

Organized by

Balkan Society of Arthroscopy  
Sports Traumatology & Knee Surgery



Hellenic Association of Arthroscopy,  
Knee Surgery & Sport Injuries

Supported by



HELLENIC REPUBLIC  
REGION OF CENTRAL MACEDONIA

**7<sup>th</sup>**  
Balkan  
Congress of

**Arthroscopy  
Sports Traumatology  
& Knee Surgery**

**29<sup>th</sup> - 01<sup>st</sup>**

September October

**2016**

Hotel Porto Palace  
**Thessaloniki, Greece**

**Program**





# Welcome Address

Balkan Society of Arthroscopy, Sports Traumatology and Knee Surgery was founded in Sofia in 2014. The idea of establishing this new scientific society came after the positive encouraging feedback by many colleagues around Balkans, who experienced the highly successful outcomes of the Five Congresses (Sandanski - Bulgaria, Ohrid - FYROM, Ankara - Turkey, Novi Sad - Serbia, Sofia - Bulgaria). One more successful congress was held last year in 2015 in Banja Luka, Bosnia -Herzegovina.

Balkan Society of Arthroscopy, Sports Traumatology and Knee Surgery has gone through a very important growth period during the last five years. By understanding the need of the Balkan region to standardize its level of medical education and in order to deliver a premier health care system which ensures high quality patient care, the society has and shall continue to be committed to the constant medical education of orthopaedic surgeons through close collaboration with many National Societies from Balkans as well as from the rest of Europe. The extreme energy and dedication of the past and current Board members enables us to share with you the enjoyment of accomplishment of our priorities: conducting a well organized congress with many invited well-known surgeons, experts in their own fields, and publication of our newsletter and journal .

Our annual congress will be held in Thessaloniki from September 29<sup>th</sup> to October 1<sup>st</sup> 2016, in collaboration with the Hellenic Association of Arthroscopy, Knee Surgery & Sport Injuries "George Noulis". You will have the opportunity to attend one of the best scientific programs, which includes Instructional Courses, symposia, keynote lectures, debates, independent papers, live surgeries, posters and a session for various awards.

A city of diverse beauty and hospitable people, Thessaloniki has always been a crossroad of civilizations, a place where the East and West meets, where great cultures and religions have been mixed. Gastronomy, events, world-class heritage sites, shopping are some of the things that visitors can indulge in. The compact size of the city and the walking distance proximity of the top-attractions make Thessaloniki an ideal city-break destination.

Welcome in Thessaloniki!

**Christos D. Papageorgiou**  
Director in Orthopaedic Sports  
Medicine and Shoulder Surgery,  
University Hospital of Ioannina,  
Greece  
Vice President of the Balkan  
Society of Arthroscopy Sports  
Traumatology & Knee Surgery  
President of the Organizing  
Committee

**Hristo Mazneikov**  
Director in Orthopaedics  
and Traumatology  
General Hospital "St. Sofia",  
Sofia, Bulgaria,  
President of the Balkan  
Society of Arthroscopy,  
Sports Traumatology  
& Knee Surgery

**Perikles Papadopoulos**  
President of Hellenic  
Association of Arthroscopy,  
Knee Surgery & Sports  
Injuries



# 7<sup>th</sup>

## Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

### Committees

#### Balkan Organizing Committee

**Cami Ergys**, Albania  
**Darabos Nicica**, Croatia  
**Doral Mahmut**, Turkey  
**Filipescu Doru**, Romania

**Halvadjian Robert**, Bulgaria  
**Kovacic Ladislav**, Slovenia  
**Mazneikov Hristo**, Bulgaria  
**Manojlovic Slavko**, Bosnia-Herzegovina

**Milankov Miroslav**, Serbia  
**Papadopoulos Dimitrios**, Greece  
**Temelkovski Zlatko**, FYROM

#### Scientific Committee

Alaseirlis Dimosthenis  
Antonogiannakis Emmanouil  
Badekas Athanasios  
Chantes Michail  
Chatziemmanouil Dimitrios  
Galanis Nikiforos  
Yiannakopoulos Christos  
Giannakovitis Petros  
Gkliatis Ioannis  
Iosifides Michail  
Karahani Mustafa

Malliaropoulos Nikolaos  
Mehmet Asik  
Mihov K.  
Moebius Ulf  
Muradov Alper  
Natsis Konstantinos  
Nikolaou Pantelis  
Pantazis Evangelos  
Papadopoulos Perikles  
Papastergiou Stergios  
Patsalidis Christos

Samaras Konstantinos  
Savvidis Matthaios  
Stefanov Vladimir  
Symeonidis Panagiotis  
Tsikouras Georgios  
Tsoukas Dimitrios  
Tzourbakis Matthaios  
Ververidis Athanasios  
Vraggalas Vasileios

#### Local Organizing Committee

Anastasakis Dimos  
Basdekis Georgios  
Biniaris Georgios  
Bisbinas Elias  
Chouliaras Th. Vasileios  
Eleftheropoulos Alexandros  
Ganatsios Konstantinos  
Gavriilidis Iosif  
Georgousis Charis  
Gigis Ioannis  
Gigis Panagiotis  
Gouvas Georgios  
Karakitsos Stergios

Konidis Athanasios  
Koulalis D. Dimitrios  
Kouloumentas Panagiotis  
Kouvidis Georgios  
Kouzelis Antonios  
Lirtzis Christos  
Makris Charalampos  
Mastrokalos Dimitrios  
Motsis Efstathios  
Panovrakos Georgios  
Papadopoulos Alexandros  
Papadopoulos Dimitrios  
Papageorgiou Kosmas

Papakostas Emmanouil  
Papakostidis Konstantinos  
Papavasileiou Athanasios  
Plakoutsis Sotirios  
Plessas Spyridon  
Rallis Ioannis  
Ristanis Stavros  
Santas Rigas  
Sinopidis Christos  
Tilentzoglou Anastasia  
Takis Anastasios  
Tzaveas Alexandros  
Vlachos Grigorios

#### Volunteers

Bellos Konstantinos  
Chalikiopoulos Spyridon  
Chamid Asrafnesad  
Fylaktos Aristotelis  
Georgoulas Paraskevas  
Giatas Ioannis  
Kopsidas Spyridon  
Kosmas Dimitrios  
Labrakis Christos  
Manolis Ioannis  
Mantzari Maria  
Palantzas Lampros

Papanastasiou Vangelis  
Papageorgiou Stefanos  
Papageorgiou Telemachos  
Skaltsas Panagiotis  
Tsantes Andreas  
Tsiomita Evita  
Tzelios Ioannis  
Vampertzis Themistoklis  
Zagountinos Dimitrios  
Ziara Panagiota  
Zisis Christoforos

#### Award Committee

President: **C.D. Papageorgiou**

Members: **G. Basdekis**  
**I. Gigis**  
**Ch. Makris**  
**G. Panovrakos**  
**E. Pantazis**  
**S. Plessas**

## Scientific Program

Thursday, September 29<sup>th</sup> 2016

<b>10:00</b>	<b>Registrations</b>
<b>11:00-12:00</b>	<b>Balkan Arthroscopy, Sports Traumatology &amp; Knee Surgery Committee Meeting</b>
<b>12:00-13:00</b>	<p><b>1<sup>st</sup> SCIENTIFIC SESSION</b></p> <p><b>CHONDRAL LESIONS PART I</b></p> <p>Moderators: <b>M. Iosifidis, A. Zacharopoulos, Z. Kokkalis</b></p> <p>Chondral lesions, indications and possibility of treatment  <b>Z. Temelkovski, FYROM</b></p> <p>Difficult cases in TKR  <b>S. Manojlovic, Bosnia-Herzegovina</b></p> <p>Mosaicplasty in the treatment of cartilage defects of the knee joint  <b>D. Koulalis, Greece</b></p> <p>Osteochondral lesions of the talus. Single lesions technique  <b>A. Badekas, Greece</b></p> <p>Knee joint instability and combined cartilage lesions  <b>M. Iosifidis, Greece</b></p> <p>Discussion</p>
<b>13:00-14:10</b>	<p><b>ORAL PRESENTATIONS</b></p> <p><b>LIGAMENTS, TENDONS AND CARTILAGE</b></p> <p>Moderators: <b>Ch. Makris, E. Pantazis, I. Gigis</b></p>
<b>001</b>	<p><b>THE EXTENT AND PATTERNS OF THE BONE BRUISES AFTER COMPLETE AND PARTIAL ACL RUPTURES</b></p> <p><b>Makridis G. K.<sup>1,2</sup>, Rousseau R.<sup>2</sup>, Delin C.<sup>2</sup>, Zourntou M.<sup>1</sup>, Djian P.<sup>2</sup></b>  <sup>1</sup> IASO Thessalias, Larisa, Greece, <sup>2</sup> Cabinet Goethe-Clinique Nolle, Paris, France</p>
<b>002</b>	<p><b>CHRONIC POSTERIOR KNEE LAXITY IN A POPULATION OF OVER 100 PATIENTS: INJURY CHARACTERISTICS, DIAGNOSIS AND TREATMENT ALGORITHM</b></p> <p><b>Makridis G. K.<sup>1,2</sup>, Rousseau R.<sup>2</sup>, Zourntou M.<sup>1</sup>, Djian P.<sup>2</sup></b>  <sup>1</sup> IASO Thessalias, Larisa, Greece, <sup>2</sup> Cabinet Goethe-Clinique Nolle, Paris, France</p>
<b>003</b>	<p><b>COMPLICATIONS AFTER ACL RECONSTRUCTION: A PROSPECTIVE STUDY OF 958 CASES WITH 2 YEARS FOLLOW-UP</b></p> <p><b>Makridis G. K.<sup>1,2</sup>, Labruyere Chr.<sup>2</sup>, Rousseau R.<sup>2</sup>, Zourntou M.<sup>1</sup>, Djian P.<sup>2</sup></b>  <sup>1</sup> IASO Thessalias, Larisa, Greece, <sup>2</sup> Cabinet Goethe-Clinique Nolle, Paris, France</p>



# 7<sup>th</sup>

# Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

## Scientific Program

Thursday, September 29<sup>th</sup> 2016

- 004 FUNCTIONAL OUTCOME AND QUALITY OF LIFE IN PATIENTS WITH DELTOID LIGAMENT OF THE ANKLE REPAIR: A RETROSPECTIVE CASE SERIES**  
**Makridis G. K.**<sup>1,2</sup>, Rousseau R.<sup>2</sup>, Zourntou M.<sup>1</sup>, Djian P.<sup>2</sup>  
<sup>1</sup> IASO Thessalias, Larisa, Greece, <sup>2</sup> Cabinet Goethe-Clinique Nollet, Paris, France
- 005 MOCART SCORE AS AN EVALUATION TOOL AFTER KNEE CARTILAGE REPAIR**  
**Theodoracopoulos A.**<sup>1</sup>, Bintoudi A.<sup>1</sup>, Iosifidis M.<sup>2</sup>, Tsitouridis I.<sup>1</sup>  
<sup>1</sup> Radiology department, Papageorgiou General Hospital, Thessaloniki, Greece  
<sup>2</sup> Orthopaedic Surgeon, Thessaloniki, Greece
- 006 MR IMAGING OF LIGAMENTUM TERES IN ELITE ARTISTIC ATHLETES: PATHOLOGY OR SPORT-RELATED FINDINGS?**  
**Theodorakopoulos A.**<sup>1</sup>, Bintoudi A.<sup>1</sup>, Papavasiliou A.<sup>2</sup>, Karantanas A.<sup>3</sup>, Tsitouridis I.<sup>1</sup>  
<sup>1</sup> Radiology department, Papageorgiou General Hospital, Thessaloniki, Greece  
<sup>2</sup> Orthopaedic Ward, Euromedica, Red Cross, Private Clinic, Thessaloniki, Greece  
<sup>3</sup> Radiology Department, University Hospital of Heraklion, Crete, Greece
- 007 BIOLOGICALLY ENHANCED ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**  
**Andonovski A.**, Temelkovski Z., Andonovska B., Strezovski K.  
University Clinic for Orthopedic Surgery, Traumatology, Anesthesiology and Intensive Care, Medical Faculty, University "Ss Cyril and Methodius", FYROM
- 008 OUTCOMES OF DISTAL RADIUS FRACTURES WITH SCAPHOLUNATE AND/OR LUNOTRIQUETRAL LIGAMENT INJURY**  
**Kasapinova K.**, Kamiloski V.  
Department of Traumatology, University Surgery Clinic "St. Naum Ohridski" Skopje, FYROM
- 009 CONSERVATIVE TREATMENT OF CHRONIC LOW BACK PAIN IN ATHLETES, USING EPIDURAL INJECTION OF STEROIDS**  
Syrmos N.<sup>1,2</sup>, Gavridakis G.<sup>2</sup>, Mylonas<sup>1</sup>, Vamvoukaki E.<sup>2</sup>  
<sup>1</sup> Department of Anatomy, School of Sports Science, Aristotle University of Thessaloniki, Macedonia, Greece  
<sup>2</sup> Venizelio General Hospital, Heraklion, Crete, Greece
- 010 ARTHROSCOPIC KNEE SURGERY USING REGIONAL ANESTHESIA**  
Savvidis M.<sup>1</sup>, Bisbinas I.<sup>1</sup>, Kitridis D.<sup>1</sup>, Chotoumanidis C.<sup>2</sup>, Georgiannos D.<sup>1</sup>, Kapoutsis D.<sup>1</sup>, Konstantinidis A.<sup>1</sup>, Chatzopoulos E.<sup>2</sup>, Gkouvas G.<sup>1</sup>  
<sup>1</sup> 1<sup>st</sup> Orthopaedic Dept, 424 General Military Hospital, Thessaloniki  
<sup>2</sup> Anaesthetic Dept, 424 General Military Hospital, Thessaloniki
- 011 THE CONTRIBUTION OF THE MEDIAL RETINACULUM AS A RESTRAINING FACTOR TO THE PATELLA DISLOCATION**  
**Mitrogiannis L.**, Barbouti A., Kanavaros P., Petridi S., Kitsoulis P.  
Laboratory of Anatomy-Histology-Embryology, School of Medicine, University of Ioannina, Ioannina, Greece

Thursday, September 29<sup>th</sup> 2016

14:10-14:30 **Coffee Break**

14:30-15:50 **2<sup>nd</sup> SCIENTIFIC SESSION**

**FOOT AND ANKLE PATHOLOGY**

Moderators: **A. Badekas, P. Symeonidis, D. Hatzimmanouil**

Posterior ankle impingement-Arthroscopic treatment

**P. Symeonidis, Greece**

Endoscopic transfer of flexor hallucis longus for Achilles tendon rupture.

A hybrid treatment model

**A. Eleftheropoulos, Greece**

Late Achilles Tendon rupture treated under endoscopic control without using any graft

**M. Doral - O. Bilge, Turkey**

Cavovarus deformity. Treatment algorithm

**A. Badekas, Greece**

Plantar plate rupture and repair

**P. Symeonidis, Greece**

Minimally Invasive Hallux Valgus Surgery. Indications - Surgical Technique

**D. Hatzimmanouil, Greece**

Discussion

15:50-16:40 **3<sup>rd</sup> SCIENTIFIC SESSION**

**ACL SURGERY PART I**

Moderators: **E. Motsis, A. Georgiev, O. Bilge**

ACL is not a unique ligament as a stabilizer of the knee

**M. Doral - O. Bilge, Turkey**

The importance of anatomical femoral tunnel placement in ACL reconstruction

**I. Gavriilidis, Greece**

Individualized ACL surgery

**H. Mazneikov, Bulgaria**

Improving the results of the single bundle ACL reconstruction with anatomical placement of the graft

**E. Motsis, Greece**

Discussion



# 7<sup>th</sup>

# Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

## Scientific Program

Thursday, September 29<sup>th</sup> 2016

16:40-17:40

### 4<sup>th</sup> SCIENTIFIC SESSION

#### KNEE LIGAMENTS PART I

Moderators: **A. Kouzelis, P. Kouloumentas, E. Pantazis**

MPFL is not a unique ligament as a stabilizer! My concept is intraligamentous splintage at the first episode

**M. Doral - O. Bilge, Turkey**

Pcl and posterolateral corner reconstruction

**D. Alaseirlis, Greece**

Anterolateral ligament and rotational instability of the knee

**P. Kouloumentas, Greece**

Multiligament knee injury

**A. Fylaktos, Greece**

Discussion

17:40-18:30

### 5<sup>th</sup> SCIENTIFIC SESSION

#### MISCELLANEOUS PART I

Moderators: **Z. Temelkovski, A. Ververidis, A. Andonovski**

Throchlear dysplasia - Congenital anomaly or biomechanical development

**Z. Temelkovski, FYROM**

Knee arthroscopy under local anesthesia

**S. Iliopoulou-Kosmadaki, Greece**

Knee arthrofibrosis, current therapeutic approach

**A. Ververidis, Greece**

New knowledge about stress fractures treatment in athletes

**N. Darabos, Croatia**

Discussion

18:30-18:45

### Coffee Break



Thursday, September 29<sup>th</sup> 2016

18:45-19:35

**6<sup>th</sup> SCIENTIFIC SESSION**

**HIP ARTHROSCOPY AND PATHOLOGY**

Moderators: **G. Tsikouris, A. Tokis, A. Tzaveas**

Advances in hip arthroscopy: tips and tricks to make the procedure easier

**A. Tzaveas, Greece**

Frozen hip: another imitator of various hip pathology

**G. Tsikouris, Greece**

Femoroacetabular impingement and labral tear: the two most common indications for hip arthroscopy

**A. Tzaveas, Greece**

Imaging of sport injuries of the hip

**M. Papageorgiou, Greece**

Discussion

19:35-20:00

**Break**

20:00-21:00

**OPENING CEREMONY**

**Welcome addresses**

Isakos Committee Member

National Arthroscopic Societies Committee member Mayor of Thessaloniki

Perfecture of Macedonia and Thrace representative

Scientific societies representatives

Ecosep representative

**Opening lecture**

Sudden unexpected death syndrome in athletes

**A. Deligiannis**

21:00

**Welcome Cocktail Reception**



# 7<sup>th</sup>

## Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

### Scientific Program

Friday, September 30<sup>th</sup> 2016

**09:00-09:50 7<sup>th</sup> SCIENTIFIC SESSION**

**KNEE ARTHRITIS**

Moderators: **D. Koulalis, D. Mastrokalos, G. Biniaris**

Arthroscopic procedures for knee osteoarthritis

**D. Mastrokalos, Greece**

Bicruciate retaining total knee replacement. Indications, contraindications, preliminary clinical results

**D. Koulalis, Greece**

Total knee replacement in severe deformity of the long bones

**D. Koulalis, Greece**

Discussion

**09:50-10:50 8<sup>th</sup> SCIENTIFIC SESSION**

**ACL SURGERY PART II**

Moderators: **M. Milankov, E. Bisbinas, A. Muradov**

ACL reconstruction using the quadriceps tendon-patellar bone block autograft.

A prospective case series with a minimum 3- year follow-up

**Ch. Yiannakopoulos, Greece**

BTB graft preparation technique to increase cross-sectional area of the graft in anterior cruciate ligament reconstruction

**M. Milankov, Serbia**

Short grafts for ACL reconstruction- the all inside technique

**P. Kouloumentas, Greece**

Donor Site Complications in ACL reconstruction

**I. Bisbinas, Greece**

Internal brace for ACL repair

**P. Kouloumentas, Greece**

Discussion

**10:50-11:10 Coffee Break**

Friday, September 30<sup>th</sup> 2016

11:10-12:10 **9<sup>th</sup> SCIENTIFIC SESSION**

**MENISCUS PATHOLOGY**

Moderators: **G. Karachalios, M. Savvidis, I. Vassilev**

Meniscal injuries in adolescents

**M. Savvidis, Greece**

Surgical treatment of meniscus tear

**D. Mastrokalos, Greece**

All inside meniscal suturing. Post operative complications and treatment

**D. Koulalis, Greece**

Meniscus transplantation

**S. Plakoutsis, Greece**

Save the meniscus :currents concepts

**M. Savvidis, Greece**

Discussion

12:10-13:00 **10<sup>th</sup> SCIENTIFIC SESSION**

**ENDOSCOPIC AND ARTHROSCOPICALLY ASSISTED TECHNIQUES**

Moderators: **A. Panagopoulos, D. Chatziemmanouil, D. V. Papadopoulos**

Endoscopic carpal tunnel release (ECTR)

**I. Gkiatas, Greece**

Arthroscopic synovectomy only or additional lateral ligament reconstruction in chronic ankle sprains: diversification of functional from true mechanical instability

**A. Panagopoulos, Greece**

Arthroscopic ankle fusion

**D. V. Papadopoulos, Greece**

Endoscopic excision of the os trigonum for the treatment of posterior ankle impingment syndrome. Technical tips

**D. Georgiannos, Greece**

Discussion



# 7<sup>th</sup>

# Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

## Scientific Program

Friday, September 30<sup>th</sup> 2016

### 13:00-13:20 **INVITED VIDEO - LECTURE**

Moderators: **C. D. Papageorgiou, H. Mazneikov**

The anterolateral Ligament: Fact of fiction

**F.H. Fu, Pittsburgh, USA**

### 13:20-14:20 **11<sup>th</sup> SCIENTIFIC SESSION**

#### **SHOULDER PATHOLOGY PART I**

Moderators: **Z. Kokkalis, G. Theodosiou, Ch. Yiannakopoulos**

Invited Lecture

How to manage subscapularis tears

**E. Taverna, Italy**

15 years of experience in arthroscopic suturing of full thickness rotator cuff tears: results of different techniques (Single Row, Double Row, and suture bridge)

**U. Moebius, Greece**

Massive rotator cuff tears

**E. Antonogiannakis**

Traumatic rotator cuff tears. Arthroscopic and MRI Evaluation and treatment

**Ch. Yiannakopoulos, Greece**

Discussion

### 14:20-16:00 **Lunch Break**

### 16:00-16:10 **12<sup>th</sup> SCIENTIFIC SESSION**

#### **MISCELLANEOUS PART II**

Moderators: **N. Darabos, N. Malliaropoulos, N. Valanos**

Surgical treatment of chronic mid-portion Achilles tendinopathy in elite athletes: the Alfredson procedure

**S. Ristanis, Greece**

Biological treatment of knee ligaments pathology

**N. Darabos, Croatia**

Skier's knee: Mechanism of injuries and treatment options

**A. Zacharopoulos, Greece**

Arthroscopically assisted retrograde intramedullary nailing of the femur

**G. Gkouvas, Greece**

Discussion

Friday, September 30<sup>th</sup> 2016

17:00-17:50 **13<sup>th</sup> SCIENTIFIC SESSION**

**SHOULDER PATHOLOGY PART II**

Moderators: **E. Taverna, E. Antonogiannakis, Ch. Yiannakopoulos**

Arthroscopic reconstruction of slap lesion

**I. Gavriilidis, Greece**

Acromio-clavicular Joint injury - operative vs nonoperative treatment

**N. Darabos, Croatia**

Internal Impingement in athletes shoulder

**E. Ntisis, Greece**

17:30-17:45 **INVITED LECTURE**

How to manage HAGL Lesions

**E. Taverna, Italy**

Discussion

17:50-18:10 **Coffee Break**

18:10-19:20 **ORAL PRESENTATIONS**

**ATHLETES TREATMENT**

Moderators: **S. Plessas, G. Basdekis, G. Panovrakos**

**012 THE SUPRASCAPULAR NERVE ARTHROSCOPIC ANTERIOR AND POSTERIOR RELEASE IN OVERHEAD ATHLETES**

Tsikouris G. D., Bolia I., Vlaserou P., Tsikouris E., Kourougenis P., Angelis K.

Athens Kolonaki Orthopaedics and Sports Medicine

**013 CONSERVATIVE TREATMENT OF LOW BACK PAIN IN ATHLETES USING LIDOCAINE 5% MEDICATED PLASTER**

Syrmos N., Haftouras N., Sanidas V.

Neurosurgery Division, General Hospital of Volos, Greece

**014 EXTERNAL FIXATION OF CLAVICLE FRACTURES WITH COMMINATION OR IN HIGHLY ACTIVE PATIENTS**

**Tsantes A.**, Papadopoulos D., Gkiatas I., Plakoutsis S., Ziara P., Razis A., Vekris M.

Orthopaedic Department, University Hospital of Ioannina

**015 DISTAL BICEPS TENDON REPAIR THROUGH A MINIMAL INVASIVE ANTERIOR INCISION TECHNIQUE**

Kokkalis Z. T., **Seferlis G.**, Iliopoulos I., Pantazis K., Daskalopoulos V., Panagiotopoulos E.

University Hospital of Patras, Department of Orthopaedics



# 7<sup>th</sup>

# Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

## Scientific Program

Friday, September 30<sup>th</sup> 2016

- 016 SURGICAL TREATMENT OF COMPLEX POSTERIOR SHOULDER FRACTURE - DISLOCATIONS: CASE SERIES**  
Kokkalis Z. T., **Seferlis G.**, Iliopoulos I., Pantazis K., Vrachnis G., Bavelou A., Panagiotopoulos E.  
University Hospital of Patras, Department of Orthopaedics
- 017 ELBOW ARTHROSCOPY: WHERE ARE THE LIMITS?**  
**Stevanovic V.**, Diklic I., Blagojevic Z., Crnobaric A., Glisic M., Pavlovic M., Krivokapic B.  
Institute for Orthopedic Surgery Banjica", Belgrade, Serbia
- 018 CARPAL TUNNEL SYNDROME - OPEN VS ENDOSCOPIC RELEASE**  
**Dzoleva-Tolevska R.**, Poposka A., Samardziski M., Georgieva D., Jovanovski Srceva M., Mirchevska E.  
University Clinic for Orthopedic Surgery, Clinical Campus "Mother Theresa", Skopje, FYROM
- 019 EVALUATION OF HIP ARTHROSCOPY IN ELITE ATHLETES. OUR EXPERIENCE. A RETROSPECTIVE STUDY**  
Tsikouris D. G., Bolia I., Vlaserou P., Tsikouris E., Angelis K., Kourougenis P.  
Orthopaedic and Sport Medicine Center, Athens, Greece
- 020 HIP ARTHROSCOPY SERBIA - TEN YEARS OF EXPERIENCE**  
**Crnobaric A.**  
Institute for Orthopaedic Surgery, Department for adult Orthopaedics, Arthroscopy and Sports Trauma, Banjica, Belgrade
- 021 TREATMENT ARTHROSCOPIC OSTEOCHONDRAL LESIONS OF THE TALUS: A CASE PRESENTATION**  
Bulatović N.<sup>1</sup>, Kezunović M.<sup>1</sup>, Nermin A.<sup>1</sup>, Stevanovic V.<sup>2</sup>  
<sup>1</sup> Clinical Center of Montenegro, Department of Orthopedics and Traumatology, Podgorica  
<sup>2</sup> Institute for Orthopedic Surgery «Banjica», Belgrade
- 022 ARTHROSCOPIC SUBTALAR JOINT ARTHRODESIS**  
**Vuldzhev M.**, Muradov A., Mazneykov H., Dimitrov G., Dobrev M.  
Orthopaedics and Traumatology Department, "St. Sofia" General Hospital, Sofia, Bulgaria
- 023 CARTILAGE DEFECT REPAIR USING AGILI-C IMPLANT IN ACL INJURED PATIENTS**  
**Dulic O.**<sup>1</sup>, Gavrilovic G.<sup>2</sup>, Apostolovic M.<sup>2</sup>, Vulevic-Farmer S.<sup>2</sup>, Trbovic N.<sup>2</sup>  
<sup>1</sup> Klinicki Center Novi Sad, Clinical Center of Vojvodina, Novi Sad, Serbia  
<sup>2</sup> Institute for Orthopedic Surgical Diseases Banjica, Belgrade, Serbia

Friday, September 30<sup>th</sup> 2016

19:20 - 19:50 **INVITED VIDEO-LECTURE**

Moderators: **D. Alaseirlis, M. Iosifidis**

Individualize anatomical ACL

**F.H. Fu, Pittsburgh, USA**

19:50 -20:20 **SATELLITE LECTURE**

Moderators: **V. Stefanov, K. Mihov**

Clinical experience with the use of hyaluronic acid plus mannitol injections in patients with tendinosis

**G. Gkaras, Greece**

**Sponsored by LIBYTEC**

21:00 **Dinner**



# 7<sup>th</sup>

# Balkan Congress of Arthroscopy Sports Traumatology & Knee Surgery

## Scientific Program

Saturday, October 1<sup>st</sup> 2016

09:00-10:00

### 14<sup>th</sup> SCIENTIFIC SESSION

#### ACL SURGERY PART III

Moderators: **A. Tilentzoglou, K. Mihov, A. Andonovski**

ACL injuries in children and adolescents: Risk factors and prevention strategies

**A. Zacharopoulos, Greece**

Return in sports activities after ACL reconstruction

**D. Mastrokalos, Greece**

ACL revision surgery

**I. Tzellios, Greece**

Partial tears of ACL. Diagnosis and treatment options

**V. Chouliaras**

Acl surgery: The Romanian experience

**D. Filipescu, Romania**

Discussion

10:00-11:00

### 15<sup>th</sup> SCIENTIFIC SESSION

#### SHOULDER PATHOLOGY PART III

Moderators: **E. Taverna, I. Christoforidis, I. Gavriilidis**

First traumatic anterior dislocation of the shoulder

**I. Gigis, Greece**

Anterior shoulder instability, management

**I. Bisbinas, Greece**

Preoperative evaluation and intraoperative decision making in the treatment of shoulder instability with glenoid bone loss

**Ch. Yiannakopoulos, Greece**

Treatment of shoulder dislocation with bone defect

**E. Antonogiannakis, Greece**

#### Invited lecture

How to manage bone defects in anterior glenohumeral instability

**E. Taverna, Italy**

Discussion

11:00-11:10

Coffee Break



Saturday, October 1<sup>st</sup> 2016

**Balkan Arthroscopy, Sports Traumatology & Knee Surgery Committee Meeting**

11:10-12:00

**16<sup>th</sup> SCIENTIFIC SESSION**

**KNEE LIGAMENTS AND COMPLEX KNEE INJURIES PART II**

Moderators: **M. Vekris, S. Plessas, K. Papageorgiou**

Treatment of complex knee injuries with concomitant intraarticular bony injuries  
**S. Plessas, Greece**

Combined open reconstruction of PLC instability with associated ACL and PCL deficiency using Achilles tendon or synthetic allograft  
**A. Panagopoulos, Greece**

Neurovascular injury and repair after knee dislocation  
**M. Vekris, Greece**

Dynamic medial patero femoral ligament reconstruction with semitendinosus autograft for the treatment of post-traumatic patellar instability  
**A. Panagopoulos, Greece**

Discussion

12:00-13:00

**17<sup>th</sup> SCIENTIFIC SESSION**

**CHONDRAL LESIONS PART II**

Moderators: **A. Beris, D. Filipescu, V. Stefanov**

Autologous chondrocyte implantation  
**A. Beris, Greece**

Knee cartilage lesions using the autologous matrix induced chondrogenesis (AMIC) technique  
**D. Filipescu, Romania**

Cell therapy for chondral lesions  
**M. Iosifidis, Greece**

Novel scaffold -based treatment in superior cartilage repair with microfracture  
**Ch. Ashraf Nesad, Greece**

Patella instability and chondral lesions  
**M. Iosifidis, Greece**

AMIC technique for the treatment of chondral lesions of the knee  
**V. Chouliaras, Greece**

Discussion

13:10-13:30

**ORAL PRESENTATIONS awards and closing ceremony**



Congress Secretariat



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