Organizer

OSTEON
EDUCATION CENTER

Co-Organizer

ATHENS MEDICAL GROUP



04-05 DECEMBER 2026

the OSTEON ORTHO COURSE:

Arthroscopy 360° - MIS



ATTC

VENUE

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



WELCOME ADDRESS

Dear Colleagues,

It is with great pleasure that we welcome you to the **"Osteon Ortho Course – Arthroscopy 360° & MIS"**, the 4th Annual Hands-on Cadaveric Course, taking place on December 4–5, 2026, at the Athens ATTC, Greece.

Over the past decades, orthopaedic surgery has undergone remarkable advancements, driven by technological innovation and the increasing demand for more effective, precise, and less invasive surgical interventions. Arthroscopic and minimally invasive techniques have become essential components of modern orthopaedic practice. Our course aims to highlight these advances while reinforcing the fundamental surgical principles and techniques that remain integral to everyday clinical practice.

The scientific program combines focused, evidence-based lectures, interactive case discussions, and extensive hands-on cadaveric training. Our distinguished faculty consists of experienced, fellowship-trained orthopaedic surgeons from Greece and abroad, committed to sharing their expertise, knowledge, and practical insights.

Our primary objective is to provide a high-quality educational experience, particularly tailored to orthopaedic fellows and early-career surgeons seeking to enhance their knowledge and refine their surgical skills. Participants will have the opportunity to attend theoretical sessions covering both Upper and Lower Limb surgery, while selecting their preferred field for the hands-on cadaveric sessions.

We sincerely hope that this course will meet your expectations, foster scientific exchange and professional collaboration, and contribute meaningfully to your continued surgical education.

We look forward to welcoming you to Athens.

Osteon Education and Research Medical Center



SHOULDER / HIP / FOOT AND ANKLE PROGRAM

DAY 1/ 4 December 2026

08:00 - 08:30	Registration Welcome Coffee
08:30 - 09:10	Arthroscopic Portals Aula Hall LEVEL 2
08:30 – 08:40	Knee A. Piskopakis
08:40 – 08:50	Hip A. Papavasileiou
08:50 – 09:00	Foot and Ankle P. Symeonidis
09:00 -09:10	Shoulder G. Panagopoulos
09:10 – 11:10	Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle |Basic Arthroscopy | Vesalius Lab LEVEL 0
Shoulder Stations:	G. Mazis, G. Panagopoulos, K. Raptis ▪ Shoulder Arthroscopy ▪ Basic Anatomy and arthroscopic portals
Hip Stations :	A. Kourtis, A. Papavasileiou, I. Patsopoulos, V. Sakellariou ▪ Basic Anatomy ▪ Arthroscopic Portals
Foot and Ankle Stations:	S. Datsis, I. Giannakopoulos, P. Symeonidis ▪ Anterior ankle arthroscopy ▪ Removal of loose bodies ▪ Soft tissue debridement
11:10 – 11:30	Coffee Break | Aula Hall LEVEL 2
11:30 - 12:10	Sports Injuries Aula Hall LEVEL 2
Moderators:	V. Bitounis – V. Sakellariou
11:30 – 11:40	Femoroacetabular Impingement: Arthroscopic Correction—Durable Fix or Overused Fashion? K. Kateros
11:40 – 11:50	Primary ACL Repair: Comeback of an Old Idea—or Overhyped Trend P. Nikolaou



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DAY 1/ 4 December 2026

11:50 – 12:00	Hip Capsule Management: Repair Always—or Only When Needed? **A. Papavasileiou**
12:00 – 12:10	Borderline Hip Dysplasia: Arthroscopy Alone—or Always Combined with PAO? **I. Patsopoulos**
12:10 - 13:00	**The Athlete's Ankle: Current Trends and Evidence** **Aula Hall LEVEL 2**
Moderators:	**P. Symeonidis**
12:10 – 12:20	Achilles tendon rupture. Conservative, MIS or open repair? The evidence **M. Argyropoulos**
12:20 – 12:30	High ankle sprains in sports - indications and techniques for operative management **I. Giannakopoulos**
12:30 – 12:40	Ankle injections. Trends and reality **S. Datsis**
12:40 – 13:00	Discussion
13:00 - 13:45	**Shoulder Instability: Repair, Fill or Reconstruct?** **Aula Hall LEVEL 2**
Moderator:	**G. Mazis – G. Panagopoulos**
13:00 – 13:10	The first dislocation: a harmless event – or the beginning of failure? **K. Raptis**
13:10 – 13:20	Bankart repair is not enough: Why soft tissue stabilization fails **A. Boutsiades**
13:20 – 13:30	Remplissage: smart solution or paying stability with motion? **P. Pantos**
13:30 - 13:40	Latarjet: the gold standard or an overused operation? **D. Alexakis**
13:40 – 13:50	Discussion



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DAY 1/ 4 December 2026

13:50 – 14:20	**Welcome Address** Athens Medical Center European Health Data Space-perplexitie **K. Simopoulos**
14:20 – 15:00	**Lunch Break | Aula Hall LEVEL 2**
15:00 - 15:30	**The Best Approach to Common Foot and Ankle Conditions** **Aula Hall LEVEL 2**
Moderators:	**I. Giannakopoulos, N. Piskopakis**
15:00 – 15:10	Clinical examination vs imaging findings in the Foot and ankle: proper decision-making **M. Argyropoulos**
15:10 – 15:20	Peroneal tendons ruptures **S. Datsis**
15:20 – 15:30	Arthroscopic debridement for anterior ankle impingement. When and how **I. Giannakopoulos**
15:30 - 16:15	**Rotator Cuff Tears: Repair, Reconstruct or Replace?** **Aula Hall LEVEL 2**
Moderators:	**M. Azar, P. Pantos**
15:30 -15:15	GUEST LECTURE Reverse shoulder arthroplasty: The solution to everything or the next big problem? **N. Bonnevialle**
15:15 – 15:25	The cuff tear that should not be repaired **A. Leonidou**
15:25 – 15:35	Single row, double row, or does it really matter? **G. Mazis**



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15:35 – 15:45	Massive cuff tears: Repair, augment, transfer or replace? **A. Deligeorgis**
15:30 - 16:15	**Session Title** **Aula Hall LEVEL 2**
Moderators:	**P. Kouloumentas – V. Sakellariou**
15:45 – 15:55	Patellar Instability: MPFL Reconstruction Alone—or Always Add a Bony Procedure? **N. Piskopakis**
15:55 – 16:05	Cartilage Defects in the Knee: Microfracture Still First-Line—or Obsolete? **P. Kouloumentas**
16:05 – 16:15	Fast protocol protocol in TJA **V. Vernardakis**
16:15 – 16:25	Robotic-Assisted Knee Arthroplasty: Real Precision Gain—or Expensive Marketing? **T. Kostakos**
16:25 -16:45	Discussion
16:45 – 17:00	**Coffee Break | Aula Hall LEVEL 2**
17:00 - 19:00	**Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle | Vesalius Lab LEVEL 0**
Instructors	
Shoulder Stations:	**D. Alexakis, M. Azar, N. Bonnevialle, P. Pantos** ▪ Shoulder Instability
Hip Stations :	**S. Dourountakis, A. Papavasileiou, L. Poultsides, V. Sakellariou** ▪ Labral Repair ▪ Cam repair ▪ Capsular Repair
Foot and Ankle Stations:	**M. Argyropoulos, D. Chatziemmanouil, A. Eleftheropoulos** ▪ Evaluation of syndesmosis and ATFL ▪ Lateral ankle ligamenoplasty ▪ Micro – fracture / drilling for OCD lesion



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DAY 2/ 5 December 2026

09:00 - 09:40	**Sports Trauma – Fractures** **Aula Hall LEVEL 2**
Moderators:	**V. Bitounis – S. Dourountakis**
09:00 - 09:10	Hip Arthroscopy in Early Osteoarthritis: Joint-Preserving Bridge—or Delaying the Inevitable? **A. Kallivokas**
09:10 - 09:20	Peritrochanteric Space Endoscopy: Necessary Evolution or Unnecessary Complexity? **L. Poultsides**
09:20 - 09:30	Lecture Implantcast 10 minutes
09:30 - 09:40	Return to Sport After ALC repair: Time-Based Clearance or Criteria-Based Testing? **E. Alexiou**
09:40 - 10:10	**Advanced Ankle Arthroscopy** **Aula Hall LEVEL 2**
Moderators:	**P. Symeonidis**
09:40 - 09:50	Open and arthroscopic ATFL repair, pros and cons **A. Pettas**
09:50 - 10:00	Talar OCDs. What works **D. Chatziemmanouil**
10:00 – 10:10	Posterior Ankle arthroscopy. Basic and advanced techniques **A. Eleftheropoulos**
10:10 - 11:00	**The Grey Zones of Shoulder Surgery: Hype, Habit or Evidence?** **Aula Hall LEVEL 2**
Moderators:	**A. Leonidou – K. Raptis**
10:10 – 10:20	Orthobiologics in the shoulder: Science, Hype or both? **I. Polyzois**
10:20 – 10:30	Frozen shoulder: Wait it out or break the cycle? **F. Giannoulis**



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DAY 2/ 5 December 2026

10:30 – 10:40	Slap tears and the biceps pulley: repair, tenodese or ignore the MRI? **C. Koukos**
10:40 – 11:00	Lumbar disc herniation in elite athletes: decision strategy and return to play **K. Starantzis**
11:00 – 11:15	Discussion
11:15 – 11:30	**Coffee Break | Aula Hall LEVEL 2**
11:30 – 13:30	**Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle | Vesalius Lab LEVEL 0**

Instructors

Shoulder Stations:	**N. Bonnevialle, E. Fandridis, C. Koukos, G. Mazis** ▪ Rotator cuff tears
Knee Stations:	**P. Kouloumentas, V. Sakellariou, C. Theos** ▪ Meniscus repair
Foot and Ankle Stations:	**M. Argyropoulos, D. Chatziemmanouil, A. Pettas** ▪ FHL/os trigonum evaluation ▪ Haglund deformity
13:30 – 14:00	**Lunch Break | Aula Hall LEVEL 2**
14:00 - 14:55	**Trauma and Arthritis** **Aula Hall LEVEL 2**
Moderators:	**A. Kourtis – V. Vernardakis**
14:00 – 14:10	I can do a unicondylar without robotics **K. Tilkeridis**
14:15 - 14:25	Medial Compartment OA in the Young Active Patient: Osteotomy—or Partial Knee Replacement? **T. Totlis**

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DAY 2/ 5 December 2026

14:25 – 14:35	ACL Graft Choice: Gold Standard—or One Size Fits None **G. Basdekis**
14:35 – 14:45	Labral Tears: Repair, Reconstruct—or Just Debride? **A. Kourtis**
14:45 – 14:55	Meniscal Root and Ramp Lesions: Repair Everything—or Accept Selective Meniscectomy? **V. Sakellariou**
14:55 - 15:35	**Proximal Humerus Fractures: Preserve, Fix or Replace?** **Aula Hall LEVEL 2**
Moderators:	**C. Koukos – P. Pantos**
14:55 – 15:05	Proximal humerus fractures: are we treating the x-ray or the patient? **A. Gkantsos**
15:05 - 15:15	The calcar king: can we finally prevent plate fixation failure? **E. Fandridis**
15:15 – 15:25	Humeral nailing: minimally invasive solution or an expensive cuff injury? **M. Azar**
15:25 – 15:35	Reverse shoulder arthroplasty for fractures: do the tuberosities still matter? **Z. Kokkalis**
15:35 - 16:15	**Ankle Fractures and Arthritis** **Aula Hall LEVEL 2**
Moderators:	**P. Symeonidis**
15:35 – 15:45	Ankle fractures: what I teach to my trainees **A. Eleftheropoulos**
15:45 – 15:55	Arthroscopic and open ankle fusions. State of the art. **D. Chatziemmanouil**
15:55 – 16:05	Total ankle replacement. Present and future **A. Pettas**
16:05 – 16:15	Discussion



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DAY 2/ 5 December 2026

16:15 – 16:30	Coffee Break | Aula Hall LEVEL 2
16:30 - 19:00	Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle| Vesalius Lab LEVEL 0

Shoulder Stations: M. Azar, A. Gkantsos, G. Mazis, P. Pantos, I. Polyzois

- Shoulder Arthroplasty

Knee Stations: V. Dourountakis,T. Kostakos, V. Sakellariou, K. Tilkeridis

- Osteotomy
- Uni Knee
- KA Knee MP

Foot and Ankle Stations: S. Datsis, A. Eleftheropoulos, A. Pettas

- Subtalar arthroscopy – lateral approach
- Peroneal tendoscopy
- Open procedures