1st Course on Upper Limb Surgery: Shoulder-Elbow Arthroscopy on Frozen Cadavers

(Hands on & Live Surgery)

With International Participation

October 19th-21st 2017

Thessaloniki, Greece

Auditorium & Theaters, European Interbalkan Medical Center

Laboratory of Anatomy, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Greece

Final Program
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<tr>
<th>Time</th>
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<tr>
<td>09:30</td>
<td>Registrations</td>
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</table>
| 10:00 - 11:00 | **SESSION I**  
**RADIOLOGICAL INVESTIGATION OF ELBOW PATHOLOGY**  
**Chairmen:** A. Drevelegas, A. Moumtzouoglou |
| 10:00 - 10:10 | Plain radiographs: Understanding the hidden features  
**A. Moumtzouoglou** |
| 10:10 - 10:20 | Diagnostic role of the U/S  
**E. Perdikakis** |
| 10:20 - 10:30 | MRI of the elbow: Normal anatomy and pathologic findings  
**A. Aggelidis** |
| 10:30 - 11:00 | Discussion: Is there an optimal algorithm?  
Questions & Answers |
| 11:00 - 11:30 | **Coffee Break** |
| 11:30 - 13:00 | **SESSION II**  
**ELBOW ARTHROSCOPY PROCEDURES**  
**Chairmen:** S. Frostick, P. Givissis |
| 11:30 - 11:40 | Management of stiff elbow due to congenital radioulnar synostosis  
**N. Laliotis** |
| 11:40 - 11:50 | Medial and Lateral epicondylitis. Evidence based treatment  
**E. Papadogeorgou** |
| 11:50 - 12:00 | Medial and Lateral epicondylitis. Open vs arthroscopy treatment  
**A. Salama** |
| 12:00 - 12:10 | Arthroscopic radial head excision  
**Chr. Chrysanthou** |
| 12:10 - 12:20 | Arthroscopic management of elbow arthritis  
**S. Frostick** |
| 12:20 - 12:30 | Management of Cartilage Lesions  
**A. Salama** |
| 12:30 - 13:00 | Discussion  
Questions & Answers |
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<tr>
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<th>Session</th>
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<tr>
<td>13:00 - 14:00</td>
<td><strong>SESSION III</strong>&lt;br&gt;ELBOW ARTHROSCOPY BASIC KNOWLEDGE &amp; PATIENT POSITIONING&lt;br&gt;Chairmen: A. Salama, K. Ditsios</td>
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<tr>
<td>13:00 - 13:10</td>
<td>Patient setup, portals placement, fluid management, instruments P. Givissis</td>
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<tr>
<td>13:10 - 13:20</td>
<td>Anatomy of the elbow correlation with arthroscopic view&lt;br&gt;K. Natsis (Anatomy)&lt;br&gt;A. Salama (Arthroscopic View)</td>
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<td>13:20 - 13:30</td>
<td>Indications and Complications&lt;br&gt;K. Ditsios</td>
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<tr>
<td>13:30 - 14:00</td>
<td>Discussion&lt;br&gt;Questions &amp; Answers</td>
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<td>14:00 - 15:00</td>
<td><strong>Transfer to AUTH - Anatomy Laboratory</strong></td>
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<td>15:00 - 16:00</td>
<td><strong>Lunch Break</strong></td>
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<td>16:00</td>
<td><strong>CADAVERIC WORKSHOP</strong></td>
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Friday, October 20th 2017

07:30 - 10:30  CADAVERIC WORKSHOP
BASIC PRINCIPLES OF ARTHROSCOPY

10:30 - 11:30  Transfer to European Interbalkan Medical Center

11:30 - 12:00  Coffee Break

12:00 - 14:00  LIVE SURGERY

14:00 - 15:00  Break

15:00 - 16.40  SESSION IV
SHOULDER INSTABILITY
Chairmen: S. Frostick, Chr. Chrysanthou

15:00 - 15:20  Classifying shoulder instability & understanding different types of the instability
S. Frostick

15:20 - 15:30  Recurrent anterior instability. Latarjet procedure: Results & complications
Chr. Sinopidis

15:30 - 15:40  Recurrent anterior instability. Soft tissue repair: Results & complications
Chr. Chrysanthou

15:40 - 15:50  Conservative treatment-Rehabilitation
E. Koen

15:50 - 16:00  The impact of SLAP tears to instability. Is SLAP repair necessary?
M. Iosifidis

16.00 - 16:10  LHB Tenodesis vs LHB Tenotomy
M. Hantes

16:10 - 16:40  Discussion
How does understanding instability impact on treatment and prognosis?
When we operate?
Does it matter if we get it wrong?
Questions & Answers

16:40 - 17:00  Coffee Break
17:00 - 18:20  SESSION V  
SIS, ACJ & SCJ PATHOLOGY  
Chairmen: I. Feroussis, E. Fandridis  

17:00 - 17:10  
SIS correlation with rotator cuff ruptures. Is surgery really necessary?  
P. Papadopoulos  

17:10 - 17:20  
Management of ACJ dislocation  
Chr. Sinopidis  

17:20 - 17:30  
Management of ACJ arthritis. Open vs arthroscopic  
D. Varvitsiotis  

17:30 - 17:40  
Management of SCJ dislocation  
A. Kyriakos  

17:40 - 17:50  
Management of SCJ arthritis. Open vs arthroscopic  
Chr. Chrysanthou  

17:50 - 18:20  
Discussion  
Why is it important to stabilize the ACJ & SCJ?  
What is the best option for treatment ACJ, SCJ arthritis?  
Dealing with SIS do we need to operate it & if yes, then when?  
Questions & Answers  

18:20 - 20:00  SESSION VI  
REGENERATIVE MEDICINE- BIOLOGICAL THERAPIES IN SHOULDER & ELBOW CONDITIONS  
Chairmen: S. Frostick, P. Soukakos  

18:20 - 18:30  
What is PRP and what does it do - Current trends and future prospective  
Chr. Zidrou  

18:30 - 18:40  
Does hyaluronic acid & PRP injections actually help shoulder & elbow pathology?  
G. Katsoulis  

18:40 - 18:50  
Human totipotent, pluripotent and multipotent stem cells: Current trends and future prospectives  
K. Chatzimeletiou  

18:50 - 19:00  
Isolation and differentiation of adult mesenchymal stem cells for use in regenerative medicine: An in vitro study  
M. Bami  

19:00 - 19:10  
Mesenchymal stem cells in arthroscopic surgery: Current trends and future prospectives  
Th. Sarlikiotis  

19:10 - 19:20  
Nanotechnology biomimetic cartilage regenerative scaffolds  
F. Sayeh  

19:20 - 19:30  
Dealing with infections  
P. Nikolaidis  

19:30 - 20:00  
Discussion  
Questions & Answers  

20:00 - 21:00  Opening Ceremony  
21:00  Welcome Reception
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<th>Topic</th>
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<tr>
<td>08:30 - 10:00</td>
<td>SESSION VII</td>
<td>RADIOLOGICAL INVESTIGATION OF SHOULDER PATHOLOGY</td>
<td>Chairmen: A. Drevelegas, A. Moumtzouoglou</td>
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<tr>
<td>08:30 - 08:45</td>
<td>Ultrasound vs MRI. Myths &amp; reality</td>
<td>D. Papoutsi</td>
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<tr>
<td>08:45 - 09:00</td>
<td>MRI vs MRA. Myths &amp; reality</td>
<td>V. Skiadas</td>
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<td>09:00 - 09:15</td>
<td>Live demonstration of U/S shoulder examination. Correlation with shoulder pathology</td>
<td>V. Skiadas &amp; D. Papoutsi</td>
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<td>09:15 - 10:00</td>
<td>Discussion: Is there an optimal algorithm? Questions &amp; Answers</td>
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<td>10:00 - 11:30</td>
<td>SESSION VIII</td>
<td>ROTATOR CUFF &amp; SUPRASCAPULAR NERVE</td>
<td>Chairmen: P. Papadopoulos, E. Antonogiannakis</td>
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<td>10:00 - 10:10</td>
<td>Mechanics vs Biology</td>
<td>S. Frostick</td>
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<td>10:10 - 10:20</td>
<td>Tendon transfers massive rotator cuff ruptures</td>
<td>E. Fandridis</td>
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<td>10:20 - 10:30</td>
<td>Augmentation &amp; Grafting: When &amp; how I do it-Surgical technique</td>
<td>I. Feroussis</td>
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<td>10:30 - 10:40</td>
<td>Anatomy &amp; Suprascapular nerve release</td>
<td>N. Anastasopoulos</td>
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<td>10:40 - 10:50</td>
<td>Open exploration &amp; release of suprascapular nerve release. Indications &amp; Complications</td>
<td>Z. Kokkalis</td>
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<tr>
<td>10:50 - 11:00</td>
<td>Arthroscopic release of suprascapular nerve release. Indications &amp; Complications</td>
<td>E. Antonogiannakis</td>
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<td>11:00 - 11:30</td>
<td>Discussion: How can we improve the results When should suprascapular nerve decompression be performed? Open vs arthroscopic? Questions &amp; Answers</td>
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<td>11:30 - 12:00</td>
<td>Coffee Break</td>
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<td>LIVE SURGERY</td>
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### CHAIRMEN & SPEAKER’S INDEX

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Affiliation</th>
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<tr>
<td>Aggelidis Alexandros</td>
<td>Radiologist, Euromedica, Katerini, Greece</td>
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<tr>
<td>Anastasopoulos Nikolaos</td>
<td>Orthopaedic Surgeon, Assist. Professor of Anatomy, Aristotle University of Thessaloniki, Greece</td>
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<tr>
<td>Antonogiannakis Emmanouil</td>
<td>Head of the 2nd Orthopaedic Department, Shoulder Arthroscopic Department, IASO General Hospital, Athens, Greece</td>
</tr>
<tr>
<td>Bami Myrto</td>
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</tr>
<tr>
<td>Chatzimeletiou Katerina</td>
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<tr>
<td>Chrysanthou Chrysanthos</td>
<td>Consultant Orthopaedic Surgeon, NHS, UK, Head of Upper Limb Clinic, European Interbalkan Medical Center, Thessaloniki, Greece</td>
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<tr>
<td>Ditsios Konstantinos</td>
<td>Assist. Professor of Orthopaedics, Aristotle University of Thessaloniki, Greece</td>
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<tr>
<td>Drevelegas Antonios</td>
<td>Professor of Radiology, Aristotle University of Thessaloniki, Head of Radiodiagnostic Department, European Interbalkan Medical Center, Thessaloniki, Greece</td>
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<tr>
<td>Fandridis Emmanouil</td>
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<tr>
<td>Feroussis Ioannis</td>
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<tr>
<td>Frostick Simon</td>
<td>Professor of Orthopaedics, Institute of Translational Medicine, University of Liverpool, UK</td>
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<tr>
<td>Givissis Panagiotis</td>
<td>Assoc. Professor of Orthopaedics, Aristotle University of Thessaloniki, Greece</td>
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<tr>
<td>Hantess Michael</td>
<td>Assoc. Professor of Orthopaedics, University of Thessalia</td>
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<tr>
<td>Iosifidis Michael, MD, PhD</td>
<td>2nd Vice President, Greek Arthroscopy Society OrthoBiology, Surgery Center Thessaloniki, Greece</td>
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<td>Katsoulis Grigoros</td>
<td>Orthopaedic Surgeon, Athens, Greece</td>
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<tr>
<td>Koen Errikos</td>
<td>Orthopaedic Manual Physiotherapist, Thessaloniki, Greece</td>
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<tr>
<td>Kokkalis Zinon</td>
<td>Assist. Professor of Orthopaedics, University of Patras, Greece</td>
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<tr>
<td>Kyriakos Alexandros</td>
<td>Orthopaedic Surgeon, Rodos, Greece</td>
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<tr>
<td>Laliotis Nikolaos</td>
<td>f. Assist. Professor of Pediatric Orthopaedics, Aristotle University of Thessaloniki, Greece</td>
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<tr>
<td>Mountzouoglou Anestis</td>
<td>Radiologist, European Interbalkan Medical Center, Thessaloniki, Greece</td>
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CHAIRMEN & SPEAKER’S INDEX

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