

## AO Skills Lab

### General introduction

The AO Skills Lab for orthopedic surgeons was developed with the idea that through interactive hands-on practice, practical examples, and faculty-guided discussions, the participants can improve their knowledge and understanding about the basic concepts of bone fracture treatment.

The AO Skills Lab consists of ten stations that tackle different questions and problems regarding the following four major basic orthopedic topics:

- Surgical skills improvement
- Mechanics of bone fracture
- Fracture healing
- Mechanics of bone fixation



As participants advance in groups through every station, they will be able to practice and interact with different models and devices that have been created specifically to facilitate understanding of the principle being examined, and to get a practical understanding of each topic.

Generally, participants spend eleven minutes of practical and discussion time at each station and then one minute changing stations, while faculty stay at the same station for the whole time. Illustrations 1 and 2 show the rotation after the first 11 minutes. The whole activity (ten stations) is designed to be completed in about 120 minutes (2 hours).

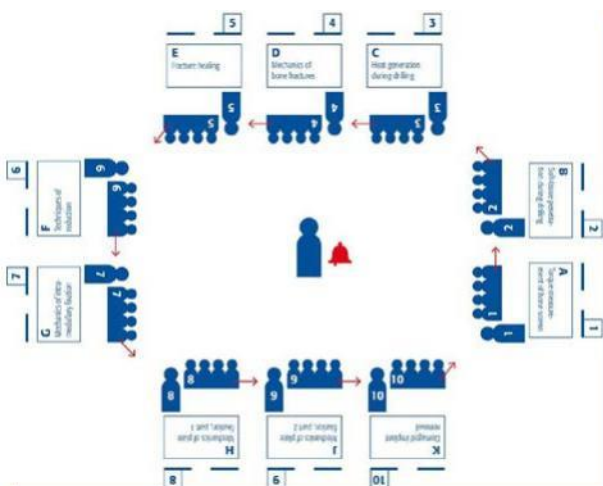


Illustration 1: AO Skills Lab Director rings the bell, participants switch

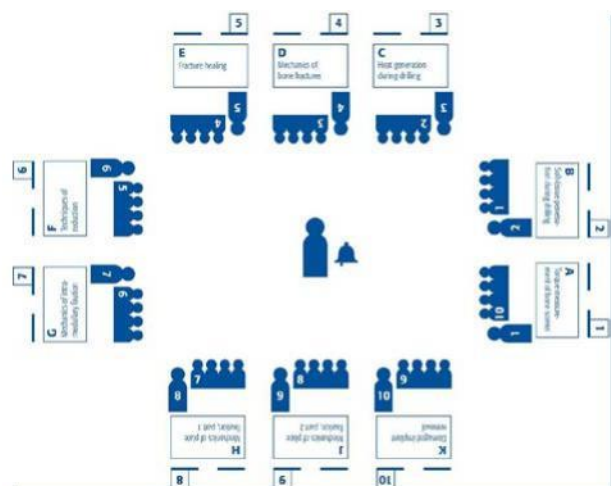


Illustration 2: Second presentation: Group 1 is at station 2 with faculty 2

The optimal overall group size is 60 people (6 per station) but it can cater for up to 80. Bigger groups will be separated in two or more sessions, as participants need the one-on-one practical, hands-on experience and time to practice and discuss each exercise.