause of persistent pain after knee arthroplasty. *J Orthop Surg Res*. 2021;16(1).
4. Tsung-Chiao Wu, Chuan-Hsin Yen, Shaw-Ruey Lyu, Shuo-Suei Hung. Modification in foot pressure and gait pattern after arthroscopic cartilage regeneration pacilitating procedure (ACRFP)l in patients with osteoarthritis of knee. *Journal of Mechanics in Medicine and Biology* Vol. 19, No. 2 (2019) 1940026.
5. S.R. Lyu, Knee health promotion option for knee osteoarthritis: a preliminary report of a concept of multidisciplinary management, *Healthy Ageing Research*, 4-34, 2015. (KHPO)
6. S.R. Lyu, D.S. Liu, C.E. Tseng, H.S. Wang and L.K. Chau, Role of medial abrasion phenomenon in the pathogenesis of knee osteoarthritis, *Medical Hypotheses*, 85(2), 207-211, 2015.
7. Shaw-Ruey Lyu, Ching-Chih Lee, Chia-Chen Hsu, Medial abrasion syndrome: a neglected cause of knee pain in middle and old age, *Medicine*, 94(16), e736, 2015. (MAS)
8. D.S. Liu, Z.W. Zhuang, S.R. Lyu. Relationship between medial plica and medial femoral condyle—a three-dimensional dynamic finite element model. *Clinical Biomechanics*. Volume 28, Issues 9–10, November–December 2013, Pages 1000–1005
9. Chih-Chang Yang, Cheng-Yu Lin, Hwai-Shi Wang, Shaw-Ruey Lyu, Matrix Metalloproteases and Tissue Inhibitors of Metalloproteinases in Medial Plica and Pannus-like Tissue Contribute to Knee Osteoarthritis Progression. *PLoS ONE* 8(11): e79662. doi:10.1371/journal.pone.0079662.
10. Shaw-Ruey Lyu, Chia-Chen Hsu and Chih-Wen Lin, Arthroscopic cartilage regeneration facilitating procedure for osteoarthritic knee. *BMC Musculoskeletal Disorders* 2012, 13:226, <http://www.biomedcentral.com/1471-2474/13/226> (ACRFP)
11. Wang, H. S., Kuo, P. Y., Yang, C. C., & Lyu, S. R. (2011). Matrix metalloprotease-3 expression in medial plica and pannus-like tissue in knees

from patients with medial compartment osteoarthritis. *Histopathology*, 2011, 58(4), 593-600. (SCI)

12. Lyu SR, Chiang JK, and Tseng CE, Medial plica in patients with knee osteoarthritis: a histomorphological study, *Knee surgery, sports traumatology, arthroscopy: official journal of the ESSKA*, 2010,18(6):769-76. (SCI)
13. Shaw-Ruey Lyu, Arthroscopic medial release for medial compartment osteoarthritis of the knee, *J Bone Joint Surg Br*, September, 2008, Vol 90-B, issue 9, Pages 1186-1192. (SCI)
14. Shaw-Ruey Lyu, Relationship of medial plica and medial femoral condyle during flexion. *Clinical Biomechanics*, 2007, Volume 22, Issue 9, Pages 1013-1016. (SCI)
15. Shaw-Ruey Lyu, Jeh-En Tzeng, Chia-Yuan Kuo, Ai-Ru Jian, De-Shin Liu Mechanical strength of mediopatellar plica-The influence of its fiber content *Clinical Biomechanics*, Volume 21, Issue 8, October 2006, Pages 860-863 (SCI)
16. Lyu SR, Hsu CC, Medial plicae and degeneration of the medial femoral condyle. *Arthroscopy*. 2006 Jan;22(1):17-26. (SCI)

Book Chapters:

1. Lyu, S-R, Liu, DS, Tseng, CE, et al (2012). Knee Health Promotion Option for Osteoarthritic Knee: Cartilage Regeneration is Possible, Osteoarthritis - Diagnosis, Treatment and Surgery, Prof. Qian Chen (Ed.), ISBN: 978-953-51-0168-0.