

Organizer

OSTEON

EDUCATION CENTER

Co-Organizer



ATHENS
MEDICAL
GROUP

40

YEARS
ALWAYS ONE STEP
AHEAD

12-13
SEPTEMBER
2025

the
OSTEON ORTHO
& SPINE COURSE
3rd Annual Hands-On Course

ATTC

VENUE

▲ 35 Sorou Str., Maroussi, Athens - Greece T +302106109992 • E op@attcenter.eu • W www.attcenter.eu



WELCOME ADDRESS

Dear colleagues,

It is a great pleasure to welcome you to **“The Osteon Ortho & Spine Course”** 3rd Annual Hands-on Cadaveric Course that will take place in Athens ATTC on 12&13 September 2025.

Orthopedics, as well as Spine surgery, has evolved impressively over the last few years and decades to accommodate patients’ and healthcare stakeholders’ needs for more efficient and less disruptive interventions. That led Minimally Invasive Surgery to become the standard of care; hence this course will emphasize this specific field, but it will also include the essential surgical knowledge and techniques of surgeons’ everyday practice.

The scientific program is structured to include sort-focused lectures, case-based discussions, and -of course- hands-on practice on cadavers. The faculty consists of esteemed fellowship-trained colleagues both from Greece and abroad.

We will endeavor to deliver a high quality educational hands-on course for fellows and early carrier surgeons. Orthopedic-orientated colleagues will have the opportunity to attend both the Upper and Lower Limb theoretical sessions but will have to choose between them for the cadaveric sessions. Spine Surgeons and Neurosurgeons will attend the spine surgery sessions running in parallel.

We look forward to fulfilling your expectations for a well-spent portion of your valuable time.

Osteon Education and Research Medical Center

SHOULDER / KNEE PROGRAM

		DAY 1/12 September 2025
08:00 - 08:45	Registration Welcome Coffee	
08:45 - 11:00	Hands – On Session – 6 Working Stations Shoulder & Knee Basic Arthroscopy Vesalius Lab LEVEL 0	
Introduction		
Shoulder Arthroscopy: Basic anatomy and arthroscopic portals I.Ntisios		
Knee Basic Arthroscopic Portals A. Piskopakis		
Instructors		
<u>Shoulder Stations:</u>	I. Galanopoulos, G. Mazis, I. Ntisios - Shoulder Arthroscopy - Basic Anatomy and arthroscopic portals	
<u>Knee Stations:</u>	T. Kostakos, A. Kourtis, A. Piskopakis - Basic Anatomy - Arthroscopic Portals	
11:00 – 11:10	Coffee Break Aula Hall LEVEL 2	
11:10 - 12:05	Cartilage Repair Aula Hall LEVEL 2	
<u>Moderators:</u>	A. Piskopakis, V. Sakellariou	
11:10 – 11:18	Innovative Techniques in Cartilage Repair: A Review of Microfracture and Autologous Chondrocyte Implantation (ACI) P. Kouloumentas	
11:18 – 11:26	The Role of Stem Cell Therapy in Cartilage Regeneration: Current Evidence and Future Directions A. Tokis	
11:26 – 11:34	Minced cartilage implantation for knee chondral lesions M. Savvidis	

SHOULDER / KNEE PROGRAM

DAY 1/12 September 2025

11:34 – 11:42 Navigating the Challenges of Cartilage Lesions in the Athlete: Current Trends in Management and Rehabilitation

A. Piskopakis

11:42 – 11:50 Discussion

11:50 - 12:10 Treatment of the Biceps with Concomitant Superior Rotator Cuff Tears |
Aula Hall LEVEL 2

Moderators: **E. Fandridis, P. Pantos**

11:50 – 11:55 Tenotomy alone is enough

I. Galanopoulos

11:55 – 12:00 Tenotomy and Tenodesis where is it better?

G. Mazis

12:00 – 12:05 Slap lesions Repair or Tenodesis

G. Panagopoulos

12:05 – 12:10 Discussion

12:10 - 12:40 Shoulder Instability without or with Minimal glenoid bone loss– What's the best approach? | Aula Hall LEVEL 2

Moderators: **G. Arealis – F. Giannoulis**

12:10 – 12:15 Only Bankart is enough

E. Fandridis

12:15 – 12:20 Bankart plus Remplissage

I. Kotsalis

12:20 – 12:25 ASA is the way to go

C. Koukos

12:25 – 12:30 Latarjet is the best option.

A. Boutsides

12:30 – 12:40 Discussion



SHOULDER / KNEE PROGRAM

DAY 1/12 September 2025

12:40 - 12:50	Type 3 AC Joint Dislocation Aula Hall LEVEL 2
<u>Moderators:</u>	C. Koukos – G. Panagopoulos
12:40 – 12:45	Conservative is the best option G. Arealis
12:45 – 12:50	Fix it immediately F. Giannoulis
12:50-13:00	Discussion
13:00 - 14:30	Hands – On Session – 6 Working Stations Shoulder & Knee Vesalius Lab LEVEL 0

Instructors

<u>Shoulder Stations:</u>	A. Boutsides, F. Giannoulis, C. Koukos, G. Mazis
	▪ Shoulder Instability ▪ Bankart ▪ Remplissage ▪ ASA

<u>Knee Stations:</u>	P. Kouloumentas, M. Savvidis, A. Tokis
	▪ Cartilage defects ▪ Autologous transplantation ▪ Mosaicplasty

OSTEON

DAY ORTHOPEDIC & SPINE CLINIC PRO

1/12 September 2025

Duration of the session 16.00 -19.00 @ Iatriko Kefalari Lecture Hall

16:00 - 17:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	G. Mazis, P. Pantos
16:00 – 16:12	Athlete's Heart A. Kasiakogias
16:12 – 16:24	MR imaging of muscle injury in the elite athlete G. Michailidis
16:24 – 16:36	Shoulder pain in the overhead athlete Z. Kokkalis
16:36 – 16:48	Management of the first-time anterior shoulder dislocation in athletes P. Pantos
16:50 – 17:00	Coffee Break
17:00 - 18:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	P. Nikolaou, V. Sakellariou
17:00 – 17:12	Criteria for RTP following a hamstring injury in professional football K. Tsapralis
17:12 – 17:24	ACL surgery for football players P. Nikolaou
17:24 – 17:36	Recovery path Following ACL injury for football players C. Theos
17:36 – 17:48	ACL tear in the low demand patients V. Sakellariou

OSTEON

ORTHOPEDIC & SPINE CLINIC **PRO**

DAY 1/12 September 2025

17:50 – 18:00	Coffee Break
18:00 - 19:00	Osteon Pro Session Iatriko Kefalari
Moderators:	K. Starantzis, V. Vougioukas
18:00 – 18:12	Treatment algorithm of the lumbar disc herniation in the elite athlete V. Vougioukas
18:12 – 18:24	The management of acute spondylolysis in the high potential adolescent athlete K. Starantzis
18:24 – 18:36	Sports Hernia K. Konstantinidis
18:36 – 18:48	FAI in football players L. Poultsides
18:48 – 19:00	Osteoarthritis in the young athlete: evidence-based treatment options T. Totlis
19:00 – 19:12	Ambulatory Surgery Centers in Greece. Is it feasible? T. Chamakiotis
19:15 – 19:30	Opening Ceremony Welcome Addresses

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

09:00 - 09:40	Rotator Cuff Tears Aula Hall LEVEL 2
Moderators:	I. Chiotis – A. Leonidou
09:00 - 09:08	RC tears from my perspective E. Antonogiannakis
09:08 - 09:16	Partial thickness rotator cuff tears. Treatment options A. Leonidou
09:16 - 09:24	Subscapularis tears – Pattern recognition and tips and tricks for repair I. Chiotis
09:24 - 09:32	PS tears. Single, double row, transosseous. Which are the trends in 2025; A. Gkantzos
09:32 -09:40	Discussion
09:40 - 10:20	Current Concepts in TKA Aula Hall LEVEL 2
Moderators:	A. Tokis, T. Totlis
09:40 - 09:48	The role of AI in TKA M. P. Sava
09:48 - 09:56	PSI & Custom Total Knee Arthroplasty. E. Gakis
09:56 - 10:04	Robotics in Total Knee Arthroplasty T. Kostakos
10:04 - 10:12	The use of AI in the preoperative planning of TKA P. Megalooikonomos
10:12 -10:20	Discussion
10:20 – 10:30	Coffee Break Aula Hall LEVEL 2

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

10:30 - 13:00 Hands – On Session – 6 Working Stations Shoulder & Knee | Vesalius Lab **LEVEL 0**

Instructors

Shoulder Stations: **I. Chiotis, A. Gkantsos, A. Leonidou**

- Rotator Cuff Repair

Knee Stations: **P. Megalooikonomos, A. Tokis, V. Sakellariou**

- Kinematic Alignment TKA
- Pixee AR
- Cori
- 5C Knee System

13:00 – 13:45 Lunch Break | Aula Hall **LEVEL 2**

13:45 - 15:00 Shoulder Common Pathologies | Aula Hall **LEVEL 2**

Moderators: **G. Mazis - P. Pantos**

13:45 – 13:53 Latissimus dorsi transfer for irreparable rotator cuff tears
My experience

A. Kaisidis

13:53 – 14:01 Proximal humerus fractures, Treatment algorithm in 2025
I. Polyzois

14:01 – 14:07 Tips for a perfect implant position in reverse shoulder arthroplasty
D. Alexakis

14:07 – 14:17 Move up isa™ shoulder range, lateralization, planification
J. Thanas

14:17 – 14:32 MagnetOs: How Surface Technology and Osteoinduction Drive Clinical Impact in Orthopedic Surgery
A. Angelopoulos

14:32 – 15:00 Discussion

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

15:00 - 15:50	Current Concepts in Revision TKA Aula Hall LEVEL 2
<u>Moderators:</u>	K. Kateros, V. Sakellariou
15:00 - 15:08	How can the anesthesiologist make the life of the surgeon easier? E. Kanellopoulos
15:08 - 15:16	Implant removal of a well fixed TKA K. Kateros
15:16 - 15:24	Metaphyseal fixation during revision TKA F. Benazzo
15:24 - 15:32	Complications of extensor mechanism of the knee following TKA N. Christodoulou
15:32 - 15:40	To hinge or not in revision TKA V. Bitounis
15:40 – 15:50	Discussion
15:50 - 18:40	Hands – On Session – 6 Working Stations Shoulder & Knee Vesalius Lab LEVEL 0
Instructors	
<u>Shoulder Stations:</u>	D. Alexakis, G. Mazis, P. Pantos, I. Polyzois Reverse Shoulder Arthroplasty
<u>Knee Stations:</u>	V. Bitounis, N. Christodoulou, K. Kateros, V. Sakellariou Revision TKA

SPINE PROGRAM

DAY 1/12 September 2025

08:15 - 09:00 **Registration**
Welcome Coffee

09:00 - 10:15 **Management of non-cancerous Intradural Pathology | Aula Hall LEVEL 2**
Moderators: **P. Spinos – V. Vougioukas**

09:00 – 09:20 Idiopathic spinal cord herniation
V. Vougioukas

09:20 – 09:40 Vascular malformations of the spine and spinal cord
S. Lafazanos

09:40 – 10:00 Diagnosis & Operative Management of Spontaneous Intracranial Hypotension (SIH)
I. Vasilikos

10:00 - 10:15 Discussion

10:15-10:30 **Coffee Break | Aula Hall LEVEL 2**

10:30 - 13:00 **Hands-On Session - 4 Working Stations | Vitruvian Lab**
LEVEL -1

Instructors

- Tubular Microdiscectomy
G. Ntais, G. Papadimitriou
- Endoscopic Discectomy
N. Karagiorgos, D. Papageorgiou
- Dural Tear repair
S. Lafazanos, I. Vasilikos
- ALIF
E. Papadopoulos, P. Spinos

13:00 – 14:30 **Hot debates in spinal surgery | Aula Hall LEVEL 2**
Moderators: **P. Zouboulis – P. Nomikos**

13:00 – 13:20 Tubular Microdiscectomy **Vs** Endoscopic Discectomy
V. Vougioukas Vs D. Papageorgiou

13:20 – 13:30 Discussion and Voting



SPINE PROGRAM

DAY 1/12 September 2025

13:30 – 13:50	Laminoplasty Vs 3 level ACDF for multi-level cervical myelopathy E. Papadopoulos Vs P. Nomikos
13:50 – 14:00	Discussion and Voting
14:00 – 14:20	Anterior Release Vs Pre-op skeletal traction for extreme scoliosis K. Starantzis Vs C. Zafiris
14:20 – 14:30	Discussion and Voting

OSTEON

ORTHOPEDIC & SPINE CLINIC **PRO**

DAY 1/12 September 2025

Duration of the session 16.00 -19.00 @ Iatriko Kefalari Lecture Hall

16:00 - 17:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	G. Mazis, P. Pantos
16:00 – 16:12	Athlete's Heart A. Kasiakogias
16:12 – 16:24	MR imaging of muscle injury in the elite athlete G. Michailidis
16:24 – 16:36	Shoulder pain in the overhead athlete Z. Kokkalis
16:36 – 16:48	Management of the first-time anterior shoulder dislocation in athletes P. Pantos
16:50 – 17:00	Coffee Break
17:00 - 18:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	P. Nikolaou, V. Sakellariou
17:00 – 17:12	Criteria for RTP following a hamstring injury in professional football K. Tsapralis
17:12 – 17:24	ACL surgery for football players P. Nikolaou
17:24 – 17:36	Recovery path Following ACL injury for football players C. Theos
17:36 – 17:48	ACL tear in the low demand patients V. Sakellariou
17:50 – 18:00	Coffee Break



OSTEON

ORTHOPEDIC & SPINE CLINIC

PRO

DAY 1/12 September 2025

18:00 - 19:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	K. Starantzis, V. Vougioukas
18:00 – 18:12	Treatment algorithm of the lumbar disc herniation in the elite athlete V. Vougioukas
18:12 – 18:24	The management of acute spondylolysis in the high potential adolescent athlete K. Starantzis
18:24 – 18:36	Sports Hernia K. Konstantinidis
18:36 – 18:48	FAI in football players L. Poultsides
18:48 – 19:00	Osteoarthritis in the young athlete: evidence-based treatment options T. Totlis
19:00 – 19:12	Ambulatory Surgery Centers in Greece. Is it feasible? T. Chamakiotis
19:15 – 19:30	Opening Ceremony Welcome Addresses

SPINE PROGRAM

DAY 2/13 September 2025

09:00 - 11:00 Hands-On Session - 4 Working Stations | Vitruvian Lab
LEVEL -1

- Free hand Screws
P. Angourakis, P. Zouboulis
- Robotic Screws pre op planning
G. Papadimitriou, K. Starantzis
- XLIF
P. Annis
- MIS TLIF
G. Ntais, V. Vougioukas

10:45 – 11:00 Coffee Break | Aula Hall **LEVEL 2**

11:00 – 13:00 Key topics on Sagittal Imbalance | Aula Hall **LEVEL 2**

Moderators: K. Starantzis, E. Papadopoulos

11:00 – 11:30 Sagittal Balance – The Holy Grail
P. Annis

11:30 – 12:00 Prevention of Iatrogenic Sagittal Imbalance
V. Lykomitros

12:00 – 12:30 Sagittal Imbalance Correction Strategy
K. Starantzis

12:30 – 13:00 Prevention and management of complications in sagittal correction surgery
E. Papadopoulos

13:00 – 13:30 Case Based Discussion

13:30 – 13:40 MagnetOs: The Clinical Impact of Surface Innovation and Osteoinduction
A. Angelopoulos

13:40 – 14:30 Lunch Break | Aula Hall **LEVEL 2**



SPINE PROGRAM

DAY 2/13 September 2025

14:30 – 16:30 Hands-On Session - 4 Working Stations | Vitruvian Lab
LEVEL -1

- ACDF
P. Stavrinou, S. Papastefanou
- TDR
A. Brotis, J. Tsiganos
- Laminoplasty
E. Papadopoulos, K. Starantzis
- Lege Artis Grafting Technique
G. Papadimitriou

16:40 – 18:00 Case Based Discussions – Problem Solving Discussion Groups | Aula
Hall **LEVEL 2**

Moderators: S. Papastefanou, P. Stavrinou

Group A Lead: A. Brotis

Group B Lead: P. Stavrinou

Group C Lead: S. Papastefanou

Group D Lead: J. Tsiganos

16:30 – 17:00 Presentation Case 1
Discussion & Voting

17:00 – 17:30 Presentation Case 2
Discussion & Voting

17:00 -18:00 Presentation Case 3
Discussion & Voting

18:00 Adjourn

FACULTY LIST

Dimitris	Alexakis	Director of Orthopaedics and Sports Injuries Department, Athens Euroclinic, Greece
Pavlos	Angourakis	Spine Orthopedic Surgeon, Clinic of Spinal Deformities, Metropolitan Hospital, Athens, Greece
Prokopis	Annis	Consultant Spinal Surgeon, The Walton Centre NHS Foundation Trust, Liverpool, UK
Emmanouil	Antonogiannakis	MD, Orthopaedic Surgeon, Director, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
George	Arealis	MD, PhD, FRCS, Consultant Trauma & Orthopaedic Surgeon, East Kent Hospitals University NHS Foundation Trust, UK Visiting Professor, Faculty of Medicine, Health and Social Care Canterbury Christ Church University, UK
Francesco	Benazzo	Orthopedic Surgeon Chairman, Clinica Ortopedica e Traumatologica University of Pavia since 2002 Full professor of orthopedics and traumatology since 2000 Member of the Fondazione IRCCS Policlinico San Matteo, Pavia
Vasileios	Bitounis	MD Bristol, FRCSEd, PhD, Orthopaedic Surgeon, Director of the International Center for Hip and Knee Arthroplasty, Athens Medical Center, Greece
Achilleas	Boutsiadis	MD, PhD, Military Orthopaedic Surgeon, 401 General Military Hospital of Athens, Bioclinic of Athens, Greece
Alexandros	Brotis	MD, MSc, PhD, Assistant Professor of Neurosurgery, University of Thessaly, General University Hospital of Larissa, Greece
Theodoros	Chamakiotis	Vice President of Hellenic Private Hospitals Association (SEK), General Manager of Athens Medical Center
Ioannis	Chiotis	MD, PhD, MSc, Orthopaedic Surgeon, Consultant of 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Nikolaos	Christodoulou	MD, PhD, Orthopaedic Surgeon, Director of Orthopaedic Department, Athens Medical Group - Psychiko Clinic, Greece
Emmanouil	Fandridis	Orthopaedic Surgeon, Director, Hand-Upper Limb & Microsurgery Department, KAT General Hospital, Athens, Greece, President of the Hellenic Hand Surgery and Upper Limb Society 2023, Athens, Greece
Evangelos	Gakis	Orthopaedic Surgeon, Director of Orthopedic Clinic, Athens Medical Center, Psychiko Clinic, Greece

Ilias	Galanopoulos	MD, PhD, Consultant Orthopaedic Surgeon 2nd Department of Orthopaedics, 401 General Military Hospital of Athens, Greece
Filippos	Giannoulis	MD, Ph.D Director, Hand, Surgeries Department, "Hygeia" Hospital, Athens, Greece
Apostolos	Gkantsos	MD, PhD, Orthopaedic Surgeon, Senior Consultant, General Hospital of Naousa, Greece
Aristotelis	Kaisidis	Director of the Shoulder Surgery Clinic, Frankfurt Red Cross Clinics Clinic Maingau, Frankfurt, Germany
Ilias	Kanellopoulos	MD, PhD, Anaesthesiologist, Athens Medical Center, Greece
Nikolaos	Karageorgos	Neurosurgeon, Director of Neurosurgery Clinic, Athens Medical Center, Greece
Alexandros	Kasiakogias	MD PhD Cardiologist, Senior Clinical Lecturer at 1st Cardiology Department, Athens Medical School, Hippokration General Hospital, Athens, Greece Nucleus Member, European Society of Cardiology Working Group on Myocardial and Pericardial Diseases EACVI/SCMR CMR Level III
Konstantinos	Kateros	MD, MSc, PhD, Orthopaedic Surgeon Director, 1st Orthopaedic Department "G.Gennimatas" General Hospital, Athens, Greece
Zinon	Kokkalis	MD, PhD, Associate Professor of Orthopaedic Surgery School of Medicine, University of Patras, Greece
Konstantinos	Konstantinidis	Scientific Director, Director of the Department of General, Laparoscopic, Oncological and Robotic Surgery, Athens Medical Center, Greece
Thomas	Kostakos	MD, FRCS (Tr&Orth) Consultant Trauma & Orthopaedic Surgeon Athens Medical Center
Ioannis	Kotsalis	MD, Orthopaedic Surgeon, 1st Orthopaedic Department, Athens General Hospital "G. Genimatas", Greece
Christos	Koukos	Head of Special Sports Surgery Department, St. Josef Hospital Wuppertal, Germany
Panagiotis	Kouloumentas	Orthopaedic Surgeon, Director Athens Sport Orthopedic, Clinic of Orthopedics and Sport Orthopedics, Metropolitan Hospital, Athens, Greece
Aristotelis	Kourtis	Consultant Orthopedic Surgeon, Athens Medical Centre, Athens, Greece Honorary Consultant, Nuffield Orthopedic Centre, Oxford, U.K. Honorary Consultant, Southmead Hospital, Bristol, U.K. Honorary Lecturer, University of Bristol, U.K.

Spyros	Lafazanos	Colonel Neurosurgeon, Director of Neurosurgical Clinic, 417 NIMTS Veterans Fund Army Hospital, Athens
Andreas	Leonidou	MSc, PhD, FRCS (Tr & Orth), Director of Department of Minimally Invasive Orthopaedic Surgery, Athens Medical Centre, Greece
Vasilis	Lykomitros	Consultant Spinal Surgeon, Euromedica Hospital, Thessaloniki, Greece
Giorgos	Mazis	MSc, PhD, FEBOT, Director Orthopedic Surgeon Head of Upper Extremity (Shoulder & Elbow) and Hand Extremity Surgery Department, Athens Medical Center, Paleo Faliro, Associate of the Upper Extremity Surgery Department and Head of the Hand Extremity Department at "OSTEON" Orthopedic Clinic, Athens, Greece
Panagiotis	Megalooikonomos	MD, MSc, PhD Assistant Professor of Orthopedics Hip and Knee Reconstruction, First Department of Orthopaedic Surgery National and Kapodistrian University of Athens Attikon University General Hospital Athens, Greece
George	Michailidis	Radiologist, Supervisor of the Department of Computed Tomography & Magnetic Resonance Imaging, Athens Medical Center
Pantelis	Nikolaou	MD, PhD. Orthopaedic Surgeon, Director, Orthopaedic Clinic, Division Sports Medicine, Athens Medical Center, Amarousio, Greece
Panagiotis	Nomikos	Director, 1 st Department of Neurosurgery, Hygeia Hospital, Athens, Greece
George	Ntais	Neurosurgery Consultant, Minimally Invasive Clinic, Athens Medical Center, Greece
Ilias	Ntisios	Orthopaedic Surgeon, Sports Physician, Psychiko Medical Center, Greece
George	Panagopoulos	Consultant Upper Limb Surgeon Athens Medical Center, Greece
Panagiotis	Pantos	MD, MSc, PhD, Orthopaedic Surgeon, Director of the Upper Limb Unit, OSTEON Orthopedic Clinic at Athens Medical Center, Greece
Giorgos	Papadimitriou	MD, MSc, FEBOT, Consultant Orthopaedic Surgeon, Athens Medical Center, OSTEON Clinic, Greece
Elias	Papadopoulos	Spine/ Scoliosis Surgeon Chief of Spine Service, Hygeia Hospital Asst. Professor, Orthopedic Department University of Athens, School of Medicine, Greece
Dimitris	Papageorgiou	Consultant Neurosurgeon, Head of Department of Minimal Invasive Neurosurgery at Euroclinic Athens 251 General AirForce Hospital, Athens, Greece

Sotiris	Papastefanou	MD, BC(Orth), PhD, Spine Surgeon – Orthopedic, Director of the Spinal Institute Column, Partner Medical Center and Paediatrics of Athens, Children's Hospital "Mitera", Athens, Greece
Andreas	Piskopakis	Orthopaedic Surgeon, Co Director of Orthopaedics and Sports Medicine, Athens Medical Center, Greece
Nikolaos	Piskopakis	MD, PhD, Director, Department of Orthopaedics and Sports Medicine, Athens Medical Center, Greece
Ioannis	Polyzois	MBCHB FRCS FEBOT, Consultant Trauma and Orthopaedic Surgeon, Shoulder and Upper Limb Specialist, Athens Interbalkan Medical Center, Greece
Lazaros	Poultides	Assistant Professor of Orthopaedics, Aristotle University of Thessaloniki, Greece
Vasilis	Sakellariou	MD, MSc, PhD Director of Orthopedic Department Athens Medical Center, Amarousion, Greece
Manuel Paul	Sava	Resident in Orthopaedic Surgery, Spital Limmattal, Schlieren, Switzerland.
Mathaios	Savvidis	MD, PhD Orthopedics & Trauma Surgeon, Deputy Director 2nd Orthopedic Unit, 424 General Military Hospital, Thessaloniki, Greece
Panagiotis	Spinou	MD-PhD/Patras University Consultant Neurosurgeon-Spinal Surgeon/ Neurosurgical Department, General Hospital of Patras "St Andrew's", Greece F.Consultant Spinal Surgeon/ Basildon University Hospital and Woodthorpe Hospital, Nottingham, UK Fellowship Trained- Guy's & St Thomas' Hospital London, Walton Neurocentre Liverpool, Salford Royal Hospital Manchester
Konstantinos	Starantzis	Consultant Spine Surgeon Director of Deformity & Complex Spine Surgery Unit Eurospine Surgical Spine Centre of Excellence Athens Medical Center, Founding member of Osteon Orthopedic & Spine Clinic, Athens, Greece
Pantelis	Stavrinou	Director Neurosurgeon, Metropolitan Hospital, Athens, Greece, Assistant Professor, University of Cologne, Germany
Christos	Theos	Orthopaedic Surgeon Piraeus Special Orthopaedic Surgery (PirSOS), Metropolitan Hospital, Athens, Greece
Anastasios	Tokis	Orthopaedic Surgeon, Chief of Orthopaedic Department Metropolitan General Hospital, Athens, Greece

Trifon	Totlis	Orthopaedic Surgeon, Assist. Professor. TheMIS Orthopaedic Center, St. Luke's Hospital, Thessaloniki / Anatomy Dept. School of Medicine, Aristotle University of Thessaloniki, Greece. ESSKA-EKA Early Osteoarthritis Study Group Co-Chair
Kiriakos	Tsapralis	Sports Medicine Physician Managing Director Isokinetic Athens Isokinetic Medical Group FIFA Medical Centre of Excellence
Dimitris	Tsiachris	Ass. Professor of Cardiology, National and Kapodestrian University of Athens EP Lab Director, Athens Medical Center
John	Tsinganos	Orthopaedic Surgeon, Athens Medical Center, Greece
Ioannis	Vasilikos	PT, MM, MD, PhD Associate Professor of Neurosurgery, University Medical Center of Freiburg Co-Director Laboratory of Experimental Brain & Spine Surgery - LENS-Lab
Vasilis	Vougioukas	Neurosurgeon, Director, Department of Neurosurgery, Athens Medical Center, Greece Associate Professor of Neurosurgery, University of Freiburg, Germany
Christos	Zafiris	Associate Director of Spine Clinic, Trauma Scoliosis Center and Spine Oncology, Metropolitan General, Athens, Greece
Panagiotis	Zoumpoulis	Assistant Professor of Orthopaedics, Department of Spinal Deformities, Metropolitan Hospital, Neo Faliro, Greece



ACKNOWLEDGMENTS

SILVER SPONSORS



BRONZE SPONSORS





SPONSORS



ΥΠΗΡΕΣΙΕΣ ΥΓΕΙΑΣ
ΣΚΕΠΕΤΑΡΗΣ



FORTUNA
ΟΡΘΟΠΕΔΙΚΑ | ΙΑΤΡΙΚΑ
Είμαστε εδώ, για εσάς.





SPONSORS



Medtronic

Smith+Nephew



Spine Action



Pharmaceutical Laboratories S.A.



ATHENS MEDICAL GROUP

GREEK LEGACY GLOBAL STANDARDS

40 YEARS
ALWAYS ONE STEP
AHEAD

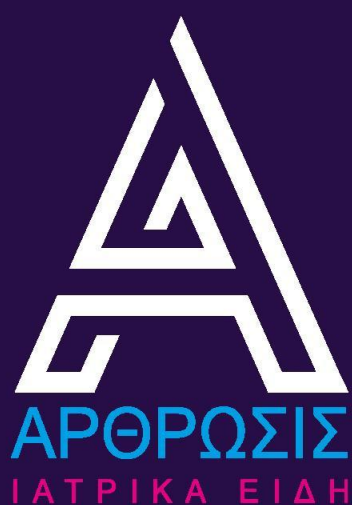


ATHENS MEDICAL
GROUP

www.iatriko.gr |    


Imperial College Healthcare
INTERNATIONAL AFFILIATE

**Accell Evo3®**
Advanced Demineralized Bone Matrices
Powered Acell® Technology**Ballast®**
Demineralized Bone Matrix In Resorbable Mesh



Introducing & Supporting
INNOVATION in
Healthcare

Unigesic®

Δραστικός συνδυασμός Κιτρικής Ορφενεδρίνης
και Παρακεταμόλης (35 mg + 450 mg)



**Αντιμετωπίστε τον μυϊκό πόνο, χαρίζοντας
στους μυς σας τη «χαλάρωση» που χρειάζονται...**

ΠΕΡΙΛΗΨΗ ΤΩΝ ΧΑΡΑΚΤΗΡΙΣΤΙΚΩΝ ΤΟΥ ΠΡΟΪΟΝΤΟΣ (Σ.Π.Ο.). 1. ΟΝΟΜΑΣΙΑ ΤΟΥ ΦΑΡΜΑΚΕΥΤΙΚΟΥ ΠΡΟΪΟΝΤΟΣ: Unigesic (35 + 450) mg δισκία. 2. ΠΟΙΟΤΙΚΗ ΚΑΙ ΠΟΣΟΤΙΚΗ ΣΥΝΘΕΣΗ: Κάθε δισκίο περιέχει 35 mg κιτρικής ορφενεδρίνης και 450 mg παρακεταμόλης. 3. ΦΑΡΜΑΚΟΤΕΧΝΙΚΗ ΜΟΡΦΗ: Δισκία. Τα δισκία μπορούν να διαχωριστούν σε δύο ίσες δόσεις. 4. ΚΛΙΝΙΚΕΣ ΠΑΡΗΓΟΡΟΙΕΣ: Θεραπευτικές ενδείξεις: Το Unigesic ενδείκνυται για: -Επώδυνα μετατραυματικά μυϊκά σύνδρομα. -Μυϊκές σπασμούς που προκαλούνται από απότομες κινήσεις του σώματος. -Διαστρέμματα. -Εξωαρθρικά ρευματισμό που συνοδεύεται από μυϊκό σπασμό (μυοσίτιδα, μυοσίτιδα, μυαλγία). -Οξύ ή χρόνιο άλγος της σφυίσης χώρας (λουμπάγκο). 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 ορφενεδρίνης ημερησίως). Η συνήθης δόση είναι 1/2-1 δισκίο 3 φορές την ημέρα. Παιδιατρικές πληθύνσεις: 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 κατανέμει 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: Γλαύκωμα, κατακράτηση ούρων (π.χ. υπερτροφία του προστάτη ή απόφραξη του αυχένα της ουροδόχου κύστης), βαριά μυασθένεια (μυασθένεια Gravis) ή αποφρακτικές καταστάσεις του γαστρεντερικού, π.χ. στένωση πύλωρου και δωδεκαδακτύλου, στενωτικά έλκος στομάχου, μεσαισοφρόνιο, λόγω της παρασυμπαθητικής δράσης της ορφενεδρίνης. Σοβαρή ηπατική και σοβαρή νεφρική δυσλειτουργία λόγω της παρακεταμόλης. Θηλασμός. Παιδιά κάτω των 12 ετών. Ειδικές προειδοποιήσεις και προφυλάξεις κατά τη χρήση: Ορφενεδρίνη: Το Unigesic πρέπει να χρησιμοποιείται με προσοχή σε ασθενείς με ταχυκαρδία, στεφανιαία νόσο, αδυναμία πνεύμων, εθιστομία, αυξημένη ενδοφθάλμια πίεση, δυσκολία στην αναπνοή, κνίδωση. Ευφορία 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 ενέχουν κίνδυνο πολύ σοβαρής ηπατικής βλάβης. Λόγω της αλληλεπίδρασης των αναισθητικών με την ορφενεδρίνη, θα πρέπει να δίνεται προσοχή σε χειρουργικές επεμβάσεις σε ασθενείς που λαμβάνουν αυτό το φάρμακο. Αλληλεπιδράσεις με άλλα φαρμακευτικά προϊόντα και άλλες μορφές αλληλεπίδρασης: Ορφενεδρίνη: Η ταυτόχρονη χρήση ορφενεδρίνης και άλλων κατασταλτικών του Κεντρικού Νευρικού Συστήματος όπως η αλκοόλη, τα βαρβιτουρικά, τα σπασμολυτικά 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 μοκλοβημίνη και η ντομπεριδόνη 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 συνδέονται κυρίως με την παρασυμπαθητική επίδραση της ορφενεδρίνης. Συχνές (≥1/100 έως <1/10): Θολή όραση, ναυτία, εθιστομία, κνίδωση, ζέση. Σπάνιες (≥1/10.000 έως <1/1.000): Ηπατική βλάβη, αυξημένη κρεατινίνη, εξάνθημα, κνίδωση, αγγειοοίδημα.

Βοηθήστε να γίνουν τα φάρμακα πιο ασφαλή και
Αναφέρετε ΟΛΕΣ τις ανεπιθύμητες ενέργειες για ΟΛΑ τα φάρμακα.
Συμπληρώνοντας την "ΚΑΡΤΙΝΗ ΚΑΡΤΑ".

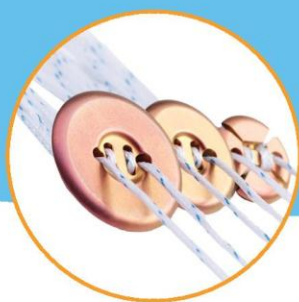
+ UltraTRAC[®] QUAD

ACL Reconstruction Technique

The Technique features the QUADTRAC[®] System, the first integrated guide-system for minimally invasive quadriceps tendon graft harvesting.¹ The system provides direct graft visualization while enabling a controlled and reproducible technique to optimize harvest.²⁻⁴ The graft is easily prepared with five needle passes⁹ and fixated with the all adjustable versatility of the ultra-strong^{*5-8} ULTRABUTTON Device Family. Learn more at [smith-nephew.com](https://www.smith-nephew.com).



**ULTRABUTTON[®]
QUAD**
Adjustable Fixation Device



**ULTRABUTTON[®]
TIB**
Adjustable Fixation Device



QUADTRAC[®]
Quadriceps Tendon
Harvest Guide System



Scan to watch the technique

*As demonstrated in bench top testing

References 1. Smith+Nephew 2022. QUADTRAC Validation. 15011575 Rev A. 2. Smith+Nephew 2022. QUADTRAC Marketing Claims. Internal Report. 15011572 Rev A. 3. Smith+Nephew 2022. TRAC-Cutter Push-Pull Cut Force DV Protocol. Internal Report. 15011552 Rev A. 4. Smith+Nephew 2022. QUAD-Cutter Force to Cut Design Verification. Internal Report. 15011559 Rev A. 5. Arthrocare Corporation 2016. Test Report: ULTRABUTTON competitor comparison 69889-01 C. 6. Ahmad SS, et al. Adjustable loop ACL suspension devices. *Knee Surg Sports Traumatol Arthrosc.* 2018;26(5):1392-1398. 7. Shelburne KB, et al. Pattern of ACL force in normal walking. *J Biomech.* 2004;37(6):797-800. 8. Smith+Nephew 2022. Comp, UBX Cyclic and Repair Strength Testing 15012185 Rev A. 9. Smith+Nephew 2022. User Evaluation, UBX Competitive Device Comparison 15012185 Rev A.

Smith & Nephew, Inc. 150 Minuteman Road Andover, MA 01810, www.smith-nephew.com, US Customer Service: +1 800 343 5717 [®]Trademark of Smith+Nephew.
©2023 Smith+Nephew. All rights reserved. 39236 V1 05/23

MUTARS®

GenuX® MK
with EPORE®
defect filler





GENERAL INFORMATION

Venue of the course

ANATOMY TECHNIQUES AND TRAINING CENTER



The ATT Center is dedicated to practical courses on all ranges of the medical sector, as well as surgical techniques on cadavers. The facility offers surgeons of all medical specialties and nurses the most suitable space and equipment for developing and expanding their medical and surgical experience. The Centre covers 1000 m², has 2 laboratories with a total of 18 working stations, a conference hall located on the second floor that can accommodate up to 100 people and fully equipped separate seminar rooms.

Sorou 35, Marousi, 15125

Registration Fee for the course

Lectures Only | **150,00€**

Shoulder Lectures & Hands on | **600,00€**

Knee Lectures & Hands On | **600,00€**

Spine Lectures & Hands On | **1.000,00€**

The registration fee includes: Attendance of the theoretical and hands on session, coffee break & light lunch

Secretariat Operating Hours

Friday September 12th | **7.30 -14.00** | **ATTC**

Friday September 12th | **15.30-19.00** | **Athens Medical Center**

Saturday September 13th | **8.30 -17.30** | **ATTC**

Admission Badges

The badge should be worn by all participants and members of the faculty, at all times during the course.

Venue of the Osteon Pro Session

ATHENS MEDICAL CENTER LECTURE HALL



Athens Medical Group (AMG) was established in 1984. Its goal: to provide high quality, integrated healthcare services, based on a patient – centered approach. From the first years of its operation, it became a “catalyst” of progress in Healthcare, being the first Greek medical institution to introduce state-of-the-art medical equipment and secure collaborations with distinguished scientists, thus providing services equal to those of internationally acclaimed hospitals. Through continuous investments, both in Greece and abroad, AMG is among the most dynamic Healthcare organizations and the most reliable providers of diagnostic and hospitalization services, worldwide.

Filadelfeos 2 & Kefalariou, Kifisia, 145 62

Registration Fee for the Osteon Pro Session

The registration fee includes: Attendance of the Osteon Pro Session, coffee break

Official Language

Greek is the official language of the course. There will be no simultaneous translation.

Certificate of Attendance

Participants can receive their certificate of attendance via email. To receive the certificate of attendance it is mandatory for each participant to complete the evaluation sent to them via email by the secretariat.