



# ESSKA Advanced Knee Arthroscopy Course - ALL about Meniscus

**4 – 5 September 2023** in Barcelona, Spain



The ESSKA Advanced Knee Arthroscopy Course is designed to provide certified Orthopaedic Surgeons thorough didactic and practical training in challenging disorders of the knee from renowned ESSKA Faculty using state of the art surgical facilities.

## ESSKA Faculty



**Prof. Joan C. Monllau**  
*Course Director*  
Hospital del Mar and Hospital  
Universitari Dexeus  
Barcelona, Spain



**Assoc. Prof. Miquel Dalmau-Pastor** - *Course Director*  
University of Barcelona  
Barcelona, Spain  
MIFAS by GRECMIP  
Merignac, France



**Prof. Fabrizio Margheritini**  
University of Rome Foro Italico  
Rome, Italy



**Prof. Sebastian Kopf**  
Center of Orthopaedics  
and Traumatology  
Brandenburg, Germany



**Dr. Nicolas Pujol**  
Hospital of Versailles,  
Orthopaedic Department  
Le Chesnay, France



**Prof. Michael Hantes**  
Faculty of Medicine, University  
of Thessalia,  
University Hospital of Larissa  
Larissa, Greece



**Dr. Silvio Villaescusa**  
Hospital Universitario Vithas  
Madrid Aravaca  
Madrid, Spain



**Dr. Gonzalo Samitier**  
Centro Médico  
Quironsalud Aribau  
Barcelona, Spain

## Learning objectives

The lectures will be directly correlated to what the attendees will perform in the laboratory. The attendee is expected to learn all about the meniscus starting from the very simple to the very complex.

The basics of arthroscopic portals will be revisited in light of the multiportal access to the knee joint. Optimization of meniscus healing will be discussed in order to learn ways to promote healing. Meniscectomy, one of the most frequently performed procedures in orthopaedic surgery will be refreshed.

There will be lectures which explain meniscus suturing including all inside, outside-in and inside-out, followed by hand-on practise in the laboratory. How to suture a ramp lesion and how to suture a root tear will also be discussed followed by hands-on repetition on cadavers. Finally, meniscal allografts or substitutes will be discussed as an option in salvage cases.

# Programme

## Monday, 4 september

Start	End		
07:45	08:00	Registration and Welcome Coffee	
08:00	08:05	Welcome and Introduction	JC Monllau M Dalmau-Pastor
08:05	08:15	Biomechanical rationale of meniscus preservation	N Pujol
08:15	08:25	How to access to meniscus (arthroscopic portals)	S Villaescusa
08:25	08:35	How to optimize meniscus healing	M Hantes
08:35	08:45	How to do a non-traumatic meniscectomy	F Margheritini
08:45	09:00	Questions to the "teachers"	
09:00	09:20	Coffee break	
09:20	12:00	<b>First Lab Session: The portals and approaches</b> A. Portals B. Needling C. Postero-medial D. Postero-lateral	
12:00	12:45	Lunch	
12:45	12:55	The ESSKA degenerative meniscus consensus	N Pujol
12:55	13:05	"Question to "teachers" about surgical indications (morning session)"	
13:05	13:15	How to suture a Ramp lesion	G Samitier
13:15	13:25	How to do suture a root tear	S Kopf
13:25	16:00	<b>Second Lab Session</b> A. Meniscectomy Partial to Total B: Meniscus sutures a. All inside b. Outside-in	

16:00	16:20	Coffee break	
16:20	16:30	The ESSKA traumatic meniscus consensus	<i>M Hantes</i>
16:30	16:40	Question to "teachers" about surgical indications	
20:00		Course Dinner	

## Friday, 29 October

Start	End		
08:00	08:10	Meniscal allografts	
08:10	10:40	"Third Lab session: A:Root tears a. Different techniques and fixation b. Bone or soft fixation and sutures  B:Meniscal graft"	
10:40	10:55	Coffee break	
10:55	11:05	Is meniscal substitute an option ?	<i>JC Monllau</i>
11:05	11:15	Question to "teachers" about surgical indications	
11:15	11:30	Closure and Meeting Evaluation	
11:30		Lunch	

## Course Venue

**Dissection Room, Campus Bellvitge,  
Universitat de Barcelona**

Carrer de la Feixa Llarga, s/n,  
08907 L'Hospitalet de Llobregat,  
Barcelona, Spain

## Hotel Information

**Hyatt Regency Barcelona Tower,**  
Avinguda de la Granvia de l'Hospitalet, 144,  
08907 Barcelona, Spain



## Contact Information

### **Torres Pardo SL**

Napols 187 2nd floor, Barcelona 08013 Spain

Email: [info@torrespardo.com](mailto:info@torrespardo.com)

Phone: +34 932463566 Fax: +34 932317972