

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

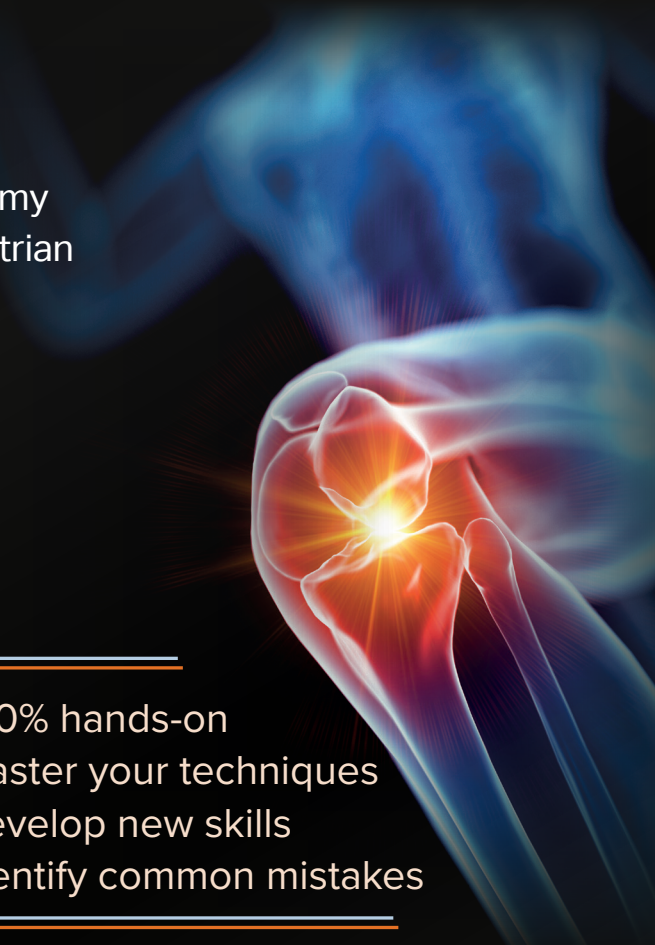
International participation

2 surgeons - 1 cadaveric knee

- Basic
&
– Advanced
Groups

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

Program



Cadaveric Knee Course



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

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

October 20th & 21st 2023



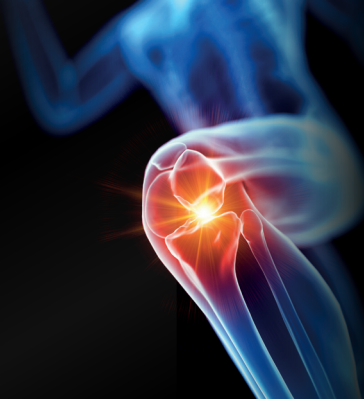
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
– Advanced
Groups

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



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

President

Chouliaras Vasileios

Past President

Iosifidis Michael

1st Vice-President

Plessas Spyridon

2nd Vice-President

Panagiotis Kouloumentas

General Secretary

Savvidis Matthaïos

Special Secretary

Tzaveas Alexandros

Treasurer

Zibis Aristides

Members

Liantsis Athanasios

Dagiopoulos Panagiotis

Cadaveric Knee Course



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

ORGANIZING COMMITTEE

Chairman:

Plessas Spyridon

Members:

Boutsiadis Achilleas

Chiotis Ioannis

Chouliaras Vasilios

Chrisikos Dimosthenis

Dagiopoulos Panagiotis

Giavopoulos Panagiotis

Intzoglou Konstantinos

Ioannidis Panagiotis

Iosifidis Michael

Karachalios Grigorios

Kateros Konstantinos

Koulalis Dimitrios

Kouloumentas Panagiotis

Kouzelis Antonios

Kiriakidis Theofylaktos

Liantsis Athanasios

Panagopoulos Andreas

Papadakou Evgenia

Posantzis Markos

Savvidis Matthaios

Skarpas Georgios

Terzidis Ioannis

Tokis Anastasios

Tsakotos Georgios

Tsikouris Georgios

Tzaveas Alexandros

Zibis Aristides

October 20th & 21st 2023



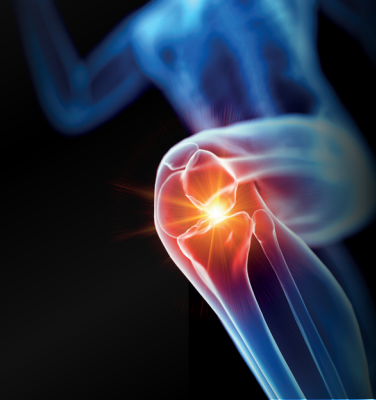
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
– Advanced
Groups

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



SCIENTIFIC COMMITTEE

Chairman:

Tzaveas Alexandros

Members:

Chouliaras Vasilios

Georgoulis Anastasios

Gliatis Ioannis

Hantes Michael

Iosifidis Michael

Kouloumentas Panagiotis

Liantsis Athanasios

Mastrokalos Dimitrios

Nikolaou Pantelis

Panagiotis Dagiopoulos

Papadopoulos Periklis

Papageorgiou Christos

Papastergiou Stergios

Paraskevas Georgios

Piskopakis Nikolaos

Savvidis Matthaios

Troupis Theodoros

Tzourmpakis Matthaios

Ververidis Athanasios

Zibis Aristides

Cadaveric Knee Course



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

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 Matthaïos

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

October 20th & 21st 2023



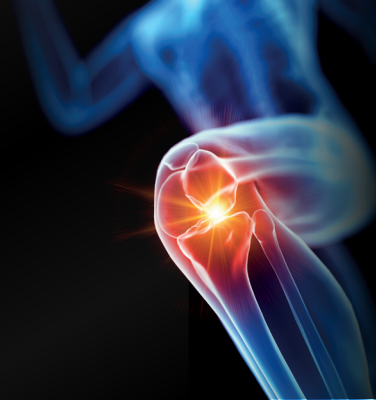
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
- Advanced
Groups

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



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

Cadaveric Knee Course



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

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

Mastrokalos Dimitrios

Nikolaou Pantelis

Panagopoulos Andreas

Papadaku Evgenia

Plessas Spyridon

Posantzis Markos

Savvidis Matthaios

Skarpas Georgios

Terzidis Ioannis

Tokis Anastasios

Tzourmpakis Matthaios

October 20th & 21st 2023



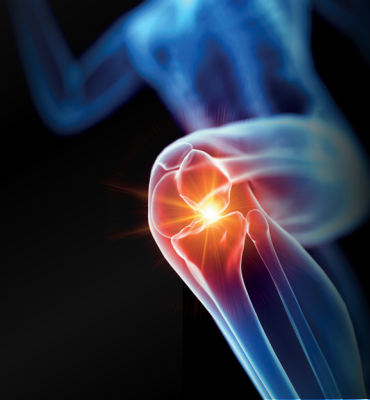
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
- Advanced
Groups

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



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

Cadaveric Knee Course



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

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 Orthopaedics, 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' Orthopaedic - Sport Injuries Department, Medical Center of Athens - Palaio Faliro Clinic, Athens

October 20th & 21st 2023



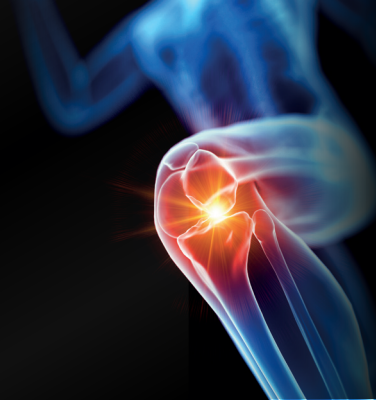
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
- Advanced
Groups

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



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

Cadaveric Knee Course



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

INDEX

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 Matthaïos	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 Matthaïos	Orthopaedic Surgeon, Director of Orthopaedic Clinic, Evangelismos Hospital, Athens
Zibis Aristides	Orthopaedic Surgeon, Professor Department of Anatomy, Medical School, University of Thessaly

October 20th & 21st 2023



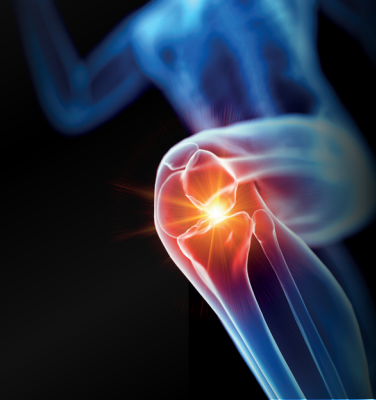
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
- Advanced
Groups

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



ACKNOWLEDGEMENTS

The President and the Organizing Committee of the 9th Congress of Arthroscopic Surgery and Sports injuries would like to thank the following Companies for their kind contribution to the Congress:



Cadaveric Knee Course



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

GENERAL INFORMATION

DATES

20-21 October 2023

VENUE

Department 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 / Advanced : 850€

Registration fee includes:

- Attendance to all scientific sessions of the Seminar
- Attendance to Practical on cadaveric specimens
- Electronic Certificate

The Certificate 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)

October 20th & 21st 2023



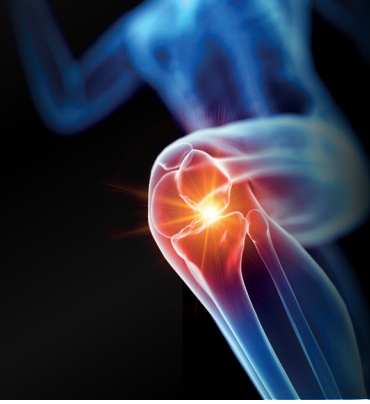
Department of Anatomy
National and Kapodistrian
University of Athens

International participation

2 surgeons - 1 cadaveric knee

- Basic
&
- Advanced
Groups

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



GENERAL INFORMATION

ORGANIZATION



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

SEMINAR SECRETARIAT



M.K. Premium, Congress and social events
Riga Feraiou & Andrea Zakou, Christina Center,
Zip Postal Code 58256, 3732, Limassol, Cyprus
Telephone: +357 99812240, +30 2310 226250
E-mail: info@mk-premium.com

Cadaveric Knee Course

October 20th & 21st 2023



Department of Anatomy
National and Kapodistrian
University of Athens