



ESSKA Advanced Knee Arthroscopy Course - ALL about Meniscus

5 - 6 September 2024 in Barcelona, Spain

1 knee specimen per attendee



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.

Faculty



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



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



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



Dr. Silvio Villaescusa
Olympia Quironsalud
Hospital
Madrid, Spain



Dr. Alberto Grassi
Rizzoli Orthopaedic Institute
Bologna, Italy



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



Prof. Sebastian Kopf
Center of Orthopaedics and
Traumatology
Bradenburg, Germany



Dr. Gonzalo Samitier
Centro Médico
Quironsalud Aribau
Barcelona, Spain



Dr. José Luís Martín Alguacil
Hospital Vithas,
Granada, Spain
Granada, 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

Thursday, 5 September 2024

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 *TBC*

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 **First Lab Session: The portals and approaches**
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 Questions 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*

Thursday, 5 September 2024

Start End

13:25 16:00 Second Lab Session
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 *TBC*

16:30 16:40 Question to “teachers” about surgical indications

20:00 Coffee break

Friday, 6 September 2024

Start End

08:00 08:10 Medial Meniscal Allograft *A. Grassi*

08:10 08:20 Lateral Meniscal Allograft *JC Monllau*

08:20 08:35 Coffee break

08:35 11:05 **Third Lab. Session:**
A: Root tears
a. Different techniques and fixation
b. Bone or soft fixation and sutures
B: Meniscal graft

11:05 11:15 Question to “teachers” about surgical indications

11:15 11:30 Closure and meeting evaluation

11:30 Lunch

Course Directors



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Course Venue

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

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

<https://maps.app.goo.gl/p9hRMVpq6hQ2i61R8>

Hotel Information

Hyatt Regency Barcelona Tower

Avinguda de la Granvia de l'Hospitalet, 144,
08907 Barcelona, Spain

Registration fees

ESSKA member: 1500€

ESSKA non-member: 1650€

Limited to 24 attendees

Contact Information

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