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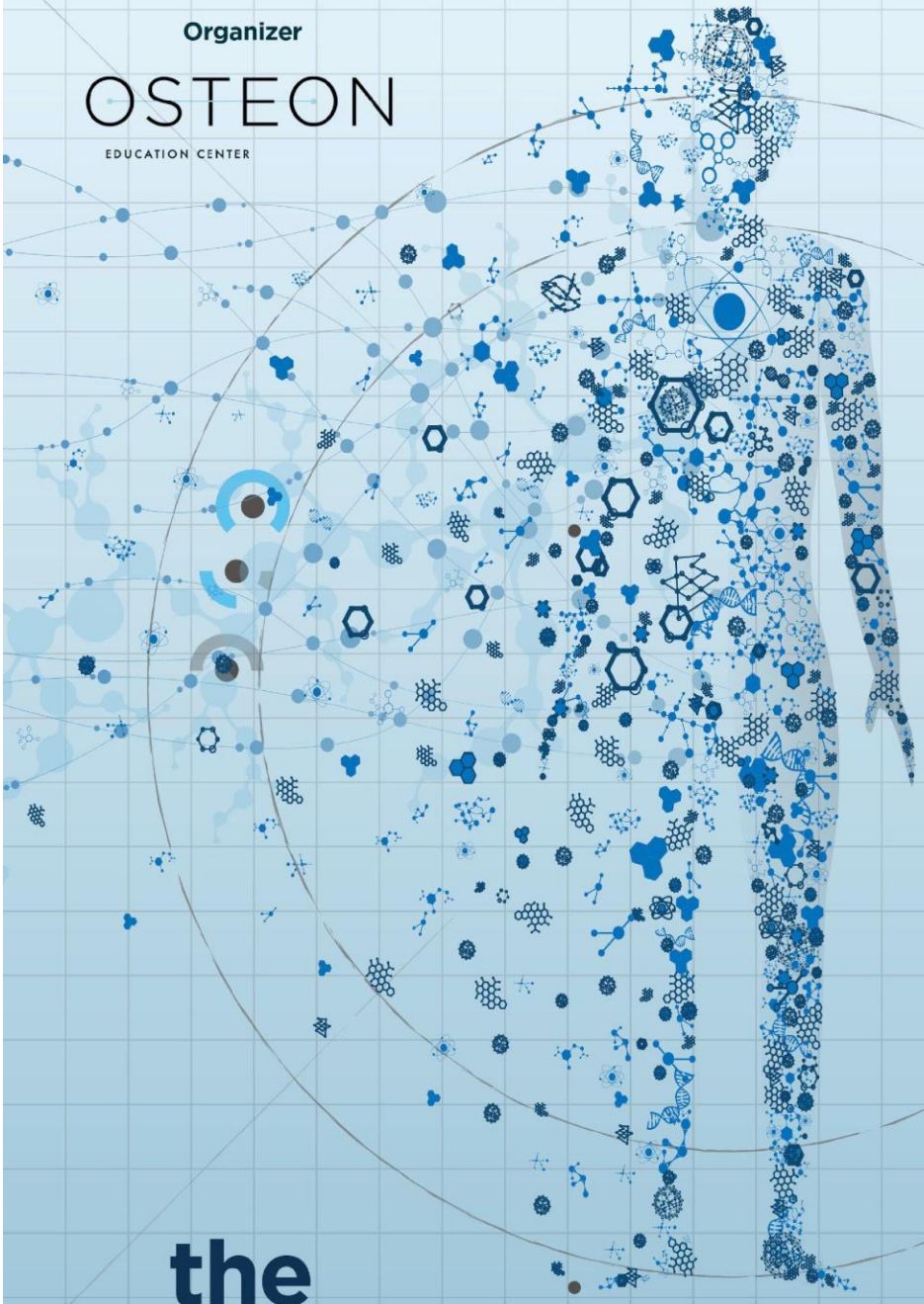

04-05 DECEMBER 2026

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, P. Pantos ▪ 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 - 13:50	**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



SHOULDER / HIP / FOOT AND ANKLE PROGRAM

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 -15:45	GUEST LECTURE Reverse shoulder arthroplasty: The solution to everything or the next big problem? **N. Bonnevialle**
15:45 – 15:55	The cuff tear that should not be repaired **A. Leonidou**
15:55 – 16:05	Single row, double row, or does it really matter? **G. Mazis**



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DAY 1/ 4 December 2026

16:05 – 16:15	Massive cuff tears: Repair, augment, transfer or replace? **A. Deligeorgis**
16:15 - 16:15	**Trauma and Arthritis I** **Aula Hall LEVEL 2**
Moderators:	**P. Kouloumentas – V. Sakellariou**
16:15 – 16:25	Patellar Instability: MPFL Reconstruction Alone—or Always Add a Bony Procedure? **N. Piskopakis**
16:25 – 16:35	Cartilage Defects in the Knee: Microfracture Still First-Line—or Obsolete? **P. Kouloumentas**
16:35 – 16:45	Fast protocol in TJA **V. Vernardakis**
16:45 – 16:55	Robotic-Assisted Knee Arthroplasty: Real Precision Gain—or Expensive Marketing? **T. Kostakos**
16:55 -17:00	Discussion
17:00 – 17:15	**Coffee Break | Aula Hall LEVEL 2**
17:15 - 19:15	**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 ▪ Microfracture / 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	5C Medic clinical and radiographic outcomes
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 - 11:15	**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, tenodesis 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**
14:10 - 14:20	Medial Compartment OA in the Young Active Patient: Osteotomy—or Partial Knee Replacement? **T. Totlis**



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DAY 2/ 5 December 2026

14:20 – 14:30	ACL Graft Choice: Gold Standard—or One Size Fits None **G. Basdekis**
14:30 – 14:40	Labral Tears: Repair, Reconstruct—or Just Debride? **A. Kourtis**
14:40 – 14:50	Meniscal Root and Ramp Lesions: Repair Everything—or Accept Selective Meniscectomy? **V. Sakellariou**
14:50 - 15:30	**Proximal Humerus Fractures: Preserve, Fix or Replace?** **Aula Hall LEVEL 2**
Moderators:	**C. Koukos – P. Pantos**
14:50 – 15:00	Proximal humerus fractures: are we treating the x-ray or the patient? **A. Gkantsos**
15:00 - 15:10	The calcar king: can we finally prevent plate fixation failure? **E. Fandridis**
15:10 – 15:20	Humeral nailing: minimally invasive solution or an expensive cuff injury? **M. Azar**
15:20 – 15:30	Reverse shoulder arthroplasty for fractures: do the tuberosities still matter? **Z. Kokkalis**
15:30 - 16:15	**Ankle Fractures and Arthritis** **Aula Hall LEVEL 2**
Moderators:	**P. Symeonidis**
15:30 – 15:40	Ankle fractures: what I teach to my trainees **A. Eleftheropoulos**
15:40 – 15:50	Arthroscopic and open ankle fusions. State of the art. **D. Chatziemmanouil**
15:50 – 16:00	Total ankle replacement. Present and future **A. Pettas**
16:00 – 16:10	Discussion



SHOULDER / KNEE / FOOT AND ANKLE PROGRAM

DAY 2/ 5 December 2026

16:10 – 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



FACULTY LIST

Dimitris	Alexakis	Director of Orthopaedics and Sports Injuries Department, Athens Euroclinic,Greece
Eleftherios	Alexiou	Orthopaedic Surgeon, Athens, Greece
Miltos	Argyropoulos	BSc, MBChB, FRCS Trauma & Orthopaedic Surgeon, Foot & Ankle Specialist
Michel	Azar	Orthopaedic Surgeon, ICR Nice, France
Georgios	Basdekis	MD, PhD, Orthopaedic Surgeon, Medical Partner Iaso Thessaly, Greece
Vasileios	Bitounis	MD Bristol, FRCSEd, PhD, Orthopaedic Surgeon, Director of the International Center for Hip and Knee Arthroplasty, Athens Medical Center, Greece
Nicolas	Bonnevialle	MD, PhD, Président de la SFA, Chirurgie de l' Epaule, Clinique Universitaire du Sport, Hopital Pierre Paul Riquet, Toulouse, France
Achilleas	Boutsiades	MD, PhD 401 Military Hospital of Athens, Bioclinic of Athens Advanced Shoulder Service, Athens, Greece
Dimitrios	Chatziemmanouil	Ortopaedic Surgeon, Director, 5th Orthopedic Department, Interbalkan Medical Center Thessaloniki, Greece
Georgios	Datsis	MD, PhD, FEBOT Orthopaedic Consultant, Foot & Ankle Specialist, Rethimno, Crete, Greece
Anastasios	Deligeorgis	Orthopaedic Surgeon, Associate Director, 3rd Orthopaedic Department Hygeia hospital, IOC Diploma in Sports Medicine, Athens, Greece
Iosif	Dourountakis	Orthopaedic Surgeon, Athens, Greece
Alexandros	Eleftheropoulos	Foot and Ankle Orthopaedic Consultant, Head of Orthopaedic Department Naousa's General Hospital, Central Macedonia, Greece
Emmanouil	Fandridis	Orthopaedic Surgeon, Director, Hand-Upper Limb & Microsurgery Department, KAT General Hospital, Athens, Greece, President of the Hellenic Hand Surgery and Upper Limb Society 2023, Athens, Greece
Ioannis	Giannakopoulos	MD, PhD, MHCM Orthopaedic Surgeon, Director, Department of Lower Limb and Minimally Invasive Surgery, Athens Medical Center, Greece
Filippos	Giannoulis	MD, PhD, Director, Hand Surgery Department, "Hygeia" Hospital, Athens

Apostolos	Gkantsos	MD, PhD, Orthopaedic Surgeon, Senior Consultant, General Hospital of Naousa, Greece
Alkiviadis	Kallivokas	BSc, MD, PhD Consultant Orthopaedic and Trauma Surgeon, Athens Medical Center, Greece Evgenidio Hospital, Athens, Greece General and Oncology Hospital of Kifisia, Greece
Konstantinos	Kateros	MD, MSc, PhD, Orthopaedic Surgeon Director, 1st Orthopaedic Department "G.Gennimatas" General Hospital, Athens, Greece
Zinon	Kokkalis	MD, PhD, Associate Professor of Orthopaedic Surgery School of Medicine, University of Patras, Greece
Thomas	Kostakos	MD, PhD, FRCS (Tr&Orth), Consultant Orthopaedic Surgeon, Athens Medical Centre, Greece
Christos	Koukos	Sports Trauma and Pain Institute Thessaloniki, Medical Center Wuppertal, Germany
Panagiotis	Kouloumentas	MD, Orthopaedic Surgeon, Director Athens Sport Orthopaedis Clinic for Orthopaedics and Sport Orthopaedics Metropolitan Hospital Athens, Greece
Aristotelis	Kourtis	Consultant Orthopedic Surgeon, Athens Medical Centre, Athens, Greece Honorary Consultant, Nuffield Orthopedic Centre, Oxford,U.K. Honorary Consultant, Southmead Hospital, Bristol, U.K. Honorary Lecturer, University of Bristol, U.K.
Andreas	Leonidou	MSc, PhD, FRCS (Tr & Orth), Director of Department of Minimally Invasive Orthopaedic Surgery, Athens Medical Centre, Greece
Giorgos	Mazis	MSc, PhD, FEBOT, Director Orthopedic Surgeon Head of Upper Extremity (Shoulder & Elbow) and Hand Extremity Surgery Department, Athens Medical Center, Palaio Faliro, Greece Associate of the Upper Extremity Surgery Department and Head of the Hand Extremity Department at "OSTEON" Orthopedic Clinic, Athens, Greece
Pantelis	Nikolaou	MD, PhD, Orthopaedic Surgeon,Director, Orthopaedic Clinic, Division Sports Medicine, Athens Medical Center, Amarousio Greece
George	Panagopoulos	MD, PhD, Consultant Upper Limb Surgeon, Athens Medical Center, Greece

Panagiotis	Pantos	MD, MSc, PhD, Orthopaedic Surgeon, Director of the Upper Limb Unit , Osteon Orthopedic Clinic at Athens Medical Center, Greece
Athanasios	Papavasiliou	BSc, MD, PhD, Orthopaedic Surgeon, Interbalkan Hospital, Thessaloniki , Greece and HYGEIA Hospital, Athens, Greece ESSKA- EHPA Chair 2024-6 ISHA Educational commitee 2025-7
Iraklis	Patsopoulos	Orthopaedic Surgeon, Director Sports Injuries Department, Mediterraneo Hospital, Athens, Greece
Antonis	Pettas	CEO and Co-founder of Scandinavian Medical center Limassol, Cyprus Senior consultant Orthopaedic Surgeon at Interbalkan Hospital, Thessaloniki , Greece
Andreas	Piskopakis	Orthopaedic Surgeon, Co Director of Orthopaedics and Sports Medicine, Athens Medical Center, Greece
Nikolaos	Piskopakis	MD, PhD, Director, Department of Orthopaedics and Sports Medicine, Athens Medical Center, Greece
Ioannis	Polyzois	MBCHB FRCS FEBOT, Consultant Trauma and Orthopaedic Surgeon, Shoulder and Upper Limb Specialist, Athens Interbalkan Medical Center, Greecee
Lazaros	Poultsides	Assistant Professor of Orthopaedics, Aristotle University of Thessaloniki, Greece
Konstantinos	Raptis	Orthopaedic Surgeon Associate Director, 2nd Orthopaedic Department Hygeia Hospital, Athens, Greece
Vasilis	Sakellariou	MD, MSc, PhD, Director of Orthopedic Department Athens Medical Center,Amarousion, Greece
Panagiotis	Symeonidis	Orthopaedic Surgeon, Foot and Ankle Specialist, St Luke's Hospital, Thessaloniki, Greece Head of the Foot and Ankle Department , “OSTEON” Clinic, Athens, Greece
Christos	Theos	MD, MSc, Orthopaedic Surgeon, Athens Medical Center, Paleo Faliro Clinic Team Doctor of Olympiacos FC AXION QPC (Quality Performance Centre) Piraeus Special Orthopaedic Surgery (PirSOS). Scientific Collaborator of 1st Orthopaedic Clinique University of Athens (Attiko Hospital).
Konstantinos	Tilkeridis	Professor of Orthopaedics, Democritus University of Thrace, Greece

Trifon	Totlis	Orthopaedic Surgeon, Assistant Professor, TheMIS Orthopaedic Center, St. Luke's Hospital, Thessaloniki, Anatomy Department, School of Medicine, Aristotle University of Thessaloniki, Greece ESSKA-EKA Early Osteoarthritis Study Group co-Chair
Georgios	Tsikouris	Orthopaedic Surgeon, Sports Medicine Specialist, Athens, Greece
Vasileios	Vernardakis	Orthopaedic Surgeon, Director, 3rd Orthopaedic Clinic – Minimally Invasive Surgery (MIS) Clinic, Metropolitan General, Athens, Greece



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GENERAL INFORMATION

Venue of the course

ANATOMY TECHNIQUES AND TRAINING CENTER

ATTC Anatomy Techniques & Training Center

The ATT Center is dedicated to practical courses on all ranges of the medical sector, as well as surgical techniques on cadavers. The facility offers surgeons of all medical specialties and nurses the most suitable space and equipment for developing and expanding their medical and surgical experience. The Centre covers 1000 m^2, has 2 laboratories with a total of 18 working stations, a conference hall located on the second floor that can accommodate up to 100 people and fully equipped separate seminar rooms.

Sorou 35, Marousi, 15125

Registration Fee for the course

Lectures Only | **150,00€**
Shoulder Lectures & Hands on | **600,00€**
Hip and Knee Lectures & Hands On | **600,00€**
Foot and Akle Lectures & Hands On | **6000,00€**

The registration fee includes :Attendance of the theoretical and hands on session, coffee break & light lunch

Secretariat Operating Hours

Friday December 4th | **7.30 -17.00** | ***ATTC***
Saturday December 5th | **8.30 -16.30** | ***ATTC***

Official Language

Greek is the official language of the course. There will be no simultaneous translation.

Certificate of Attendance

Participants can receive their certificate of attendance via email. To receive the certificate of attendance it is mandatory for each participant to complete the evaluation sent to them via email by the secretariat.

Admission Badges

The badge should be worn by all participants and members of the faculty, at all times during the course.