

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

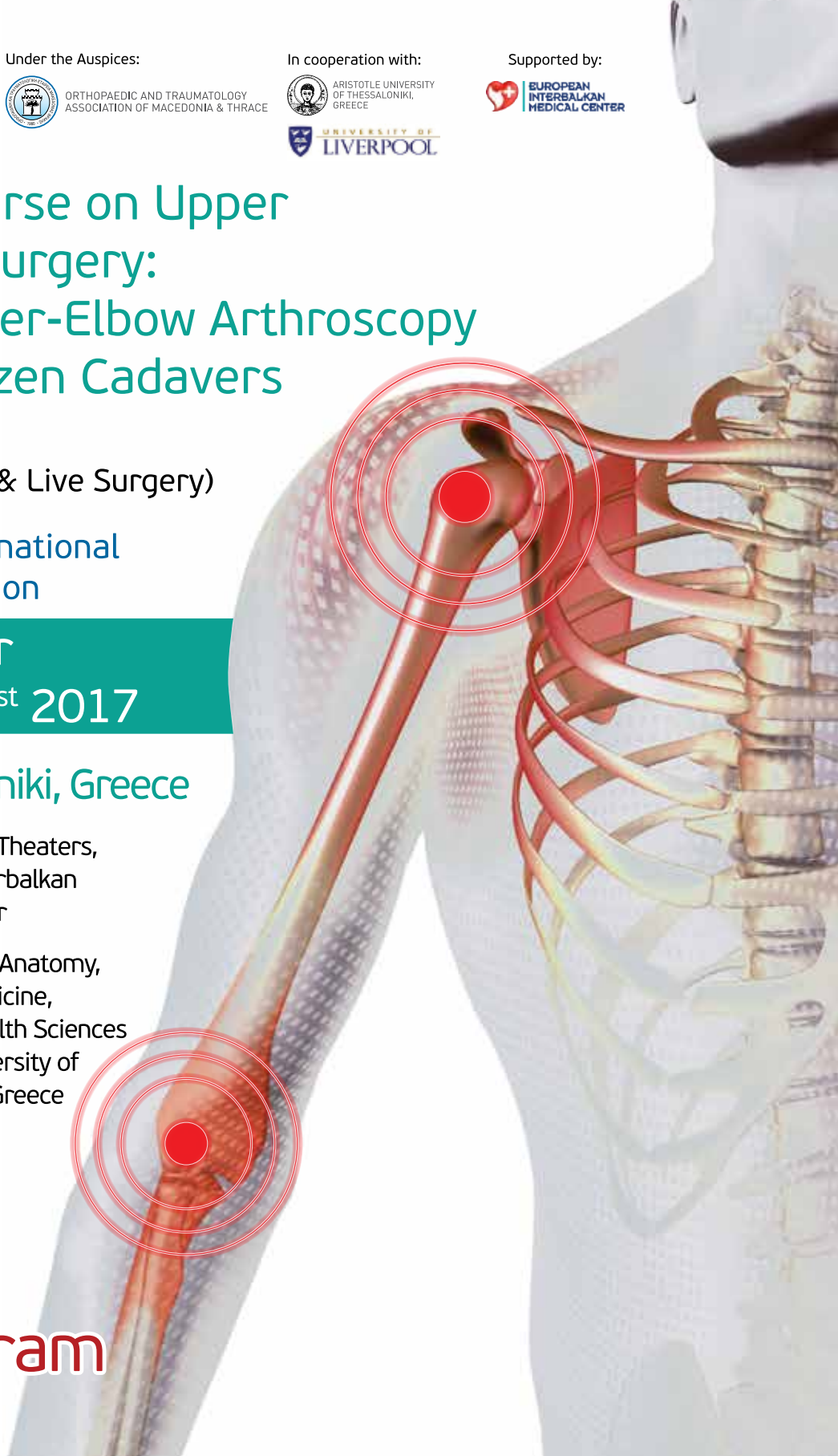
October
19th-21st 2017

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



WELCOME ADDRESS

Dear Colleagues,

With this letter, we would like to welcome you in the **1st Course on Upper Limb Surgery: Shoulder & Elbow Arthroscopy on Frozen Cadavers (Hands on & Live Surgery)** with international participation which will take place on **October 19th - 21st, 2017**, in the **European Interbalkan Medical Center of Thessaloniki (Auditorium & Theaters) and the Laboratory of Anatomy School of Medicine - Aristotle University of Thessaloniki (Cadaveric Hands On Training)**.

The course is organized by the Medical Studies Association under the auspices of the Orthopaedic & Traumatology Association of Macedonia and Thrace and the University of Liverpool.

It is quite well known that M.I.S. procedures are now expanding rapidly and can be applied successfully -except Knee & Hip and in the anatomical regions of the Shoulder & Elbow. The topics that will be presented at the course will cover the whole range of the arthroscopic procedures that can be performed in the anatomical regions of the Upper Limb, focusing on teaching safe Elbow & Shoulder Arthroscopy.

This course is aimed at the Orthopaedic Registrars with an Upper Limb interest, Shoulder & Elbow Fellows and Upper Limb Consultants.

Believing that theoretical part of the course is enchacing when it's compined with Hands on Training on Frozen Cadavers,

We hope for your active participation.

Sincerely
The Presidents of the Course

Simon P. Frostick, MD



Professor of Orthopaedics
University of Liverpool, UK

Chrysanthos K. Chrysanthou, MD



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

COMMITTEES

HONORARY PRESIDENTS

P. Soukagos, G. Kapetanos

PRESIDENTS OF THE COURSE

S. Frostick, Chr. Chrysanthou

ORGANIZING COMMITTEE

Presidents:	S. Frostick, Chr. Chrysanthou
Members:	N. Anastasopoulos
	A. Drevelegas
	N. Laliotis
	K. Natsis
	V. Skiadas
	T. Totlis

SCIENTIFIC COMMITTEE

E. Antonogiannakis	I. Feroussis	K. Natsis	V. Skiadas
Y. Ates	S. Frostick	P. Papadopoulos	P. Soukagos
Chr. Chrysanthou	P. Givissis	D. Papoutsi	
K. Ditsios	M. Hantes	A. Salama	
A. Drevelegas	M. Iosifidis	Chr. Sinopidis	

EXECUTIVE COUNCIL OF THE MEDICAL STUDIES ASSOCIATION

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E. Antonogiannakis	I. Feroussis	M. Iosifidis	A. Salama
Chr. Chrysanthou	S. Frostick	G. Katsoulis	Chr. Sinopidis
K. Ditsios	P. Givissis	A. Kyriakos	D. Varvitsiotis
E. Fandridis	M. Hantes	K. Natsis	

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. Mourtzouoglou**

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

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. Moutmzouoglou**
- 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**

GENERAL INFORMATION

Course Dates

October 19th - 21st, 2017

Course Venue

Auditorium & Theaters of the European Interbalkan Medical Center (oral presentations)
10 Asclepiou Str, Pylaia, Thessaloniki, Greece, Tel.: 0030 2310400000-2310 400944, www.iatrikodiavalkaniko.gr

Laboratory of Anatomy, Medical School, Aristotle University of Thessaloniki (cadaveric workshop)
University Campus, Thessaloniki, Greece, Tel.: 0030 2310999305-2310 999681, anatomylab.web.auth.gr

Access to Course Venue

European Interbalkan Medical Center can be reached by urban bus transportation (line No8) or by taxi (approximately 20 min from city center).

There will be provided bus transfer to the Laboratory of Anatomy only for the participants of the cadaveric workshop.

Official Language

Greek and English will be the official languages of the Course. Simultaneous translation will not be provided.

CME Accreditation

The Course has been accredited with **20 CME** credits awarded by the Panhellenic Medical Association.

Certificate of Attendance

Certificates of attendance can be received from the registration desk on Saturday, October 21st, 2017 and only after the submission of the evaluation form to the Course Secretariat.

Exhibition

Within the Course area there will be an exhibition of medical equipment and pharmaceutical products.

Presentations

Available audiovisual equipment for all presentations will be through power point presentation.

For power point presentations, your presence is required one hour prior to the time of your presentation in order to check the compatibility of your cd or usb.

Congress Badge

All participants are requested to wear their name badge at all time during all Course events.

Insurance

We cannot accept responsibility for any personal loss, accidents or damages to participants and/ or accompanying persons. Participants are strongly advised to obtain personal insurance to cover any eventuality that may occur during the Course.

Registration fees

REGISTRATION TYPE	COST
CADAVERIC WORKSHOP*	350,00€
PRESENTATIONS	
SPECIALISTS	100,00€
RESIDENTS	50,00€

**Kindly please note that the number of the participants in the Cadaveric Workshop is limited (30 pax)*

The Registration fees include:

- Admission to all Scientific Sessions
- Admission to Exhibition
- Congress Material
- Certificate of attendance
- Opening Ceremony & Welcome reception
- Coffee breaks

Course Secretariat



Thessaloniki Office:

50 A Stadiou Str., 555 34 Pilea, Thessaloniki, Greece
Tel.: +30 2310 247734, +30 2310 247743
Fax: +30 2310 247746
Email: info@globalevents.gr

Athens Office:

2 Valestra str. & 168 A. Syngrou Av.,
17671 Kallithea, Athens, Greece
Tel.+30 210 3250260
Email: athens@globalevents.gr
www.globalevents.gr

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

EUROMEDICA

ΤΟΥΜΠΑΣ | ΠΥΛΗΣ ΑΞΙΟΥ | ΥΓΕΙΑ ΑΜΠΕΛΟΚΗΠΩΝ | ΠΙΕΡΙΑΣ | ΛΑΡΙΣΑΣ

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Πλήρως Εξοπλισμένα
εργαστήρια:

ΜΑΓΝΗΤΙΚΟΣ ΤΟΜΟΓΡΑΦΟΣ
ΑΞΟΝΙΚΟΣ ΤΟΜΟΓΡΑΦΟΣ
ΥΠΕΡΗΧΟΙ - ΑΚΤΙΝΟΓΡΑΦΙΕΣ
ΜΙΚΡΟΒΙΟΛΟΓΙΚΟ ΕΡΓΑΣΤΗΡΙΟ

Καινοτόμες απεικονιστικές
εξετάσεις στην ορθοπαιδική :

ΧΑΡΤΟΓΡΑΦΗΣΗ ΑΡΘΡΙΚΟΥ ΧΟΝΔΡΟΥ ΜΕ MRI
CT 3D- RECONSTRUCTION
ΜΕΤΡΗΣΗ ΑΝΙΣΟΣΚΕΛΙΑΣ ΜΕ CT
ΟΛΟΣΩΜΑΤΙΚΟ MRI

Δυνατότητα άμεσου πορίσματος.

Αποστολή απεικονιστικών εξετάσεων και διάγνωσης σε ηλεκτρονική μορφή.

www.euromedica-mc.gr

ACKNOWLEDGEMENTS

The Organizing Committee wishes to thank the below-mentioned Companies:



Shoulder Restoration

SYSTEM



Y-Knot® RC
Self-Punching
All-Suture Anchor

Y-Knot® Flex
All-Suture Anchor

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Knee Preservation

SYSTEM



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System



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ΑΡΘΡΩΣΙΣ A.E.

www.arthrosis.gr e-mail: info@arthrosis.gr