



An ESSKA 'All about..' Surgical-Skills Course

All about shoulder instability: The ESSKA ESA 360° Course

20-21 June 2025
Athens, Greece

Organized by



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Third Orthopedic Department
"Hygeia" Hospital Athens

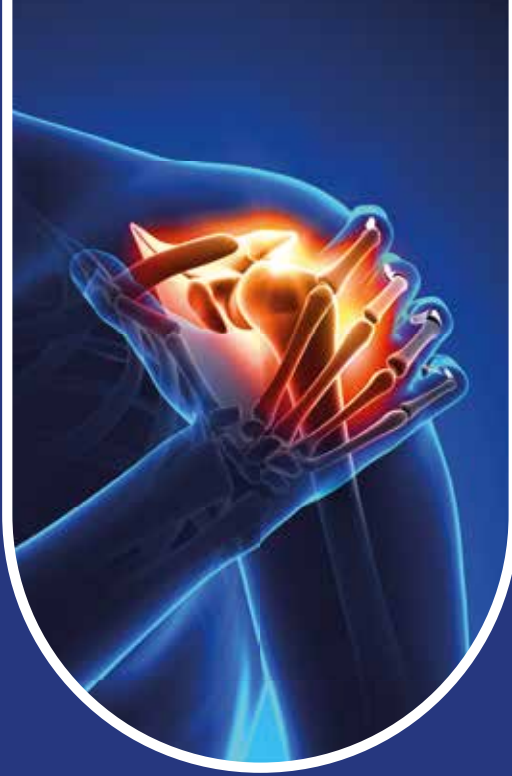
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ATT Center A 35 Sorou Str., Maroussi, Athens - Greece • T +302106109992 • E op@attcenter.eu • W www.attcenter.eu



Learning objectives

The learning objectives of the course are to cover the techniques that the Orthopedic surgeon needs to be able to perform in order to treat shoulder instability ranging from Bankart repair to more complex soft tissue procedures ,such as Arthroscopic Subscapularis Augmentation (ASA), Remplissage, and Dynamic Anterior Stabilization (DAS) and finally bone procedures as Latarjet and Eden - Hybinette (arthroscopic bone block).

Course Chairmen



Dr. Emmanouil Antonogiannakis
Hygeia Hospital,
Athens, **Greece**



Dr. Emmanouil Brilakis
Hygeia Hospital,
Athens, **Greece**

Course Coordinator



Dr. Angelos Trellopoulos
Hygeia Hospital,
Athens, **Greece**

Honorary Chairman



Dr. Konstantinos Kateros
General Hospital of Athens
“G. Gennimatas”, HAOST
President, **Greece**

Faculty



Alexakis Dimitrios
Athens Euroclinic,
Greece



Arealis George
East Kent Hospitals
University NHS
Foundation Trust, **UK**



Avramidis Grigorios
Hygeia Hospital,
Athens, **Greece**



Berte Bøe
Oslo University
Hospital, **Norway**



Chiotis Ioannis
Hygeia Hospital,
Athens, **Greece**



Deligeorgis Anastasios
Hygeia Hospital,
Athens, **Greece**



Fandridis Emmanouil
Kat Attica General
Hospital, Athens,
Greece



Gatos George
Hygeia Hospital,
Athens, **Greece**



Gervasi Enrico
Casa di Cura Giovanni
XXIII, Monastier di
Treviso (TV), **Italy**



Hantes Michael
Larissa University
Hospital, **Greece**



Socrates Kalogrianitis
The Harborne
Hospital,
United Kingdom



Kocaoglu Baris
ESSKA Academy
Chair Acibadem
University, **Turkey**



Mantakos Dimitrios
Hygeia Hospital,
Athens, **Greece**



Martetschläger Frank
ATOS Clinic Munich,
Germany



**Papadopoulos
Panagiotis**
Hygeia Hospital,
Athens, **Greece**



Stathellis Apostolos
Hygeia Hospital,
Athens, **Greece**



Ettore Taverna
Istituto Ortopedico
Galeazzi, Milan,
Italy



Valenti Phillipe
Institut de la Main,
Clinique Bizet,
Paris, **France**

PROGRAMME

Friday, 20 June 2025

07:45 - 08:00 Welcome and Registration

THEORETICAL SESSION I

08:00 - 08:10 Introduction

08:10 - 08:20 Lateral decubitus, beach chair or a combination
G. Gatos

08:20 - 08:30 Shoulder arthroscopy after dislocation: Recognizing the lesions
A. Stathellis

08:30 - 08:40 Bankart repair, how to perform it right
I. Chiotis

08:40 - 08:50 First time dislocation: Decision making algorithm
M. Hantes

08:50 - 09:00 Instability in the lax patient: How to achieve soft tissue balance
P. Papadopoulos

09:00 - 09:30 Discussion

09:30 - 09:45 Coffee Break

HANDS ON SESSION 1 - INSTABILITY REPAIR

09:45 - 12:30 9 working stations
Anterior / Posterior / MDMI

12:30 - 13:00 Lunch break

THEORETICAL SESSION II

13:00 - 13:10 HAGL, how to detect, how to repair it
A. Trellopoulos

13:10 - 13:20 Arthroscopic Subscapularis Augmentation (ASA), how to perform it?
E. Brilakis

13:20 - 13:30 Remplissage, When and how?
B. Kocaoğlu

13:30 - 13:40 Dynamic Anterior Stabilization (DAS), how to perform it?
G. Arealis

13:40 - 13:50 Is there any space left for other augmentation procedures?
D. Mantakos

13:50 - 14:20 Discussion

PROGRAMME

Saturday, 21 June 2025

HANDS ON SESSION 2 - AUGMENTATION PROCEDURE

14:20 - 17:00 9 working stations
17:00 Adjourn

THEORETICAL SESSION III

08:00 - 08:10 Diagnosis and Management of Bone Loss in Anterior Shoulder Instability
[F. Martetschlaeger](#)

08:10 - 08:20 The Hill Sachs lesion, fixing back the anatomy
[E. Taverna](#)

08:20 - 08:30 Arthroscopic Bone block with button Fixation
[E. Antonogiannakis](#)

08:30 - 08:40 Arthroscopic Bone block with Cerclage tape (No metal reconstruction)
[G. Avramidis](#)

08:40 - 08:50 Open Latarjet the gold standard
[E. Fandridis](#)

08:50 - 09:00 Arthroscopic Latarjet screw fixation
[D. Alexakis](#)

09:00 - 09:10 Arthroscopic Latarjet button fixation (my technique)
[P. Valenti](#)

09:10 - 09:20 Transition from screws to buttons in Arthroscopic Latarjet
[B. Bøe](#)

09:20 - 09:30 Latarjet with button fixation Combination with Remplissage. Tips to do it easier. Future developments
[S. Kalogrianitis](#)

09:30 - 09:40 Revision surgery of failed anterior shoulder stabilization
[E. Gervasi](#)

09:40 - 10:10 Discussion

10:10 - 10:25 Coffee Break

HANDS ON SESSION III - JOINT INSTABILITY

10:20 - 13:00 9 working stations
Bone Block / Open or Arthroscopic Latarjet

13:00 Closure and Meeting Evaluation

General Information

Venue



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

Official Language

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

Secretariat Operating Hours

Friday 20 June 2025	07:30 - 16:00
Saturday 21 June 2025	07:30 - 13:00

Admission Badges

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

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.

Climate and Clothing

During June, the temperature in Athens ranges from 28 to 35 degrees Celsius (83 F to 95 F) and is getting cooler during the nights. The dress code is of individual choice and variable, from casual to sporty, according to personal preference.

Electrical Supply

Voltage in Greece is 220 V, at a frequency of 50 Hz. Plugs are continental style, two-pin. A plug adaptor should be taken along incompatible electric / electronic gadgets to be used.

Emergencies

Whilst in Greece, you may seek any help you might need (police, ambulance, fire brigade, coast guard) by ringing the number 112, from anywhere in Greece. The number is answered by English-speaking staff and may be dialed from public telephones or mobile telephones.

Please note, the registration fee does not include medical or any other insurance. In emergency cases, medical services in Greece will be provided at nominal fees, under the National Health Service auspices. However, no transportation to the delegate's home country would be provided.

In case of emergencies, please talk to members of the organizing committee or the course secretariat for immediate attendance.

Acknowledgments

The organizers would like to thank the following companies that contributed greatly to the success of the **"All about shoulder instability: The ESSKA ESA 360 Course"**.



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ips@hygeia.gr | +30 210 6867788 | www.hygeia.gr

