

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

AITC

VENUE

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



SHOULDER / KNEE PROGRAM

DAY 1/12 September 2025

08:00 - 08:45 Registration
Welcome Coffee

08:45 - 11:00 Hands – On Session – 8 Working Stations Shoulder & Knee | Basic
Arthroscopy | Vesalius Lab **LEVEL 0**

Introduction

Shoulder Arthroscopy: Basic anatomy and arthroscopic portals
I.Ntisios

Knee
TBA

Instructors

Shoulder Stations: **I. Galanopoulos, G. Mazis, I. Ntisios**

- Shoulder Arthroscopy
- Basic Anatomy and arthroscopic portals

Knee Stations: **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**

Moderators: **N. 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
N. 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: **C. Koukos – G. Panagopoulos**

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 – 8 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

ORTHOPEDIC & SPINE CLINIC **PRO**

DAY 1/12 September 2025

16:00 - 19:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	G. Mazis, P. Pantos
16:00 – 16:12	Athlete's Heart D. Tsiachris
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 - 19:00	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



SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

09:00 - 09:40	Rotator Cuff Tears Aula Hall LEVEL 2
<u>Moderators:</u>	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. Gkantsos
09:32 - 09:40	Discussion
09:40 - 10:20	Current Concepts in TKA Aula Hall LEVEL 2
<u>Moderators:</u>	A. Tokis, T. Totlis
09:40 - 09:48	Knee Phenotypes & Kinematic alignment 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 – 8 Working Stations Shoulder & Knee | Vesalius Lab **LEVEL 0**

Instructors

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

- Rotator Cuff Repair

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

- Kinematic Alignment TKA Microport
- Pixee AR
- Naviswiss
- Robotics

13:00 – 14:00 Lunch Break | Aula Hall **LEVEL 2**

14:00 - 14:45 Shoulder Common Pathologies | Aula Hall **LEVEL 2**

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

14:00 – 14:08 Latissimus dorsi transfer for irreparable rotator cuff tears
My experience?

A. Kaisidis

14:08 – 14:16 SLAP II lesions in the overhead athlete, Pathology or adaptation
TBA

14:16 – 14:24 Proximal humerus fractures, Treatment algorithm in 2025
I. Polyzois

14:24 – 14:32 Tips for a perfect implant position in reverse shoulder arthroplasty
D. Alexakis

14:32 – 14:40 Disorders of Sternoclavicular joint
C. Kuen

14:40 – 14:50 Discussion

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

14:50 - 15:40 Current Concepts in Revision TKA | Aula Hall **LEVEL 2**

Moderators: K. Kateros, V. Sakellariou

14:50 - 14:58 How can the anesthesiologist make the life of the surgeon easier?
E. Kanellopoulos

14:58 - 15:06 Implant removal of a well fixed TKA
K. Kateros

15:06 - 15:14 Metaphyseal fixation during revision TKA
F. Benazzo

15:14 - 15:22 Complications of extensor mechanism of the knee following TKA
N. Christodoulou

15:22 - 15:30 To hinge or not in revision TKA
V. Bitounis

15:30 – 15:40 Discussion

15:40 - 18:40 Hands – On Session – 8 Working Stations Shoulder & Knee | Vesalius
Lab **LEVEL 0**

Instructors

Shoulder Stations: D. Alexakis, G. Mazis, P. Pantos, I. Polyzois
▪ Reverse Shoulder Arthroplasty

Knee Stations: F. Benazzo, N. Christodoulou, G. Macheras, V. Sakellariou
▪ Revision TKA
▪ Implant removal
▪ Ultrasound devices
▪ Metaphyseal fixation

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. Papadimitriou, G. Ntais
- 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

16:00 - 19:00	Osteon Pro Session Iatriko Kefalari
<u>Moderators:</u>	G. Mazis, P. Pantos
16:00 – 16:12	Athlete's Heart D. Tsiachris
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 - 19:00	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



the OSTEON ORTHO & SPINE COURSE

3rd Annual Hands-On Course

AITC

VENUE

A 3b Sorou Str., Maroussi, Athens - Greece T +302106109992 • E op@aitcenter.eu • W www.aitcenter.eu

SPINE PROGRAM

DAY 2/13 September 2025

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

- Navigated Screws
P. Angourakis, P. Zouboulis
- Robotic Screws
K. Starantzis, G. Papadimitriou
- XLIF
TBA, G. Ntais
- MIS TLIF
TBA, 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
TBA

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 – 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
K. Starantzis, E. Papadopoulos
- Lege Artis Grafting Technique
TBA, 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