

Organizer

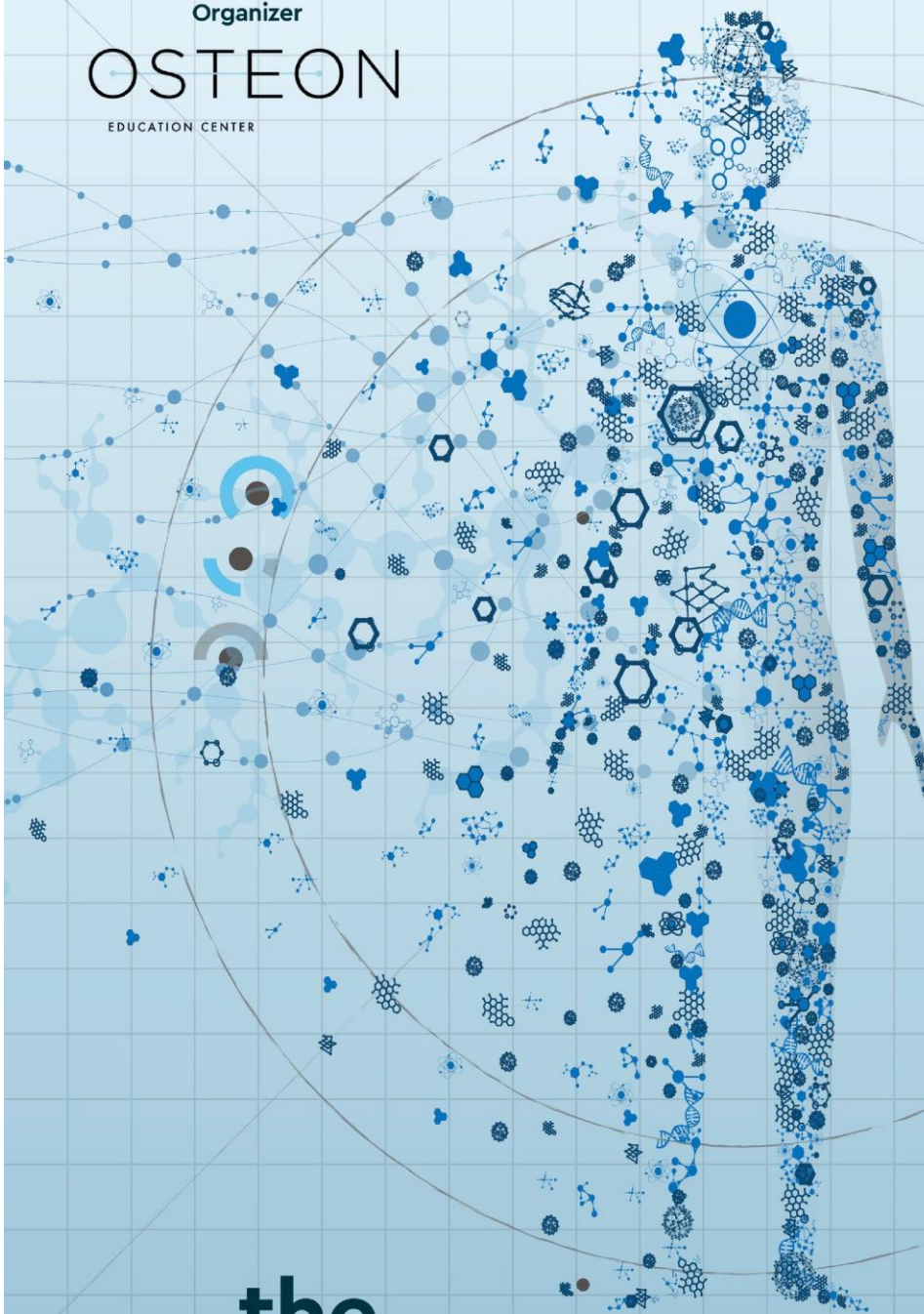
OSTEON

EDUCATION CENTER

Co-Organizer



ATHENS MEDICAL  
GROUP



**13-14**  
SEPTEMBER  
**2024**

the  
**OSTEON ORTHO**  
**& SPINE COURSE**

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



VENUE

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## 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**

Introduction Arthroscopic Portals

Shoulder  
I. Galanopoulos

Knee  
A. Piskopakis

Foot and Ankle  
P. Symeonidis

### Instructors

Shoulder Stations: G. Arealis, G. Panagopoulos, 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 | Aula Hall **LEVEL 2**



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## SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

11:30 - 12:10	Current trends in common shoulder pathologies   Aula Hall <b>LEVEL 2</b>
<u>Moderators:</u>	<b>G. Arealis, I. Galanopoulos</b>
11:30 – 11:40	Impingement syndromes of the shoulder. It is not only subacromial <b>G. Panagopoulos</b>
11:40 – 11:50	Calcifying tendonitis. Conservative Treatment. When to operate? <b>I. Chiotis</b>
11:50 – 12:00	Acromioplasty and lateral clavicle excision. Are they always necessary? <b>P. Pantos</b>
12:00 – 12:10	Shoulder pain in athletes: The proper steps from diagnosis to successful treatment <b>C. Sinopidis</b>
12:10 - 12:50	Current trends in Biologics & Cartilage Repair   Aula Hall <b>LEVEL 2</b>
<u>Moderators:</u>	<b>K. Kateros, V. Sakellariou</b>
12:10 – 12:20	Mesechymal stem cells <b>G. Skarpas</b>
12:20 – 12:30	Adipose derived cells <b>G. Karaliotas</b>
12:30 – 12:40	Scaffolds <b>K. Kateros</b>
12:40 – 12:50	Autologus cell transplantation <b>V. Chouliaras</b>



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## SHOULDER / KNEE/ F&A PROGRAM

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### 12:50 - 13:30 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 – 13:40 Welcome Address | Aula Hall LEVEL 2

**Christos G. Apostolopoulos**  
Executive Vice President, Athens Medical Group

### 13:40-14:30 Lunch Break | Aula Hall LEVEL 2

### 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 Arthroscopic Bone Block  
**E. Antonogiannakis**



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## SHOULDER / KNEE/ F&A PROGRAM

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<b>15:10 - 16:10</b>	<b>Meniscal Repair   Aula Hall Level 2</b>
<u>Moderators:</u>	<b>N. Piskopakis, V. Chouliaras</b>
15:10 – 15:20	ESSKA consensus of degenerative lesions <b>N. Piskopakis</b>
15:20 – 15:30	ESSKA consensus of Traumatic Lesions <b>A. Tokis</b>
15:30 – 15:40	Chondroprotective effect of meniscal repair. What is the evidence <b>P. Kouloumentas</b>
15:40 – 15:50	Repair Techniques <b>V. Sakellariou</b>
15:50 – 16:00	Discussion
<b>16:00 - 16:30</b>	<b>Tendons – Plantar fascia   Aula Hall Level 2</b>
<u>Moderators:</u>	<b>A. Eleftheropoulos, T. Badekas</b>
16:00 – 16:10	Peroneal tendons painful conditions (Ruptures, instability / dislocation, low riding muscle belly) <b>P. Symeonidis</b>
16:10 – 16:20	Posterior tibial tendon and spring ligament insufficiency (From the adult flatfoot deformity to the progressive collapsing foot deformity) <b>T. Badekas</b>
16:20 – 16:30	Plantar fasciitis (heel spurs, orthobiologics, release) <b>M. Argyropoulos</b>



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## SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

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

### Instructors

#### Shoulder Stations:

A. Gkantsos, C. Koukos, C. Sinopidis

- Shoulder Instability procedures
- Bankart
- Remplissage
- ASA

#### Knee Stations:

P. Kouloumentas, V. Chouliaras , V. Sakellariou

- Meniscal Repair Techniques

#### F&A Stations:

T. Badekas, A. Eleftheropoulos, A. Pettas

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



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## 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. Mazis, 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**



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## 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>





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## SHOULDER / KNEE/ F&A PROGRAM

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 - 16:00 Osteotomies & Uni | Aula Hall LEVEL 2

Moderators: V. Bitounis, T. Kostakos

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  
T. Kostakos

15:40 - 15:50 Unicompartmental and total knee arthroplasty using CORI system  
K. Makridis

15:50 - 16:00 Patellofemoral arthroplasty  
N. Christodoulou



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## SHOULDER / KNEE/ F&A PROGRAM

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### 16:00 - 16:30 Achilles Tendon | Aula Hall **LEVEL 2**

Moderators: M. Argyropoulos, P. Symeonidis

16:00 - 16:10 Acute Achilles tendon rupture (Operative options: percutaneous, arthroscopically assisted, mini open, open repair)  
**P. Nikolaou**

16:10 – 16:20 Chronic – neglected rupture (V-Y lengthening, turn down Bosworth, FHL transfer)  
**M. Argyropoulos**

16:20 - 16:30 Tendinopathy (insertional, mid-substance tendinopathy, Haglund deformity)  
**A. Pettas**

### 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, I. Polyzois**

- Shoulder Arthroplasty

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

- Osteotomies
- Uni
- PF Joint Arthroplasty

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

- Achilles Tendon
- Haglund deformity
- Paratendinopathy
- FHL Transfer



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### 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 - 09:45	Discussion
09:45-10:00	Coffee Break   Aula Hall <b>LEVEL 2</b>
10:00 - 13:30	Hands-On Session - 4 Working Stations   Vitruvian Lab <b>LEVEL -1</b> <u>Instructors</u> <ul style="list-style-type: none"> <li>▪ MIS Decompression / Discectomy N. Paidakakos, G. Papadimitriou, G. Ntais</li> <li>▪ MIS TLIF (tube) P. Zouboulis, P. Aggourakis</li> <li>▪ Dural Tear repair K. Mparkas, N. Tzerakis, J. Tsiganos</li> </ul>
13:30 – 13:40	Welcome Address   Aula Hall <b>LEVEL 2</b>  Christos G. Apostolopoulos Executive Vice President, Athens Medical Group
13:45-14:30	Lunch Break   Aula Hall <b>LEVEL 2</b>



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## SPINE PROGRAM

DAY 1/13 September 2024

14:30 - 17:00 Hands-On Session - 4 Working Stations | Vitruvian Lab  
**LEVEL -1**

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

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**



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## SPINE PROGRAM

DAY 2/14 September 2024

08:30-09:50	Key topics on deformity surgery   Aula Hall <b>LEVEL 2</b>
<u>Moderators:</u>	K. Starantzis – I. Obeid
08:30-08:50	Risk stratification in deformity spine surgery K. Starantzis
08:50-09:05	Sagittal alignment correction ladder I. Obeid
09:05-09:20	Correction manoeuvres in scoliosis J. Leong
09:20-09:40	MIS versus open surgery for lumbar deformity V. Vougioukas
09:40-10:00	Coffee Break   Aula Hall <b>LEVEL 2</b>
10:00-13:30	Hands-On Session - 4 Working Stations   Vitruvian Lab <b>LEVEL -1</b> <ul style="list-style-type: none"><li>▪ ALIF J. Leong, P. Spinos, V. Jasani</li><li>▪ XLIF K. Starantzis, V. Vougioukas, G. Ntais</li><li>▪ Fixation to the pelvis I. Obeid, K. Starantzis, S. Papastefanou</li></ul>
13:30-14:30	Lunch Break   Aula Hall <b>LEVEL 2</b>
14:30-16:30	Hands-On Session - 4 Working Stations   Vitruvian Lab <b>LEVEL -1</b> <ul style="list-style-type: none"><li>▪ Osteotomies I. Obeid, K. Starantzis, V. Jasani</li><li>▪ Scoliosis correction SOPs A. Kalabokis, J. Leong, S. Papastefanou, V. Jasani,</li></ul>



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## SPINE PROGRAM

DAY 2/14 September 2024

16:30-17:00 Coffee Break | Aula Hall **LEVEL 2**

17:00-19:00 Decision making in deformity surgery | Aula Hall **LEVEL 2**

Moderators: J. Leong, G. Sapkas

17:00-17:30 Levels of fusion selection in AIS  
S. Papastefanou

17:30-17:50 L3 versus L4 for AIS, Lenke 3 C  
J. Leong

17:50-18:20 Levels of fusion selection in de novo ADS  
I. Obeid

18:20-18:40 When to fuse to pelvis  
V. Jasani

18:40-19:00 Conclusion of the course  
G. Sapkas



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## FACULTY LIST

<b>Dimitris</b>	<b>Alexakis</b>	Director of Orthopedics and Sports Injuries Department, Athens Euroclinic, Associate 3rd Orthopedic Department, Hygeia Hospital, Athens, Greece
<b>Pavlos</b>	<b>Angourakis</b>	Spine Orthopedic Surgeon, Clinic of Spinal Deformities, Metropolitan Hospital, Athens, Greece
<b>Emmanouil</b>	<b>Antonogiannakis</b>	MD, Orthopaedic Surgeon, Director, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
<b>Christos</b>	<b>Apostolopoulos</b>	Executive Vice President, Athens Medical Group
<b>George</b>	<b>Arealis</b>	MD, PhD, FRCS, Consultant Trauma & Orthopaedic Surgeon, East Kent Hospitals University NHS Foundation Trust, UK Visiting Professor, Faculty of Medicine, Health and Social Care Canterbury Christ Church University, UK
<b>Miltos</b>	<b>Argyropoulos</b>	BSc, MBChB, FRCS Trauma & Orthopaedic Surgeon, Foot & Ankle Specialist
<b>Thanos</b>	<b>Badekas</b>	MD, Director 3rd Orthopedic Clinic Henry Dunant Hospital, President Elect of Hellenic Association of Orthopaedic Surgery and Traumatology, Greece
<b>Konstantinos</b>	<b>Barkas</b>	Consultant Neurosurgeon , General Hospital of Nikea, Athens, Greece
<b>Vasileios</b>	<b>Bitounis</b>	MD Bristol, FRCSEd, PhD, Orthopaedic Surgeon, Director of the International Center for Hip and Knee Arthroplasty, Athens Medical Center, Greece
<b>Achilleas</b>	<b>Boutsiadis</b>	MD, PhD, Military Orthopaedic Surgeon, 401 General Military Hospital of Athens, Bioclinic of Athens, Greece



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<b>Emmanouil</b>	<b>Brilakis</b>	MD, MSc, PhD, Orthopaedic Surgeon, Consultant, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
<b>Ioannis</b>	<b>Chiotis</b>	MD, PhD, MSc, Orthopaedic Surgeon, Consultant of 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
<b>Vassileios</b>	<b>Chouliaras</b>	MD, Orthopaedic Surgeon, Senior Consultant General Hospital of Arta, Greece President of the Hellenic Arthroscopic Society (2022-24), Member of PFI committee of ESSKA, Member of Communications Committee of ISAKOS
<b>Nikolaos</b>	<b>Christodoulou</b>	MD, PhD, Orthopaedic Surgeon, Director of Orthopaedic Department, Athens Medical Group - Psychiko Clinic, Greece
<b>Alexandros</b>	<b>Eleftheropoulos</b>	Foot and Ankle Orthopaedic Consultant, Head of Orthopaedic Department Naousa's General Hospital, Central Macedonia, Greece
<b>Ilias</b>	<b>Galanopoulos</b>	MD, PhD, Consultant Orthopaedic Surgeon 2nd Department of Orthopaedics, 401 General Military Hospital of Athens, Greece
<b>Apostolos</b>	<b>Gkantsos</b>	MD, PhD, Orthopaedic Surgeon, Senior Consultant, General Hospital of Naousa, Greece
<b>Konstantinos</b>	<b>Intzoglou</b>	Head of 10th Orthopaedic Dpt. - Sports Medicine - Arthroscopy and Minimally Invasive Orthopaedic Surgery, Metropolitan General, Athens, Greece
<b>Vinay</b>	<b>Jasani</b>	Consultant Spine Surgeon Craniospinal Service, University Hospital of North Midlands NHS Trust Stoke on Trent, UK
<b>Aristotelis</b>	<b>Kaisidis</b>	Director of the Shoulder Surgery Clinic, Frankfurt Red Cross Clinics Clinic Maingau, Frankfurt, Germany
<b>Anastasios</b>	<b>Kalampokis</b>	Consultant Orthopaedic Surgeon, Spinal Scoliosis Clinic, KAT General Hospital, Athens, Greece





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<b>George</b>	<b>Karaliotas</b>	MD, MSc, PhD, Consultant Orthopaedic Surgeon Asc. Director of 6th Orthopaedic Dpt. Hygeia Hospital Athens
<b>Konstantinos</b>	<b>Kateros</b>	MD, MSc, PhD, Orthopaedic Surgeon Director, 1st Orthopaedic Department "G.Gennimatas" General Hospital, Athens, Greece
<b>Zinon</b>	<b>Kokkalis</b>	MD, PhD, Associate Professor of Orthopaedic Surgery School of Medicine, University of Patras, Greece
<b>Thomas</b>	<b>Kostakos</b>	MD, FRCS (Tr&Orth) Consultant Trauma & Orthopaedic Surgeon Athens Medical Center
<b>Christos</b>	<b>Koukos</b>	Head of Special Sports Surgery Department, St. Josef Hospital Wuppertal, Germany
<b>Panagiotis</b>	<b>Kouloumentas</b>	Orthopaedic Surgeon, Director Athens Sport Orthopaedis, Clinic of Orthopedics and Sport Ortopedics, Metropolitan Hospital, Athens, Greece
<b>Aristotelis</b>	<b>Kourtis</b>	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.
<b>Julian</b>	<b>Leong</b>	FRCS PhD Consultant Spinal Surgeon, RNOH, Stanmore Honorary Associate Professor, UCL, London, UK



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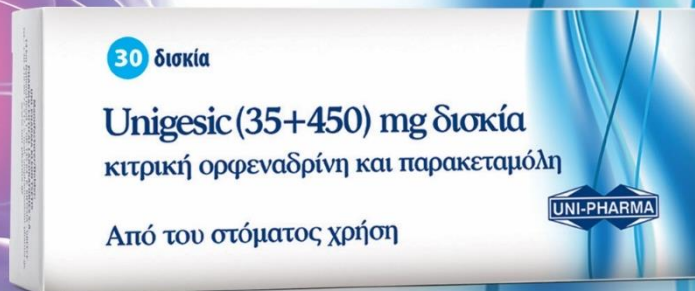
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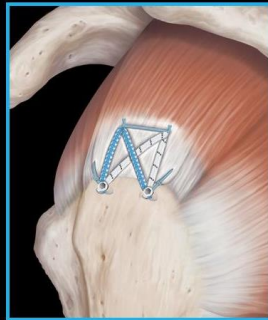
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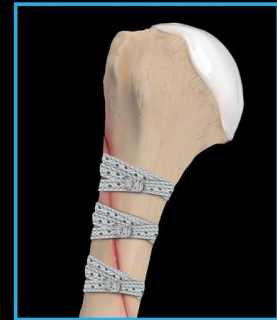
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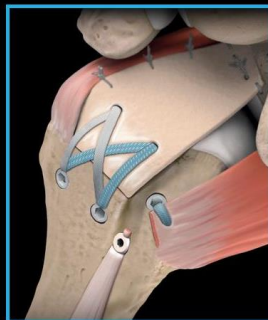
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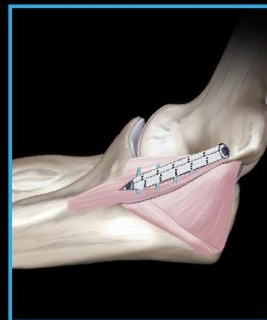
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