AGENDA

UFC Combat Course

February 19–20, 2026

Virtual

Thursday
February 19, 2026
Course 8:15 am – 5:00 pm PT

Friday
February 20, 2026
Course 7:50 am – 5:00 pm PT



Course Chair
Michael Banffy, MD
Cedars-Sinai
Los Angeles, CA

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, wound care, joint reconstruction, and ENT pathologies in combat sports athletes. Attendees will work alongside leading experts on current trends and techniques in combat sports medicine.

Course Objectives

- Describe strategies for treating shoulder instability and rotator cuff disease in combat athletes.
- Identify meniscal and ACL repair and reconstruction treatment algorithms in combat athletes.
- Identify appropriate ACL graft selection in combat athletes.
- Describe the basic science and patient indications for cartilage repair and biologic augmentation 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 and ENT 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.

Program Manager:
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February 19, 2026

7:30 am – 8:15 am	**Breakfast and Registration**	
8:15 am – 8:20 am	Welcome from Smith+Nephew	
8:20 am – 8:25 am	Welcome from the Course Chair	Michael Banffy, MD
8:25 am – 8:30 am	Welcome from the UFC	UFC
8:30 am – 11:20 am	**Session I: Shoulder Injuries in the Combat Athlete**	**Session Moderator:** Scott Trenhaile, MD
8:30 am – 8:35 am	REGENETEN®: The Basic Science – Biology Over Structural Solution in Athletes Who Wanted to Return to Training Yesterday	
8:35 am – 8:55 am	**Debate 1:** When to Use REGENETEN – Bring on the Biology!	
8:55 am – 9:10 am	**Panel 1:** Instability – The First Time Dislocator – Soft Tissue Repair vs. Bony Augmentation?	
9:10 am – 9:30 am	**Panel 2:** Instability – The Repeat Offender, They Dislocated Again?!	
9:30 am – 9:45 am	**Panel 3:** Technique in Focus: To Remplissage or Not Remplissage – Range of Motion Is King	
9:45 am – 10:00 am	**Break**	
10:00 am – 10:20 am	**Panel 4:** Armbars and Biceps– the Elbow Surgeon's Dream	
10:20 am – 10:40 am	**Panel 5:** The AC Joint – Trauma or Sports?	
10:40 am – 10:45 am	The Aging Athlete: Arthroplasty for the Combat Athlete	
10:45 am – 11:00 am	**Panel 6:** Rehabilitation and Return to Sport for the Athlete Who Won't Just Tap Out of a Kimura	
11:00 am – 11:05 am	Live Shoulder Combat Demonstration	
11:05 am – 11:20 am	**Break**	
11:20 am – 12:10 pm	**Session II: Special Topics**	**Session Moderator: Michael Banffy, MD**
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 Business of MMA Medicine: Combat Athletes Aren't Pro Teams	
12:10 pm – 1:10 pm	**Lunch**	

1:10 pm – 3:25 pm	**Session III: F&A + Concurrent Breakouts**	**Session Moderator: Christian Kikuchi, MD**
1:10 pm – 1:25 pm	**Panel 1:** Diagnostic Arthroscopy – You Can't Treat What You Can't See	
1:25 pm – 1:45 pm	**Panel 2:** Lateral Ankle Instability, Combat Fighters Have It – When Do You Treat It Surgically?	
1:45 pm – 2:05 pm	**Panel 3:** It's Never Just a Sprain, is it?	
2:05 pm – 2:25 pm	**Panel 4:** Fractures and Foot Locks	
2:25 pm – 2:40 pm	**Panel 5:** Achilles Tears – Will REGENETEN® Get Your Athlete Back Faster?	
2:40 pm – 2:50 pm	The Aging Athlete: From Rolling to Replacements	
2:50 pm – 3:05 pm	**Panel 5:** Rehabilitation, Bracing, Return to Sport, Rolling Safely in Gyms Where White Belts Through Heel Hooks	
3:05 pm – 3:10 pm	Live F&A Combat Demonstration	

1:10 pm – 3:25 pm	**Session III: F&A + Concurrent Breakouts Track**	
1:10 pm – 1:20 pm	Transition to Breakouts	
1:20 pm – 1:50 pm	Breakout A: Doping: New Sport, New Rules	
1:50 pm – 2:00 pm	Rotate Breakouts	
2:00 pm – 2:30 pm	Breakout B: CARTIHEAL – the Cartilage Solution for Combat Sports	
2:30 pm – 2:40 pm	Rotate Breakouts	
2:40 pm – 3:10 pm	Breakout C: Baby Fighters – Not Just for Adults	
3:10 pm – 3:25 pm	**Break**	
3:25 pm – 5:00 pm	**Session IV: Special Topics**	**Session Moderator: Michael Banffy, MD**
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	UFC Guest Speaker: XX	
5:00 pm	Adjourn General Session Day One	
7:00 pm – 9:00 pm	**Welcome Event at the UFC Performance Institute**	
9:00 PM	**Adjourn Day One**	

February 20, 2026

7:00 am – 7:50 am	**Breakfast and Registration**	
7:50 am – 8:00 am	Welcome and Announcements	
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	
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 – 9:25 am	**Panel 3:** Capsular Management – Increased Capsular Tension Leads to Instability and Capsular Preservation Is Critical!	
9:25 am – 9:35 am	Proximal Hamstring Injuries in Combat Athletes Are a Real Pain in the ...	
9:35 am – 9:50 am	**Break**	
9:50 am – 10:05 am	Dysplasia and Hybrid Patterns of Reduced Volume Acetabulum – PAO Is the Answer for Fighters ... Or Is It?	
10:05 – 10:30 am	**Panel 4:** What Is Borderline Dysplasia and What is Your Treatment Algorithm When Range of Motion in Fighters Is Key?	
10:30 am – 10:45 am	**Panel 5:** Rehabilitation and Return to Sport	
10:45 am – 10:55 am	Live Hip Combat Demonstration	
10:55 am – 11:10 am	**Break**	
11:10 am – 12:10 pm	**Session VI: Special Topics**	
11:10 am – 11:30 am	Scientific Method of Weight Cutting: Role of Medicine	
11:30 am – 11:55 am	Fighting for Fighters: Ringside Standards and Advocacy for Combat Athlete Care	

11:55 am – 12:10 pm	The Uninsured Athlete	
12:10 pm – 1:10 pm	**Lunch**	
1:10 pm – 4:15 pm	**Session VII: Knee**	**Session Moderator: Jorge Chahla, MD, PhD**
1:10 pm – 1:40 pm	**Panel 1:** The Meniscus Is Repairable, But Your Fighter Says Remove It So They Can Get Back on the Mats Faster	
1:40 pm – 2:10 pm	**Panel 2:** ACL – Management of the ACL Deficient Knee	
2:10 pm – 2:40 pm	**Panel 3:** ACL and Complex Multiligament Injuries – When It Comes to Shooting, Quad With REGENETEN® Is the Answer	
2:55 pm – 3:15 pm	**Panel 4:** My Fighter Was Caught in a Heel Hook and Now Their	
3:15 pm – 3:45 pm	CARTIHEAL®: Patient Selection and Indications for Combat Sports	
3:45 pm – 4:00 pm	**Panel 5:** Knee Rehabilitation, Return to Sport, and When to Brace	
4:00 pm – 4:05 pm	Live Knee Combat Demonstration	
4:05 pm – 4:15 pm	**Break**	
4:15 pm – 5:00 pm	UFC Guest Speaker: X	
5:00 pm	**Course Adjourns**	