# 18th HAND SURGERY COURSE

## PROGRAM

## Thursday, May 21, 2026

| | | |
|---|---|---|
| **08.30-09.00** | **Registrations** | |
| **09.00-20.00** | **Lectures:** | |
| | **Moderators: N. Darlis, S. Athanaselis** | |
| | Neglected Ulnar Collateral Ligament Injuries of the Thumb | **N. Stefanou** |
| | Epicondylitis | **N. Vlachos** |
| | Cubital Tunnel Syndrome | **S. Athanaselis** |
| | Reverse Total Shoulder Arthroplasty | **G. Kasimatis** |
| | The Rheumatoid Hand: Approach and Surgical Options | **P. Kanellos** |
| | Bridging of Nerve Defects by Autologous Nerve Grafting | **A. Vasiliadis** |
| | Suprascapular Nerve Compressive Neuropathy: Diagnosis and Treatment | **F. Giannoulis** |
| **10.00-18.30** | **Live Surgery** | |
| | **Surgeons: P. Giannakopoulos, A. Misitzis** | |
| | **Commentators: S. Anagnostou, N. Darlis, F. Giannoulis, A. Vasiliadis, P. Kanellos, S. Athanaselis** | |
| **14.30-15.00** | **Lectures** | |
| | **Moderators: N. Darlis, F. Giannoulis** | |
| | Interesting wrist cases | **D. Sotereanos** |
| | Arthroscopic Removal of Loose Glenoid Component in Anatomic Total Shoulder Arthroplasty | **A. Papadonikolakis** |
| **15.00-15.30** | **Light Lunch** | |
| **17.00-17-30** | **Lectures** | |
| | **Moderators: N. Papadopoulos, P. Kanellos** | |
| | Actual Indications in Replantation Surgery | **B. Battiston** |
| | Hand Amputations: Revascularization and Replantation (Technical Considerations) | **S. Spiridonos** |
| **18.30-19.00** | **Coffee Break** | |
| **19.00-20.00** | **Lectures** | |
| | **Moderators: A. Zoubos, S. Anagnostou** | |
| | Management of Soft Tissue Knee Injuries in Pediatric Patients | **I. Kosmidis** |
| | Pediatric Fractures: Conservative Treatment | **D. Pasparakis** |
| | Reconstruction of Soft Tissue Defects of the Hand | **N. Papadopoulos** |
| | Applications of Microsurgery in Orthopedics | **A. Beris** |
| | Proximal Humerus Fractures as a Predictor Factor for Osteoporosis | **E. Chronopoulos** |
| **20.00** | **Welcome Address** | |
| | **Moderators: P. Giannakopoulos, A. Misitzis** | |
| | Welcome Address | **P. N. Soucacos** |
| | Emotional Exhaustion (Burnout) in Healthcare Professionals: From Neurobiology to the Ethics and Meaning of Care | **L. Papageorgiou** |
| **21.30** | **Welcome Reception** | |

# Friday, May 22, 2026

| | | |
|---|---|---|
| **8.00-13.00** | **Lectures** | |
| | **Moderators: N. Darlis, P. Kannelos** | |
| | Musculoskeletal Ultrasound for Upper Limb Disorders | **D. Papoutsi** |
| | Bone Defects of the Upper Extremity: Causes, Classification, Treatment Options and Indications | **I. Ignatiadis** |
| | New Frontiers in Hand and Microsurgery: 3D Imaging/ Printing, Exoscopes, Robotics, Nerve Monitoring | **N. Darlis** |
| | Double Crush Syndromes in Upper Extremity | **D. Vardakas** |
| | Surgical Techniques in Extensor Tendon Injuries | **S. Varitimidis** |
| | Giant Cell Tumor of Distal Radius | **O. Savvidou** |
| **9.00-16.00** | **Live Surgery** | |
| | **Surgeons: P. Giannakopoulos, A. Misitzis** | |
| | **Commentators: N. Daoutis, S. Sourmelis, Z. Dailiana, S. Spiridonos, K. Ditsios, S. Varitimidis, M. Vekris, J. Sarris, D. Vardakas, N. Darlis, F. Giannoulis** | |
| **12.30-13.30** | **Coffee Break** | |
| **13.30-14.00** | **Lectures:** | |
| | **Moderators: J. Sarris, F. Giannoulis** | |
| | Current Concepts in Lunotriquetral Instability | **L. Papatheodorou** |
| | Nerve Versus Tendon Transfers for Radial Nerve Injuries | **S. Bougioukli** |
| **14.00-16.00** | **Live Surgery** | |
| | **Surgeons: P. Giannakopoulos, A. Misitzis** | |
| | **Commentators: N. Daoutis, S. Sourmelis, Z. Dailiana, S. Spiridonos, K. Ditsios, S. Varitimidis, M. Vekris, J. Sarris, D. Vardakas, N. Darlis, F. Giannoulis** | |
| **15.00-15.30** | **Light Lunch** | |
| **15.30-16.15** | **Lectures:** | |
| | **Moderators: S. Spiridonos, M. Vekris** | |
| | Brachial Plexus Reconstruction for Shoulder and Elbow Paralysis | **N. Daoutis** |
| | Secondary Brachial Plexus Reconstruction | **M. Vekris** |
| | Congenital Anomalies of the Thumb | **Z. Dailiana** |
| | Congenital Aplasia of the Thumb: Index Pollicization | **E. Papadogeorgou** |
| **16.15-17.15** | **Lectures:** | |
| | **Moderators: S. Varitimidis, D. Vardakas** | |
| | Wrist Biomechanics and Kinesiology | **J. Kostas Agnantis** |
| | Volar Ulnar Corner: Not to Miss when Fixing Distal Radius Fractures | **S. Sourmelis** |
| | Olecranon Fractures | **K. Ditsios** |
| | Humeral Shaft Fractures with Radial Nerve Palsy: what we can do | **J. Sarris** |
| | Radial Head Fractures: Open Reduction – Internal Fixation | **J. Galanakis** |
| **17.15-20.30** | **Wet Lab, Cadaveric Hand Surgery** | |
| | **Moderators: P. Giannakopoulos, A. Misitzis** | |
| | Carpal Tunnel Syndrome, Median Nerve Dissection | **S. Spiridonos** |
| | Trigger Finger-Trigger Thumb | **N. Darlis** |
| | De Quervain Syndrome | **F. Giannoulis** |
| | Dorsal Exposure of Distal Radius and Wrist Joint and Extensor Retinaculum Anatomy | **J. Sarris** |
| | Extensor Hood Anatomy | **K. Ditsios** |
| | Mallet Finger and Central Slip Avulsion | **S. Athanaselis** |
| | Ulnar Collateral Ligament Injury | **P. Giannakopoulos** |

# Saturday, May 23, 2026

| | | |
|---|---|---|
| **8.00-9.30** | **Lectures** | |
| | **Moderators: N. Darlis, F. Giannoulis** | |
| | Common Overuse Syndromes of the Upper Extremity | **Ch. Konstadinidis** |
| | Red Flags for Child Physical Abuse | **K. Kourkoutas** |
| | Flexor Tendon Repair: Current Conceps | **D. Papadopoulos** |
| | Triceps Tendon Injuries | **Z. Kokkalis** |
| | Brachial Plexus Injuries: Realistic Expectations | **E. Fandridis** |
| | Principles of Tendon Transfer in Upper Extremity | **A. Korobilias** |
| | Pediatric Upper Extremity Injuries | **P. Giannakopoulos** |
| | Thoracic Outlet Syndrome | **A. Misitzis** |
| **10.00-15.00** | **Wet Lab, Cadaveric Hand Surgery** | |
| | **Moderators**: **P. Giannakopoulos, A. Misitzis** | |
| | Palmar Approach for Distal Radius Fractures | **N. Darlis** |
| | Extended Palmar Approach for Scaphoid Reconstruction | **J. Sarris** |
| | CMC Exposure Palmar Approach | **P. Giannakopoulos** |
| | CMC Exposure Dorsal Approach | **D. Papadopoulos** |
| | Ulnar Nerve Dissection at Gyon Canal | **P. Giannakopoulos** |
| | V-Y, Cross Finger Flap | **N. Papadopoulos** |
| | Flexor Tendon Anatomy | **Z. Kokkalis** |
| | Flexor Tendon Anatomy at 5$^{th}$ Zone | **F. Giannoulis** |
| | Extensor Mechanism Dissection at MCP Joint | **A. Misitzis** |
| **15.00** | **Closing Remarks** | |
| | **P. Giannakopoulos, A. Misitzis** | |

# ORGANIZING COMMITTEE

**Giannakopoulos Panagiotis M.D, FHCOS**
Orthopaedic, Upper Extremity Surgeon,
Director, Hand-Upper Extremity & Microsurgery Unit,
Athens Medical Center,
**Vice President, Hellenic Association of Orthopaedic Surgery and Traumatology**,
Athens, Greece

**Misitzis Adam M.D.**
Orthopaedic, Upper Extremity Surgeon,
Director, Hand-Upper Extremity & Microsurgery Unit,
Athens Medical Center,
Athens, Greece

**Kourkoutas Konstantinos M.D.**
Orthopaedic Surgeon,
Hand-Upper Extremity & Microsurgery Unit,
Athens Medical Center,
Athens, Greece

**Kalogeropoulos George M.D.**
Orthopaedic Surgeon,
Hand-Upper Extremity & Microsurgery Unit,
Athens Medical Center,
Athens, Greece

**Kosmidis Ilias Alexandros M.D., MSc, PhD**
Consultant in Trauma and Orthopaedics
Hip & Knee Primary and Revision Specialist,
Athens Medical Center,
Athens, Greece,
Mid and South Essex University Hospitals, UK

# Chair of Scientific Program Committee

**Loukia K. Papatheodorou, M.D., PhD**
Clinical Associate Professor of Orthopaedic Surgery,
University of Pittsburgh School of Medicine,
Department of Orthopaedic Surgery,
Pittsburgh, PA, USA.
President of Hellenic American Hippocratic Orthopaedic Society

## INTERNATIONAL FACULTY

**Bruno Battiston M.D.**
Professor of Orthopaedic Surgery,
Head Trauma Unit Orthopaedic Dept., CTO Hospital,
Torino, Italy

**Sofia Bougioukli M.D., PhD**
Assistant Professor of Orthopaedic Surgery,
Department of Orthopaedic Surgeryand Rehabilitation Medicine,
The University of Chicago,
Chicago, IL, USA
Vice President of Hellenic American Hippocratic Orthopaedic Society

**Dean G Sotereanos M.D.,**
Clinical Professor of Orthopaedic Surgery,
University of Pittsburgh School of Medicine,
Orthopaedic Shoulder Elbow and Hand Surgeon,
Orthopaedic Specialists-UPMC,
Pittsburgh, PA, USA

**Anastasios Papadonikolakis M.D.**
Associate Professor of Orthopaedic Surgery,
Wake Forest University School of Medicine,
North Carolina, USA
Past President of Hellenic American Hippocratic Orthopaedic Society

**Loukia K. Papatheodorou M.D., PhD**
Clinical Associate Professor of Orthopaedic Surgery,
University of Pittsburgh, School of Medicine,
Department of Orthopaedic Surgery,
Pittsburgh, PA, USA
President of Hellenic American Hippocratic Orthopaedic Society

## FACULTY

**Anagnostou Stavros M.D.**
Orthopaedic, Hand Surgeon
"Hygeia" Hospital,
Athens, Greece

**Athanaselis Stratis M.D.**
Consultant Orthopaedic Surgeon,
University Hospital of Larisa,
Larisa, Greece

**Beris Alexandros M.D.,**
Professor of Orthopaedic Surgery,
University of Ioannina,
Interbalkan Hospital, Athens Medical Group,
Ioannina, Greece

**Chronopoulos Eftstathios M.D.**
Consultant Orthopaedic Surgeon,
Professor in Orthopaedis in Athens Medical School,
National and Kapodistrian Univercity,
**President of Hellenic Association of Orthopaedic Surgery and Traumatology**,
Athens, Greece

**Dailiana Zoi M.D.**
Professor of Orthopaedic Surgery,
University of Thesalia,
Larisa, Greece

**Daoutis Nikos M.D.**
Chief, Hand and Microsurgery Unit,
Metropolitan Hospital,
Athens, Greece

**Darlis Nikos M.D., PhD**
Director, Upper Extremity & Surgery & Reconstructive Microsurgery,
Metropolitan Hospital,
Athens, Greece

**Ditsios Konstantinos M.D.**
Professor and Chairman of Orthopaedic Surgery,
Aristoteleio University of Thessaloniki,
**2nd Vice President of Hellenic Association of Orthopaedic Surgery and Traumatology**,
Thessaloniki, Greece

**Fandridis Emmanouil, M.D.**
Director, Hand-Upper Limb and Microsurgery Department,
General Hospital of Athens "KAT",
Athens, Greece

**Galanakis Ioannis MD**,
Consultant Orthopaedic Surgeon,
University Hospital of Iraklion,
Iraklion, Greece.

**Giannoulis Filippos M.D., PhD**
Director, 2nd Department of Hand Surgery & Microsurgery,
"Hygeia" Hospital,
Athens, Greece

**Ignatiadis Ioannis M.D.**
Orthopaedic, Hand Surgeon,
Athens Medical Group,
Athens, Greece

**Kanellos Panagiotis M.D.,**
Orthopaedic Surgeon, Upper Extremity & Microsurgery Dept.,
General Hospital of Attica "KAT",
Athens, Greece

**Kasimatis George M.D.**
Orthopaedic Surgeon,
Athens Medical Center,
Athens, Greece

**Kokkalis Zinon M.D.**
Professor of Orthopaedic Surgery, University of Patra,
Patra, Greece

**Konstadinidis Cristos M.D., MSc, PhDc**
Orthopaedic Surgeon, 2nd Orthopaedic Dept.,
General Hospital of Ioannina,
Ioannina, Greece

**Kostas Agnantis Ioannis M.D.**
Consultant Orthopaedic Surgeon,
University of Ioannina,
Ioannina, Greece

**Korobilias Anastasios M.D., PhD**
Professor and Chairman of Orthopaedic Surgery,
University of Ioannina,
Ioannina, Greece

**Papadogeorgou Ellada M.D.**
Orthopaedic, Upper Extremity Surgeon,
Interbalkan Hospital,
Athens Medical Group,
Thessaloniki, Greece

**Papageorgiou Charalabos M.D.**
Emeritus Professor of Psychiatry,
University of Athens,
Director of University Mental Health, Neurosciences and Precision Medicine Research Institute
"Costas Stefanis"
Athens, Greece

**Papadopoulos Dimitrios V. M.D., PhD**
Assistant Professor of Orthopaedics,
2nd Department of Orthopaedics, Medical School, National and Kapodistrian
University of Athens,
Athens, Greece

**Papadopoulos Nikolaos A. M.D., PhD**
Associate Professor of Plastic Surgery,
Head of the Dept. of Plastic and Maxillofacial Surgery,
Attikon and Eugenideio University Hospitals,
School of Medicine, National and Kapodistrian University of Athens,
Athens, Greece

**Papoutsi Dimitra M.D.**
MSK Radiologist,
Athens Medical Center.
Athens, Greece

**Pasparakis Dimitrios M.D.**
Orthopaedic Surgeon, Pediatric Orthopaedics,
Athens Medical Center,
Athens, Greece

**Sarris Ioannis M.D.**
Professor of Orthopaedics, AUTH,
Papanikolaou General Hospital,
Thessaloniki, Greece

**Savvidou Olga MD.**
Professor of Orthopaedic Surgery,
University of Athens,
Athens, Greece

**Soucacos Panayotis N. M.D. FACS, (Hon)**
**Member of the Academy of Athens**
Professor of Orthopaedic Surgery, University of Athens, Medical School
Orthopaedic Research & Education Center
"Attikon" University Hospital,
Athens, Greece

**Spiridonos Sarantis M.D.,PhD**
Director of Hand Surgery – Upper Limp & Microsurgery Dept.,
Henry Dunant Hospital,
Athens, Greece

**Sourmelis Savvas M.D.**
Orthopaedic Surgeon,
"Hygeia" Hospital,
Athens, Greece

**Stefanou Nikolaos M.D.**
Orthopaedic Surgeon
University Hospital of Larisa,
Larisa, Greece

**Vardakas Dimitrios M.D.**
Director, Orthopaedic Dept.,
General Hospital of Ioannina "G. Hatzikostas",
Ioannina, Greece

**Varitimidis Sokratis M.D.**
Professor of Orthopaedic Surgery,
University of Thesalia,
Larisa, Greece

**Vasiliadis Adonis M.D.**
Orthopaedic, Hand Surgeon,
Metropolitan Hospital,
Athens, Greece

**Vekris Marios M.D.**
Professor of Orthopaedic Surgery,
University of Ioannina,
Ioannina, Greece

**Vlachos Nikos M.D.**
Orthopaedic Surgeon,
Athens Medical Group,
Athens, Greece

**Zoubos Aristides B. M.D.**
Emeritus Professor of Orthopaedic Surgery,
University of Athens,
Athens, Greece