

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 Arthroscopic Portals

Basic anatomy and arthroscopic portals
I. Ntisios

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 – 11:15 Coffee Break | Aula Hall **LEVEL 2**

11:15 - 12:05 Cartilage Repair | Aula Hall **LEVEL 2**

Moderators: **N. Piskopakis, V. Sakellariou**

11:15 – 11:25 Innovative Techniques in Cartilage Repair: A Review of Microfracture
and Autologous Chondrocyte Implantation (ACI)
P. Kouloumentas

11:25 – 11:35 The Role of Stem Cell Therapy in Cartilage Regeneration: Current
Evidence and Future Directions
A. Tokis

11:35 – 11:45 Minced cartilage implantation for knee chondral lesions
M. Savvidis

SHOULDER / KNEE PROGRAM

DAY 1/12 September 2025

11:45 – 11:55 Navigating the Challenges of Cartilage Lesions in the Athlete: Current Trends in Management and Rehabilitation
N. Piskopakis

11:55 – 12:05 Discussion

12:05 - 12:30 Treatment of the Biceps with Concomitant Superior Rotator Cuff Tears |
Aula Hall LEVEL 2

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

12:05 – 12:10 Tenotomy alone is enough
I. Galanopoulos

12:10 – 12:15 Tenotomy and Tenodesis where is it better?
G. Mazis

12:15 – 12:20 Slap lesions Repair or Tenodesis
G. Panagopoulos

12:20 – 12:30 Discussion

12:30 - 13:00 Shoulder Instability without or with Minimal glenoid bone loss– What's the best approach? | Aula Hall LEVEL 2

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

12:30 – 12:35 Only Bankart is enough
E. Fandridis

12:35 – 12:40 Bankart plus Remplissage
I. Kotsalis

12:40 – 12:45 ASA is the way to go
C. Koukos

12:45 – 12:50 Latarjet is the best option.
A. Boutsides

12:50 – 13:00 Discussion



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SHOULDER / KNEE PROGRAM

DAY 1/12 September 2025

13:00 - 14:30

Hands – On Session – 8 Working Stations Shoulder & Knee | Basic
Arthroscopy | Vesalius Lab **LEVEL 0**

Instructors

Shoulder Stations:

A. Boutsides, F. Giannoulis, C. Koukos, G. Mazis

- Shoulder Instability
- Bankart
- Remplissage
- ASA

Knee Stations:

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 Athlete's Heart D. Tsiachris MR imaging of muscle injury in the elite athlete G. Michailidis Shoulder pain in the overhead athlete Z. Kokkalis Management of the first-time anterior shoulder dislocation in athletes P. Pantos
16:50 – 17:00	Coffee Break Criteria for RTP following a hamstring injury in professional football K. Tsapralis ACL surgery for football players P. Nikolaou Recovery path Following ACL injury for football players C. Theos 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

16:00 - 19:00	Osteon Pro Session Treatment algorithm of the lumbar disc herniation in the elite athlete V. Vougioukas The management of acute spondylolysis in the high potential adolescent athlete K. Starantzis Sports Hernia K. Konstantinidis FAI in football players L. Poultsides Osteoarthritis in the young athlete. Biomarkers and evidence-based treatment options TBA Ambulatory Surgery Centers in Greece. Is it feasible? T. Chamakiotis
19:00 – 19:30	Opening Ceremony Welcome Addresses

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

09:00 - 11:00 Rotator Cuff Tears | Aula Hall **LEVEL 2**

Moderators: I. Chiotis – A. Leonidou

09:00 - 09:10 RC tears from my perspective
E. Antonogiannakis

09:10 - 09:20 Partial thickness rotator cuff tears. Treatment options
A. Leonidou

09:20 - 09:30 Subscapularis tears – Pattern recognition and tips and tricks for repair
I. Chiotis

09:30 - 09:40 PS tears. Single, double row, transosseous. Which are the trends in 2025;
A. Gkantsos

09:40 -09:50 Discussion

09:50 - 10:40 Current Concepts in TKA | Aula Hall **LEVEL 2**

Moderators: TBA, TBA

09:50 - 10:00 Knee Phenotypes & Kinematic alignment in TKA
M. P. Sava

10:00 - 10:10 PSI & Custom Total Knee Arthroplasty.
E. Gakis

10:10 - 10:20 Robotics in Total Knee Arthroplasty
T. Kostakos

10:20 - 10:30 The use of AI in the preoperative planning of TKA
P. Megalooikonomos

10:30 -10:40 Discussion

10:40 – 11:00 Coffee Break | Aula Hall **LEVEL 2**

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

11:00 - 13:30 Hands – On Session – 8 Working Stations Shoulder & Knee | Basic Arthroscopy | 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

13:30 – 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 – 14:10 Latissimus dorsi transfer for irreparable rotator cuff tears
My experience?

A. Kaisidis

14:10 – 14:20 SLAP II lesions in the overhead athletes; Pathology or adaptation
G. Flevarakis

14:20 – 14:30 Proximal humerus fractures, Treatment algorithm in 2025
I. Polyzois

14:30 – 14:40 Tips for a perfect implant position in reverse shoulder arthroplasty
D. Alexakis

14:40 – 14:50 Disorders of Sternoclavicular joint
C. Kuen

14:50 – 15:00 Discussion

SHOULDER / KNEE PROGRAM

DAY 2/13 September 2025

15:00 - 16:00 Current Concepts in Revision TKA | Aula Hall **LEVEL 2**

Moderators: TBA, TBA

15:00 - 15:10 How can the anesthesiologist make the life of the surgeon easier?

E. Kanellopoulos

15:10 - 15:20 Implant removal of a well fixed TKA

K. Kateros

15:20 - 15:30 Metaphyseal fixation during revision TKA

F. Benazzo

15:30 - 15:40 Complications of extensor mechanism of the knee following TKA

N. Christodoulou

15:40 - 15:50 To hinge or not in revision TKA

V. Bitounis

15:50 – 16:00 Discussion

16:00 - 19:00 Hands – On Session – 8 Working Stations Shoulder & Knee | Vesalius Lab **LEVEL 0**

Instructors

Shoulder Stations: **D. Alexakis, G. Mazis, P. Pantos, I. Polyzois**

- 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**

Athlete's Heart
D. Tsiachris

MR imaging of muscle injury in the elite athlete
G. Michailidis

Shoulder pain in the overhead athlete
Z. Kokkalis

Management of the first-time anterior shoulder dislocation in athletes
P. Pantos

16:50 – 17:00 **Coffee Break**

Criteria for RTP following a hamstring injury in professional football
K. Tsapralis

ACL surgery for football players
P. Nikolaou

Recovery path Following ACL injury for football players
C. Theos

ACL tear in the low demand patients
V. Sakellariou

17:50 – 18:00 **Coffee Break**



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PRO

DAY 1/12 September 2025

16:00 - 19:00	Osteon Pro Session Treatment algorithm of the lumbar disc herniation in the elite athlete V. Vougioukas The management of acute spondylolysis in the high potential adolescent athlete K. Starantzis Sports Hernia K. Konstantinidis FAI in football players L. Poultsides Osteoarthritis in the young athlete. Biomarkers and evidence-based treatment options TBA Ambulatory Surgery Centers in Greece. Is it feasible? T. Chamakiotis
19:00 – 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

- 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