

Organizer

OSTEON

EDUCATION CENTER

Co-Organizer



ATHENS  
MEDICAL  
GROUP

40



YEARS  
ALWAYS ONE STEP  
AHEAD



13-14  
SEPTEMBER  
2024

the  
**OSTEON ORTHO  
& SPINE COURSE**

**2<sup>nd</sup> Annual Hands-On Course**



VENUE

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

## SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

08:00 - 08:30 Registration  
Welcome Coffee

08:30 - 11:00 Hands – On Session – 9 Working Stations Shoulder & Knee & F&A | Basic Arthroscopy | Vesalius Lab **LEVEL 0**

### Instructors

Shoulder Stations: **G. Arealis, G. Mazis, I. Galanopoulos**

- Shoulder Arthroscopy
- Basic Anatomy and arthroscopic portals

Knee Stations: **K. Kateros, A. Kourtis, A. Piskopakis**

- Basic Anatomy
- Arthroscopic Portals

F&A Stations: **M. Argyropoulos, A. Eleftheropoulos, P. Nikolaou, P. Symeonidis**

- Anterior Ankle Arthroscopy
- Landmarks
- Portal placement
- Removal of loose bodies
- Debridement
- Evaluation of syndesmosis

11:00 – 11:30 Coffee Break

11:30 - 13:30 Current trends in common shoulder pathologies | Aula Hall  
**LEVEL 2**

Moderators: **G. Mazis, I. Galanopoulos**

11:30 – 11:40 Impingement syndromes of the shoulder. It is not only subacromial  
**G. Panagopoulos**

11:40 – 11:50 Calcifying tendonitis. Conservative Treatment. When to operate?  
**I. Chiotis**

11:50 – 12:00 Acromioplasty and lateral clavicle excision. Are they always necessary?  
**P. Pantos**

**DAY 1/13 September 2024**

12:00 – 12:10      Shoulder pain in athletes: The proper steps from diagnosis to successful treatment  
**C. Sinopidis**

**12:10 - 14:00**      **Current trends in Biologics & Cartilage Repair | Aula Hall LEVEL 2**

Moderators:      **K. Kateros, V. Sakellariou**

12:10 – 12:20      Mesenchymal stem cells  
**G. Skarpas**

12:20 – 12:30      Adipose derived cells  
**G. Karaliotas**

12:30 – 12:40      Scaffolds  
**K. Kateros**

12:40 – 12:50      ACI  
**V. Chouliaras**

**12:50 - 1:30**      **Ankle Arthroscopy | Aula Hall LEVEL 2**

Moderators:      **M. Argyropoulos, A. Pettas**

12:50 – 13:00      Ankle Arthroscopy. The basics (Anatomy, Set Up, instrumentation, Portals)  
**A. Eleftheropoulos**

13:10 – 13:20      ATFL – syndesmosis (Evaluation – treatment of instability)  
**P. Symeonidis**

13:20 – 13:30      Osteochondral lesions of the talus (Current concepts, gold standards and advances)  
**A. Pettas**

**13:30-14:30**      **Lunch Break | Aula Hall LEVEL 2**

**DAY 1/13 September 2024**

**14:30 - 15:10** **Shoulder Instability | Aula Hall Level 2**

Moderators: **C. Koukos, P. Pantos**

14:30 – 14:40 1<sup>st</sup> dislocators. The best time to operate  
**E. Brilakis**

14:40 – 14:50 ASA repair addressing the anterior shoulder instability  
**C. Koukos**

14:50 – 15:00 Bankart and Remplissage. Is the gold standard in soft tissue procedures?  
**A. Gkantzos**

15:00 – 15:10 Bony procedures in shoulder instability. Latarjet vs Eden Hybinette  
**E. Antonogiannakis**

**15:10 - 16:10** **Meniscal Repair | Aula Hall Level 2**

Moderators: **N. Piskopakis, V. Chouliaras**

15:10 – 15:20 ESSKA consensus of degenerative lesions  
**N. Piskopakis**

15:20 – 15:30 ESSKA consensus of Traumatic Lesions  
**A. Tokis**

15:30 – 15:40 Chondroprotective effect of meniscal repair. What is the evidence  
**P. Kouloumentas**

15:40 – 15:50 Repair Techniques  
**V. Sakellariou**

15:50 – 16:00 Discussion

**DAY 1/13 September 2024**

**16:10 - 16:30 Tendons – Plantar fascia | Aula Hall Level 2**

Moderators: **A. Eleftheropoulos, T. Badekas**

16:10 – 16:20 Peroneal tendons painful conditions (Ruptures, instability / dislocation, low riding muscle belly)  
**P. Symeonidis**

16:20 – 16:30 Posterior tibial tendon and spring ligament insufficiency  
From the adult flatfoot deformity to the progressive collapsing foot deformity)  
**T. Badekas**

16:30 – 16:40 Plantar fasciitis (heel spurs, orthobiologics, release)  
**M. Argyropoulos**

**16:30 - 19:00 Hands – On Session – 9 Working Stations Shoulder & Knee & F&A | Vesalius Lab LEVEL 0**

**Instructors**

Shoulder Stations: **A. Gkantzos, C. Koukos, C. Sinopidis**

- Shoulder Instability procedures
- Bankart
- Remplissage
- ASA

Knee Stations: **P. Kouloumentas**

- Meniscal Repair Techniques

F&A Stations: **T. Badekas, A. Eleftheropoulos, A. Pettas**

- Lateral ligamentoplasty
- Brostrom repair
- Gould modification - Augmentation
- Peroneal tendons - exploration

## SHOULDER / KNEE / F&A PROGRAM

DAY 2/14 September 2024

**08:30 - 11:00** Hands – On Session – 9 Working Stations Shoulder & Knee & F&A | Vesalius Lab **LEVEL 0**

### Instructors

Shoulder Stations: **A. Leonidou, G. Arealis, A. Boutsiadis**

- Rotator Cuff Repair

Knee Stations: **N. Piskopakis, A. Tokis, N. Zacharakis, K. Intzoglou**

- MPFL Reconstruction - Trochleoplasty

F&A Stations: **T. Badekas, A. Eleftheropoulos, P. Nikolaou, P. Symeonidis**

- Posterior ankle endoscopy
- Portals
- Identification of FHL
- Subtalar joint
- Debridement

**11:00 – 11:15** Hall Changing for the lecture session

**11:15 – 11:30** Coffee Break | Aula Hall **LEVEL 2**

**11:30 - 12:10** Irreparable Cuff Tears | Aula Hall **LEVEL 2**

Moderators: **A. Boutsiadis**

11:30 - 11:40 Debridement, tenotomy of biceps, partial repair  
**D. Alexakis**

11:40 - 11:50 SCR – Patch, fascia lata and the InSpace Balloon  
**G. Arealis**

11:50 - 12:00 The long head of biceps for irreparable rotator cuff tears  
**A. Boutsiadis**

12:00 - 12:10 Tendon transfers for posterosuperior rotator cuff tears  
**I. Polyzois**

## SHOULDER / KNEE / F&A PROGRAM

DAY 2/14 September 2024

<b>12:10 - 12:50</b>	<b>Patella Instability   Aula Hall LEVEL 2</b>
<u>Moderators:</u>	<b>N. Zacharakis, V. Sakellariou</b>
12:10 - 12:20	Conservative Treatment <b>N. Zacharakis</b>
12:20 - 12:30	MPFL repair <b>P. Nikolaou</b>
12:30 - 12:40	TT Osteotomy <b>C. Tsibidakis</b>
12:40 - 12:50	Trocleoplasty <b>K. Intzoglou</b>
<b>12:50 - 13:30</b>	<b>Specific conditions   Aula Hall LEVEL 2</b>
<u>Moderators:</u>	<b>P. Nikolaou, P. Symeonidis</b>
12:50 - 13:00	Posterior ankle impingement (os trigonum, Stieda process, FHL tendinitis) <b>P. Nikolaou</b>
13:10 - 13:20	Calcaneal osteotomies (what to do when, medial, lateral displacement, Zadeč's) <b>T. Badekas</b>
13:20 - 13:30	Ankle fusion (open with anterior / lateral approaches, arthroscopic) <b>A. Eleftheropoulos</b>
<b>13:30-14:30</b>	<b>Lunch Break   Aula Hall LEVEL 2</b>

**DAY 2/14 September 2024**

**14:30 - 15:10 Arthritis and Arthroplasty | Aula Hall LEVEL 2**

Moderators: **A. Leonidou, P. Pantos**

14:30 - 14:40 Proximal Humerus Fractures. Treatment algorithm  
**Z. Kokkalis**

14:40 - 14:50 Arthritis in young patients. Treatment options  
**A. Leonidou**

14:50 - 15:00 Anatomic total shoulder arthroplasty. Is there still a place?  
**G. Mazis**

15:00 - 15:10 Reverse Shoulder Arthroplasty. From A to Z  
**A. Kaisidis**

**15:10 - 15:50 Osteotomies & Uni | Aula Hall LEVEL 2**

Moderators: **TBA**

15:10 - 15:20 Distal Femoral osteotomies. Indication and Technique  
**V. Bitounis**

15:20 - 15:30 HTO in young patients  
**L. Poultsides**

15:30 - 15:40 Medial uni knee  
**TBA**

15:40 - 15:50 Patellofemoral arthroplasty  
**N. Christodoulou**



**DAY 2/14 September 2024**

**15:50 - 16:10 Achilles Tendon | Aula Hall LEVEL 2**

Moderators: **M. Argyropoulos, P. Symeonidis**

15:50 - 16:00 Acute Achilles tendon rupture (Operative options: percutaneous, arthroscopically assisted, mini open, open repair)

**P. Nikolaou**

16:00 – 16:10 Chronic – neglected rupture (V-Y lengthening, turn down Bosworth, FHL transfer)

**M. Argyropoulos**

16:10 - 16:20 Tendinopathy (insertional, mid-substance tendinopathy, Haglund deformity)

**A. Pettas**

**16:20 – 16:30 Hall Changing for the lecture session**

**16:30 - 19:00 Hands – On Session – 9 Working Stations Shoulder & Knee & F&A | Vesalius Lab LEVEL 0**

**Instructors**

Shoulder Stations: **A. Kaisidis, Z. Kokkalis, G. Mazis, P. Pantos**

- Shoulder Arthroplasty

Knee Stations: **V. Bitounis, L. Poultsides, V. Sakellariou**

- Osteotomies
- Uni
- PF Joint Arthroplasty

F&A Stations: **M. Argyropoulos, A. Pettas, P. Symeonidis**

- Achilles Tendon
- Haglund deformity
- Paratendinopathy
- FHL Transfer

## SPINE PROGRAM

DAY 1/13 September 2024

08:00 - 08:30	Registration Welcome Coffee
08:30 - 09:30	Management and prevention of complications in MIS surgery for degenerative disease   Aula Hall <b>LEVEL 2</b>
<u>Moderators:</u>	P. Aggourakis – P. Zouboulis
08:30 - 08:40	Wrong level surgery G. Papadimitriou
08:40 - 08:50	Dural tear – CSF leak K. Mparkas
08:50 - 09:00	Mispositioned screws J. Tsiganos
09:00 - 09:15	Iatrogenic instability P. Zouboulis
09:15 - 09:30	Discussion
09:45-10:00	Coffee Break   Aula Hall <b>LEVEL 2</b>
10:00 - 13:30	Hands-On Session - 6 Working Stations   Vitruvian Lab <b>LEVEL -1</b>
Instructors	<ul style="list-style-type: none"> <li>▪ Decompression / Discectomy N.Paidakakos, G. Papadimitriou, G. Ntais</li> <li>▪ MIS TLIF (tube) C. Zafiris, P. Zouboulis, P. Aggourakis</li> <li>▪ Dural Tear repair K. Mparkas, N. Tzerakis, J. Tsiganos</li> </ul>
13:30-14:30	Lunch Break   Aula Hall <b>LEVEL 2</b>

## SPINE PROGRAM

DAY 1/13 September 2024

14:30 - 16:30

Hands-On Session - 6 Working Stations | Vitruvian Lab

**LEVEL -1**

- Navigated Screws  
V. Vougioukas, P. Zouboulis, P. Aggourakis
- Robotic Screws  
K. Starantzis, G. Papadimitriou, J. Tsiganos
- Free Hand  
V. Jasani, E. Samoladas, P. Papanikolaou

16:30-17:00

Coffee Break | Aula Hall **LEVEL 2**

17:00 – 19:00

Decision -making in lumbar degenerative disease | Aula Hall

**LEVEL 2**

Moderators:

V. Vougioukas, V. Jasani

17:00 - 17:30

Decompression alone versus decompression and fusion in degenerative spondylolisthesis

**N. Tzerakis**

17:30 - 18:00

Decompression alone versus decompression and fusion in upper lumbar spine / congenital narrow canal

**E. Samoladas**

18:00 - 18:30

Decompression alone versus deformity correction in degenerative deformity

**V. Jasani**

18:30 - 19:00.

Central disc hernia. Discectomy versus MIS TLIF

**V. Vougioukas**

## SPINE PROGRAM

DAY 2/14 September 2024

**08:30-09:50**

**Key topics on deformity surgery | Aula Hall LEVEL 2**

Moderators:

**K. Starantzis – I. Obeid**

08:30-08:50

Risk stratification in deformity spine surgery

**K. Starantzis**

08:50-09:00

Sagittal alignment correction ladder

**I. Obeid**

09:00-09:15

Correction manoeuvres in scoliosis

**J. Leong**

09:15-09:30

Long versus short versus no instrumentation for nerve compression in adult deformity

**V. Jasani**

09:30-09:50

MIS versus open surgery for lumbar deformity

**V. Vougioukas**

**09:50-10:00**

**Coffee Break | Aula Hall LEVEL 2**

**10:00-13:30**

**Hands-On Session - 6 Working Stations | Vitruvian Lab LEVEL -1**

- ALIF  
J. Leong, P. Spinos, V. Jasani
- XLIF  
K. Starantzis, V. Vougioukas, G. Ntais
- Fixation to the pelvis  
I. Obeid, K. Starantzis, S. Papastefanou

**13:30-14:00**

**Lunch Break | Aula Hall LEVEL 2**

**14:30-16:30**

**Hands-On Session - 6 Working Stations | Vitruvian Lab LEVEL -1**

- Osteotomies  
I. Obeid, K. Starantzis, V. Jasani
- Scoliosis correction SOPs  
J. Leong, S. Papastefanou, V. Jasani

DAY 2/14 September 2024

16:30-17:00	Coffee Break   Aula Hall <b>LEVEL 2</b>
17:00-19:00	Decision making in deformity surgery   Aula Hall <b>LEVEL 2</b>
<u>Moderators:</u>	J. Leong, G. Sapkas
17:00-17:30	Levels of fusion selection in AIS <b>S. Papastefanou</b>
17:30-17:50	L3 versus L4 for AIS, Lenke 3 C <b>J. Leong</b>
17:50-18:20	Levels of fusion selection in de novo ADS <b>I. Obeid</b>
18:20-18:40	When to fuse to pelvis <b>V. Jasani</b>
18:40-19:00	Conclusion of the course <b>G. Sapkas</b>