

Organization:



ASSOCIATION
OF MEDICAL
STUDIES

Under the Auspices:



ORTHOPAEDIC AND TRAUMATOLOGY
ASSOCIATION OF MACEDONIA & THRACE

In cooperation with:



ARISTOTLE UNIVERSITY
OF THESSALONIKI,
GREECE



Supported by:



EUROPEAN
INTERBALKAN
MEDICAL CENTER

1st Course on Upper Limb Surgery: Shoulder-Elbow Arthroscopy on Frozen Cadavers

(Hands on & Live Surgery)

With International
Participation

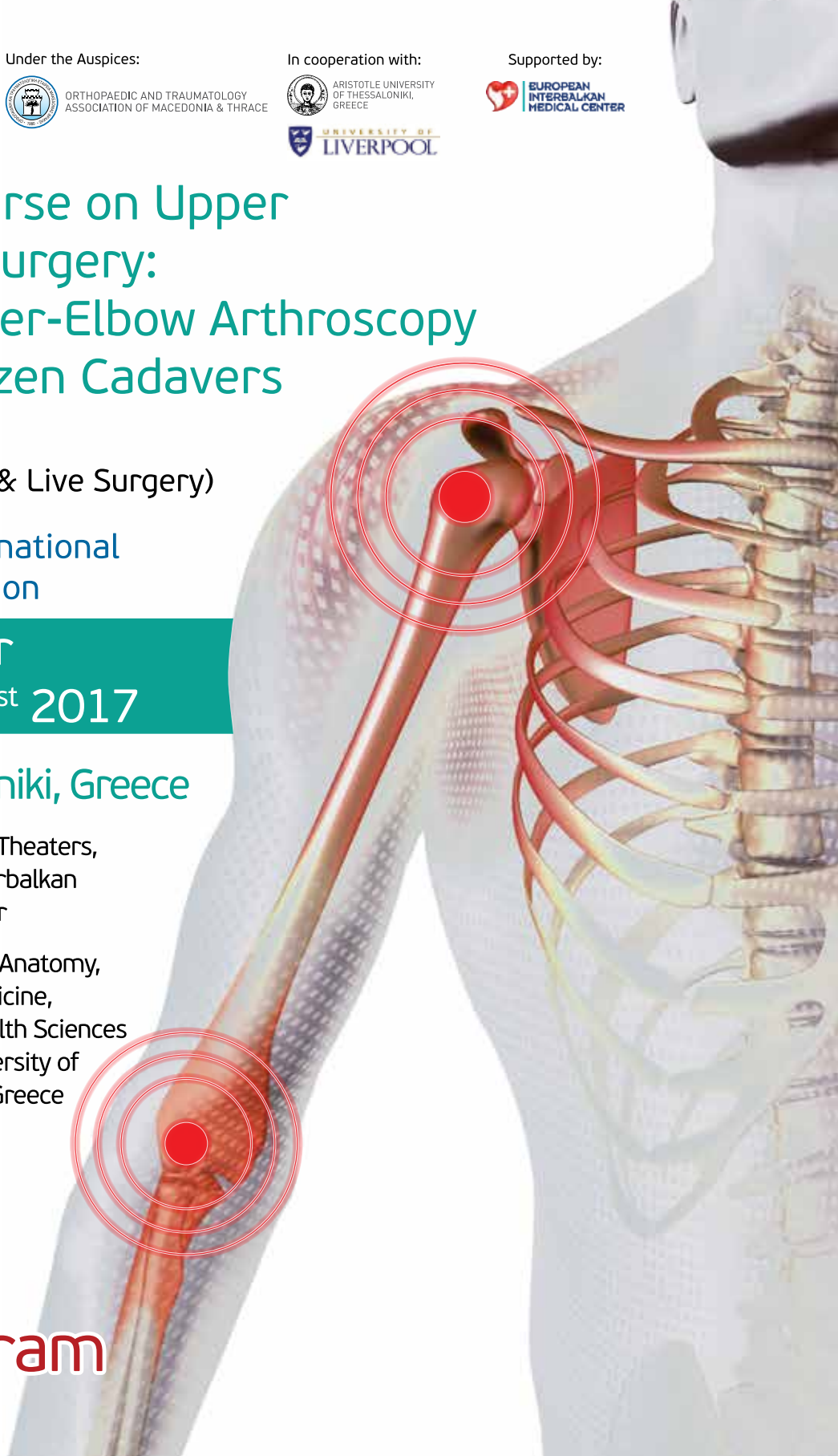
October
19th-21st 2017

Thessaloniki, Greece

Auditorium & Theaters,
European Interbalkan
Medical Center

Laboratory of Anatomy,
School of Medicine,
Faculty of Health Sciences
Aristotle University of
Thessaloniki, Greece

Final Program



SCIENTIFIC PROGRAM

Thursday, October 19th 2017

AUDITORIUM EUROPEAN INTERBALKAN MEDICAL CENTER

09:30 Registrations

10:00 - 11:00 **SESSION I**
RADIOLOGICAL INVESTIGATION OF ELBOW PATHOLOGY
Chairmen: **A. Drevelegas, A. Moutzouoglou**

10:00 - 10:10 Plain radiographs: Understanding the hidden features
A. Moutzouoglou

10:10 - 10:20 Diagnostic role of the U/S
E. Perdikakis

10:20 - 10:30 MRI of the elbow: Normal anatomy and pathologic findings
A. Aggelidis

10:30 - 11:00 Discussion: Is there an optimal algorithm?
Questions & Answers

11:00 - 11:30 **Coffee Break**

11:30 - 13:00 **SESSION II**
ELBOW ARTHROSCOPY PROCEDURES
Chairmen: **S. Frostick, P. Givissis**

11:30 - 11:40 Management of stiff elbow due to congenital radioulnar synostosis
N. Laliotis

11:40 - 11:50 Medial and Lateral epicondylitis. Evidence based treatment
E. Papadogeorgou

11:50 - 12:00 Medial and Lateral epicondylitis. Open vs arthroscopy treatment
A. Salama

12:00 - 12:10 Arthroscopic radial head excision
Chr. Chrysanthou

12:10 - 12:20 Arthroscopic management of elbow arthritis
S. Frostick

12:20 - 12:30 Management of Cartilage Lesions
A. Salama

12:30 - 13:00 Discussion
Questions & Answers

13:00 - 14:00 **SESSION III**
ELBOW ARTHROSCOPY BASIC KNOWLEDGE & PATIENT POSITIONING
Chairmen: **A. Salama, K. Ditsios**

13:00 - 13:10 Patient setup, portals placement, fluid management, instruments
P. Givissis

13:10 - 13:20 Anatomy of the elbow correlation with arthroscopic view
K. Natsis (Anatomy)
A. Salama (Arthroscopic View)

13:20 - 13:30 Indications and Complications
K. Ditsios

13:30 - 14:00 Discussion
Questions & Answers

14:00 - 15:00 *Transfer to AUTH - Anatomy Laboratory*

15:00 - 16.00 **Lunch Break**

16:00 **CADAVERIC WORKSHOP**

SCIENTIFIC PROGRAM

Friday, October 20th 2017

AUTH-ANATOMY LABORATORY

07:30 - 10:30 **CADAVERIC WORKSHOP**
BASIC PRINCIPLES OF ARTHROSCOPY

10:30 - 11:30 *Transfer to European Interbalkan Medical Center*

11:30 - 12:00 **Coffee Break**

12:00 - 14:00 **LIVE SURGERY**

14:00 - 15:00 **Break**

15:00 - 16.40 **SESSION IV**
SHOULDER INSTABILITY
Chairmen: **S. Frostick, Chr. Chrysanthou**

15:00 - 15:20 Classifying shoulder instability & understanding different types of the instability
S. Frostick

15:20 - 15:30 Recurrent anterior instability. Latarjet procedure: Results & complications
Chr. Sinopidis

15:30 - 15:40 Recurrent anterior instability. Soft tissue repair: Results & complications
Chr. Chrysanthou

15:40 - 15:50 Conservative treatment-Rehabilitation
E. Koen

15:50 - 16:00 The impact of SLAP tears to instability. Is SLAP repair necessary?
M. Iosifidis

16:00 - 16:10 LHB Tenodesis vs LHB Tenotomy
M. Hantes

16:10 - 16:40 Discussion
How does understanding instability impact on treatment and prognosis?
When we operate?
Does it matter if we get it wrong?
Questions & Answers

16:40 - 17:00 **Coffee Break**

17:00 - 18:20

SESSION V
SIS, ACJ & SCJ PATHOLOGY
Chairmen: **I. Feroussis, E. Fandridis**

17:00 - 17:10

SIS correlation with rotator cuff ruptures. Is surgery really necessary?
P. Papadopoulos

17:10 - 17:20

Management of ACJ dislocation
Chr. Sinopidis

17:20 - 17:30

Management of ACJ arthritis. Open vs arthroscopic
D. Varvitsiotis

17:30 - 17:40

Management of SCJ dislocation
A. Kyriakos

17:40 - 17:50

Management of SCJ arthritis. Open vs arthroscopic
Chr. Chrysanthou

17:50 - 18:20

Discussion
Why is it important to stabilize the ACJ & SCJ?
What is the best option for treatment ACJ, SCJ arthritis?
Dealing with SIS do we need to operate it & if yes, then when?
Questions & Answers

18:20 - 20:00

SESSION VI
REGENERATIVE MEDICINE- BIOLOGICAL THERAPIES IN SHOULDER & ELBOW
CONDITIONS
Chairmen: **S. Frostick, P. Soukakos**

18:20 - 18:30

What is PRP and what does it do - Current trends and future prospective
Chr. Zidrou

18:30 - 18:40

Does hyaluronic acid & PRP injections actually help shoulder & elbow pathology?
G. Katsoulis

18:40 - 18:50

Human totipotent, pluripotent and multipotent stem cells: Current trends and future prospectives
K. Chatzimeletiou

18:50 - 19:00

Isolation and differentiation of adult mesenchymal stem cells for use in regenerative medicine: An in vitro study
M. Bami

19:00 - 19:10

Mesenchymal stem cells in arthroscopic surgery: Current trends and future prospectives
Th. Sarlikiotis

19:10 - 19:20

Nanotechnology biomimetic cartilage regenerative scaffolds
F. Sayeh

19:20 - 19:30

Dealing with infections
P. Nikolaidis

19:30 - 20:00

Discussion
Questions & Answers

20:00 - 21:00

Opening Ceremony

21:00

Welcome Reception

SCIENTIFIC PROGRAM

Saturday, October 21st 2017

AUDITORIUM EUROPEAN INTERBALKAN MEDICAL CENTER

- 08:30 - 10:00** **SESSION VII**
RADIOLOGICAL INVESTIGATION OF SHOULDER PATHOLOGY
Chairmen: **A. Drevelegas, A. Moutzouoglou**
- 08:30 - 08:45 Ultrasound vs MRI. Myths & reality
D. Papoutsi
- 08:45 - 09:00 MRI vs MRA. Myths & reality
V. Skiadas
- 09:00 - 09:15 Live demonstration of U/S shoulder examination. Correlation with shoulder pathology
V. Skiadas & D. Papoutsi
- 09:15 - 10:00 Discussion: Is there an optimal algorithm?
Questions & Answers
- 10:00 - 11:30** **SESSION VIII**
ROTATOR CUFF & SUPRASCAPULAR NERVE
Chairmen: **P. Papadopoulos, E. Antonogiannakis**
- 10:00 - 10:10 Mechanics vs Biology
S. Frostick
- 10:10 - 10:20 Tendon transfers massive rotator cuff ruptures
E. Fandridis
- 10:20 - 10:30 Augmentation & Grafting: When & how I do it-Surgical technique
I. Feroussis
- 10:30 - 10:40 Anatomy & Suprascapular nerve release
N. Anastasopoulos
- 10:40 - 10:50 Open exploration & release of suprascapular nerve release. Indications & Complications
Z. Kokkalis
- 10:50 - 11:00 Arthroscopic release of suprascapular nerve release. Indications & Complications
E. Antonogiannakis
- 11:00 - 11:30 Discussion:
How can we improve the results
When should suprascapular nerve decompression be performed?
Open vs arthroscopic?
Questions & Answers
- 11:30 - 12:00 **Coffee Break**
- 12:00 - 14:00** **LIVE SURGERY**
- 14:00 - 14:30 *Transfer to AUTH - Anatomy Laboratory*
- 14:30 - 15:00 **Light Lunch**
- 15:00** **CADAVERIC WORKSHOP**

CHAIRMEN & SPEAKER'S INDEX

Aggelidis Alexandros

Radiologist, Euromedica, Katerini, Greece

Anastasopoulos Nikolaos

Orthopaedic Surgeon,
Assist. Professor of Anatomy,
Aristotle University of Thessaloniki, Greece

Antonogiannakis Emmanouil

Head of the 2nd Orthopaedic Department,
Shoulder Arthroscopic Department,
IASO General Hospital, Athens, Greece

Bami Myrto

Molecular Biologist,
Orthopaedic Research and Education Center
"Panagiotis N. Soucacos", Athens, Greece

Chatzimeletiou Katerina

Assist. Professor of Embryology - Genetics in
Assisted Reproduction,
Laboratory of In vitro Fertilization and
Preimplantation Genetic Diagnosis,
1st Obstetrics & Gynecology Department of
Aristotle University of Thessaloniki, Greece

Chrysanthou Chrysanthos

Consultant Orthopaedic Surgeon, NHS, UK,
Head of Upper Limb Clinic,
European Interbalkan Medical Center,
Thessaloniki, Greece

Ditsios Konstantinos

Assist. Professor of Orthopaedics,
Aristotle University of Thessaloniki, Greece

Drevelegas Antonios

Professor of Radiology,
Aristotle University of Thessaloniki,
Head of Radiodiagnostic Department,
European Interbalkan Medical Center,
Thessaloniki, Greece

Fandridis Emmanouil

Consultant Orthopaedic Surgeon,
Hand-Upper Limb & Microsurgery Department
KAT Hospital Athens, Greece

Feroussis Ioannis

Coordinating Director,
7th Orthopaedic Department-Upper Limb Unit,
General Hospital Asklepieio Voulas,
Athens, Greece

Frostick Simon

Professor of Orthopaedics,
Institute of Translational Medicine,
University of Liverpool, UK

Givissis Panagiotis

Assoc. Professor of Orthopaedics,
Aristotle University of Thessaloniki, Greece

Hantes Michael

Assoc. Professor of Orthopaedics,
University of Thessalia

Iosifidis Michael, MD, PhD

2nd Vice President, Greek Arthroscopy Society
OrthoBiology, Surgery Center
Thessaloniki, Greece

Katsoulis Grigoris

Orthopaedic Surgeon, Athens, Greece

Koen Errikos

Orthopaedic Manual Physiotherapist,
Thessaloniki, Greece

Kokkalis Zinon

Assist. Professor of Orthopaedics,
University of Patras, Greece

Kyriakos Alexandros

Orthopaedic Surgeon, Rodos, Greece

Laliotis Nikolaos

f. Assist. Professor of Pediatric Orthopaedics,
Aristotle University of Thessaloniki, Greece

Moumtzouoglou Anestis

Radiologist, European Interbalkan Medical Center,
Thessaloniki, Greece

CHAIRMEN & SPEAKER'S INDEX

Natsis Konstantinos

Orthopaedic Surgeon,
Professor and Head of Anatomy & Pathological
Anatomy Sector,
Head Department of Anatomy & Surgical
Anatomy School of Medicine,
Aristotle University of Thessaloniki, Greece

Nikolaidis Pavlos

Professor of Internal Medicine and Infectious
Diseases, Aristotle University of Thessaloniki,
Greece

Papadogeorgou Ellada

Orthopaedic Surgeon, Thessaloniki, Greece

Papadopoulos Periklis

Assoc. Professor of Orthopaedics,
Aristotle University of Thessaloniki, Greece
President of the shoulder and elbow committee
of EEXOT
President of the Arthroscopy Society

Papoutsis Dimitra

Consultant Musculoskeletal Radiologist
Lewisham and Greenwich NHS Trust, London, UK
Kosmoiatniki Diagnostic Center, Athens, Greece

Perdikakis Evangelos

Interventional Radiologist,
Musculoskeletal - Oncologic Specialist,
424 GMTH Military Hospital, Thessaloniki, Greece

Salama Amir

Consultant Orthopaedic and Trauma Surgeon,
Heart of England NHS Foundation Trust,
Birmingham, UK

Sarlikiotis Thomas

Assist. Consultant, 1st Orthopaedic Department,
General Children Hospital Agia Sofia,
Athens, Greece

Sayeh Fares

Professor of Orthopaedics,
Head of Academic Orthopaedic Department
Aristotle University of Thessaloniki,
Papageorgiou General Hospital Thessaloniki,
Greece

Sinopidis Christos

Orthopaedic Surgeon,
European Interbalkan Medical Center,
Thessaloniki, Greece,
Consultant Upper Limb Surgeon,
Hon Senior Lecturer, University of Liverpool, UK

Skiadas Vasileios

Consultant Musculoskeletal Radiologist,
University Hospital Southampton, UK

Soukagos Panagiotis

Professor of Orthopaedics,
Kapodistrian University of Athens,
Orthopaedics Research and Education Center
"Panagiotis N. Soukagos",
President of the Council,
University of Ioannina, Greece

Varvitsiotis Dimitrios

Consultant of Orthopaedics
7th Orthopaedic Department-Upper Limb Unit,
General Hospital Asklepieio Voulas,
Athens, Greece

Zidrou Christiana

Consultant Orthopaedic Surgeon,
Papageorgiou General Hospital,
Thessaloniki, Greece