

ORGANISER



3RD ORTHOPAEDIC CLINIC
HYGEIA HOSPITAL
ATHENS, GREECE

CO-ORGANISERS



SOCIETÀ ITALIANA ARTROSCOPIA
GINOCCHIO, ARTO SUPERIORE,
SPORT CARTILAGINE, TECNOLOGIE
ORTOPEDICHE



SOCIÉTÉ FRANCOPHONE
D'ARTHROSCOPIE (SFA)

4th Athens Shoulder Course

5-8 February
2020

Cadaver
Sessions on
**Specific
Techniques**

**National &
International
Faculty**

Special
**Physiotherapy
Workshop**

**Live &
Relive
Surgeries**

COURSE CHAIRMAN:
MANOS ANTONOGIANNAKIS
manosanton@gmail.com

ORGANIZING & SCIENTIFIC
COORDINATOR
MANOS BRILAKIS
emmanuel.brilakis@gmail.com

VENUES:

ROYAL OLYMPIC HOTEL, ATHENS

LABORATORY OF ANATOMY,
MEDICAL SCHOOL, UNIVERSITY
OF ATHENS

FINAL PROGRAM

A|S|C

Athens Shoulder Course

visit the official website for further information
www.athens-shoulder-course.com

UNDER THE AUSPICES:





ISAKOS

90+
COUNTRIES

1 GLOBAL
MISSION



ISAKOS Mission

Advance the worldwide exchange and dissemination of education, research and patient care in arthroscopy, knee surgery and orthopaedic sports medicine.



Join Today at isakos.com



5-8 **February**
2020

www.athens-shoulder-course.com

Welcome to Athens Shoulder Course

Dear Colleagues,

We would like to welcome you to the 4th Athens Shoulder Course.

A course that is open to everyone; orthopaedic surgeons, residents, fellows, physiotherapists, with a special interest in the Shoulder. The course includes lectures by leading shoulder surgeons from all over the world on all hot topics and controversies related to open and arthroscopic shoulder surgery. Adding live and relive surgeries, technical videos, debates, mini-battles, interactive challenges and workshops, we are having a 360° approach to shoulder pathology, management and rehabilitation. Moreover, each participant can select in advance his/her preferred technique and practice it on cadavers. All the aforementioned, consist a complete educational experience. We do expect for all participants to have the opportunity to familiarize themselves with modern, cutting-edge techniques and their indications of all methods used, to learn the tips and tricks of how to do them right and then to perform each technique under expert guidance.

Our ultimate goal is to bring in contact orthopaedic surgeons from all over the world in order to share their knowledge and experience, to discover common pathways, innovative ideas and creative solutions to common, everyday problems. In addition, we aim to establish a common language and communication with physiotherapists, explaining to them the modern surgical techniques and learning from them the art of rehabilitation. By teaching and being taught at the same time, we can improve our results, considering our common aim, the return of our patients to an active and fulfilling life.

Thank you all for joining!



Emmanouil Antonogiannakis
Course Chairman



Emmanouil Brilakis
Organizing & Scientific Coordinator

4th Athens Shoulder Course



Organizing & Scientific Committees

Course Chairman

Emmanouil Antonogiannakis

Organizing and Scientific Coordinator

Emmanouil Brilakis

Cadaver Lab Coordinator

Ioannis Chiotis

Live Surgery Coordinator

Anastasios Deligeorgis

Physio Course Coordinator

Maria Patramani

Ultrasound Course Coordinator

Giasna Giokits - Kakavouli

Executive Members

Grigorios Avramidis

Stefania Kokkineli

Dimitrios Mantakos

Panagiotis Papadopoulos

Maria Papatzikou

Efterpi Paraskevaïdou

Apostolos Stathellis

Aggelos Trellopoulos

Sotiria Vrouva

Honorary Members

Johannes Barth

Efstathios Chronopoulos

Anastasios Georgoulis

Enrico Gervasi

Spyros Kalakonas

Ilias Mataragkas

Giuseppe Milano

Panagiotis Skandalakis

Theodoros Troupis

Cadaver Lab Support

Alexandros Samolis

Panagiotis Skandalakis

Theodoros Troupis

OR Support

Niki Bouneli

Margarita Kalou

Elpida Markopoulou

Elpiniki Papadopoulou

Eirini Papaioannou

Dimitris Sachsanidis

Dimitra Samartza

Panagiotis Touloupis

Hospital Technical Support

Fotis Karavidas

3rd Orthopaedic Department Administrative Staff

Evi Besikou

Maria Chatziantoniou

Panagiota Dimitrakaki

Lefteris Dimitriou

Antonia Fonsou

Elias Giakoumis

Rania Ioannidou

Nikos Kakkios

Sokratis Kakkios

Elena Loulentzoglou

Georgia Papanikolaou

Fay Pilafian

Public Relations and Advertising Manager

Tonia Katsiagani

Technical Support



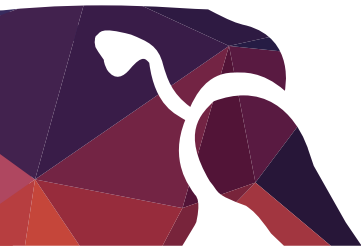
Course Secretariat



CONCO MEETINGS & EVENTS

43 Akadimias Str. 10672, Athens-Greece **T** +30 210 6109991

E tzombola@concopco.com **W** www.concopco.com



5-8 February 2020

www.athens-shoulder-course.com

CME Credits



The **4th ATHENS SHOULDER COURSE, Athens, Greece, 05/02/2020 - 08/02/2020** has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **28** European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of *AMA PRA Category 1 Credits™*. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

SCIENTIFIC PROGRAM

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Wednesday, 5 February 2020

Royal Olympic Hotel

Olympia
Hall

14:30 - 15:30 **Session 1**

Biceps Tendon

Moderators: **Ilias Bisbinas** | **Miltiades Ziogas**

SLAP II lesions in the overhead athletes; Pathology or adaptation

Christos Sinopidis

SLAP II lesions: Repair or tenodesis

John Costouros

The long head of biceps. Why not just a tenotomy

Andreas Panagopoulos

Tenodesis of biceps. But where is it better. Entry of the groove, in the groove, subpectoral

Roshan Wade

Discussion

15:30 - 16:45 **Session 2**

Biceps Tenodesis

Moderators: **Konstantinos Karliaftis** | **John Costouros**

Intrarticular tenodesis, the lasso - loop technique. Maybe the easiest way to go

Antoon Van Raebroeckx

Biceps tenodesis. The Keyhole technique. Avoiding implants

Jean Kany

Subpectoral tenodesis of the biceps. Avoiding all pain generators

Andreas Voss

Mini open subpectoral tenodesis. Simple and safe

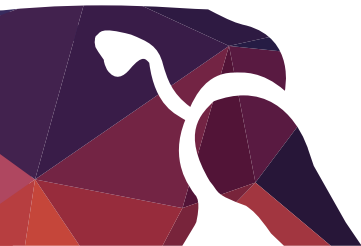
Enrico Gervasi

Biomechanical comparison of arthroscopic subpectoral biceps tenodesis techniques

Vladimir Senekovic

Discussion





5-8 February 2020

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SCIENTIFIC PROGRAM

Wednesday, 5 February 2020

Royal Olympic Hotel

Olympia
Hall

16: 45- 17:15 **Coffee break and exhibition visit**

AC Joint dislocation. How to fix it right?

Moderators: **Ladislav Kovacic** | **Grigorios Avramidis**

Panelists:

Frank Martetschläger
Anastasios Deligeorgis
Dimitrios Alexakis
Klaus Bak

⌚ 20min

Tea
DEBATE

17:15 - 18:45 **Session 3**

AC Joint

Moderators: **Mustafa Karahan** | **Dimitrios Kostopoulos**

Treatment options for acute type III AC joint dislocation

Ioannis Triantafyllopoulos

The painful chronic AC joint dislocation

Ladislav Kovacic

Arthroscopic stabilization of AC joint dislocation. Addressing the horizontal component of instability

Frank Martetschläger

Recurrences and complications of the AC joint surgeries. What to consider for optimizing the results

Klaus Bak

Considerations for AC joint injuries. Controversies and consensus

Claudio Rosso

Degenerative AC joint. When to operate and how to do it right

Georgios Arealis

Discussion



4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Wednesday, 5 February 2020

Royal Olympic Hotel

**Olympia
Hall**

18:45 - 20:00 Session 4

Shoulder problems in athletes

Moderators: **Pantelis Nikolaou | Konstantinos Kateros**

Impingement syndromes of the shoulder. It is not only subacromial

Philippe Clavert

SSN release. Superior glenoid notch spinoglenoid notch. Tips to do it safe

Antoon Van Raebroekx

Shoulder pain in athletes: The proper steps from diagnosis to successful treatment

Knut Beitzel

Shoulder pain in the overhead athlete. The role of the scapula

Gonzalo Samitier

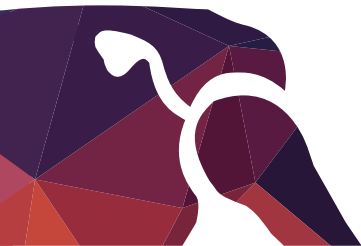
Scapula Dyskinesis: Yes the scapula is important but how to correct it

Ajit Dabholkar

Discussion

20:15

Participants' Welcome Ceremony



5-8 February 2020

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SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel

Olympia
Hall

08:00 - 09:30 Session 5

Instability - General Topics

Moderators: **Nikolaos Piskopakis** | **Clara Azevedo**

Classifying the severity of instability. The ISIS score

Ilias Mataragkas

MRI and CT scan evaluation of instability

Margarita Natsika

The Stanmore Triangle taking everything into consideration

Dimitrios Alexakis

Atraumatic instability. How to re-educate muscles to unlearn

Victor Danzinger

Posterior and multidirectional instability. When to operate and what to do

Zinon Kokkalis

Understanding the unstable shoulder

Alessandro Castagna

Discussion

09:30 - 10:45 Session 6

Instability Soft Tissue Procedures

Moderators: **Philippe Clavert** | **Klaus Bak**

1st time dislocators. The best time to operate

Mustafa Karahan

Remplissage. The game changer in soft tissue procedures

Emmanouil Brilakis

Bankart repair and Remplissage. How to do it right

Antonio Cartucho

ASA repair addressing the anterior capsule deficiency

Marco Maiotti

ASA repair. Our technique and results. Making it even safer

Emmanouil Brilakis

Discussion





4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel

Olympia
Hall

10:45 - 11:15 **Welcome addresses**

Moderators: **Emmanouil Antonogiannakis** | **Emmanouil Brilakis**

11:15 - 11:30 **Coffee break and exhibition visit**

11:30 - 13:00 **Session 7**

Instability - Bony Procedures

Moderators: **Anastasios Georgoulis** | **Bruno Toussaint**

The classic open Latarjet. Tips to do it safe and effective

Nuno Gomes

Long term results of open Latarjet

Benjamin Marjanovic

Arthroscopic Latarjet screw fixation. Tips to make a difficult operation easier

Berte Bøe

Latarjet with locking double - button fixation. Should we abandon the screws?

Philippe Valenti

Arthroscopic modified Eden-Hybinette with button fixation. A safe and effective way to restore anterior stability

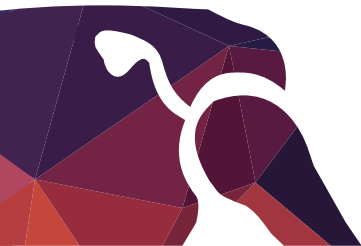
Emmanouil Antonogiannakis

What we have learned from the bone-loss discussion

Tom Clement Ludvigsen

Discussion

13:00 - 13:45 **Lunch break and exhibition visit**



5-8 February 2020

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SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel

**Olympia
Hall**

13:45 - 15:15

Session 8

Live Surgery

Moderators: **Giuseppe Milano** | **Berte Bøe**



Instability

Arthroscopic Eden-Hybinette + Remplissage

Surgeon: **Emmanouil Antonogiannakis**

| Live surgery broadcast and relive videos will be interspersed | Relive Surgeries - "My Latarjet" |
|--|--|
| | Arthroscopic Latarjet. How I do it Philippe Valenti |
| | Arthroscopic Latarjet button fixation Michel Azar |
| | Arthroscopic Latarjet with a posterior guide. A way to stay far from the neurovascular structures Bruno Toussaint |
| | Arthroscopic Latarjet. How to avoid complications Jean Kany |



Discussion

15:15 - 16:45

Session 9

Rotator Cuff - General Topics

Moderators: **Tom Clement Ludvigsen** | **Theodoros Troupis**

Anatomical tips relevant to shoulder surgery

Aristeidis Zibis

Natural history of a rotator cuff tear

Ana Catarina Ângelo

MRI evolution of a rotator cuff tear

Apostolos Karantanas

Patient personality and pain management

Eleni-Christina Isaia

How the shoulder compensates after a rotator cuff tear or how to
transform a symptomatic to an asymptomatic tear

Eliyahu Adar

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel

Olympia
Hall

How anesthesiologists make the surgeon's life easier?

Eirini Sarri

Discussion

16:45 - 17:15 **Coffee break and exhibition visit**

SCR How to do it right

Moderators: **Teruhisa Mihata** | **Emmanouil Brilakis**

Panelists:

Clara Azevedo

Ana Catarina Ângelo

Jean Kany

John Costouros

⌚ 20min

Tea
DEBATE

17:15 - 18:30

Session 10

Rotator Cuff Tears and Stiffness

Moderators: **Ioannis Chiotis** | **Giuseppe Milano**

Calcifying tendonitis. Conservative treatment. When to operate?

Results and recurrences

Vasileios Chouliaras

Stiff shoulder. Ignoring the pain and keep moving. The French experience

Pascal Gleyze

Anterior or lateral acromioplasty. Is it always necessary?

Edward McFarland

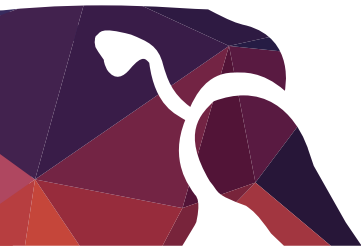
Partial thickness rotator cuff tears. Treatment options

Christos Yiannakopoulos

Arthroscopic repair of the subscapularis

Bruno Toussaint

Discussion



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SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel

Olympia
Hall

18:30 - 20:15

Session 11

Rotator Cuff Repair

Moderators: **Philippe Valenti** | **Emmanouil Fandridis**

Posterosuperior rotator cuff tears. Recognizing the tear patterns

Apostolos Stathellis

Posterosuperior tears. Single - row is the way to go

Michael Hantes

Posterosuperior tears. I would prefer double - row

Chrysanthos Chrysanthou

Arthroscopic transosseous repair. Can we avoid implants?

Maristella Francesca Saccomanno

Posterosuperior tears. Single - row, double - row or transosseous repair.

Where is the future?

Alessandro Castagna

Enhancing tendon healing. How we can improve the biological healing
(PRP, Stem cells, Bone Marrow, Grafts)?

Felix Savoie

Patch augmentation of a rotator cuff repair

Paolo Avanzi

Discussion

21:00

Course Gala Dinner



4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

**Olympia
Hall**

08:00 - 09:30 Session 12

Irreparable Massive Rotator Cuff Tears

Moderators: **Bassem Elhassan** | **Panagiotis Dimakopoulos**

Debridement, tenotomy of biceps, partial repair and the InSpace Balloon.
Our experience

Grigorios Avramidis

The InSpace Balloon. How does it work?

Eliyahu Adar

Superior capsule reconstruction for irreparable rotator cuff tear.

The history of a brilliant idea. Indications, clinical results and biomechanics

Teruhisa Mihata

Superior capsule reconstruction with Fascia Lata. The original.

The experience in Europe

Clara Azevedo

Superior capsule reconstruction with the long head of biceps.

From pain generator to humeral head stabilizer

Achilleas Boutsiadis

SCR with the hamstrings

Giuseppe Milano

Discussion

09:30 - 10:30 Session 13

Tendon Transfers

Moderators: **Emmanouil Antonogiannakis** | **Teruhisa Mihata**

Massive irreparable rotator cuff tears. Finding the best motor to replace the lost ones

Bassem Elhassan

Lattissimus Dorsi transfer for posterosuperior tears. Indications.

The best way to do it

Enrico Gervasi

Lower trapezius for posterosuperior tears. How to do it right

Bassem Elhassan

Lower trapezius transfer extended with semitendinosus autograft

Philippe Valenti

Discussion

SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel



10:30 - 11:30 **Session 14**

Irreparable Massive Rotator Cuff Tears

Moderators: **Tom Clement Ludvigsen** | **Jean Kany**



- I would manage with partial repair and Balloon
Emmanouil Antonogiannakis
- I would manage with superior capsule reconstruction
Teruhisa Mihata
- I would manage with lower trapezius tendon transfer
Bassem Elhassan
- I would manage with Latissimus Dorsi tendon transfer
Enrico Gervasi
- Discussion

11:30 - 11:45 **Coffee break and exhibition visit**

11:45 - 13:15 **Session 15**

Live Surgery

Moderators: **Alessandro Castagna** | **Felix Savoie**



Massive Rotator Cuff Tears

Partial Repair + Inspace Balloon Implantation
Surgeons: **Emmanouil Antonogiannakis** | **Ioannis Chiotis**

| Relive Surgeries | |
|---|--|
| Live surgery broadcast and relive videos will be interspersed | Superior capsule reconstruction Teruhisa Mihata |
| | Arthroscopic assisted lower trapezius transfer for posterosuperior cuff tear Bassem Elhassan |
| | Arthroscopic Lattissimus Dorsi transfer Jean Kany |
| | Discussion |



4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

**Olympia
Hall**

13:15- 13:30

Session 16

Special Topic

Moderator: **Bassem Elhassan**

Why not a combination of SCR with tendon transfer

Philippe Valenti

Discussion

13:30 - 14:30

Lunch break and exhibition visit

How to do it right. Total shoulder arthroplasty

Moderators: **Emmanouil Antonogiannakis | Emmanouil Fandridis**

Panelists:

Alessandro Castagna

Enrico Gervasi

Efstathios Chronopoulos

John Feroussis

 20min

**Luncheon
DEBATE**

14:30 - 15:30

Session 17

Arthritis and Arthroplasty

Moderators: **John Maris | Alessandro Castagna**

Arthritis in young patients. Non-arthroplasty options

Felix Savoie

Anatomic total shoulder arthroplasty. Is there still a place?

Emmanouil Fandridis

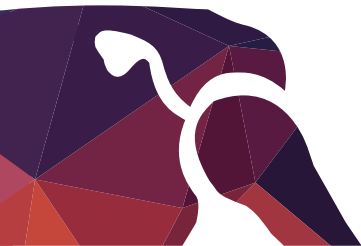
Stemless shoulder arthroplasty. How to avoid complications?

Pericles Papadopoulos

Shoulder arthroplasty in young patients. Is it an option?

Peter Vezzeridis

Discussion



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SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

Olympia
Hall

15:30 - 17:00 Session 18

Reverse Shoulder Arthroplasty

Moderators: **Edward McFarland** | **John Feroussis**

Laterilizing from the glenoid. The BioRSA and other options

Michel Azar

Laterilizing from the humerus. When to laterilize and when to distalize

Philippe Valenti

Reverse shoulder Arthroplasty and Latissimus Dorsi transfer

Philippe Clavert

Stemless reverse shoulder arthroplasty. Is the stem necessary in reverse shoulder arthroplasty?

Ofer Levy

The polyethylene glenosphere

Alessandro Castagna

Pre-op imaging and planning for reverse shoulder arthroplasty with or without specific software

John Costouros

Discussion

17:00 - 17:15 Coffee break and exhibition visit

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

**Olympia
Hall**

17:15 - 18:45

Session 19

Live Surgery

Moderators: **Felix Savoie** | **Pericles Papadopoulos**



Shoulder Arthroplasty

Navigation-Assisted RSA

Surgeons: **Emmanouil Antonogiannakis** | **Benjamin Marjanovic**

| Relive Surgeries | |
|---|---|
| Live surgery broadcast and relive videos will be interspersed | How I do an anatomic shoulder arthroplasty Enrico Gervasi |
| | How I do a reverse shoulder arthroplasty John Feroussis |
| | How I do a stemless reverse TSA Ofer Levy |



Discussion

18:45 - 19:30

Session 20

Complications in Arthroplasty

Moderators: **Efstathios Chronopoulos** | **Panagiotis Efstathiou**

Failure of anatomic total shoulder arthroplasty. How to revise an anatomic to a reverse prosthesis

John Feroussis

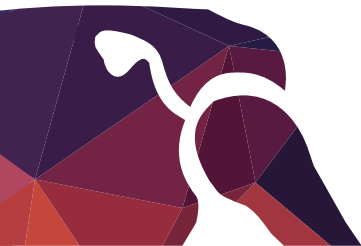
Failure of reverse shoulder arthroplasty. One stage or two stage revision

Edward McFarland

Infected shoulder arthroplasty. The surgeon's perspective

Ofer Levy

Discussion



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2020

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SCIENTIFIC PROGRAM

Olympia
Hall

Friday, 7 February 2020

Royal Olympic Hotel

19:30 - 19:45 Session 21

Special Topic

Moderators: **Emmanouil Antonogiannakis** | **Emmanouil Brilakis**

PSI and navigation. The future is already here

Benjamin Marjanovic

Discussion

19:45 - 20:30 Session 22

Preoperative Planning

Moderators: **Ofer Levy** | **Ilias Mataragkas**

How I do it

Philippe Valenti

How I do it

Alessandro Castagna

How I do it

Emmanouil Antonogiannakis

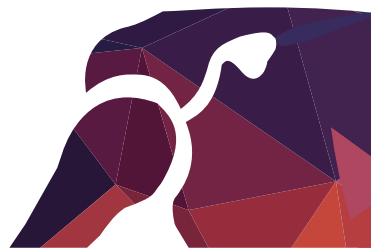
Discussion

21:30

Greek Night



4th Athens Shoulder Course



PRACTICAL SESSIONS ON CADAVERS

Saturday, 8 February 2020

Laboratory
of Anatomy,
Athens Medical
School

Instructors-Cadaver Session

- | | |
|------------------------------|-------------------------------------|
| 1. Alexakis Dimitrios | 22. Kokkalis Zinon |
| 2. Ângelo Ana Catarina | 23. Koukos Christos |
| 3. Antonogiannakis Emmanouil | 24. Kovacic Ladislav |
| 4. Arealis Georgios | 25. Kyriakos Alexandros |
| 5. Avanzi Paolo | 26. Leonidou Andreas |
| 6. Avramidis Grigorios | 27. Ludvigsen Tom Clement |
| 7. Azar Michel | 28. Maiotti Marco |
| 8. Azevedo Clara | 29. Marjanovic Benjamin |
| 9. Bøe Berte | 30. Massoni Carlo |
| 10. Boutsiadis Achilleas | 31. Mataragkas Ilias |
| 11. Brilakis Emmanouil | 32. Papadopoulos Pericles |
| 12. Chiotis Ioannis | 33. Patsopoulos J. Iraklis |
| 13. Chrysanthou Chrysanthos | 34. Saccomanno Maristella Francesca |
| 14. Costouros John G. | 35. Samitier Gonzalo |
| 15. Deligeorgis Anastasios | 36. Sinopidis Christos |
| 16. Fandridis Emmanouil | 37. Stathellis Apostolos |
| 17. Galanopoulos Ilias | 38. Toussaint Bruno |
| 18. Gervasi Enrico | 39. Varvitsiotis Dimitrios |
| 19. Giannakovitis Petros | 40. Vezeridis S. Peter |
| 20. Gorgile Namdev | 41. Voss Andreas |
| 21. Kanellos Panagiotis | 42. Wade Roshan |

Instructors- Musculoskeletal Ultrasound Workshop

- | | |
|-------------------------------|----------------------|
| 1. Drakonaki Elena | 4. Laskari Katerina |
| 2. Giokits - Kakavouli Giasna | 5. Papoutsis Dimitra |
| 3. Katsifis Gkikas | |

Shoulder Arthroscopy

| | | | | |
|---------------|---|--|--------------------------------|----------------------------------|
| 10:00 - 12:00 | Station 1 Latissimus Dorsi Transfer | Station 2 RC Repair | Station 3 RC Repair | Station 4 Balloon |
| | Station 5 Instability | Station 6 Instability | Station 7 Bone Block | Station 8 RC Repair |
| | Station 9 RC Repair | Station 10 Open Latarjet | Station 11 RC Repair | Station 12 Instability |
| 12:30 - 14:30 | Station 1 Latissimus Dorsi Transfer | Station 2 RC Repair | Station 3 SCR | Station 4 RC Repair |
| | Station 5 Instability | Station 6 Instability | Station 7 Bone Block | Station 8 RC Repair |
| | Station 9 RC Repair | Station 10 Open Latarjet | Station 11 RC Repair | Station 12 Instability |
| 15:00 - 17:00 | Station 1 RC Repair | Station 2 Lower Trapezius Transfer | Station 3 SCR | Station 4 Instability |
| | Station 5 Instability | Station 6 Instability | Station 7 @ Latarjet | Station 8 RC Repair |
| | Station 9 Instability | Station 10 Open Latarjet | Station 11 RC Repair | Station 12 Instability |
| 17:30 - 19:30 | Station 1 RC Repair | Station 2 Lower Trapezius Transfer | Station 3 SCR | Station 4 Instability |
| | Station 5 Instability | Station 6 Instability | Station 7 @ Latarjet | Station 8 RC Repair |
| | Station 9 RC Repair | Station 10 Open Latarjet | Station 11 RC Repair | Station 12 Instability |

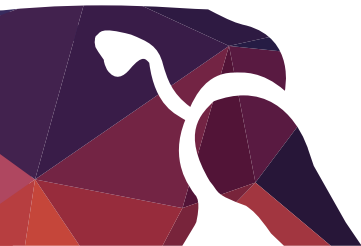


4th Athens Shoulder Course



Total Shoulder Arthroplasty

| | | |
|---------------|--|--|
| 12:30 - 14:30 | Station 13 Anatomic Prosthesis | Station 14 Reverse Prosthesis |
| | Station 15 Reverse Prosthesis | Station 16 Reverse Prosthesis |
| | Station 17 Reverse Prosthesis | Station 18 Stemless Prosthesis |
| 15:00 - 17:00 | Station 13 Anatomic Prosthesis | Station 14 Anatomic Prosthesis |
| | Station 15 Reverse Prosthesis | Station 16 Reverse Prosthesis |
| | Station 17 Reverse Prosthesis | Station 18 Stemless Prosthesis |
| 17:30 - 19:30 | Station 13 Reverse Prosthesis | Station 14 Reverse Prosthesis |
| | Station 15 Anatomic Prosthesis | Station 16 Anatomic Prosthesis |
| | Station 17 Reverse Prosthesis | Station 18 Reverse Prosthesis |



5-8 February
2020

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SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

08:00 - 09:30 Session 1

General Topics

Moderators: **Eliyahu Adar** | **Ajit Dabholkar**

- 08:00 - 08:20 Normal Shoulder: Functional anatomy, kinematics, biomechanics
Eliyahu Adar
- 08:20 - 08:30 Painful Shoulder: Conditions, acute pain, chronic pain
Sotiria Vrouva
- 08:30 - 08:40 Shoulder Impingement Syndromes
Georgia Petta
- 08:40 - 08:50 The patient after shoulder surgery. The role of the physiotherapist is not limited in therapy
Evangelos Georgakopoulos
- 08:50 - 09:00 The Importance of Scapula: Types of dyskinesia & rehabilitation
Ajit Dabholkar

09:00 - 09:30 Workshop: Scapular - Glenohumeral joint
Ajit Dabholkar

09:30 - 10:00 Session 2

Physical Therapy Modalities

Moderators: **Michael Seferiadis** | **Grigorios Avramidis**

- 09:30 - 09:40 Classical Physical therapy modalities (TENS, Laser, Trigger point therapy, etc.)
Dimitris Samios
- 09:40 - 09:50 Modern Physical therapy modalities (Shockwave therapy, TECAR, Diamagnetic pump, etc.)
Athanasios Tzevelekidis
[Discussion](#)

4th Athens Shoulder Course



SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

10:00 - 11:30

Session 3

Rotator Cuff

Moderators: **Georgia Petta** | **Grigorios Avramidis**

10:00 - 10:10

Rotator Cuff Disease: When to wait and when to repair

Grigorios Avramidis

10:10 - 10:20

Surgical options to increase the functional ability of the cuff (repair, SCR, balloon, tendon transfer)

Panagiotis Papadopoulos

10:20 - 10:30

Rehabilitation of the cuff: How can we protect and strengthen the cuff?

Nikolaos Strimpakos

10:30 - 11:30

Discussion & Cases Presentation:

Postoperative rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

- Massive Rotator Cuff tear repair
- Balloon
- SCR

11:30 - 11:45

Coffee Break

11:45 - 12:30

Session 4

Calcific Tendonitis

Moderators: **Eleftherios Bournousousis** | **Anastasios Deligeorgis**

11:45 - 11:55

Calcific Tendonitis: Etiology and history treatment

Georgios Arealis

11:55 - 12:05

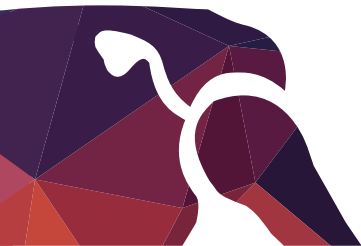
Physical therapy options for pain management

Eleftherios Bournousousis

12:05 - 12:30

Discussion & Cases Presentation:

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital



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2020

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SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

12:30 - 14:00 Session 5

Shoulder Instability

Moderators: **Victor Danzinger** | **Emmanouil Brilakis**

- 12:30 - 12:40 Surgical options for the management of unstable shoulder: Bankart repair, Remplissage procedure, ASA, Bone Block procedure, Latarjet procedure
Emmanouil Brilakis
- 12:40 - 12:50 Rehabilitation following surgical treatment. Return to activities
George Koumantakis
- 12:50 - 13:00 Physiotherapy in atraumatic multidirectional instability cases
Victor Danzinger
- 13:00 - 13:10 Neuromuscular coordination in shoulder instability
Maria Papatzikou
- 13:10 - 13:20 Pacemaker for shoulder instability; what's new?
Victor Danzinger

- 13:20 - 14:00 **Discussion & Cases Presentation:**
Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital
- Repair with soft tissue procedure
 - Repair with bony procedure

14:00 - 15:00 Lunch Break

15:00 - 15:30 Session 6

Biceps Pathology

Moderators: **Michalis Charalampidis** | **Apostolos Stathellis**

- 15:00 - 15:10 Painful Biceps Conditions (traumatic instability, slap lesion etc.)
Dimitris Mantakos
- 15:10 - 15:20 Rehabilitation after biceps surgery. Pain management and limitations to physical therapy
Michalis Charalampidis
- 15:20 - 15:30 **Cases Presentation:**
Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

4th Athens Shoulder Course



SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

15:30 - 16:30 Session 7

Stiff Shoulder

Moderators: **Maria Patramani** | **Dimitrios Mantakos**

15:30 - 15:40 Etiology and natural history of stiff shoulder. Treatment options:
Arthroscopy, Arthrolysis

Apostolos Stathellis

15:40 - 15:50 Treatment of the stiff shoulder (conservative treatment, therapy after surgery)

Konstantinos Sakellariou

15:50 - 16:30 Discussion & Cases Presentation:

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

16:30 - 16:45 Coffee Break

16:45 - 18:30 Session 8

Shoulder Arthritis

Moderators: **Konstantinos Sakellariou** | **Emmanouil Antonogiannakis**

16:45 - 16:55 Etiology and natural history of arthritic shoulder

Anastasios Deligeorgis

16:55 - 17:05 Improve the biological joint. Non arthroplasty options

Ioannis Chiotis

17:05 - 17:15 Physical therapy role to non-arthroplasty patients (patient education, pain management, preserve the shoulder function)

Chrysovalantis Rizos

17:15 - 17:25 Shoulder Arthroplasty options (total, reserve, hemi)

Emmanouil Antonogiannakis

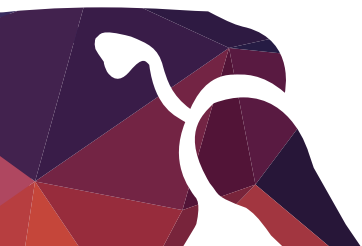
17:25 - 17:35 Rehabilitation depending on the arthroplasty type

Konstantinos Psarogiorgos

17:35 - 18:30 Discussion & Cases Presentation:

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

- Shoulder arthroplasty



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Speakers - Chairmen - Moderators

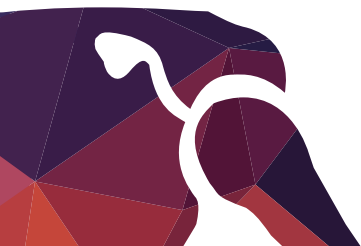
| | |
|----------------------------------|--|
| Adar Eliyahu | MD, Retired Director of Orthopaedic Department, Edith Wolfson Medical Center, Holon, Israel |
| Alexakis Dimitrios | Director of Orthopaedics and Sports Injuries Department, Athens Euroclinic, Associate 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Ângelo Ana Catarina | MD, Shoulder and Elbow Surgeon, Orthopaedic Surgeon at University Hospital Centro Hospitalar de Lisboa Central EPE, Lisboa, Portugal |
| Antonogiannakis Emmanouil | MD, Orthopaedic Surgeon, Director, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Arealis Georgios | MD, PhD, FRCS (Eng), Consultant Trauma and Orthopaedic Surgeon, Shoulder and Upper Limb Specialist, East Kent Hospitals University NHS Foundation Trust, United Kingdom |
| Avanzi Paolo | MD, Chairman of Shoulder Unit, Department of Orthopaedics and Traumatology, Sacro Cuore Don Calabria Hospital, Negrar, Verona, Italy |
| Avramidis Grigorios | MD, MSc, Orthopaedic Surgeon, Consultant, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Azar Michel | MD, Orthopaedic Surgeon, Centre de l'Epaule du Grand Ouest (CEGO), Angers, France |
| Azevedo Clara | MD, Consultant Orthopaedic Surgeon, Shoulder Unit Coordinator Shoulder Surgery Unit, Department of Orthopaedics and Traumatology, Centro Hospitalar de Lisboa Ocidental, Hospital dos SAMS/ SBSI, GIGA Saúde, Lisbon, Portugal |
| Bak Klaus | Orthopaedic Surgeon, Kysthospitalet, Denmark |
| Beitzel Knut | M.A., MD, Head of Shoulder surgery, Arthroscopy and Orthopaedic Sports medicine, ATOS Orthoparc Clinic, Cologne, Research Consultant, Department of Orthopaedic Sports medicine, Technical University, Munich, Germany |
| Bisbinas G. Ilias | FRCS, FEBOT, MSc, PhD, Colonel in the Greek Medical Corps, Consultant/Clinical Director A' Orthopaedic and Trauma Department, 424 Military General Hospital, Thessaloniki, Greece |

4th Athens Shoulder Course



Speakers - Chairmen - Moderators

| | |
|----------------------------------|--|
| Børte Berte | MD, PhD, Orthopaedic Surgeon, Division of Orthopaedic Surgery, Oslo University Hospital, Norway |
| Bournousousis Eleftherios | Physiotherapist MSc, PhDcand, Public Relations Officer and President of the Attica Regional Department, Panhellenic Physiotherapists' Association, Athens, Greece |
| Boutsiadis Achilleas | MD, PhD, Military Orthopaedic Surgeon, 401 General Military Hospital of Athens, Greece |
| Brilakis Emmanouil | MD, MSc, PhD, Orthopaedic Surgeon, Consultant, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Cartucho Antonio | MD, Orthopaedic Consultant, Head of Shoulder and Elbow Department, Hospital Cuf Descobertas-José de Mello Saúde, Lisbon, Portugal |
| Castagna Alessandro | MD, Associate Professor of Orthopaedics, Director, Residency Program in Orthopaedics, Department of Biomedical Sciences, Humanitas University, Director, Shoulder and Elbow Surgery, Humanitas Research Hospital, Milan, Italy |
| Charalampidis Michalis | Physiotherapist, OMT, Athens, Greece |
| Chiotis Ioannis | MD, PhD, MSc, Orthopaedic Surgeon, Consultant of 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Chouliaras Vasileios | Orthopaedic Consultant, General Hospital of Arta, 2 nd Vice President of the Hellenic Arthroscopic Association, Greece |
| Chronopoulos Efstathios | MD, PhD, Consultant Orthopaedic Surgeon, Associate Professor in Orthopaedic Surgery, National and Kapodistrian University of Athens, Konstantopoulou General Hospital, Athens, Greece |
| Chrysanthou Chrysanthos | MD, PhD, Consultant Orthopaedic Surgeon, NHS United Kingdom, Head of Upper Limb Clinic, Interbalkan Medical Center, Thessaloniki, Greece |



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Speakers - Chairmen - Moderators

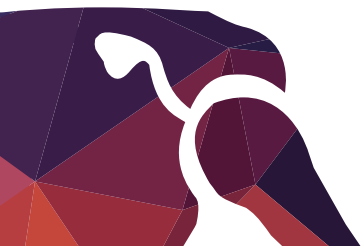
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|---------------------------------|---|
| Clavert Philippe | MD, PhD, Professor, Chief of the Shoulder and Elbow Service, University Hospital Strasbourg, Scientific Secretary French Society of Arthroscopy, Past President of the French Society of Shoulder and Elbow, Strasbourg, France |
| Costouros G. John | MD, FACS, Assistant Professor Stanford University, Department of Orthopaedic Surgery, Chief of Shoulder Surgery, Institute for Joint Restoration and Research, California, USA |
| Dabholkar Ajit | PhD, Professor and Head Sports Physiotherapy, School of Physiotherapy, D.Y.Patil University, Nerul, India |
| Danzinger Victor | Research Fellow, Department of Shoulder and Elbow Surgery, Center for Musculoskeletal Surgery, Charité - Universitaetsmedizin Berlin, Campus Virchow Klinikum Berlin, Germany |
| Deligeorgis Anastasios | MD, MSc, Orthopaedic Surgeon, Consultant of 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Dimakopoulos Panagiotis | Orthopaedic Surgeon, Em. Professor of Orthopaedic Surgery, Greece |
| Drakonaki Elena | MD, PhD, PostDoc, ESSRDip, Consultant Radiologist, Independent US Practice, Heraklion, Greece |
| Efstathiou A. Panagiotis | MD, PhD, Orthopaedic Surgeon, President of the Hellenic Association of Orthopaedic Surgery and Traumatology, 2016, Athens, Greece |
| Elhassan T. Bassem | Professor of Orthopaedics, Rochester MN Mayo Clinic, USA |
| Fandridis Emmanouil | Orthopaedic Surgeon, Hand-Upper Limb and Microsurgery Department, KAT General Hospital, Athens, Greece |
| Feroussis C. John | MD, PhD, Senior Consultant, Head, Orthopaedic Department, Shoulder Service, Asklepieion Voulas Hospital, Athens, Greece |
| Galanopoulos Ilias | MD, PhD, Consultant Orthopaedic Surgeon, 1 st Orthopaedic Department, 401 General Army Hospital, Athens, Greece |

4th Athens Shoulder Course



Speakers - Chairmen - Moderators

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|-----------------------------------|--|
| Georgakopoulos Evangelos | BSc Hons, MCMT, M.E.A.G.T Physiotherapist, Psychotherapist Gestalt, Athens, Greece |
| Georgoulis Anastasios | Professor of Orthopaedics, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Gervasi Enrico | Chair of the Shoulder Unit, Casa di Cura "Giovanni XXIII", Monastier di Treviso, Past President of Italian Society of Arthroscopy (S.I.A.), 1 st Past President of SIAGASCOT, Italy |
| Giannakovitis Petros | Orthopaedic Surgeon, Sportsdoctor, Scientific Director "EUROMEDICA Kyanous Stavros", Thessaloniki, Greece |
| Giokits - Kakavouli Giasna | MD, Consultant Rheumatologist, Scientific Associate of Hippocraton Hospital of Thessaloniki, 4 th Department of Pathology, Private Practice Katerini, Greece |
| Gleyze Pascal | Orthopaedic Surgery, Department of Orthopaedic and Trauma Surgery, Saint Louis, Administrator of the National French Academy of Surgery, Past Administrator of the French Arthroscopic Society and President of European Shoulder Section - ESSKA, President of Sharing Health Foundation and Sharing Health Asia Corporate, President of Persomed Edition, Administrateur de la Fondation Crédit Mutuel pour l'Education et la Prévention Santé, France |
| Gomes Nuno | MD, Shoulder and Elbow Surgeon, Hospital da Luz, Porto, Portugal |
| Gorgile Namdev | MBBS, MS(ORTHO), Fellow Shoulder and Elbow, Knee and Shoulder Surgeon (Private Clinic), Formerly, Associate Professor (Orthopaedics) Miraj Medical College, Miraj, India |
| Hantes Michael | ESSKA General Secretary, Professor of Orthopaedics, Department of Orthopaedic Surgery, Faculty of Medicine, University of Thessalia, University Hospital of Larissa, Associate editor JBJS Case Connector, Editorial board member AJSM and KSSTA, Greece |
| Isaia Eleni-Christina | MD, MSc, Anaesthesiologist-Pain Specialist, Head of Pain Department, Hygeia Hospital, Athens, Greece |



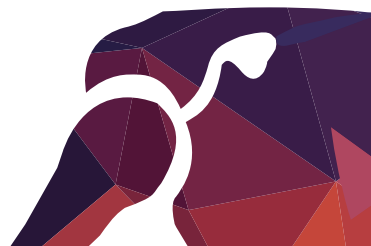
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Speakers - Chairmen - Moderators

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|-------------------------------|---|
| Kanellos Panagiotis | MD, PhD, FEBHS, Orthopaedic Surgeon, Hand-Upper Limb and Microsurgery Department, KAT General Hospital, Athens, Greece |
| Kany Jean | MD, Shoulder Surgery, Clinique de l' Union, Ramsay-GDS, Saint Jean, France |
| Karahan Mustafa | Professor, Department of Orthopaedics, Mehmet Ali Aydınlar Acibadem University, Istanbul, Turkey |
| Karantanas Apostolos | Professor of Radiology, University of Crete, Chairman, Department of Medical Imaging, Heraklion University Hospital, Chairman, Department of Radiology, School of Medicine Head, Advanced Hybrid Imaging Systems, ICS - FORTH, Greece |
| Karliftis Konstantinos | Consultant Orthopaedic Surgeon, 401 General Army Hospital, Athens, Greece |
| Kateros Konstantinos | Orthopaedic Surgeon, Consultant and Director A' Orthopaedics Department, General Hospital of Athens G. Gennimatas, Greece |
| Katsifis Gkikas | MD, PhD, RhMSUS, Director and Chief of Rheumatology Clinic, Naval Hospital of Athens, Greece |
| Kokkalis Zinon | MD, PhD, Assistant Professor of Orthopaedic Surgery, University of Patras, School of Medicine, Greece |
| Kostopoulos Dimitrios | MD, MC, Colonel, Consultant, Orthopaedic Department, 417 Hospital of Army's Shareholder Fund, Athens, Greece |
| Koukos Christos | Head of the Arthroscopic Division, EVK METTMANN, Germany |
| Koumantakis George | PhD, MSc, PT, Assistant Professor, Physiotherapy Department, University of West Attica (UNIWA), Athens, Greece |
| Kovacic Ladislav | Orthopaedic Trauma Surgeon, University Medical Centre Ljubljana, Department of Traumatology, Ljubljana, Slovenia |
| Kyriakos Alexandros | MD, MSc, Upper Limb Orthopaedic Surgeon, Bone and Joint Center and Upper Limb Surgery Unit, Euromedica General Clinic, Rhodes, Greece |
| Laskari Katerina | Rheumatologist, APPC Clinic, Laiko Hospital, Athens University Medical School, Greece |

4th Athens Shoulder Course



Speakers - Chairmen - Moderators

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|------------------------------|--|
| Leonidou Andreas | PgDip, MSc, FRCS (Tr & Orth), Consultant Trauma and Orthopaedic Surgeon - Upper Limb / Sports Injuries, Athens Medical Centre, Greece |
| Levy Ofer | Professor, MD, MCh(Orth), FRCS, Consultant Orthopaedic Surgeon, Director, Reading Shoulder Unit, Royal Berkshire Hospital and Berkshire Independent Hospital, United Kingdom, Director, The Israeli Shoulder Institute, Herzelia, Israel |
| Ludvigsen Tom Clement | MD, Consultant Orthopaedic Surgeon, Orthopaedic Department, Oslo University Hospital, Oslo, Norway |
| Maiotti Marco | Chief of Shoulder Unit Clinica Mediterranea, Naples, Italy and Orthopaedic Specialist of Shoulder and Knee Unit, Clinica PIO XI, Rome, Italy |
| Mantakos Dimitrios | Orthopaedic Surgeon, Consultant, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Maris S. John | Orthopaedic Surgeon, Athens, Greece |
| Marjanovic Benjamin | MD, Chief, Department of Arthroscopy and Sport Orthopaedic, Ortopedic Hospital Valdoltra, Slovenia |
| Martetschläger Frank | MD, Associate Professor, Head of German Center for Shoulder Surgery, ATOS Clinic Munich, Germany |
| Massoni Carlo | Orthopaedic Surgeon, Clinica PIO XI, Rome, Italy |
| Mataragkas Ilias | Consultant Orthopaedic Surgeon, Mouwasat Hospital, Al Jubail KSA, Saudi Arabia |
| McFarland Edward | The Wayne H Lewis Professor of Orthopaedic and Shoulder Surgery, Co-Director Division of Shoulder Surgery, The Johns Hopkins University, School of Medicine, Baltimore, MD, USA |
| Mihata Teruhisa | Department of Orthopaedic Surgery, Osaka Medical College, Takatsuki, Osaka, Japan |

Speakers - Chairmen - Moderators

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|--------------------------------|--|
| Milano Giuseppe | Full Professor and Chairman of Orthopaedics, University of Brescia, Italy, Director, Unit of Orthopaedics and Traumatology 2, “Spedali Civili” Hospital, Brescia, Italy, President of SIAGASCOT (Italian Society of Arthroscopy, Knee surgery, Upper limb, Sports traumatology, Cartilage repair and Orthopaedic Technologies), Executive Board Member of ESSKA (European Society of Sports Traumatology, Knee surgery and Arthroscopy), Chairman of ESA (European Shoulder Associates) - ESSKA Section Editor-in-Chief of Joints, Italy |
| Natsika Margarita | MD, Head of MRI Department, Kosmoiatniki Medical Center, Athens, Greece |
| Nikolaou K. Pantelis | MD, PhD, Orthopaedic, Director of Orthopaedic Clinic, Division of Sports Medicine, Athens Medical Center, Greece |
| Panagopoulos Andreas | MD, PhD, Assistant Professor in Orthopaedics, Patras University Hospital, General Secretary of Hellenic Arthroscopic Association, Greece |
| Papadopoulos Panagiotis | Orthopaedic Surgeon, Consultant, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Papadopoulos Pericles | MD, Professor in Orthopaedics, Chairman of the 2 nd Orthopaedic Department, Aristotle University of Thessaloniki, G. Gennimatas Hospital, Thessaloniki, Greece |
| Papatzikou Maria | Physiotherapist NDT, Athens, Greece |
| Papoutsis Dimitra | Consultant, MSK Radiologist, Athens, Greece |
| Patramani Maria | Physiotherapist, Scientific Collaborator, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Patsopoulos J. Iraklis | Dr. med Orthopaedic Surgeon, Director, 2 nd Sport Injuries Department, Euroclinic, Athens, Greece |
| Petta Georgia | PT, MSc, PhD, University of West Attica, President of Greek Hand Therapy Association, Greece |
| Piskopakis Nikolaos | MD, PhD, Director, Department of Orthopaedics and Sports Medicine, Athens Medical Center, Greece |

4th Athens Shoulder Course



Speakers - Chairmen - Moderators

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| Psarogiorgos Konstantinos | PT, Int. Fellow, Dipl. Chiropr, Head of Physiotherapy Department, Metropolitan General Hospital, Athens, Greece |
| Rizos Chrysovalantis | PT, Mba, Physiotherapist, Athens, Greece |
| Rosso Claudio | Private Docent University of Basel, ARTHRO Medics, Shoulder and Elbow Center, Basel, Switzerland |
| Saccomanno Maristella Francesca | MD, PhD, Department of Orthopaedics, University Hospital "A. Gemelli", Rome, Italy |
| Sakellariou Konstantinos | MSc, Physiotherapist OMT, Athens, Greece |
| Samios Dimitris | MSc, Physiotherapist, Athens, Greece |
| Samitier Gonzalo | MD, PhD, FEBOT, Advanced Knee - Shoulder and Sports Medicine, Instituto Cugat, Barcelona, Spain |
| Sarri Eirini | Anesthesiologist, Hygeia Hospital, Athens, Greece |
| Savoie H. Felix | MD, Ray Haddad Professor and Chair, Department of Orthopaedic Surgery, Tulane University, New Orleans, La. USA |
| Seferiadis Michael | PT, MSc, HT Member of EFHT, Member of Educational Committee of Hellenic Scientific Society of Physiotherapy, Athens, Greece |
| Senekovic Vladimir | MD, PhD, Assistant Professor, Faculty of Medicine, University of Ljubljana, Director, Clinic Arbornean Medical Ljubljana, Slovenija, President of the Slovenian Society for Arthroscopic Surgery and Sports Traumatology, Slovenija |
| Sinopidis Christos | Consultant Upper Limb Surgeon, A' Orthopaedic Department, Aristotle University of Thessaloniki, European Interbalkan Center, Thessaloniki, Greece |
| Skandalakis Panagiotis | Professor of Anatomy and Surgical Anatomy, Medical School, National and Kapodistrian University of Athens, Greece |
| Stathellis Apostolos | MD, PhD, Orthopaedic Surgeon, Sports Medicine, Consultant, 3 rd Orthopaedic Department, Hygeia Hospital, Athens, AGA Arthroscopieur, Greece |
| Strimpakos Nikolaos | Professor of Physiotherapy, Department of Physiotherapy, University of Thessaly, Greece |
| Toussaint Bruno | Shoulder Surgeon, Teomera, Grand Saconnex, Switzerland |



5-8 February
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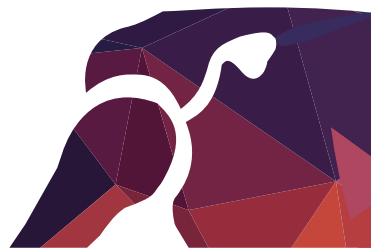
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Speakers - Chairmen - Moderators

| | |
|--------------------------------------|---|
| Triantafyllopoulos K. Ioannis | MD, MSci, PhD, FEBOT, Orthopaedic Surgeon, Director of the 5 th Orthopaedic Department, Hygeia Hospital, Athens, Greece |
| Troupis Theodoros | General Surgeon, Associate Professor, Head of the Department of Anatomy and Surgical Anatomy, Medical School, National and Kapodistrian University of Athens, Greece |
| Tzevelekidis Athanasios | PT, MT, MSc, Physiotherapist, Athens, Greece |
| Valenti Philippe | MD, Past President AOT, SOFEC, Paris Shoulder Unit, Institut de la Main, Clinique Bizet, Paris, France |
| Van Raebroeckx Antoon | MD, Shoulder Department, Imelda Bonheiden Belgium, President of Belgian Elbow and Shoulder Society (Belss), Belgium |
| Varvitsiotis Dimitrios | MD, PhD, Consultant of Orthopaedics, 8 th Orthopaedic Department Upper Limb Unit, General Hospital Asklepieio Voula, Athens, Greece, |
| Vezeridis S. Peter | MD, Orthopaedic Surgeon, Boston, Massachusetts, USA |
| Voss Andreas | MD, Associate Professor, Department of Trauma Surgery, University Hospital Regensburg and Sporthopaedicum Regensburg/Straubing, Germany |
| Vrouva Sotiria | MSc, PhD, Chief of Physiotherapy Department, 401 General Military Hospital, Scientific Collaborator, 3 rd Orthopaedic Clinic, Hygeia Hospital, Athens, Greece |
| Wade Roshan | Associate Professor, Department of Orthopaedics, KEM Hospital, Mumbai, India |
| Yiannakopoulos K. Christos | MD, PhD, Assistant Professor, Sports Medicine and Exercise Biology Section, School of Physical Education and Sports Science, National and Kapodistrian University of Athens, Greece |
| Zibis Aristeidis | Orthopaedic Surgeon, Associate Professor, Department of Anatomy, Medical School, University of Thessaly, Larissa, Greece |
| Ziogas K. Miltiades | MD, PhD, HA, MC, Head, A' Orthopaedic Department, 401 General Army Hospital of Athens, Greece |



4th Athens Shoulder Course



General Information

Dates, Venues & Halls

Theoretical Sessions

Video demonstrations

Live Surgeries

Royal Olympic Hotel

Address: 28 Athanasiou Diakou Street, Athens, 11743

Practical sessions on cadavers

Physiotherapists' Course

Musculoskeletal Ultrasound Workshop

Laboratory of Anatomy, Medical School University of Athens

Address: 75, Mikras Asias Str., 11527, Goudi, Athens

Exhibition

The exhibition is located at Olympia foyer, next to the main course hall Olympia.

Presentations Reception Desk

The Presentations Reception Desk is located at the Olympia hall foyer. Speakers are requested to submit their presentation at least one (1) hour prior to the start of their lecture.

Certificate of Attendance

Participants can receive their certificate of attendance from the registration desk. Each participant is required to complete the online evaluation form at the web lounge area in order to receive the certificate of attendance. Attendance of 60% of the scientific program is mandatory in order to receive the certificate of attendance.

Web Lounge

The web lounge is located at the exhibition area, at the Olympia Hall Foyer.

Website

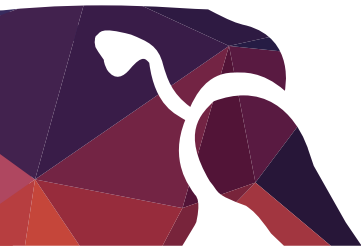
The official course website is www.athens-shoulder-course.com

Wi-Fi

Free network: royal olympic **Choose:** non-resident

Login: royal

Pass: 2020



5-8 February 2020

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Social Program

PARTICIPANTS' WELCOME CEREMONY at Olympia Hall Foyer

📍 Location: **Royal Olympic Hotel - 28 Athanasiou Diakou Street, Athens, 11743**

📅 Date: **Wednesday, 5 February 2020**

🕒 Time: **20:15**

COURSE GALA DINNER at "Hytra Restaurant"

The stunning view of the Acropolis makes "Hytra" one of the best meeting points for fine dining and delicious cocktails. In 2010, the restaurant was awarded its first Michelin star, which maintains until today.

📍 Location: **Onassis Cultural Center/Stegi - 6th/7th floor, 107/109 Syngrou Avenue, Athens**

📅 Date: **Thursday, 6 February 2020**

🕒 Time: **21:00**

💶 Fee: **80 € per person**

GREEK NIGHT at "Diavlos Tavern"

In the heart of bustling Athens and *Thissio*, its most traditional point, overlooking the Acropolis and next to the Temple of Hephaestus.

📍 Location: **Andrianou 1, Athens**

📅 Date: **Friday, 7 February 2020**

🕒 Time: **21:30**

💶 Fee: **45 € per person**



4th Athens Shoulder Course



4 reasons to participate



**Emmanouil
Antonogiannakis**

“ Because you will have the opportunity to learn the indications of innovative techniques, tips and tricks for doing it right and perform it under expert guidance! ”



**Emmanouil
Brilakis**

“ Because this course brings you in contact with some of the best shoulder surgeons worldwide in a very friendly atmosphere! ”



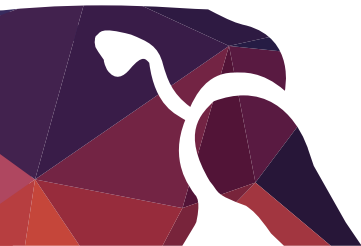
**Ioannis
Chiotis**

“ Because you will find many colleagues from different countries with the same concerns, thoughts and problems as yours! ”



**Anastasios
Deligeorgis**

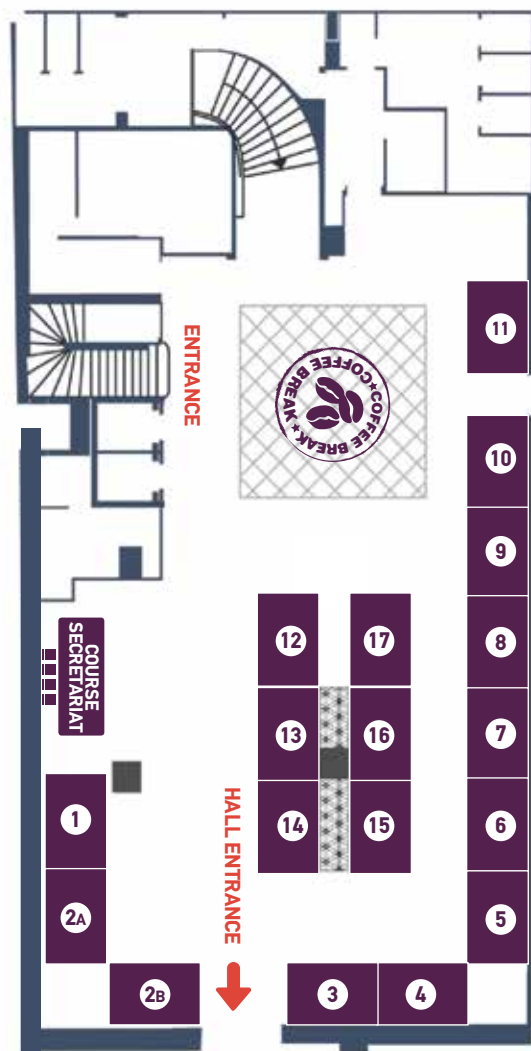
“ Because we have gathered some of the best shoulder surgeons and you can discuss everything about the shoulder in 3 days! ”



5-8 February 2020

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Exhibition Floorplan



Olympia Hall

Stand Number Exhibitor/ Service

| | |
|----|---|
| 1 | IDO |
| 2a | LIMA CORPORATE |
| 2b | OSTEOCELL-D. REKOUTIS S.A. |
| 3 | COSTAS A. PAPAELLINAS HELLAS S.A. |
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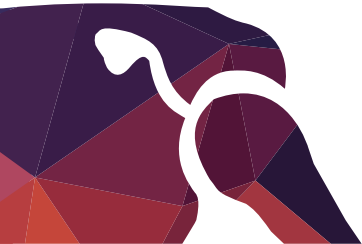
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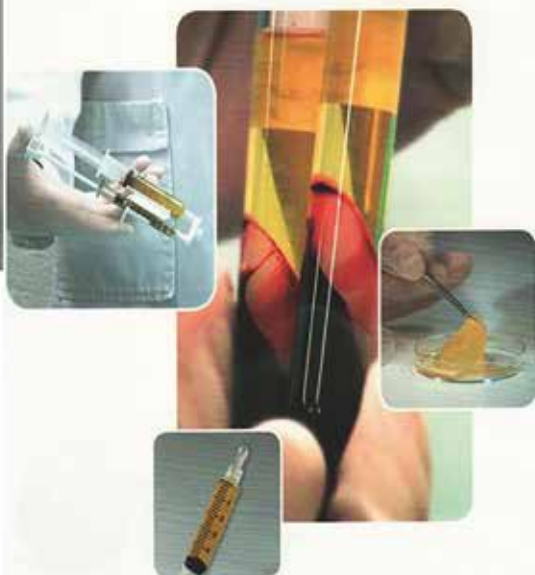


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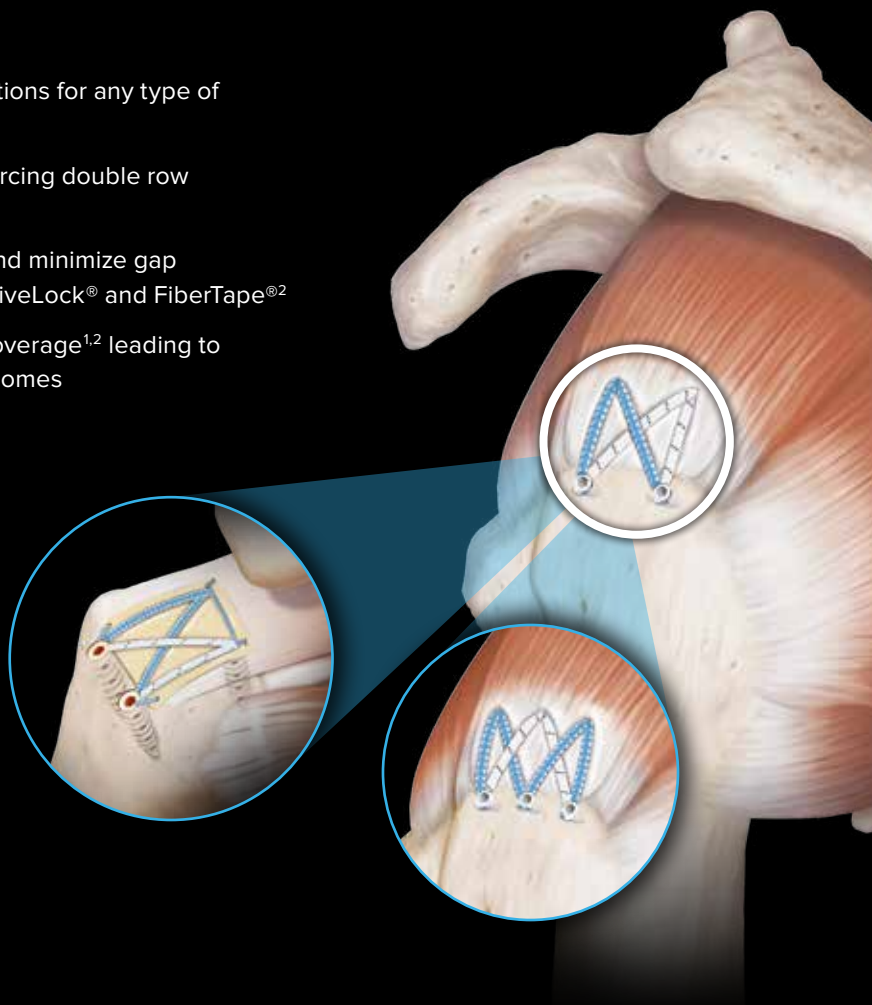
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References:

¹ Arthroscopic rotator cuff repair: Scientific rationale, surgical technique, and early clinical and functional results of a knotless self-reinforcing double-row rotator cuff repair system. Suketu Vaishnav, MD, Peter J. Millett, MD, MSc, J Shoulder Elbow Surg (2010) 19, 83-90

² A Biomechanical Comparison of Tendon-Bone Interface Motion and Cyclic Loading Between Single-Row, Triple-Loaded Cuff Repairs and Double-Row, Suture-Tape Cuff Repairs Using BioComposite Anchors. F. Alan Barber, MD; Otis R. Drew, MD, Arthroscopy 2012



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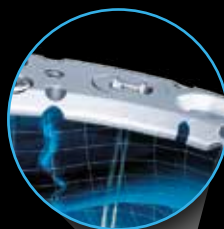
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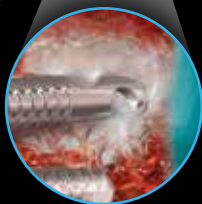
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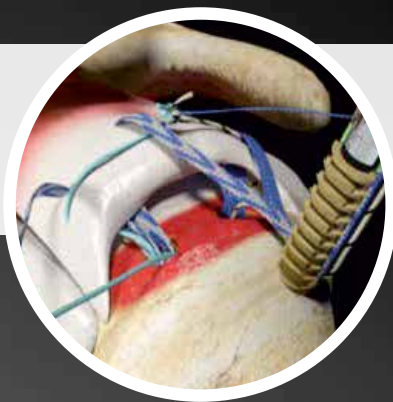
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