

Organizer

OSTEON

EDUCATION CENTER

Co-Organizer



ATHENS  
MEDICAL  
GROUP

40



YEARS  
ALWAYS ONE STEP  
AHEAD



13-14  
SEPTEMBER  
2024

the  
**OSTEON ORTHO  
& SPINE COURSE**

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



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. Mazis, 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

## SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

<b>11:30 - 13:30</b>	<b>Current trends in common shoulder pathologies   Aula Hall</b> <b>LEVEL 2</b>
<u>Moderators:</u>	<b>G. Mazis, 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>
<b>12:10 - 14:00</b>	<b>Current trends in Biologics &amp; Cartilage Repair   Aula Hall</b> <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	ACI <b>V. Chouliaras</b>

## SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

### 12:50 - 1:30 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**

### 13:30-14:30 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. Gkantsos**

15:00 – 15:10 Bony procedures in shoulder instability. Latarjet vs Eden Hybinette  
**E. Antonogiannakis**

## SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

### 15:10 - 16:10 Meniscal Repair | Aula Hall **Level 2**

Moderators: **N. Piskopakis, V. Chouliaras**

15:10 – 15:20 ESSKA consensus of degenerative lesions  
**N. Piskopakis**

15:20 – 15:30 ESSKA consensus of Traumatic Lesions  
**A. Tokis**

15:30 – 15:40 Chondroprotective effect of meniscal repair. What is the evidence  
**P. Kouloumentas**

15:40 – 15:50 Repair Techniques  
**V. Sakellariou**

15:50 – 16:00 Discussion

### 16:10 - 16:30 Tendons – Plantar fascia | Aula Hall **Level 2**

Moderators: **A. Eleftheropoulos, T. Badekas**

16:10 – 16:20 Peroneal tendons painful conditions (Ruptures, instability / dislocation, low riding muscle belly)  
**P. Symeonidis**

16:20 – 16:30 Posterior tibial tendon and spring ligament insufficiency  
From the adult flatfoot deformity to the progressive collapsing foot deformity)  
**T. Badekas**

16:30 – 16:40 Plantar fasciitis (heel spurs, orthobiologics, release)  
**M. Argyropoulos**

## 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**

- Meniscal Repair Techniques

#### F&A Stations:

**T. Badekas, A. Eleftheropoulos, A. Pettas**

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

## 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. Arealis, 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**

## 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>



## SHOULDER / KNEE/ F&A PROGRAM

DAY 2/14 September 2024

<b>14:30 - 15:10</b>	<b>Arthritis and Arthroplasty   Aula Hall LEVEL 2</b>
<u>Moderators:</u>	<b>A. Leonidou, P. Pantos</b>
14:30 - 14:40	Proximal Humerus Fractures. Treatment algorithm <b>Z. Kokkalis</b>
14:40 - 14:50	Arthritis in young patients. Treatment options <b>A. Leonidou</b>
14:50 - 15:00	Anatomic total shoulder arthroplasty. Is there still a place? <b>G. Mazis</b>
15:00 - 15:10	Reverse Shoulder Arthroplasty. From A to Z <b>A. Kaisidis</b>
<b>15:10 - 15:50</b>	<b>Osteotomies &amp; Uni   Aula Hall LEVEL 2</b>
<u>Moderators:</u>	<b>V. Bitounis, T. Kostakos</b>
15:10 - 15:20	Distal Femoral osteotomies. Indication and Technique <b>V. Bitounis</b>
15:20 - 15:30	HTO in young patients <b>L. Poultsides</b>
15:30 - 15:40	Medial uni knee <b>T. Kostakos</b>
15:40 - 15:50	Patellofemoral arthroplasty <b>N. Christodoulou</b>

## SHOULDER / KNEE/ F&A PROGRAM

DAY 2/14 September 2024

**15:50 - 16:10** Achilles Tendon | Aula Hall **LEVEL 2**

Moderators: M. Argyropoulos, P. Symeonidis

15:50 - 16:00 Acute Achilles tendon rupture (Operative options: percutaneous, arthroscopically assisted, mini open, open repair)

**P. Nikolaou**

16:00 – 16:10 Chronic – neglected rupture (V-Y lengthening, turn down Bosworth, FHL transfer)

**M. Argyropoulos**

16:10 - 16:20 Tendinopathy (insertional, mid-substance tendinopathy, Haglund deformity)

**A. Pettas**

**16:20 – 16:30** Hall Changing for the lecture session

**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**

- Shoulder Arthroplasty

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

- Osteotomies
- Uni
- PF Joint Arthroplasty

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

- Achilles Tendon
- Haglund deformity
- Paratendinopathy
- FHL Transfer

## 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 **LEVEL 2**

Moderators:

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 - 09:30

Discussion

09:45-10:00

Coffee Break | Aula Hall **LEVEL 2**

10:00 - 13:30

Hands-On Session - 6 Working Stations | Vitruvian Lab  
**LEVEL -1**

Instructors

- Decompression / Discectomy  
N.Paidakakos, G. Papadimitriou, G. Ntais
- MIS TLIF (tube)  
C. Zafiris, P. Zouboulis, P. Aggourakis
- Dural Tear repair  
K. Mparkas, N. Tzerakis, J. Tsiganos

13:30-14:30

Lunch Break | Aula Hall **LEVEL 2**

## SPINE PROGRAM

DAY 1/13 September 2024

14:30 - 16:30

Hands-On Session - 6 Working Stations | Vitruvian Lab

**LEVEL -1**

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

16:30-17:00

Coffee Break | Aula Hall **LEVEL 2**

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**

## SPINE PROGRAM

DAY 2/14 September 2024

<b>08:30-09:50</b>	<b>Key topics on deformity surgery   Aula Hall LEVEL 2</b>
<u>Moderators:</u>	<b>K. Starantzis – I. Obeid</b>
08:30-08:50	Risk stratification in deformity spine surgery <b>K. Starantzis</b>
08:50-09:00	Sagittal alignment correction ladder <b>I. Obeid</b>
09:00-09:15	Correction manoeuvres in scoliosis <b>J. Leong</b>
09:15-09:30	Long versus short versus no instrumentation for nerve compression in adult deformity <b>V. Jasani</b>
09:30-09:50	MIS versus open surgery for lumbar deformity <b>V. Vougioukas</b>
<b>09:50-10:00</b>	<b>Coffee Break   Aula Hall LEVEL 2</b>
<b>10:00-13:30</b>	<b>Hands-On Session - 6 Working Stations   Vitruvian Lab 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>
<b>13:30-14:00</b>	<b>Lunch Break   Aula Hall LEVEL 2</b>
<b>14:30-16:30</b>	<b>Hands-On Session - 6 Working Stations   Vitruvian Lab LEVEL -1</b>
	<ul style="list-style-type: none"> <li>▪ Osteotomies I. Obeid, K. Starantzis, V. Jasani</li> <li>▪ Scoliosis correction SOPs J. Leong, S. Papastefanou, V. Jasani</li> </ul>

## 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**

## FACULTY LIST

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