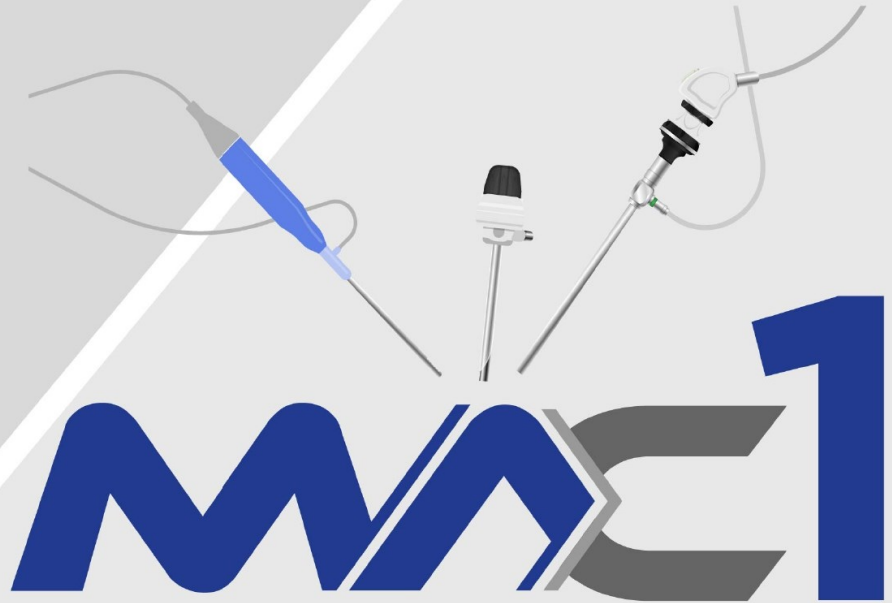


Organized:



Mitera Arthroscopy Course acl - knee osteotomies

**3:1
TRAINEE
TO CADAVER
SPECIMEN
RATIO**

CME CREDITS
MAC1 has been
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Association
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education

17 & 18 MAY 2024

Instructional - Practical
Courses on Cadavers

Instructors

Panos Kontovazenitis MD, PhD
Chairman of Orthopaedic Dept. for Sports injuries &
Adult reconstruction hip-knee,
"MITERA" General Hospital - Ygeia group



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VENUE: A 35 Sorou Str., Maroussi, Athens - Greece T +302106109992 • E rec@attcenter.eu • W www.attcenter.eu



WELCOME NOTE

Dear colleagues and friends,

It is a great pleasure to welcome you at the **1st Mitera Arthroscopy Course Acl – Knee Osteotomies** that will take place at the auditorium **“N. Louros”-MITERA HOSPITAL** and the **surgical anatomy Lab ATTC** on **17 & 18 May 2024**.

Orthopedic Surgery has evolved impressively over the last few years and the needs for more efficient and minimal invasive interventions are mandatory.

From this aspect we designed this course to include the essential surgical knowledge and modern state of the art techniques for ACL treatment and osteotomies around the knee.

The scientific program is structured to include short-focused lectures, case-based discussions, and a full day of hands-on practice on cadavers. The faculty consists of highly esteemed colleagues both from Greece and abroad.

We look forward to deliver a high quality educational hands-on course to orthopaedic surgeons, fulfilling the scientific expectations and influencing surgical trajectories!

George A. Skarpas MD, PhD, MSc
Ass. Prof. of Orthopaedics,
Head of Orthopaedic Dept for Sports Injuries &
Regenerative Medicine, “MITERA” General
Hospital Adjunct Professor of Medicine, Hellenic
Open University

Panos Kontovazenitis MD, PhD
Head of Orthopaedic Dept. for Sports injuries &
Adult reconstruction hip-knee,
“MITERA” General Hospital - Ygeia group

MAC 1 | SCIENTIFIC PROGRAM | FRIDAY 17.05.2024

Theoretical Session
N. Louros Conference Center, Mitera Hospital

09:00 - 09:15 Registration
Welcome Coffee

09:15 - 09:30 Welcome Address
S. Chandakas, V. Sioulas , P. Skandalakis, S. Sougioultzis

MAC 1 | Everything about ACL

09:30 – 10:45 ACL repair techniques

Moderators: P. Kouloumentas, G. Petsinis

1. ACL Anatomy and biomechanics ^{via zoom} **T. Totlis**
2. SABA technique **Chr. Theos**
3. BEAR implant & Orthobiologics **G. Skarpas**
4. ACL repair - DIS Ligamys technique **G.G. Karachalios**
5. STAAR technique ^{via zoom} **P. Lee**

10:45 - 11:30 ACL reconstruction using autografts

Moderators: G. Skarpas, G. Karaliotas

1. Hamstrings **P. Kontovazenitis**
2. Quad tendon ^{via zoom} **A. Bashir**
3. Primary ACL repair, the future **U. Butt**

11:30-11:45 Coffee Break

11:45 – 12:15 ACL reconstruction using allografts and special techniques

Moderators: V. Chouliaras, S. Plessas

1. Lars **S. Plessas**
2. ACL: The “all inside” technique **P. Kouloumentas**
3. Graft Selection and Stabilizing methods ^{via zoom} **G. Basdekis**

12:15 – 13:00 ACL reconstruction augmented with stabilizing procedures

Moderators: P. Kontovazenitis, Chr. Theos

1. ALL **I. Bampis**
2. Extra-articular tenodesis / Lemaire **V. Chouliaras**
3. Alignment correction in revision ACL **U. Butt**

13:00-13:45 ACL rehab protocols and outcomes

Moderators: **G. Vissarakis, G. Vavasis**

1. Autografts **V. Rizos**
2. Orthobiologics + Repair techniques **N. Veronis**
3. Role of hyperbaric O2 **G. Vavasis**

13:45-14:15 Lunch Break

MAC 1 | Everything about Osteotomies

14:15 - 14:45 Clinical history of Osteotomy

Moderators: **G. Petsinis, M. Drymouisis**

1. Fixation Options and Bone Healing in Osteotomy **S. Alevrogiannis**
2. Planning your Osteotomy: from Paper to Digital Planning **K. Kafchitsas**

14:45 - 15:30 Tibial Osteotomies

Moderators: **P. Karabinas, K. Anagnostou**

1. HTO open wedge vs close wedge **G. Skarpas**
2. Tibial osteotomy for medial and lateral compartment OA **Th. Bouras**
3. TTO **I. Chiotis**

15:30-15:45 Coffee Break

15:45 -16:45 Special Osteotomies

Moderators: **J. Vlachos, J. Petroutsas, V. Kontogeorgakos**

1. Osteotomies for Patellofemoral Pathology **G. Karaliotas**
2. Tibial Osteotomies for PCL deficiency **S. Plessas**
1. Use of Osteotomy to Address Knee Instability **T. Papagiavis**
2. Meniscal Transplant and Osteotomy **S. Koutsostathis**

Moderators: **L. Oikonomou, T. Papagiavis**

16:45 - 17:00 «ESSKA Consensus Statements on Osteotomy About the Knee» **G. Skarpas**

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17:00-17:30 Rehab, complications and the future

Moderators: **L. Oikonomou, N. Barbounakis, K. Maniatis**

1. Complications and how to avoid them and what to do when they happen
(Management of fractures, Non-Union and infection) **K. Kateros**
2. Rehab and Return to Sports **G. Kakavas**

17:30-17:45

CLOSING STATE OF THE ART LECTURE

Moderators: **P. Kontovazenitis, G.
Skarpas**

“Dry ACL using CO2 Gas : The new vision” **U. Butt**

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MAC 1 | HANDS-ON PROGRAM | SATURDAY 18.05.2024

Hands-On Session
Anatomy Techniques & Training Center

09:00 - 09:30 Registration
Welcome Coffee

09:30-13:30 HANDS-ON Session | Everything about ACL | Vesalius Lab

Floor 0

Instructors:

U. Butt, V. Chouliaras, K. Kateros, P. Kouloumentas, S. Plessas, Chr. Theos