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15-16
SEPTEMBER
2023

the
OSTEON ORTHO
& SPINE COURSE

1st Annual Hands-On Course
MIS Procedures

ATTC

VENUE

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Dear colleagues,

It is a great pleasure to welcome you to “The Osteon Ortho & Spine Course” - 1st Annual Hands-on Cadaveric Course that will take place in Athens, at [ATT Center](#) on 15&16 September 2023.

Orthopedics, as well as Spine surgery, has evolved impressively over the last few years and decade to accommodate patients’ and healthcare stakeholders’ needs for more efficient and less disruptive interventions. That led Minimally Invasive Surgery to become the standard of care, hence this course will emphasize this specific field, but it will also include the essential surgical knowledge and techniques of surgeons’ everyday practice.

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

We will endeavor to deliver a high quality educational hands-on course for fellows and early carrier surgeons. Orthopedic-orientated colleagues will have the opportunity to attend both the Upper and Lower Limb theoretical sessions but will have to choose between them for the cadaveric sessions. Spine Surgeons and Neurosurgeons will attend the spine surgery sessions running in parallel.

We look forward to fulfilling your expectations for a well-spent portion of your valuable time.

Osteon Education and Research Medical Center

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SHOULDER & KNEE PROGRAM

DAY 1/15 September 2023

08:30 - 09:00	Registration Welcome Coffee
09:00 - 09:30	Shoulder Arthroscopy Vitruvian lab LEVEL -1
<u>Moderators:</u>	G. Mazis, P. Pantos
09:00 - 09:10	Shoulder Arthroscopy – Basic anatomy and arthroscopic portals N. Anoua
09:10 - 09:20	Impingement Syndrome- diagnosis and treatment K. Chin ^{via zoom}
09:20 - 09:30	Frozen Shoulder-Treatment strategy G. Mazis
09:30 - 10:10	Knee Arthroscopy Vitruvian Lab LEVEL -1
<u>Moderator:</u>	K. Kateros
09:30 – 09:40	Anatomy and biomechanics of the meniscus K. Kateros
09:40 – 09:50	Types of meniscal tears – discoid meniscus A. Kourtis
09:50 – 10:00	Meniscal suturing C. Theos
10:00 – 10:10	Types of cartilage lesions and methods of reconstruction P. Kouloumentas

DAY 1/15 September 2023

10:10 - 11:30 Hands – On Session – 6 Working Stations Shoulder & Knee Arthroscopy | Vitruvian Lab **LEVEL -1**

Instructors

Shoulder Stations: G. Arealis, G.Mazis, C. Koukos, G, Panagopoulos, P. Pantos

Knee Stations :

K. Kateros, P. Kouloumentas, A. Kourtis, V. Sakellariou, C. Theos

- Arthroscopic portals
- Arthroscopic tour inside the knee

11:30 - 12:30 Anterior Shoulder Instability | Aula Hall **LEVEL 2**

Moderators: A. Boutsiadis, C. Sinopidis

11:30 - 11:40 First time dislocation – Conservative vs Operative treatment
G. Arealis

11:40 - 11:50 Bankart Repair VS Latarjet
A. Boutsiadis

11:50 - 12:00 Latarjet procedure arthroscopic VS open
E. Alexakis

12:00 – 12:10 Anterior Instability and bone defects. The best way to treatment
C. Sinopidis

12:10 - 12:30 Discussion

12:30 – 13:30 Patellar tendon tears | Aula Hall **LEVEL 2**

Moderator: S. Leles

12:30 – 12:40 Patellar fractures – New fixation techniques
N. Papoulidis

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SHOULDER & KNEE PROGRAM

DAY 1/15 September 2023

12:40 – 12:50 Patellar and quadriceps tendon tears – Reconstruction techniques
S. Leles

12:50 - 13:00 Patellar instability. Diagnosis and treatment algorithm
V. Sakellariou

13:00 - 13:10 Chondral lesions of patellofemoral joint
G. Karaliotas

13:10 – 13:20 Discussion

13:20 – 13:30 **Welcome Address | Aula Hall LEVEL 2**
C. Apostolopoulos
Executive Vice President, Athens Medical Group

13:30-14:15 **Lunch Break | Aula Hall LEVEL 2**

14:15-14:30 **Hall Changing for the hands-on session**

14:30-16:30 **Hands – On Session – 6 Working Stations | Vitruvian Lab LEVEL -1**

Instructors

Shoulder Stations: E. Alexakis, G. Arealis, A. Boutsiadis, C. Koukos, G. Mazis, P. Pantos, C. Sinopidis

Knee Stations: P. Kouloumentas, A. Kourtis, V. Sakellariou, C. Theos

- Anterior Shoulder Instability
- Bankart Repair and Remplissage
- Meniscal tear and suturing
- Root repair

16:30 – 17:00 **Hall Changing for the lecture session**

SHOULDER & KNEE PROGRAM

DAY 1/15 September 2023

17:00-18:00	Rotator Cuff Tears Aula Hall LEVEL 2
<u>Moderators:</u>	C. Koukos, G. Mazis
17:00 - 17:15	Small supraspinatus tears – Conservative VS Operative treatment I. Galanopoulos
17:15 - 17:30	Arthroscopic repair of supraspinatus tears – technical tricks C. Koukos
17:30 - 17:45	Arthroscopic subscapularis repair – technical tricks G. Mazis
17:45 - 18:00	Irreparable posterosuperior rotator cuff tears treatment options P. Pantos
18:00-19:00	ACL Aula Hall LEVEL 2
<u>Moderator:</u>	V. Sakellariou, G. Skarpas
18:00 – 18:15	Anatomy and biomechanics of the ACL G. Skarpas
18:15 - 18:30	All Inside ACL repair V. Sakellariou
18:30 - 18:45	Double bundle or double trouble? P. Nikolaou
18:45 - 19:00	Repair of the ACL in Pediatric Patients – techniques and indications T. Sarlikiotis

SHOULDER & KNEE PROGRAM

DAY 2/16 September 2023

09:00 - 11:00 Hands – On Session - 6 Working Stations | Vitruvian Lab
LEVEL -1

Instructors

Shoulder Stations: I. Galanopoulos, C. Koukos, A. Leonidou, G. Mazis,
P. Pantos, G. Panagopoulos

Knee Stations: K. Kateros, P. Kouloumentas, P. Nikolaou, T. Sarlikiotis,
G. Skarpas, V. Sakellariou

- Rotator cuff tears (single row / double row)
- ACL reconstruction using the all- inside technique
- Patellar tendon harvesting and graft preparation
- Quad tendon harvesting and graft preparation

11:00 – 11:30 Hall Changing for the lecture session.

11:30 - 12:30 Reverse Shoulder Arthroplasty | Aula Hall **LEVEL 2**

Moderators: A. Leonidou, P. Pantos

11:30 - 11:45 Basic Principles and Indications
Z. Kokkalis

11:45 - 12:00 Deltpectoral VS Anterosuperior approach
G. Panagopoulos

12:00 - 12:15 Stemless Shoulder Arthroplasty
A. Kaisidis

12:15 - 12:30 Stemmed or Stemless?
A. Leonidou

12:30 – 13:30 Degenerative Arthritis of the Knee | Aula Hall **LEVEL 2**

Moderator: V. Sakellariou

12:30 – 12:40 Patient satisfaction after a modern total knee arthroplasty.
Where are we?

V. Bitounis

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SHOULDER & KNEE PROGRAM

DAY 2/16 September 2023

12:40 – 12:50 Robotic surgery in knee arthroplasty. Another marketing tool or true game changer?

D. Chissas

12:50 – 13:00 Fast track in knee arthroplasty. Is it for all?

T. Kostakos

13:00 – 13:10 Kinematic alignment (Restricted or No). Did we find the best solution?

A. Konstantinou

13:10 – 13:30 Discussion

13:30 – 14:15 Lunch Break | Aula Hall **LEVEL 2**

14:15 – 14:30 Hall Changing for the Hands – On Session

14:30-16:30 Hands-On Session - 6 Working Stations | Vitruvian Lab **LEVEL -1**

Instructors

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

Knee Stations: **T. Kostakos, A. Kourtis, V. Sakellariou**

- Reverse Shoulder Arthroplasty
- Unicompartamental Knee Arthroplasty
- Total Knee Arthroplasty, Gap balancing, Kinematic Alignment
- Robotic Knee Arthroplasty

16:30 – 16:45 Course Summary and Closing Remarks

SPINE PROGRAM

DAY 1/15 September 2023

08:30 - 09:00	Registration Welcome Coffee
09:00 - 11:00	A-Z anterior cervical procedures Aula Hall LEVEL 2
<u>Moderator:</u>	K.A. Starantzis
09:00 - 09:20	ACDF C. Zafiris
09:20 - 09:40	Corpectomy P. Angourakis
09:40 - 10:00	Dens screw fixation D. Bouramas
10:00 - 10:20	Transoral approach D. Bouramas
10:20 - 10:50	<u>Keynote Lecture:</u> Training the tomorrow's trainers. How to develop and maintain a culture of teaching, learning & sharing in Spine Surgery G. Sapkas
10:50 - 11:00	CME Award
11:00 - 11:30	Hall Changing for the Hands – On Session
11:30 - 13:20	Hands-On Session - 2 Working Stations Vitruvian Lab LEVEL -1
<u>Instructors:</u>	P. Angourakis, D. Bouramas, C. Zafiris, K.A. Starantzis <ul style="list-style-type: none"> ▪ Transoral Approach ▪ Dens screw fixation ▪ ACDF ▪ Corpectomy

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SPINE PROGRAM

DAY 1/15 September 2023

13:20 – 13:30	Welcome Address Aula Hall LEVEL 2 C. Apostolopoulos Executive Vice President, Athens Medical Group
13:30 - 14:30	Lunch Break Aula Hall LEVEL 2
14:30 - 16:30	A-Z posterior cervical procedures Aula Hall LEVEL 2 <u>Moderator:</u> V. Vougioukas
14:30 - 14:40	Tubular Foraminotomy V. Vougioukas
14:40 - 14:50	Laminectomy A. Lagaras
14:50 – 15:00	Laminoplasty K.A. Starantzis
15:00 - 15:15	Lateral Mass Screws G. Ntais
15:15 - 15:45	C1 & C2 screws / Occipital instrumentations P. Angourakis
15:45 – 16:00	Why should we avoid fusing to the Occiput? Strategies to facilitate that N. Foroglou
16:00 – 16:30	Case discussion and decision making Moderator: K.A. Starantzis
16:30 – 17:00	Hall Changing for the Hands – On Session

SPINE PROGRAM

DAY 1/15 September 2023

17:00-19:00 Hands-on Session 2 Working Stations | Vitruvian Lab **LEVEL -1**

Instructors: P. Angourakis, N. Foroglou, A. Lagaras, G. Ntais, K. A. Starantzis, V. Vougioukas

- Tubular Foraminotomy
- Laminectomy
- Laminoplasty
- Lateral mass screws
- C1 & C2 screws
- Occipital instrumentation

DAY 2/16 September 2023

9:00-11:00 A-Z posterior lumbar procedures | Aula Hall **LEVEL 2**

Moderator: P. Zoumpoulis

09:00-09:15 Microdiscectomy
P. Papanikolaou

09:15-09:30 Micro – decompression and over the top approach
G. Papadimitriou

09:30-09:50 MIS instrumentations navigated and robotically assisted.
P. Zoumpoulis

09:50-10:10 MIS lumbar interbody fusion
V. Vougioukas

10:10-10:30 Osteotomies
K.A. Starantzis

10.30-11.00 My worst day in the operating theater
V. Vougioukas, P. Zoumpoulis, K. Starantzis
Moderator: V. Vougioukas

11:00 – 11:30 Hall Changing for the Hands – On Session

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SPINE PROGRAM

DAY 2/16 September 2023

11:30-13:30

Hands-On Session 2 Working Stations | Vitruvian Lab LEVEL -1

Instructors:

P. Papanikolaou, P. Papadimitriou, K. A. Starantzis,
V. Vougioukas, P. Zoumpoulis

- Microdiscectomy
- Micro-decompression and over the top approach
- MIS instrumentation navigated and robotically assisted
- MIS lumbar interbody fusion

13:30-14:00

Lunch Break | Aula Hall LEVEL 2

14:30-16:30

Hands-On Session 2 Working Stations | Vitruvian Lab LEVEL -1

Instructors:

K.A. Starantzis, P. Zoumpoulis

- Osteotomies

16: 30 -16:45

Course Summary and Closing Remarks

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