Cadaveric Knee Course

Hellenic Association of Arthroscopy,
Knee Surgery & Sports Traumatology
"George Noulis"

October 20th & 21st 2023

Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

– Basic
&
– Advanced
Groups

100% hands-on
Master your techniques
Develop new skills
Identify common mistakes

Program

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WELCOME MESSAGE

Dear friends of the Hellenic Arthroscopic Society,

It is with great pleasure that we announce the organization of the **Knee Arthroscopy Cadaveric Course,** which will be held at the **Anatomy Laboratory of the National and Kapodistrian University of Athens,** on October 20 and 21, 2023. Using the resources, know-how and scientific potential of the Society, and with the aid of the **Society's President Vassilios Houliaras** and **Anatomy Professor Theodoros Troupis,** we hope to implement, once again, one of its main goals, dissemination of scientific knowledge, transmission of experience and continuous education of its members.

The scientific program will include a **theoretical** and a **practical** part, with the first starting at noon on the first day and the second occupying the entire second day. Instructors of the Seminar will be colleagues highly experienced in arthroscopic surgery of the knee. Applications can be sent by trainees, new specialist Orthopedic Surgeons, as well as more experienced colleagues who wish to further optimize their techniques.

In order to make the most of this Seminar, and taking into account the experience from previous similar events, it was decided to have two innovations. **The first innovation** will be the formation of two groups, where the first **(basic**) will be made up of colleagues who wish to practice more basic skills in knee arthroscopy and the second (**advanced**), which will deal with more advanced techniques. **The second innovation** is the ratio of trainees per cadaver which will be 2 to 1. Thus, each cadaveric knee will have only two trainees, which will give enough time for them to practice, experiment, solve all the questions about the possibilities them on the knee, so that the event will be a real **"hands-on" seminar.**

We also pledge that all techniques and manipulations will be primarily performed by the trainees and the faculty members will only have high supervision of the entire process, intervening only to facilitate.

We look forward to the participation of colleagues with a keen interest in arthroscopic knee surgery and believe that we will satisfy their need for continuous practice and improvement of their skills to the maximum.

Kind regards,

1st Vice President
Plessas Spyridon

Special Secretary
Alexandros Tzaveas

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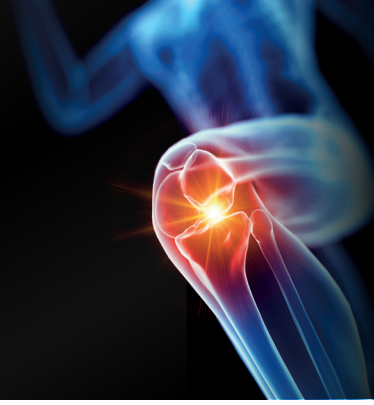

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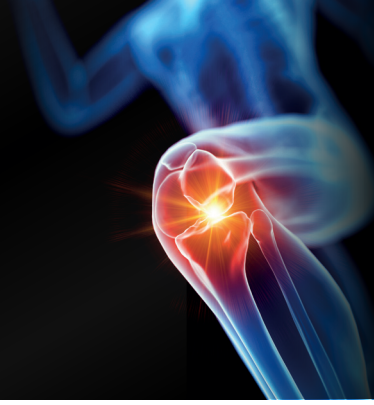

SCIENTIFIC COMMITTEE

Chairman:
Tzaveas Alexandros

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Hantes Michael
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Zibis Aristides

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SCIENTIFIC PROGRAM

Friday 20th October 2023

Theoretical Part

Amphitheater of Department of Anatomy
National and Kapodistrian University of Athens

16.00 - 17.00 Registration
17.00 - 17.15 Welcome and introduction talks
Plessas Spyridon, Tzaveas Alexandros

THE BASICS: KNEE ANATOMY AND BIOMECHANICS

17.15 - 17.25 The knee as a whole
Zibis Aristides
17.25 - 17.35 The importance of menisci
Terzidis Ioannis
17.35 - 17.45 ACL and PCL: major stabilizing structures
Papadakou Evgenia
17.45 - 17.55 Patellofemoral joint
Intzoglou Konstantinos
17.55 - 18.00 Questions and Discussion

THE BASICS: KNEE ARTHROSCOPY

18.00 - 18.10 Theater setup for knee arthroscopy
Chouliaras Vasilios
18.10 - 18.20 Portals: tips and tricks
Kouloumentas Panagiotis
18.20 - 18.30 Arthroscopic round: 10 tips + 5 pitfalls
Kateros Konstantinos
18.30 - 18.40 Meniscectomy: 10 tips + 5 pitfalls
Kouzelis Antonios
18.40 - 18.50 Meniscal repair all inside: 10 tips + 5 pitfalls
Savvidis Matthaios
18.50 - 19.00 Meniscal repair outside in: 10 tips + 5 pitfalls
Boutsiadis Achilleas
19.00 - 19.10 Meniscal repair inside out: 10 tips + 5 pitfalls
Mastrokalos Dimitrios

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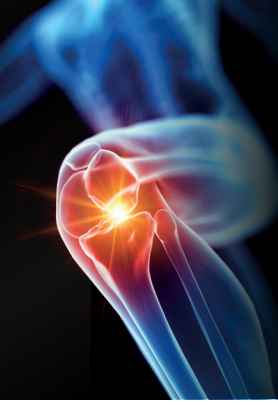

SCIENTIFIC PROGRAM

Friday 20th October 2023

Theoretical Part

Amphitheater of Department of Anatomy
National and Kapodistrian University of Athens

ADVANCED TECHNIQUES

19.10 - 19.20	Graft harvest: hamstrings patellar tendon quadriceps tendon 10 tips + 5 pitfalls **Kiriakidis Theofylaktos**
19.20 - 19.30	ACL reconstruction : technique description **Karachalios Georgios - Grigorios**
19.30 - 19.40	PCL reconstruction + PLRI: technique description **Plessas Spyridon**
19.40 - 19.50	MPFL reconstruction : technique description **Dagiopoulos Panagiotis**
19.50 - 20.00	LEMAIRE: technique description **Panagopoulos Andreas**
20.00 - 20.10	Discussion
21.00	Dinner

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SCIENTIFIC PROGRAM

Saturday 21th October 2023

Practical on cadaveric knees

Laboratory of Anatomy
National and Kapodistrian University of Athens

INSTRUCTORS

Basdekis Georgios
Boutsiadis Achilleas
Chiotis Ioannis
Chouliaras Vasilios
Dagiopoulos Panagiotis
Georgoulis Anastasios
Gliatis Ioannis
Intzoglou Konstantinos
Iosifidis Michael
Karachalios Grigorios
Kateros Konstantinos
Kiriakidis Theofylaktos
Kouloumentas Panagiotis
Kouzelis Antonios
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Posantzis Markos
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Tokis Anastasios
Tzourmpakis Matthaios

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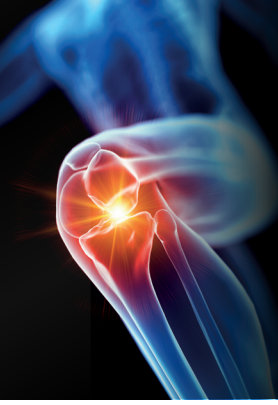

SCIENTIFIC PROGRAM

Saturday 21th October 2023

Practical on cadaveric knees

Laboratory of Anatomy
National and Kapodistrian University of Athens

07.30 - 08.00 Registration
08.00 - 08.15 Briefing
08.15 - 08.30 Delegates preparation

BASIC

08.30 - 10.00 Portals -Arthroscopic round
10.00 - 12.00 Medial and lateral meniscectomy + microfractures
12.00 - 12.30 Light lunch
12.30 - 14.00 Meniscal repair - all inside
14.00 - 15.45 Meniscal repair
inside-out
outside-in
15:45 - 16:00 Coffee break
16.00 - 18.00 Free practice

ADVANCED

08.30 - 10.00 Meniscal repair
10.00 - 12.00 ACL reconstruction
12.00 - 12.30 Light lunch
12.30 - 14.00 MPFL reconstruction
14.00 - 15.45 PCL + PLRI
15.45 - 16.00 Coffee break
16.00 - 18.00 Lemaire technique or free practice

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INDEX

Basdekis Georgios	MD, PhD, Orthopaedic Surgeon, Head of sport medicine of AELFC (soccer) and KAE LARISSA (basketball), Owner of "The Medical Project", Larisa
Boutsiadis Achilleas	MD, PhD, Military Orthopaedic Surgeon, 2nd Orthopaedic Department, "401 Military Hospital of Athens", Bioclinic of Athens - Bioclinic Advanced Shoulder Service, Athens
Chiotis Ioannis	MD, PhD, MSc Orthopaedic Surgeon, Assoc. Director 3rd Orthopaedic Department, "Hygeia" hospital, Athens
Chouliaras Vasilios	Orthopedic Surgeon, Senior Consultant, Orthopaedic Department, "General Hospital of Arta" President of Hellenic Arthroscopic Society, Member of PFI Committee of ESSKA
Dagiopoulos Panagiotis	Consultant Orthopaedic Surgeon, Reconstructive Surgery and Arthroscopic Sports Traumatology, "Mediterraneo Hospital", Athens
Georgoulis Anastasios	Professor in Orthopaedics, "Hygeia" Hospital, Athens, "Metropolitan Hospital", Athens and "St. Luke's Hospital", Thessaloniki
Gliatis Ioannis	Orthopaedic Surgeon, Associate Professor in Orthoaedics, University Hospital of Patras
Intzoglou Konstantinos	Director of 2nd Orthopaedic Department IASO GENERAL CLINIC
Iosifidis Michael	Orthopaedics and Sports Surgeon, Director 3rd Orthopaedic Department, European Interbalkan Medical Center, Thessaloniki
Karachalios Georgios – Grigorios	Orthopaedic Surgeon - Sport Physician (IOC Dip Sp Phy), Clinical Director of B' Ortopaedic - Sport Injuries Department, Medical Center of Athens - Palaio Faliro Clinic, Athens

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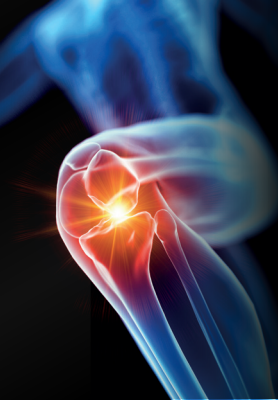

INDEX

Kateros Konstantinos	MD, MSc, PHD, Orthopedic Surgeon, Director of A' Orthopedic Department of Athen's General Hospital "G. Gennimatas", Athens
Kiriakidis Theofylaktos	MD, MSc, PhD, Orthopedic Surgeon, Knee Surgery and Sports Traumatology, Academic Fellow, 2nd Orthopedic Clinic A.U.Th., Thessaloniki Consultant Erasme University Hospital, Brussels, Belgium
Kouloumentas Panagiotis	Orthopaedic Surgeon, Director Athens Sport Orthopaedis Clinic for Orthopaedics and Sport Orthopaedics Metropolitan Hospital, Athens
Kouzelis Antonios	Orthopaedic Consultant, Department of Orthopaedics, University Hospital of Patras
Mastrokalos Dimitrios	MD, PhD, Orthopaedic Surgeon, Assist. Professor of the University of Athens, 1st Orthopaedic Department, General University Hospital "ATTIKO", Division of Knee and Sports Medicine, Athens
Nikolaou Pantelis	MD, PhD, Orthopaedic Surgeon, Director Orthopaedic Clinic, Division Sports Medicine, "Athens Medical Center", Athens
Panagopoulos Andreas	MD, PhD, Associate Professor in Orthopaedics, Patras University Hospital, Development Board member of AO Greek Chapter, Chairman of ISAKOS approved live-surgery course: patrasfellowship.com, Society member of SECEC/ESSE, ISAKOS, ESSKA, ICRS
Papadakou Evgenia	Dr, MD, MSc, PhD, Consultant Orthopaedic Surgeon, Head of Sports Injuries Department, "KAT" Hospital, Athens

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Plessas Spyridon	MD, PhD, Consultant Orthopaedic Surgeon, General Hospital of Nikaia-Piraeus, Athens
Posantzis Markos	MD, PhD, MSc Orthopaedic Surgeon, Clinic "Metropolitan" Hospital, Athens
Savvidis Matthaios	MD, Phd, Orth. & Trauma Surgeon, Department Director 2nd Orth. Unit, "424 General Military Training Hospital", Thessaloniki
Skarpas Georgios	MD, PhD, MSc, Head of 3rd Orthopaedic Department for Sports Injuries & Regenerative Medicine, "MITERA" General Hospital, Adjunct Professor of Medicine, Hellenic Open University, Athens
Terzidis Ioannis	MD, PhD, BSc, FEBSM, Orthopaedic Surgeon, As. Prof of Sports Injuries A.U.Th., TheMIS Orthopaedic Center, Thessaloniki
Tokis Anastasios	Orthopaedic Surgeon, Medical Director, Orthopaedic Clinic "Metropolitan" Hospital, Athens
Tzaveas Alexandros	MSc, PhD, Consultant Orthopaedic Surgeon, Interbalkan European Medical Center, Thessaloniki
Tzourmpakis Matthaios	Orthopaedic Surgeon, Director of Orthopaedic Clinic, Evangelismos Hospital, Athens
Zibis Aristides	Orthopaedic Surgeon, Professor Department of Anatomy, Medical School, University of Thessaly

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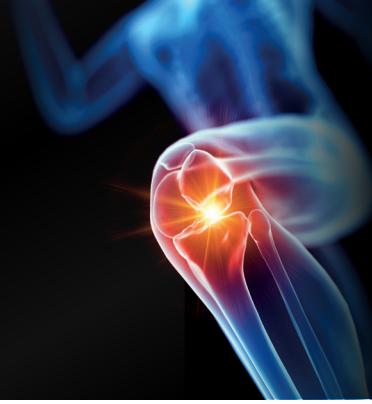

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GENERAL INFORMATION

DATES
20-21 October 2023

VENUE
Departmemnt of Anatomy, National and Kapodistrian University of Athens
75 Mikras Asias str., Goudi, TK. 11577

OFFICIAL LANGUAGE
The official language of the Seminar is Greek
We kindly ask you the presentations (power point) to be in English Language

REGISTRATION FEE
TWO PERSONS PER TABLE FOR PRACTICAL ON CADAVERIC KNEES

Basic / Advanved : 850€

Registration fee includes:

- Attendance to all scientific sessions of the Seminar
- Attendance to Practical on cadaveric specimens
- Electronic Certificate
  The Cerirficate of Attendance will be sent to participants by e-mail
- Attendance to coffee break & lunch break

CME/CPD ACCREDITATION
The Hellenic Medical Association will provide Seminar's participants with 13 UEMS-EACCME credits (Continuing Medical Education/Continuing Professional Development) in accordance with the criteria of EACCMEU/ EMS (European Accreditation Council on Continuing Medical Education)

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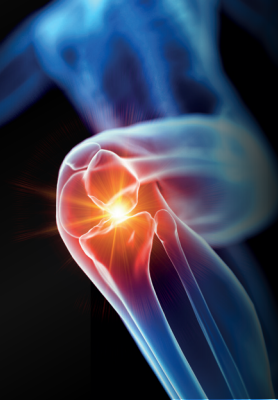

GENERAL INFORMATION

ORGANIZATION

Hellenic Association of Arthroscopy, Knee Surgery and Sports Injuries
“Georgios Noulis”

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