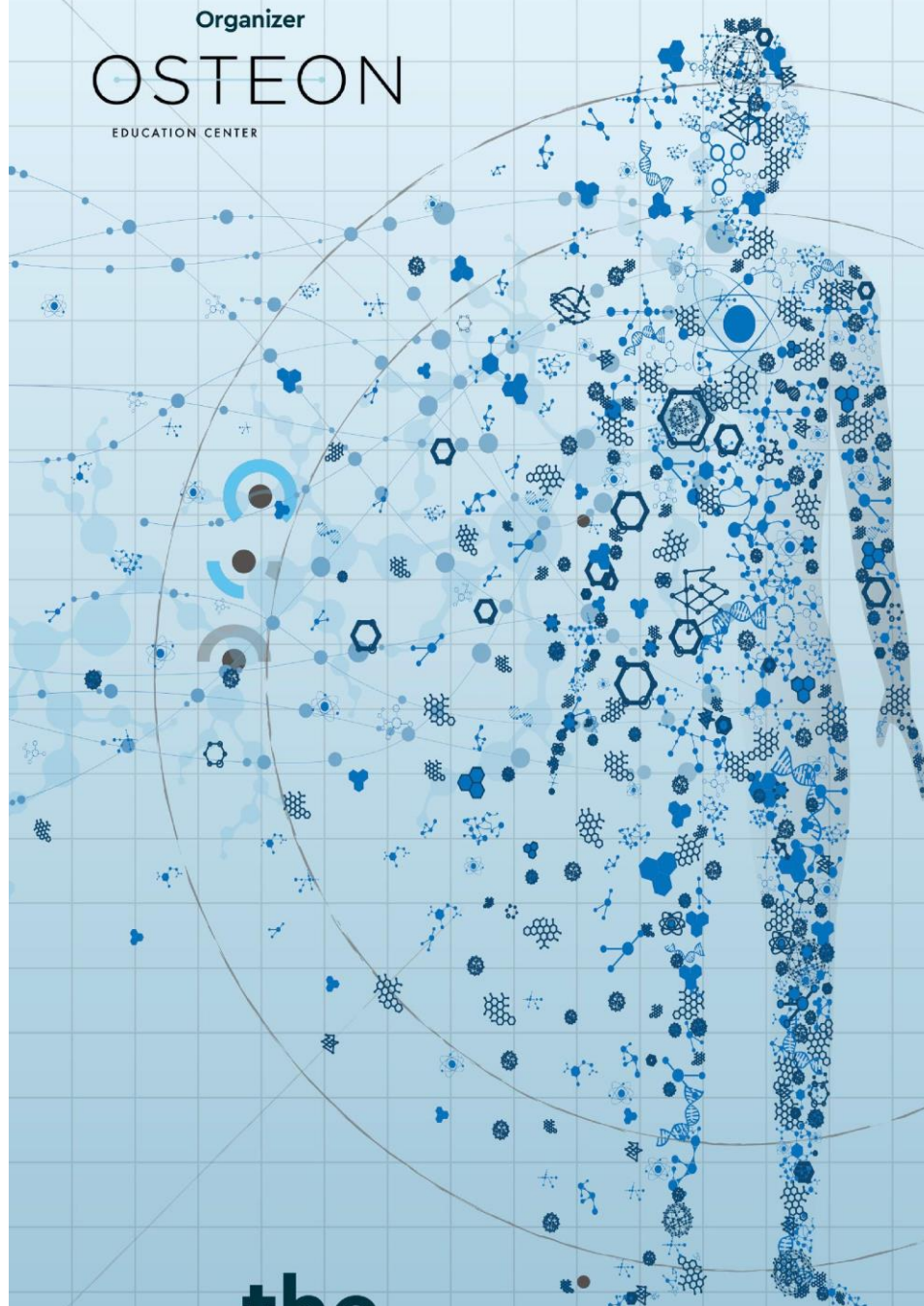


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13-14
SEPTEMBER
2024

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

2nd 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**

SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

11:30 - 12:10 Current trends in common shoulder pathologies | Aula Hall
LEVEL 2

Moderators: G. Arealis, I. Galanopoulos

11:30 – 11:40 Impingement syndromes of the shoulder. It is not only subacromial
G. Panagopoulos

11:40 – 11:50 Calcifying tendonitis. Conservative Treatment. When to operate?
I. Chiotis

11:50 – 12:00 Acromioplasty and lateral clavicle excision. Are they always necessary?
P. Pantos

12:00 – 12:10 Shoulder pain in athletes: The proper steps from diagnosis to successful treatment
C. Sinopidis

12:10 - 12:50 Current trends in Biologics & Cartilage Repair | Aula Hall **LEVEL 2**

Moderators: K. Kateros, V. Sakellariou

12:10 – 12:20 Mesenchymal stem cells
G. Skarpas

12:20 – 12:30 Adipose derived cells
G. Karaliotas

12:30 – 12:40 Scaffolds
K. Kateros

12:40 – 12:50 Autologous cell transplantation
V. Chouliaras

SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

12:50 - 13:30	Ankle Arthroscopy Aula Hall LEVEL 2
<u>Moderators:</u>	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 – 13:45	Welcome Address Aula Hall LEVEL 2
	Christos G. Apostolopoulos Executive Vice President, Athens Medical Group
13:45-14:30	Lunch Break Aula Hall LEVEL 2
14:30 - 15:10	Shoulder Instability Aula Hall Level 2
<u>Moderators:</u>	C. Koukos, P. Pantos
14:30 – 14:40	1 st 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 Arthroscopic Bone Block E. Antonogiannakis

SHOULDER / KNEE/ F&A PROGRAM

DAY 1/13 September 2024

15:10 - 16:10	Meniscal Repair Aula Hall Level 2
<u>Moderators:</u>	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
16:00 - 16:30	Tendons – Plantar fascia Aula Hall Level 2
<u>Moderators:</u>	A. Eleftheropoulos, T. Badekas
16:00 – 16:10	Peroneal tendons painful conditions (Ruptures, instability / dislocation, low riding muscle belly) P. Symeonidis
16:10 – 16:20	Posterior tibial tendon and spring ligament insufficiency From the adult flatfoot deformity to the progressive collapsing foot deformity) T. Badekas
16:20 – 16:30	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, 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



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 – 11:30 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

12:10 - 12:50	Patella Instability Aula Hall LEVEL 2
<u>Moderators:</u>	N. Zacharakis, V. Sakellariou
12:10 - 12:20	Conservative Treatment N. Zacharakis
12:20 - 12:30	MPFL repair P. Nikolaou
12:30 - 12:40	TT Osteotomy C. Tsibidakis
12:40 - 12:50	Trocleoplasty K. Intzoglou
12:50 - 13:30	Specific conditions Aula Hall LEVEL 2
<u>Moderators:</u>	P. Nikolaou, P. Symeonidis
12:50 - 13:00	Posterior ankle impingement (os trigonum, Stieda process, FHL tendinitis) P. Nikolaou
13:10 - 13:20	Calcaneal osteotomies (what to do when, medial, lateral displacement, Zadeč's) T. Badekas
13:20 - 13:30	Ankle fusion (open with anterior / lateral approaches, arthroscopic) A. Eleftheropoulos
13:30-14:30	Lunch Break Aula Hall LEVEL 2

SHOULDER / KNEE/ F&A PROGRAM

DAY 2/14 September 2024

14:30 - 15:10	Arthritis and Arthroplasty Aula Hall LEVEL 2
<u>Moderators:</u>	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
<u>Moderators:</u>	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

SHOULDER / KNEE/ F&A PROGRAM

DAY 2/14 September 2024

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

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



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



SPINE PROGRAM

DAY 2/14 September 2024

08:30-09:50	Key topics on deformity surgery Aula Hall LEVEL 2
<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 LEVEL 2
10:00-13:30	Hands-On Session - 4 Working Stations Vitruvian Lab LEVEL -1 <ul style="list-style-type: none"> ALIF J. Leong, P. Spinos, V. Jasani XLIF K. Starantzis, V. Vougioukas, G. Ntais Fixation to the pelvis I. Obeid, K. Starantzis, S. Papastefanou
13:30-14:30	Lunch Break Aula Hall LEVEL 2
14:30-16:30	Hands-On Session - 4 Working Stations Vitruvian Lab LEVEL -1 <ul style="list-style-type: none"> Osteotomies I. Obeid, K. Starantzis, V. Jasani Scoliosis correction SOPs A. Kalabokis, J. Leong, S. Papastefanou, V. Jasani,



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

Dimitris	Alexakis	Director of Orthopedics and Sports Injuries Department, Athens Euroclinic, Associate 3rd Orthopedic Department, Hygeia Hospital, Athens, Greece
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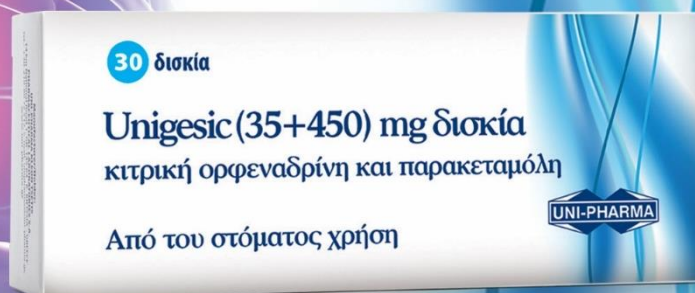
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στους μυς σας τη «χαλάρωση» που χρειάζονται...**

ΠΕΡΙΛΗΨΗ ΤΩΝ ΧΑΡΑΚΤΗΡΙΣΤΙΚΩΝ ΤΟΥ ΠΡΟΪΟΝΤΟΣ (Σ.Π.Σ.). 1. ΟΝΟΜΑΣΙΑ ΤΟΥ ΦΑΡΜΑΚΕΥΤΙΚΟΥ ΠΡΟΪΟΝΤΟΣ: Unigesic (35 + 450) mg δισκία. 2. ΠΟΙΟΤΙΚΗ ΚΑΙ ΠΟΣΟΤΙΚΗ ΣΥΝΘΕΣΗ: Κάθε δισκίο περιέχει 35 mg κιτρικής ορφεναδρίνης και 450 mg παρακεταμόλης. 3. ΦΑΡΜΑΚΟΤΕΧΝΙΚΗ ΜΟΡΦΗ: Δισκία. Τα δισκία μπορούν να διαχωριστούν σε δύο ίσες δόσεις. 4. ΚΛΙΝΙΚΕΣ ΠΛΗΡΟΦΟΡΙΕΣ: Θεραπευτικές ενδείξεις: Το Unigesic ενδείκνυται για: -Επώδυνα μετατραυματικά μυϊκά σύνδρομα. -Μυϊκές συσπάσεις που προκαλούνται από απότομες κινήσεις του σώματος. -Διαστρέμματα. -Εξωορθικό ρευματισμό που συνοδεύεται από μυϊκό σπασμό (νωστίδα, μυοσίτιδα, μυαλγία). -Όξυ ή χρόνιο άλγος της οσφυϊκής χώρας (λουμπάγο). Δοσολογία και τρόπος χορήγησης: Ενήλικες: 1-2 δισκία 3 φορές την ημέρα ή όπως καθορίζεται ανάλογα με την κατάσταση του ασθενούς. Ηλικιωμένοι: Η δόση σε ασθενείς άνω των 65 ετών δεν θα πρέπει να υπερβαίνει τα 3 δισκία ημερησίως (105 mg κιτρικής ορφεναδρίνης ημερησίως). Η συνηθισμένη δόση είναι 1/2-1 δισκίο 3 φορές την ημέρα. Παιδιατρικός πληθυσμός: Δεν υπάρχουν διαθέσιμα δεδομένα. Η ασφάλεια και η αποτελεσματικότητα του Unigesic σε παιδιά ηλικίας 0 έως 12 ετών δεν έχουν ακόμα τεκμηριωθεί. Διάρκεια θεραπείας: Η διάρκεια της θεραπείας γενικά κυμαίνεται με μέγιστη διάρκεια τις 10 ημέρες, ανάλογα με την κατάσταση του ασθενούς. Τρόπος χορήγησης: Τα δισκία μπορούν να διαχωριστούν σε δύο ίσες δόσεις. Τα δισκία θα πρέπει να λαμβάνονται με ένα ποτήρι νερό. Τα δισκία μπορούν να λαμβάνονται με ή χωρίς τροφή. Αντενδείξεις: Παιδικά, κατακράτηση ούρων (π.χ. υπερτροφία του προστάτη ή απόφραξη του αχένα της ουροδόχου κύστης), βαριά μυασθένεια (μυασθένεια Gravis) ή αποφρακτικές καταστάσεις του γαστρεντερικού, π.χ. στένωση πυλωρού και δωδεκαδακτύλου, στενίτιδα έλκος, σταμάχι, μεσαιοσφάγος, λόγω της παρασυμπαθητικής δράσης της ορφεναδρίνης. Σοβαρή ηπατική και σοβαρή νεφρική ανεπάρκεια λόγω της παρακεταμόλης. Εθισμός. Παιδιά κάτω των 12 ετών. Ειδικές προειδοποιήσεις και προφυλάξεις κατά τη χρήση: Ορφεναδρίνη: Το Unigesic πρέπει να χρησιμοποιείται με προσοχή σε ασθενείς με ταχυκαρδία, στεφανιαία νόσο, αίσθημα παλμών, εθισμοί, αυξημένη ενδοφθάλμια πίεση, δυσκολία στην κίνηση. Εμφύση έχει αναφερθεί σε υπαγόμενους στη θεραπεία ασθενείς. Παρακεταμόλη: Το Unigesic δεν πρέπει να συνδυάζεται με άλλα φαρμακευτικά προϊόντα που περιέχουν παρακεταμόλη για την αποφυγή υπερδοσολογίας. Δεν πρέπει να γίνει υπέρβαση των συνιστώμενων δόσεων. Υψηλότερες δόσεις από αυτές που συνιστώνται έχουν κίνδυνο πολύ σοβαρής ηπατικής βλάβης. Λόγω της αλληλεπίδρασης των αναισθητικών με την ορφεναδρίνη, θα πρέπει να δίνεται προσοχή σε χειρουργικές ή οδοντιατρικές επεμβάσεις σε ασθενείς που λαμβάνουν αυτό το φάρμακο. Αλληλεπιδράσεις με άλλα φαρμακευτικά προϊόντα και άλλες μορφές αλληλεπίδρασης: Ορφεναδρίνη: Η ταυτόχρονη χρήση ορφεναδρίνης και άλλων κατασταλτικών του Κεντρικού Νευρικού Συστήματος (π.χ. ΜΣΑΦ, υπνωτικές, ηρεμιστικές, βαρβιτουρικές, τα οπιοειδή και τα αναισθητικά) μπορεί να ενισχύσει την καταστολή του Κεντρικού Νευρικού Συστήματος έχοντας ως αποτέλεσμα π.χ. την αναπνευστική καταστολή και τη νάρκωση. Παρακεταμόλη: Η χολεστυραμίνη μειώνει την απορρόφηση της παρακεταμόλης, ενώ η μετοκλωπραμίδη και η ντοπεριδόνη την αυξάνουν. Με την ταυτόχρονη λήψη φαρμάκων που είναι επαγωγείς των ηπατικών ενζύμων (όπως π.χ. φαινοβαρβιτάλη) ή μπορεί να δράσουν ηπατοτοξικά (π.χ. ΜΣΑΦ, ιντερφερόνες) αυξάνεται ο κίνδυνος ηπατικής βλάβης. Ανεπιθύμητες ενέργειες: Εκτιμάται ότι περίπου το 15% των ασθενών που υποβάλλονται σε θεραπεία εμφανίζουν ανεπιθύμητες ενέργειες. Οι ανεπιθύμητες ενέργειες συνδυάζονται κυρίως με την παρασυμπαθητική επίδραση της ορφεναδρίνης. Συχνές (≥ 1/100 έως < 1/10): Θολή όραση, ναυτία, εθισμοί, κόπωση, ζάλη. Σπάνιες (≥ 1/10.000 έως < 1/1.000): Ηπατική βλάβη, αυξημένη κρεατινίνη, εξάνθημα, κνίδωση, αγγειοοίδημα. Λιανική Τιμή: 3,04 €

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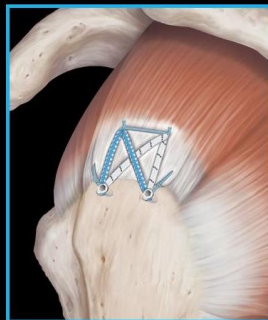
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When You Treat Shoulders ...



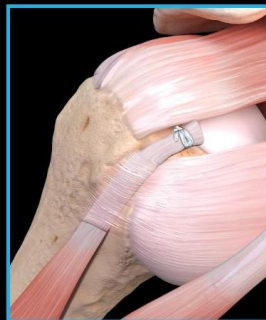
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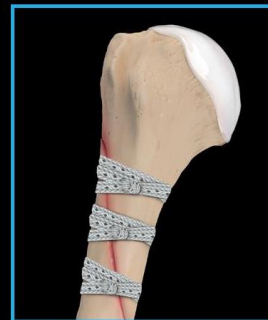
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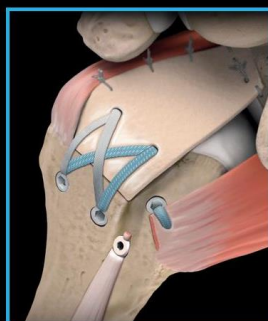
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