

State-of-the-art Arthroscopy

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9th CONGRESS OF ARTHROSCOPIC SURGERY AND SPORTS INJURIES

9 June 2022

Cadaveric Workshop / Anatomy Lab A.U.Th.

9 - 11 June 2022

Makedonia Palace Thessaloniki

ORGANISED BY:



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

UNDER THE AUSPICES OF:



PROGRAM



MAGNETOM Vida 3T with BioMatrix



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Welcome Message

Dear friends,

The 9th Biannual Congress of the Hellenic Society of Arthroscopy, Knee Surgery and Sports Traumatology “Georgios Noulis” is already a fact. Here, in Thessaloniki, Greece, the great participation of friends and members, alongside with many colleagues from abroad, make us believe that this Conference will be another successful moment in our twenty-year history.

During the last two years we have managed to overcome the insurmountable problems that the pandemic has brought to the strengthening and spreading the knowledge process. Two years ago, overcoming the inaction and entanglements of the past, we managed, after an open, democratic and highly participatory election procedure of the new Board of Directors, to restart our activities both in Greece and abroad.

The targeted educational procedures of the International Webinars and the Cadaveric Seminar that we organized, and our continuous participation in all the international conferences of Arthroscopic Surgery, Sports Medicine and Sports Injuries constituted the institutional role of the Greek Arthroscopic Society.

Recognition of this role is also condemned we took part in all active consensus projects of the European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA), of which we are one of the most active members both quantitatively and mainly qualitatively.

The key direction of our action is to focus on the scientific knowledge expansion about minimally invasive treatments in the musculoskeletal system and sports injuries. Our members, the departments in our country contribute creatively to the new knowledge production with their research studies.

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Welcome Message

Being an active member of the European and Global family of Orthopedics of Sports Injuries, we aim over time to enhance the knowledge and experience of our colleagues. The fellowships conducted under our guidance are also an important action in this direction.

In this endeavor, supporters are the big Societies of the orthopaedic family: from abroad of course the European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA) to which we are an Affiliated Society, but also the International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine (ISAKOS), and the International Cartilage Regeneration & Joint Preservation Society (ICRS), as well as from our country: the Hellenic Association of Orthopaedic Surgery & Traumatology (HAOST) and the Orthopaedic and Trauma Association of Macedonia and Thrace (OTAMAT).

So stay tuned with the Hellenic Arthroscopic Society to keep acting together in our scientific field, and to share achievements and experiences.

Sincerely,

Michael Iosifidis, MD, PhD
President of the Hellenic Arthroscopic Society

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Stefan Mogos
Joan Carles Monllau
Michael Rossi
Romain Seil
Sebastian Siebenlist
Rainer Siebold
Emin Taskiran
Rene Verdonk
Richard Villar
Daniel Wascher**



SCIENTIFIC PROGRAM

Thursday 9th June 2022

Anatomy Lab

9.00 - 15.00

HANDS-ON CADAVERIC COURSE

Hip Portals – diagnostic round – acetabular labrectomy – acetabular labral repair with anchors – acetabular microfractures – acetabular recession (pincer) – femoral osteoplasty (cam)

Alexandros Tzaveas, Alkiviadis Kallivokas, Christos Paliobeis

Knee Portals – diagnostic round – meniscectomy – meniscus repair – ACL reconstruction-PCL/ PCL reconstruction LARS graft

Panagiotis Kouloumentas, Georgios Skarpas, Andreas Karagiannis, Athanasios Liantsis, Vasileios Chouliaras, Spyridon Plessas

Shoulder Portals – diagnostic round – rotator cuff repair – labral repair

Emmanouil Brilakis, Vasileios Vrangalas, Ilias Ntisios, Andreas Panagopoulos, Christos Sinopidis

15.00 - 15.45

Lunch Break

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SCIENTIFIC PROGRAM

Thursday 9th June 2022

Makedonia Palace “Alexandros” Hall

15.45 - 16.00

Congress Opening

16.00 - 17.30

WHAT'S NEW IN SPORTS INJURIES – CAN WE PREVENT THEM?

Chairs: Konstantinos Natsis, Christos Lyrtzis

Shoulder: only the overhead athletes?

Ilias Ntisios

Hip: the “at-risk” population

Georgios Tsikouris

Knee: contact – non-contact, which is the most likely?

Aristeidis Zimbis

Ankle: how to handle instability?

Charilaos Voulgaropoulos

Muscle injuries: can we accelerate rehab?

Antonios Papoutsidakis

Preventive strategies

Christos Theos

17.30 - 17.45

Coffee Break



SCIENTIFIC PROGRAM

Thursday 9th June 2022

17.45 - 19.15

CARTILAGE INJURIES: IS SOMETHING CHANGING?

Chairs: Stergios Papastergiou,
Anastasia Tilentzoglou

Do microfractures need any biologic enhancement?
Athanasios Liantsis

Scaffold options for focal cartilage injuries
Matthaios Savvidis

Cell therapies for focal cartilage injuries
Dionisios Chissas

Autologous minced cartilage: Is it a cell or tissue transplantation?
Ioannis Terzidis

Osteochondral unit transplantation: when and how
Dimitrios Koulalis

Where we are going in the next decade
Emmanouil Papakostas

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SCIENTIFIC PROGRAM

Thursday 9th June 2022

"Amfitrion" Hall

17.45 - 19.15

Free papers Session

Chairs: Ioannes Melas, Apostolos Stathellis

OP01 QUANTITATIVE ASSESSMENT OF GLENOID BONE LOSS IN ATHLETES WITH ANTERIOR SHOULDER INSTABILITY. COMPARISON OF CT SCAN AND 3D PRINTING

I. Vlastos¹, G. Kalinterakis¹, E. Gianzina¹, CK. Yiannakopoulos¹

¹ School of Physical Education & Sport Science, Sports Medicine & Exercise
Biology Section, National & Kapodistrian University of Athens

OP02 QUANTITATIVE ASSESSMENT OF GLENOID BONE LOSS WITH A NOVEL TECHNIQUE USING 3D PRINTING TECHNOLOGY. RELIABILITY AND VALIDITY OF A NEW METHODOLOGY

I. Vlastos¹, G. Kalinterakis¹, E. Gianzina¹, CK. Yiannakopoulos¹

¹ School of Physical Education & Sport Science, Sports Medicine & Exercise
Biology Section, National & Kapodistrian University of Athens

OP03 SUPERIOR CAPSULAR RECONSTRUCTION IN MASSIVE ROTATOR CUFF TEAR . THE EFFECT OF THE BONE DENSITY OF THE GLENOID AND THE HUMEROUS

A. Papadimitriou¹, I. Bampis¹, N. Garantziotis¹, K. Bekas¹, N. Zervakis¹,
A Boutsiadis ^{1,3}

¹General Army Hospital Athens

²G.H. "Gennimatas" Athens

³Bioclinic Athens

OP04 THE SUPRASCAPULAR NERVE ARTHROSCOPIC ANTERIOR AND ENDOSCOPIC POSTERIOR RELEASE IN ELITE VOLLEYBALL PLAYERS

G. Tsikouris¹, I. Antonopoulos³, T. Papadakis¹, V. Psychogios², Th, Troupis³

¹Athens Kolonaki Orthopaedics & Sports Medicine Center (AKOSMC)

²5th Orthopaedic Clinic, General Hospital "Asklepieio", Voula, Athens

³Medical School, National Kapodistrian University of Athens, Greece

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OP05 AUGMENTATION OF MASSIVE ROTATOR CUFF TEAR (MRCT) WITH LONG HEAD OF BICEPS TENDON (LHBT) PERMITS IMMEDIATE PASSIVE MOBILIZATION AND GOOD MID-TERM CLINICAL AND RADIOLOGICAL OUTCOME

I. Bampis¹, A. Papadimitriou¹, P. Nikolakeas², K. Bekas³, A. Boutsiadis^{1,4}

¹401 General Army Hospital Athens

²G.H. Kalamata

³G.H. "Gennimatas"

⁴Bioclinic Athens

OP06 COMPARISON OF CORTICAL BUTTON VERSUS SUTURE ANCHOR FIXATION FOR ACUTE DISTAL BICEPS BRACHII TENDON REPAIRS IN HIGH DEMANDED MALE PATIENTS

A. Panagopoulos, P. Antzoulas, K. Solou, S. Papagiannis, Z.T. Kokkalis
Patras University Hospital, Greece

OP07 OSTEOCHONDRAL TALAR LESIONS – ARTHROSCOPIC TREATMENT. TEN YEARS OF EXPERIENCE BASED ON 29 CASES

I. Vasiadis, K. Bosinakis, G. Anagnostou, N. Goutsiou, P. Enfietzoglou, V. Tsakiri, M. Kotsapas, A. Eleftheropoulos
Orthopaedic Department General Hospital of Naousa

OP08 ARTHROSCOPIC SUBTALAR FUSION. SURGICAL TECHNIQUE. OUR 10 YEARS OF EXPERIENCE

P. Enfietzoglou, M. Kotsapas, V. Tsakiri, N. Goutsiou, G. Anagnostou, K. Bosinakis, I. Vasiadis and A. Eleftheropoulos
Orthopaedic Department – General Hospital of Naousa

OP09 ARTHROSCOPIC ANKLE FUSION. SURGICAL TECHNIQUE. TEN YEARS OF EXPERIENCE

N. Goutsiou, G. Anagnostou, P. Enfietzoglou, V. Tsakiri, M. Kotsapas, I. Vasiadis, K. Bosinakis and A. Eleftheropoulos
Orthopaedic Department, Naousa's General Hospital

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OP10 EFFICACY OF MINIMALLY INVASIVE SURGERY ON HALLUX VALGUS – A SYSTEMATIC REVIEW AND META-ANALYSIS

A. Lisacek-Kiosoglous^{1,2}, A. Georgiou¹, S. Antoniou³, S. Ristanis⁴

¹European University Cyprus, School of Medicine, Nicosia, Cyprus

²Bronglais General Hospital, Aberystwyth, United Kingdom

³Mediterranean Hospital of Cyprus, Limassol, Cyprus

⁴Department of Orthopaedics, Metropolitan Hospital, Athens, Greece

OP11 AN EPIDEMIOLOGICAL RETROSPECTIVE COMPARATIVE STUDY OF THE FUNCTIONAL STATUS AND THE COMMONEST UPPER LIMB INJURIES BETWEEN BOXERS AND NON-BOXERS IN GREECE

V. Giannatos, A. Panagopoulos, P. Antzoulas, J. Lakoumentas,
S.I. Giakoumakis

Patras University Hospital, Greece

OP12 PRESENTATION OF THE ARTHROSCOPICALLY ASSISTED TIBIO-TALAR-CALCANEUS ARTHRODESIS TECHNIQUE (TTC FUSION)

G. Anagnostou, N. Goutsiou, M. Kotsapas, P. Enfientzoglou, V. Tsakiri and
A. Eleftheropoulos

Orthopaedic Department of G.H of Naousa

OP13 ARTHROSCOPIC ANKLE FUSION USING TWO SCREWS IN A CROSSED CONFIGURATION

S. Papageorgiou, T. Papageorgiou, F. Tilkidis, E. Petkidis, Ch. Papageorgiou

Orthopaedic Clinic of University Hospital of Ioannina Greece

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Thursday 9th June 2022

OP14 ARTHROSCOPIC RECONSTRUCTION OF CHRONIC ANKLE INSTABILITY USING THE BROSTRÖM TECHNIQUE - PRESENTATION OF 8 CASES

K. Gkoumousian, Z. Kiourka, A. Polyzos, K. Mposinakis, I. Petrakis, A. Eleftheropoulos

Naousa General Hospital, Naousa, Greece

OP15 HINDFOOT ENDOSCOPY-ARTHROSCOPY. OUR 10 YEARS OF EXPERIENCE IN 83 PATIENTS

K. Bosinakis¹, M. Kotsapas¹, I. Vasiadis¹, P. Enfietzoglou¹, N. Goutsiou¹, G. Anagnostou¹, V. Tsakiri¹, A. Eleftheropoulos¹

¹*Orthopaedic Department, General Hospital of Naousa*

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SCIENTIFIC PROGRAM

Friday 10th June 2022

“Alexandros” Hall

08.30 - 09.15

CLINICAL DIAGNOSTICS – THE “HOT” SIGNS

Chairs: Konstantinos Ditsios,
Efthimios Papasoulis

Shoulder

Alexander Tsarouhas

Elbow

Nikolaos Zagoraios

Wrist

Konstantinos Makridis

Hip

Vasileios Raoulis

Knee

Vasileios Fotopoulos

Ankle

Georgios Papadopoulos

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Friday 10th June 2022

09.15 - 10.00

MODERN AND ADVANCED KNEE SURGERY TECHNIQUES

Chairs: Georgios Drosos, Lazaros Oikonomidis

What's new in multiligament-injury surgery
Ioannis Gliatis

Is osteotomy still in fashion?
Athanasios Ververidis

Knee robotics: myths and reality
Anastasios Tokis

Can uni "preserve" athletic activity?
Theofylaktos Kiriakidis

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SCIENTIFIC PROGRAM

Friday 10th June 2022

10.00 - 11.30

SAVE THE MENISCUS

**Chairs: Matthaïos Tzourmpakis,
Nikiforos Galanis**

Discoid meniscus: when and how should be treated?

Antonios Kouzelis

All-inside vs inside-out: which "wins"?

Panagiotis Kouloumentas

Meniscal bucket handle tear repair: when tissue heals and the patient returns to preinjury activity

Georgios Basdekis

New insight on tear patterns: ramp and root

Romain Seil

Is there strong evidence (RCT's) for saving the meniscus?

Dimitrios Mastrokalos

Meniscal replacement: role & results

Rene Verdonk

11.30 - 12.00

Coffee Break



SCIENTIFIC PROGRAM

Friday 10th June 2022

12.00 - 13.45

ACL SURGERY IN 21ST CENTURY

Chairs: Nikolaos Piskopakis, Michael Iosifidis

Does ACL repair work?

Georgios-Grigorios Karachalios

ACL injury in skeletally immature: “act” or “wait”

Pantelis Nikolaou

Revision ACL: how to avoid a “new” failure

Jacques Menetrey

Recreational athletes with ACL injury: How we cope with them?

Anastasios Georgoulis

When ACL primary reconstruction “needs” also ALL?

Michael Hantes

Primary ACL reconstruction from graft choice to return to play

Robert Marx

ACL reconstruction-Tips and tricks

Rainer Siebold

13.45 - 14.45

Lunch Break

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Friday 10th June 2022

14.45 - 16.15

PATELLOFEMORAL JOINT: AN A-LA-CARTE TREATMENT

Chairs: Spyridon Plessas, Nikolaos Samaras

Diagnostic algorithm and decision making

Panagiotis Ntagiopoulos

First dislocation in skeletal immature patient

Stefan Mogos

MPFL only?

Joan Carles Monllau

Tubercle osteotomy: to address maltracking, alta,
cartilage?

Emin Taskiran

Trochleoplasty: rarely performed?

Vasileios Chouliaras

Combined cartilage – instability issues

Vasileios Vrangalas

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16.15 - 17.15

PAPER WRITING AND REVIEW / RESEARCH

Chairs: Rene Verdonk, Anastasios Georgoulis

How to organize your research plan

Daniel Wascher

The art of publishing a paper

Richard Villar

Manuscript Reviewing: Pearls for a Successful Review

Michael Rossi

17.15 - 17.45

Coffee Break

17.45 - 19.00

ROTATOR CUFF TREATMENT: AN OVERVIEW

Chairs: Periklis Papadopoulos,

Dimitrios Alexakis

SCR: for which patient, and how?

Johannes Barth

Post-operative protocols and healing process after arthroscopic cuff repair: early mobilization or not?

Ioannis Gigis

RC repair: always needs acromioplasty +/-

AC joint resection?

Zinon Kokkalis

The failed RC repair: decision making and... options

Sebastian Siebenlist

Single row – double row: is there still a dilemma?

Emmanouil Brilakis

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19.00 - 20.00

THE "MIDDLE-AGED" HIP AND KNEE

Chairs: Konstantinos Tilkeridis,
Christos Paliobeis

A life-time in hip preservation – looking back
Richard Villar

When arthroscopy ends and arthroplasty begins:
Knee
Efstathios Chronopoulos

When arthroscopy ends and arthroplasty begins:
Hip
Viron Chalidis

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“Amfitrion” Hall

09.00 - 10.30

WHAT'S NEW IN REHABILITATION AFTER SPORTS INJURIES

Chairs: Panagiotis Tsaklis, Dimitrios Pasvantis

Gait analysis in athletes

Ioannis Giakas

Rehabilitation after hip arthroscopy

Alexandros Karagiannidis

Physio limits and perspectives in tendon and muscle injuries

Dimitrios Aftosmidis

Rehabilitation after arthroscopy for shoulder instability

Prodromos Kotsanopoulos

ACL reconstruction: how physiotherapy can prevent osteoarthritis?

Michael Pagkalos

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17.45 - 19.00

Free papers Session

Chairs: Michael Tiliakos, Kosmas Petras

OP16 FEMORO-ACETABULAR IMPINGEMENT AND LABRUM DETACHMENT: ENDOSCOPIC GLUTEUS MEDIUS REPAIR

G. Tsikouris¹, I. Antonopoulos^{1,2}, Th. Papadakis¹, V. Psychogios³,
D. Chrysikos², Th. Troupis²

¹Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC)

²Anatomy Department, Athens Medical School

³Director 5th Orthopaedic Clinic, General Hospital "Asklepieio", Voula, Athens

OP17 INJECTABLE CELL-BASED THERAPY FOR KNEE OSTEOARTHRITIS IMPROVED JOINT FUNCTION AT LONG TERM FOLLOW-UP

T. Kyriakidis^{1,2,3}, I. Melas⁴, A. Tzaveas³, E. Michalopoulos⁵, M. Iosifidis⁴

¹Department of Orthopaedic Surgery and Traumatology, Erasme University
Hospital, Université Libre de Bruxelles, Belgium

²2nd Orthopaedic Department, General Hospital "G. Gennimatas", Aristotle
University of Thessaloniki, Greece

³3rd Orthopaedic Department, European Interbalkan Medical Center

⁴3rd Orthopaedic Department, European Interbalkan Medical Center,
Orthobiology, Surgery Center

⁵Hellenic Cord Blood Bank, Biomedical Research Foundation Academy of
Athens, Greece

OP18 MENISCECTOMY VS MENISCAL REPAIR IN PROFESSIONAL ATHLETES. A COMPARATIVE STUDY WITH A MINIMUM FOLLOW-UP 6 YEARS

I. Terzidis, E. Papasoulis, C. Karambamba, A. Sideridis, A. Karavelis, T. Totlis.

TheMIS Orthopaedic Center, Thessaloniki, Greece

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OP19 RETURN TO SPORTS FOLLOWING RECONSTRUCTION OF THE MEDIAL PATELLOFEMORAL JOINT. COMPARISON BETWEEN ACUTE AND CHRONIC INSTABILITY

C. Yiannakopoulos, A. Champipis, G. Kalinterakis, I. Vlastos, S. Delis, N. Sachinis

Orthopaedic Department, IASO Hospital, Athens, Greece

OP20 THE APPLICATION OF ULTRASOUND GUIDED KNEE ARTHROSCOPY FOR CALCIFIED PATELLAR TENDINOPATHY IN ELITE WEIGHT LIFTERS

G. Tsikouris¹, J. Antonopoylos³, Th. Papadakis¹, H. Yiannoulatos¹, D. Tsikouris², E. Tsikouris², V. Psychoyios⁴, Th. Troupis⁵

¹Athens Kolonaki Orthopaedic & Sports Medicine Center (AKOSMC)

²Kalamata Physiokinnisis Rehabilitation Centre

³Post Graduate of the Medical School of Athens

⁴Director 5th Orthopaedic Clinic, General Hospital "Asklepieio", Voula, Athens

⁵Professor of Anatomy Department, Athens Medical School

OP21 MIDTERM CLINICAL OUTCOMES AND KNEE STABILITY AFTER ACL RECONSTRUCTION WITH A HYBRID GRAFT USING HAMSTRING AUTOGRAFT AND LIGAMENT AUGMENTATION AND RECONSTRUCTION SYSTEM LARS

P. Antzoulas, I. Vrachnis, A. Panagopoulos, A. Kouzelis, I. Lianou, A. Ampariotou, D. Avramidis, I. Gliatis

Orthopedic Clinic of University General Hospital of Patras

OP22 MEDIAL MENISCAL ALLOGRAFT TRANSPLANTATION WITH BONE-BRIDGE TECHNIQUE: A LONGITUDINAL STUDY AND THE SURGICAL TECHNIQUE OF A SINGLE INSTITUTION

I. Fanourgiakis¹, R. Siebold¹

¹ International Center for Orthopedics, ATOS Clinic, Heidelberg, Germany

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OP23 CLINICAL AND BIOLOGIC OUTCOMES OF POLYURETHAN SCAFFOLDS IN POST-MENISCECTOMY MEDIAL MENISCUS SEGMENTAL DEFECTS: PROSPECTIVE COHORT STUDY

M. Savvidis¹, A. Tsolakidis¹, M. Karanassos¹, A. Konstantinidis¹,
Ch. Karampalis¹, S. Skotidakis¹, V. Vrangalas¹

¹2nd Orthopedic Unit, 424 General Military Hospital, Thessaloniki

OP24 SURGICAL TREATMENT OF ARTICULAR CARTILAGE INJURIES ASSOCIATED WITH PATELLAR DISLOCATION IN THE SKELETALLY IMMATURE

I. Melas^{1,2}, K. Petras^{1,2}, G. Gkikas^{1,2}, A. Tzaveas¹, M. Iosifidis^{1,2}

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OP25 CARTILAGE REPAIR IN THE SKELETALLY IMMATURE KNEE: A COMPARATIVE STUDY OF DIFFERENT SURGICAL TECHNIQUES

I. Melas^{1,2}, G. Gkikas^{1,2}, K. Petras^{1,2}, T. Kyriakidis¹, M. Iosifidis^{1,2}

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OP26 SURGICAL TREATMENT OF MULTI-LIGAMENT KNEE INJURIES WITH TIBIAL PLATEAU FRACTURES

C. Kyratzoglou, M. Posantzis, P. Ioannidis, K. Moulazimis, S. Plessas

Department of Orthopaedics, Nikaia General Hospital "Ag. Panteleimon"

9 June 2022

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Friday 10th June 2022

OP27 PATIENTS SATISFACTION AFTER POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

C. Pitsilos¹, T. Kyriakidis^{1,2}, P. Papadopoulos¹, C. Kampouridis¹, I. Gigis¹, P. Papadopoulos¹

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OP28 ARTHROSCOPIC FLEXOR HALLUCIS LONGUS TENDON TRANSFER AS A TREATMENT OPTION IN ACUTE ACHILLES TENDON RUPTURE. OUR CASE SERIES

M. Kotsapas, N. Goutsiou, G. Anagnostou, V. Tsakiri, P. Enfietzoglou, K. Bosinakis, I. Vasiadis, A. Eleftheropoulos

Orthopaedic Department, Naousa's General Hospital

OP29 ROBOTIC-ASSISTED VERSUS COMPUTER – NAVIGATED TOTAL KNEE REPLACEMENT: A PROSPECTIVE RANDOMIZED STUDY

K. G. Makridis¹, S.-E. Zourntou¹, M. Mpoulovana¹, V. Mintza¹, A. Kotrotsios¹, M. Georgoussis¹

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OP30 TOTAL KNEE ARTHROPLASTY WITH THE NAVIO 7 ROBOTIC SYSTEM: A PROSPECTIVE STUDY

K. G. Makridis¹, S.-E. Zourntou¹, M. Mpoulovana¹, V. Mintza¹, A. Kotrotsios¹, M. Georgoussis¹

¹Iaso Thessalias, Larisa, Greece

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Saturday 11th June 2022

“Alexandros” Hall

08.30 - 09.15

PORTAL PLACEMENT: TIPS AND TRICKS

Chairs: Nikolaos Anastasopoulos,
Evgenia Papadakou

Shoulder

Frantzeska Zampeli

Elbow

Dimitrios Kotzamitelos

Wrist

Aaron Venouziou

Hip

Dimitrios Kostopoulos

Knee

Konstantinos Intzoglou

Ankle

Stavros Ristanis



SCIENTIFIC PROGRAM

Saturday 11th June 2022

09.15 - 10.00	AVOIDING PITFALLS WHEN SCOPING
	Chairs: Evangelos Pantazis, Christos Papageorgiou
	Shoulder Konstantinos Kateros
	Elbow Christos Koukos
	Wrist Nikolaos Darlis
	Hip Alkiviadis Kallivokas
	Knee Trifon Totlis
	Ankle Efthimios Iliopoulos

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Saturday 11th June 2022

10.00 - 11.15

FEMOROACETABULAR IMPINGEMENT

Chairs: Alkiviadis Kallivokas,
Alexandros Tzaveas

FAI: how to plan and how much bone to resect?

Athanasios Papavasileiou

Labral repair state of the art

Lazaros Poultsidis

Should we repair the capsule?

Bent Lund

Why hip arthroscopy fails?

Alexandros Tzaveas

Hip Arthroscopy: What do the registries say?

Christos Paliobeis

11.15 - 11.45

Coffee Break

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Saturday 11th June 2022

11.45 - 13.00

SHOULDER INSTABILITY: WHEN AND HOW DO WE OPERATE?

Chairs: Ilias Bisbinas, Dimosthenis Alaseirlis

How clinical examination and imaging can help the decision making: soft tissue repair or bone block augmentation?

Christos Sinopidis

Arthroscopic Bankart: when do we have to stop "trust" it?

Andreas Imhoff

Latarjet procedure for anterior shoulder instability: where we are

Achilleas Boutsiadis

Bone defects: "classic" Latarjet or bone blocks?

Emmanouil Antonogiannakis

Is there any indication for open soft tissue procedures for recurrent shoulder instability?

Andreas Panagopoulos

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Saturday 11th June 2022

13.00 - 14.15

FOOT AND ANKLE ARTHROSCOPY: WHEN AND HOW

Chairs: Dimitrios Chatziemmanouil,
Dimitrios Metaxiotis

Tendon injuries of the foot and ankle in athletes
Evangelos Evangelou

Functional ankle instability: Diagnostic procedure
and treatment

Emmanouil Stamatis

Ankle osteoarthritis: Arthroscopy and
adjunctive procedures to save the joint
Nikolaos Gougoulas

Talus osteochondral lesions. Treatment options
Dimitrios Chatziemmanouil

Achilles tendon rupture. A hybrid model of
treatment

Alexandros Eleftheropoulos

High ankle sprain - Arthroscopic treatment
Panagiotis Simenonidis

14.15 - 15.00

Lunch Break



SCIENTIFIC PROGRAM

Saturday 11th June 2022

15.00 - 16.15	ORTHOBIOLOGICS - LIMITS AND PERSPECTIVES Chairs: Michael Iosifidis, Georgios Kouvidis Tendon and Ligament injuries: Orthobiologics- when and how Aristotelis Sideridis Cartilage lesions: Orthobiologics- when and how Andreas Karagiannis Injectables Cell Based Therapies: where we are Georgios Skarpas ESSKA Orthobiologics Initiative (ORBIT): The consensus guidelines on the orthobiologics injectables Lior Laver
16.15 - 17.00	Closing Remarks- General Assembly

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Saturday 11th June 2022

"Amfitrion" Hall

09.15 - 10.00

**FREE PAPERS SESSION + STAR PAPERS
/ AWARDS**

**Chairs: Stergios Papastergiou,
Vasileios Chouliaras**

OP31 WHY INTERPOSITION GRAFTS MAY HAVE BETTER OUTCOMES IN ROTATOR CUFF SURGERY? IN-VIVO EVALUATION OF MUSCLE FUNCTION IN CHRONIC MASSIVE ROTATOR CUFF TEAR MODEL IN RATS

A. Boutsiadis^{1,2}, I. Bampis¹, D. Kapoukranidou³, A. Chatzisotiriou³, I. Kalpidis³,
K. Ditsios⁴

¹401 General Army Hospital Athens

²Biclinic Athens

³Fysiology Department of Aristotle University Thessaloniki

⁴G. H. "Gennimatas"

OP32 A MRI STUDY: THE SIZE OF THE PATELLA CORRELATES WITH BONE-BRIDGE BETWEEN TUNNELS AND R ANGLES ARE HIGHLIGHTED FOR SAFE TUNNEL-DRILLING DURING MPFL RECONSTRUCTION

V. Raoulis^{1,2}, A. Zibis^{1,2}, A. Fyllos², M. Klontzas³, G. Kalifis⁴, A. Karantanas³,
M. Hantes⁴

¹General Hospital of Karditsa

²Anatomy Lab University of Thessaly

³Department of Radiology, School of Medicine, University of Crete

⁴Orthopedic Department, University Hospital Larissa

OP33 PARTIAL ACL TEARS IN ATHLETES

A. Zacharopoulos¹, N. Bourganos¹

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OP34 ANATOMIC ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION AUGMENTED WITH LATERAL EXTRA-ARTICULAR TENODESIS. HOW TO AVOID TUNNEL COLLISION WITH INTRAOPERATIVE TUNNEL VISUALIZATION

V. Mitrousias¹, G. Chalatsis¹, G. Komnos¹, M. Hantes¹

¹*Department of Orthopaedic Surgery and Musculoskeletal Trauma, General University Hospital of Larissa*

OP35 DOES THE SOAKING OF HAMSTRINGS TENDON AUTOGRAFT WITH VANCOMYCIN REDUCE THE CONTAMINATION DURING HARVESTING AND MANIPULATION? A PROSPECTIVE RANDOMIZED CLINICAL TRIAL

V. Chouliaras¹, J. Giakas², A. Zerva¹, T. Papageorgiou¹, S. Argyropoulou³, K. Kaliakatsos³, K. Vrettos³

¹*Orthopaedic Department, General Hospital of Arta, Greece*

²*Department of Physical Education & Sports Science, University of Thessaly, Greece*

³*Microbiology Department, General Hospital of Arta, Greece*

OP36 WHAT IS THE OPTIMAL TIME TO RETURN TO PLAY IN ACL RECONSTRUCTION WITH HAMSTRINGS': A PROSPECTIVE, RANDOMIZED, COMPARATIVE STUDY BETWEEN SUSPENSORY AND EXPANDABLE FEMORAL FIXATION

A. Panagopoulos, V. Giannatos, P. Antzoulas, D. Mylonas, D. Kalavrytinis, A. Kouzelis, J. Gliatis

Department of Sports Medicine, Patras University Hospital, Greece

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OP37 LONG-TERM QUALITY OF LIFE OF PATIENTS WITH ACL RECONSTRUCTION IS INTERRELATED WITH SPORTING ACTIVITY AND SIGNIFICANTLY IMPROVED WHEN THEIR CONCOMITANT MENISCAL RUPTURE HAS BEEN REPAIRED. A LONG-TERM RETROSPECTIVE STUDY OF PROSPECTIVELY COLLECTED DATA WITH 13.2 YEARS MEAN FOLLOW-UP

G. Chalatsis¹, V. Mitrousias¹, A. Siouras¹, F. Panteliadou¹, S. Stergiadou¹, K. Malizos¹, M. Hantes¹

¹Department of Orthopaedic Surgery, General University Hospital of Larissa

OP38 COMPLICATIONS AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION AND THEIR RELATION TO THE TYPE OF GRAFT: A PROSPECTIVE STUDY OF 958 CASES

K. G. Makridis^{1,2}, R. Rousseau², C. Labruyere³, C. Kajetanek³, O. Deschamps², S.-E. Zourntou¹, P. Djian⁴

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OP39 NON-INVASIVE ASSESSEMENT OF GAIT IN ISOLATED AND COMBINED ACL TEAR USING INERTIAL SENSORS

C. Yiannakopoulos^{1,2}, E. Gianzina¹, A. Champipis², I. Vlastos^{1,2}, G. Kalinterakis¹, S. Delis¹

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OP40 SATISFACTORY OUTCOMES AFTER ADIPOSE-DERIVED CULTURE-EXPANDED MESENCHYMAL STEM CELLS IMPLANTATION IN KNEE FOCAL CARTILAGE DEFECTS AT 6-YEAR FOLLOW-UP

T. Kyriakidis^{1,2,3}, I. Melas⁴, A. Tzaveas³, A. Cheva⁵, M. Iosifidis⁴

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E-POSTER

EP01 COMBINATION OF TROCHANTERIC BURSA INJECTION OF CORTICOSTEROID WITH A LONG- ACTING LOCAL ANESTHETIC AND PHYSICAL THERAPY IN THE TREATMENT OF TROCHANTERIC BURSITIS

Ch. Christoforidis¹, Ch. Vafeiadi², M. Sokorelos¹

¹*Orthopaedic Clinic, General Hospital of Rhodes*

²*Private Physiotherapist*

EP02 TRAINING THE LAST TWO STEPS AND UPGRADING ON PLATFORMS JUMPING AT DIFFERENT ANGLES THEIR IMPACT IN SOME OF THE SPECIAL MECHANICAL VARIABLES TO LAUNCH AND ACHIEVE THE HIGH JUMP FOR YOUNG PEOPLE

A. Zeyad Tareq

Ass.Prof. Dr., College of Physical Education and Sports Sciences

EP03 PSYCHOLOGICAL FREQUENCY AND ITS RELATIONSHIP TO THE ACCURACY OF THE PERFORMANCE OF UNDULATING TRANSMISSIONS FROM JUMPING AMONG VOLLEYBALL PLAYERS

M. Diyar Khaleel

College of Physical Education and Sport Sciences at Salahaddin University-Erbil

EP04 INVESTIGATION OF THE MEDIAL TIBIAL STRESS SYNDROME USING MAGNETIC RESONANCE IMAGING (MRI)

D. Karadimos¹, A. Bitzidis¹, K. Natsis², G. Paraskevas², N. Anastasopoulos²

¹*General Hospital of Ptolemaida "Mpodosakeio", Orthopedic Clinic*

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EP05 PSEUDARTHROSIS AFTER AN ISOLATED FIBULAR FRACTURE IN AN AMATEUR FOOTBALL PLAYER – MANAGEMENT WITH PERCUTANEOUS OSTEOSYNTHESIS

D. Giotis¹, V. Panagiotopoulos¹, S. Plakoutsis¹, D. Vardakas¹, C. Konstantinidis¹

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EP06 ARTHROSCOPIC TRILLAT AND SUPERIOR CAPSULAR RECONSTRUCTION WITH THE BICEPS FOR SHOULDER INSTABILITY TREATMENT IN ELDERLY POPULATION

I. Bampis¹, I. Lachanas¹, P. Nikolakeas², A. Boutsiadis^{1,3}

¹401 General Army Hospital 401

²G. H. Kalamata

³Bioclinic Athens

EP07 MENISCAL ALLOGRAFT TRANSPLANTATION (MAT): A SALVAGE PROCEDURE FOR THE MENISCECTOMISED KNEE. A PROSPECTIVE CASE SERIES OF 9 PATIENTS WITH MAXIMUM FOLLOW-UP OF 82 MONTHS

V. Mitrousias¹, G. Chalatsis¹, A. Siouras¹, S. Stergiadou¹, F. Panteliadou¹, M. Hantes¹

¹Department of Orthopaedic Surgery, General University Hospital of Larissa, 41110, Larissa, Greece

EP08 DIASTASIS OF PUBIC SYMPHYSIS WITHOUT INJURY AFTER HORSEBACK RIDING – A RARE CASE PRESENTATION

D. Giotis¹, V. Panagiotopoulos¹, S. Plakoutsis¹, C. Kotsias¹, D. Vardakas¹, C. Konstantinidis¹

¹Orthopaedic Department, General Hospital of Ioannina "G. Hatzikosta", Greece

EP09 NON-TRAUMATIC PAINFUL KNEE SWELLING - CASE REPORT

A. Gketsos, M. Sentona, E. Papastathis, G. Christidis, G. Chondroudakis, I. Ntelis, T. Moutzidellis

Orthopaedics Department, G.H. Giannitsa

EP10 ARTHROSCOPIC TREATMENT OF SYNOVIAL DISEASES OF THE HIP JOINT

C. Yiannakopoulos, A. Champipis, I. Vlastos, G. Kalinterakis, S. Delis, N. Sachinis

Orthopaedic Department, IASO Hospital, Athens, Greece



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EP11 ARTHROSCOPIC TRIPLE ARTHRODESIS (TRIPLE FUSION). SURGICAL TECHNIQUE

V. Tsakiri, P. Enfietzoglou, G. Anagnostou, N. Goutsiou, M. Kotsapas,
I. Vasiadis, K. Mposinakis and A. Eleftheropoulos

Orthopaedic Department, Naousa's General Hospital

EP12 BIOLOGIC AND CLINICAL OUTCOMES OF BUCKET-HANDLE MENISCAL TEARS REPAIR IN PATIENTS OLDER THAN 40 YEARS OLD

A. Tsolakidis¹, M. Savvidis¹, S. Skotidakis¹, I. Kechagias¹, F. Moschidis¹,
P. Ntikou¹, P. Christodoulou¹, V. Vrangalas¹

2nd Orthopedic Unit, 424 General Military Hospital, Thessaloniki

EP13 SURGICAL TECHNIQUE OF ACUTE POSTERIOR CRUCIATE LIGAMENT (PCL) RECONSTRUCTION USING LARS® SYNTHETIC ALLOGRAFT AND DISTAL FEMORAL FIXATION WITH ENDOBUTTON

C. Kyratzoglou, M. Posantzis, P. Ioannidis, K. Moulazimis, S. Plessas

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EP14 IS A SEMI-AUTOMATIC COMPUTED TOMOGRAPHY SCAN ANALYSIS RELIABLE FOR GLENOID BONE LOSS EVALUATION IN SHOULDER INSTABILITY?

I. Bampis¹, A. Papadimitriou¹,
P. Nikolakeas², K. Bekas³, S. Karalis¹,
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²G.H. Kalamata

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⁴Bioclinic Athens

EP15 VASCULAR DAMAGE IN TRAUMATIC DISLOCATION OF THE KNEE

P. Antzoulas, I. Vrachnis, A. Panagopoulos, A. Kouzelis, G. Sinos,
S. Papagiannis, E. Argyropoulou, I. Gliatis

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EP16 POSTOPERATIVE EVALUATION AFTER KNEE ARTHROSCOPY. COMPARISON BETWEEN TELEMEDICINE AND POSTOPERATIVE FOLLOW UP

C. Yiannakopoulos, A. Champipis, I. Vlastos, G. Kalinterakis, S. Delis,
N. Sachinis

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EP17 REPAIR OF CHONDRAL LESIONS IN ADOLESCENTS WITH CHRONIC PATELLAR INSTABILITY

I. Melas^{1,2}, K. Petras^{1,2}, G. Gkikas^{1,2}, A. Tzaveas¹, M. Iosifidis^{1,2}

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EP18 PROSPECTIVE STUDY OF THE EFFICACY OF COMBINED INTRAARTICULAR INJECTION OF PLATELET-RICH PLASMA (PRP) AND HYALURONIC ACID IN PATIENTS WITH KNEE OSTEOARTHRITIS. PRELIMINARY RESULTS

T. Totlis^{1,2,3}, D. Tsiggenopoulos^{2,3}, V. Achlatis^{2,3}, Z. Liakopoulos^{2,3},
P. Emfietzis^{2,3}, A. Karavelis¹, I. Terzidis¹

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²Regenerative Medicine Orthopaedic Outpatient Clinic, St. Luke's Hospital,
Thessaloniki

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EP19 SELF-REHABILITATION PROGRAM AFTER MINI-OPEN LATARJET PROCEDURE DURING THE PANDEMIC DOES NOT COMPROMISE CLINICAL OUTCOMES IN THE MILITARY POPULATION

I. Bampis¹, K. Bekas², A. Papadimitriou¹, S. Karalis¹, P. Nikolakeas³,
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EP20 PROSPECTIVE STUDY OF THE EFFICACY OF COMBINED INTRAARTICULAR INJECTION OF STROMAL VASCULAR FRACTION (SVF) AND PLATELET-RICH PLASMA (PRP) IN PATIENTS WITH KNEE OSTEOARTHRITIS OR PATELLOFEMORAL ARTHRITIS. PRELIMINARY RESULTS.

T. Totlis^{1,2,3}, V. Achlatis^{2,3}, D. Tsiggenopoulos^{2,3}, I. Maniotis¹, K. Tsikopoulos⁴, E. Papasoulis¹, A. Sideridis¹, I. Terzidis¹

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EP21 MEDIAL PATELLOFEMORAL LIGAMENT (MPFL) RECONSTRUCTION USING A PEDICLED QUADRICEPS TENDON GRAFT AS A REVISION TO PRIOR, UNSUCCESSFUL OPERATIONS

T. Papageorgiou, S. Papageorgiou, I. Sotiriadis, I. Theodosis, Ch. Papageorgiou

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EP22 EVALUATION OF YOYTUBE AS AN INFORMATION SOURCE FOR ARTHROSCOPIC ROTATOR CUFF REPAIR

C. Yiannakopoulos, A. Champipis, I. Vlastos, G. Kalinterakis, S. Delis, N. Sachinis

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EP23 ARTHROSCOPIC SUTURE ANCHOR FIXATION OF ACUTE BONY BANKART LESIONS

Z. Kokkalis, E. Argyropoulou, D. Avramidis, P. Tsiplakos, C. Charalambous, A. Panagopoulos

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EP24 CLINICAL AND FUNCTIONAL RESULTS OF MENISCAL REPAIR USING ALL INSIDE TECHNIQUE

T. Kyriakidis ^{1,2}, C. Pitsilos ¹, K. Chitas ¹, V. Balamotis ¹, I. Gigis ¹,
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²Department of Orthopaedic Surgery and Traumatology, Erasme University Hospital, Université Libre de Bruxelles, Belgium

EP25 ULTRASOUND-GUIDED HIP INJECTIONS FOR FEMOROACETABULAR IMPINGEMENT AND OSTEOARTHRITIS: AN INTERMEDIATE TREATMENT BEFORE SURGERY

A. Tzaveas, L. Oikonomidis, I. Melas, Th. Kyriakidis, M. Iosifidis

3rd Orthopaedic Department, Interbalkan European Medical Center of Thessaloniki

EP26 ΑΡΘΡΟΣΚΟΠΙΚΗ ΑΠΟΚΑΤΑΣΤΑΣΗ ΡΗΞΗΣ ΜΥΟΤΕΝΟΝΤΙΟΥ ΣΤΡΟΦΙΚΟΥ ΠΕΤΑΛΟΥ ΩΜΟΥ - ΣΥΓΚΡΙΣΗ ΑΠΟΤΕΛΕΣΜΑΤΩΝ ΣΥΡΡΑΦΗΣ SINGLE- ΚΑΙ DOUBLE-ROW METHOD - 2 ΧΡΟΝΙΑ FOLLOW-UP

Π. Εμφιετζόγλου I. Βασιάδης, Μ. Κότσαπας, Ν. Γούτσιου, Γ. Αναγνώστου, Β. Τσακίρη, Κ. Μποσινάκης, Α. Ελευθερόπουλος

Ορθοπαιδική Κλινική, Γ. Ν. Νάουσας

EP27 ARTHROSCOPIC TENODESIS OF LONG HEAD OF THE BICEPS ABOVE THE INSERTION OF PECTORALIS MAJOR

I. Vasiadis, P. Enfietzoglou, M. Kotsapas, N. Goutsiou, G. Anagnostou, K. Bosinakis, A. Eleftheropoulos

Orthopaedic Department General Hospital of Naousa



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EP28 PROSPECTIVE STUDY OF THE EFFICACY OF COMBINED SUBACROMIAL INJECTION OF PLATELET-RICH PLASMA (PRP) AND HYALURONIC ACID IN PATIENTS WITH DEGENERATIVE SUPRASPINATUS TENDINOPATHY. PRELIMINARY RESULTS.

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Adjusting penetration depth could not be easier than using the AIR+ depth setter. Simply press down the depth lever and slide forward or back to the desired depth.

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9th CONGRESS OF ARTHROSCOPIC SURGERY AND SPORTS INJURIES

ORGANISED BY:



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

GENERAL INFORMATION OF THE CONGRESS

Dates

9-11 June 2022

Venue

9 June 2022

Anatoly Lab, University Campus
Aristotle University of Thessaloniki
54124 Thessaloniki

9-11 June 2022

Makedonia Palace Hotel
M. Alexandrou 2, 54640, Thessaloniki

Health Protocols

The Congress will be held in compliance with the current applicable health protocols in order to safeguard the health of participants with physical presence.

Upon entry to the Congress venue, all participants with physical presence are required:

- to present their Congress QR Code
- to present their Certificate of Vaccination or Certificate of Recovery issued in the past 6 months
- to wear protective mask
- to keep physical distances, as provided by health protocols

Official Language

The official language of the Congress is English

Commercial Exhibition

There will be an Exhibition Hall displaying products and medical equipment of sponsoring companies



GENERAL INFORMATION OF THE CONGRESS

Registration fee for participation

CATEGORIES	ONSITE COST
CADAVERIC WORSKHOP 9/6/2022	
ANATOMY LAB A.U.Th.	
Workshop (40 places).....	500 €
CONGRESS 9-11/6/2022	
MAKEDONIA PALACE	
Specialists-Members	250 €
Residents-Members	200 €
Specialists-Non-Members	300 €
Residents-Non-Members.....	250 €
Nursing staff	Free
Students	Free

Registration fee includes:

- Attendance to all scientific sessions of the Congress
- Coffee break & lunch break
- Electronic Certificate of Attendance
- Visiting the sponsors area

QR code – Congress Program

Participants will receive their entry card upon registration and will have to display it when entering the Congress venue.

The Congress material will be sent to participants by e-mail before the start of the Congress.

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GENERAL INFORMATION OF THE CONGRESS

CME/CPD Accreditation

The Hellenic Medical Association will provide Congress participants with 22 CME/CPD credits (Continuing Medical Education/Continuing Professional Development) in accordance with the criteria of EACCMEU/ EMS (European Accreditation Council on Continuing Medical Education).

Technical Secretariat for handing in presentations

A Technical Secretariat will operate throughout the Congress. Speakers are kindly requested to hand in their presentation to the Technical Secretariat at least 30 minutes before their scheduled presentation.

Organization

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

Congress 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

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Summary of Indications for Use:

Europe: DUROLANE (3 mL): Symptomatic treatment of mild to moderate knee or hip osteoarthritis. In addition, DUROLANE has been approved in the EU for the symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, shoulder, elbow, wrist, fingers, and toes.

DUROLANE SJ (1 mL): Symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, elbow, wrist, fingers, and toes.

Both DUROLANE and DUROLANE SJ are also indicated for pain following joint arthroscopy in the presence of osteoarthritis within 3 months of the procedure.

United Arab Emirates, Saudi Arabia, Jordan: DUROLANE (3 mL): Symptomatic treatment of mild to moderate knee or hip osteoarthritis.

There are no known contraindications.

You should not use DUROLANE if you have infections or skin disease at the injection site. DUROLANE has not been tested in children or pregnant or lactating women.

Risks can include transient pain, swelling and/or stiffness at the injection site.

Full prescribing information can be found in product labeling, or at www.DUROLANE.com

References: 1. Lindqvist U, Tolmachev V, Kaneko R, Astrom G. Elimination of stabilised hyaluronan from the knee joint in healthy men. Clin Rheumatol 2002; 21: 523-13. 2. Kropke D, Mazzola G, Turscher J, et al. Reduction of arthritis associated knee pain through a single intra-articular injection of synthetic hyaluronic acid. Rheumatol 2006; 45: 327-331. 3. McGrath AP, McGrath AM, Jaseg JM, et al. A comparison of intra-articular hyaluronic acid preparations in the treatment of mild to moderate knee osteoarthritis. J Arthritis 2013; 2(1): 104. doi: 10.4172/2167-7921.1000104. 4. Leighton R, Akerman C, Therman R, et al. NASHA hyaluronic acid vs methylprednisolone for knee osteoarthritis: a prospective, multicentre, randomized, noninferiority trial. Osteoarthritis Cartilage 2014; 22: 17-25. 5. Aggarwal B, Berg P, Akerman C. Non-animal stabilized hyaluronic acid: a new formulation for the treatment of osteoarthritis. BioDrugs 2005; 19(1): 23-30.

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