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7th Athens Shoulder Course

13-15 March 2026

- 2:1 Cadaver Sessions on **Specific Techniques**
- **International Faculty**
- Mini **Battles**
- Special **Physiotherapy Workshop**
- **Case Discussion**

COURSE CHAIRMEN

MANOS ANTONOGIANNAKIS
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MANOS BRILAKIS
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MEGARON
Athens International Conference Center (Theoretical Sessions)

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Athens Shoulder Course

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PROGRAM

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13-15 March 2026

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Welcome to Athens Shoulder Course

Dear Colleagues,

It is our great pleasure to welcome you to the **Athens Shoulder Course**, a meeting dedicated to advancing knowledge, sharing experience, and strengthening collaboration in the field of shoulder surgery.

The shoulder remains one of the most fascinating and challenging joints in orthopedics. From rotator cuff pathology to complex arthroplasty, progress in our field is driven by a combination of surgical innovation, biological understanding, technological development and, above all, open scientific discussion.

The goal of the Athens Shoulder Course is to create exactly this environment.

This year's program brings together an outstanding international faculty and a highly interactive format that combines **keynote lectures, focused sessions, mini-battles, case-based discussions and expert panels**. These formats are designed not only to present evidence, but also to explore the real-life decision making that defines everyday clinical practice.

A distinctive feature of this course is the **active participation of physiotherapists** within the scientific sessions. Shoulder care does not end in the operating room. Successful outcomes depend on a continuous dialogue between surgeons and rehabilitation specialists, and this multidisciplinary interaction is at the heart of our course philosophy.

The program also explores the evolving landscape of shoulder surgery, including **biological augmentation, tendon reconstruction strategies, modern arthroplasty concepts, digital planning, navigation and emerging technologies** that are shaping the future of our specialty.

Equally important, the Athens Shoulder Course aims to provide a setting where colleagues from different countries and backgrounds can **exchange ideas openly, challenge established concepts and learn from each other's experience.**

We hope that during these days in Athens you will find not only valuable scientific insights, but also meaningful discussions and new collaborations that will continue long after the course is over.

Welcome to Athens and thank you for being part of this meeting.

Course Chairmen

Manos Antonogiannakis

Manos Brilakis

7th Athens Shoulder Course

Organizing & Scientific Committees

COURSE CHAIRMEN
Manos Antonogiannakis
Manos Brilakis

INTERNATIONAL SCIENTIFIC COMMITTEE
Ana Catarina Ângelo
Clara Azevedo
Berte Bøe
Enrico Gervasi
Maristella Saccomanno
Andreas Voss

CADAVER LAB COORDINATORS
Ioannis Chiotis
Anastasios Deligeorgis
Angelos Trellopoulos

PHYSIO COURSE COORDINATORS
George Gatos
Maria Patramani
Maria Papatzikou
Fay Pilafian

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Spyros Kalakonas
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13-15 March 2026

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Stations | Cadaver Sessions — Friday, 13 March 2026

08.00 - 10.00 VESALIUS LAB	STATION 1	STATION 2	STATION 3	STATION 4	
		TRANSOSSEUS	BICEPS AUGMENTATION	BONE BLOCK CERCLAGE	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	RC SINGLE ROW	RC REPAIR	RC REPAIR	RC REPAIR	ARTHROSCOPIC LATARJET
08.00 - 10.00 VITRUVIAN LAB	STATION 1	STATION 2	STATION 3	STATION 4	
	POSTERIOR LABRAL	BONE BLOCK BUTTONS			
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
				BANKART REPAIR ASA	PATCH AUGMENTATION
11.00 - 13.00 VESALIUS LAB	STATION 1	STATION 2	STATION 3	STATION 4	
	REMPLISSAGE	TRANSOSSEUS	RSA	BONE BLOCK CERCLAGE	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	OPEN LATARJET	PATCH AUGMENTATION	PATCH AUGMENTATION	INSTABILITY	ARTHROSCOPIC LATARJET
11.00 - 13.00 VESALIUS LAB	STATION 1	STATION 2	STATION 3	STATION 4	
	RC DOUBLE ROW	BONE BLOCK BUTTONS		RSA	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	RSA	RSA		RC DOUBLE ROW	RC DOUBLE ROW
14.00-16.00 VITRUVIAN LAB	STATION 1	STATION 2	STATION 3	STATION 4	
	RC SINGLE ROW	TRANSOSSEUS	RC SINGLE ROW	OPEN LATARJET	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	OPEN LATARJET	INSTABILITY	INSTABILITY	PATCH AUGMENTATION	ARTHROSCOPIC LATARJET
14.00-16.00 VITRUVIAN LAB	STATION 1	STATION 2	STATION 3	STATION 4	
		RC DOUBLE ROW		RSA	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	RSA	RSA	TSA	RC SINGLE ROW	RC DOUBLE ROW
17.00-19.00 VESALIUS LAB	STATION 1	STATION 2	STATION 3	STATION 4	
	RSA	LOWER TRAPEZIUS TRANSFER	RC DOUBLE ROW	LATISSIMUS DORSI TRANSFER	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	DAS	VERSO	VERSO	RSA	ARTHROSCOPIC ASSISTED LATARJET
17.00-19.00 VITRUVIAN LAB	STATION 1	STATION 2	STATION 3	STATION 4	
				RSA	
	STATION 5	STATION 6	STATION 7	STATION 8	STATION 9
	RSA				

7th Athens Shoulder Course

SCIENTIFIC PROGRAM — Saturday, 14 March 2026

08:00 - 08:50 SESSION 1

Moderators: **Berte Bøe - Ioannis Chiotis**

RC tears classification. Systems used and their value in everyday practice
Angelos Trellopoulos

What is the natural history of RC tears?
Hany Ahmed Elsayed Ahmed

What the surgeon wants to know from the clinical evaluation and the MRI
Knut Beitzel

When is a tear reparable, and how to decide it
Benjamin Marjanovic

08:50 - 09:40 SESSION 2 | Mini Battle #1 Partial thickness tear (MINI BATTLES)

Moderators: **Ana Catarina Ângelo - Michael Hantes**

My approach with biological agents and Physiotherapy
Manos Brilakis

My approach to in situ repair
Maristella Saccomanno

My approach is to complete the tear and repair
Emilio López-Vidriero

Expert commentary (pitfalls, variations, tricks)
Frank Martetschlaeger

Discussion

09:40 - 10:00 Coffee Break

10:00 - 10:30 SESSION 3 | Opening & Greetings

Manos Antonogiannakis - Manos Brilakis

SCIENTIFIC PROGRAM — Saturday, 14 March 2026

10:30 - 10:50 — SESSION 4 | Keynote lecture 1

Moderators: **Anastasios Georgoulis - Enrico Gervasi**

All My Tricks to Achieve a Complete Repair with single row, double row, transosseous repair
Manos Antonogiannakis

Discussion

10:50 - 11:40 — SESSION 5 | The LHB in the treatment of rotator cuff tears

Moderators: **Christos Koukos - Andreas Voss**

Anterior Cable Reconstruction and biceps rerouting
Nuno Gomes

Biceps interposition
Maristella Saccomanno

Biceps SCR
Achilleas Boutsiades

The "Box" Technique
Emmanouil Fandridis

Physio Comments: **Maria Patramani**

Practical case interactive discussion

11:40 - 12:30 — SESSION 6 | Mini Battle #2

Moderators: **Emmanouil Fandridis - Maristella Saccomanno**

Why I believe in the transosseous repair and how I do it
Manos Antonogiannakis
Alessandro Castagna
Filip Hudeček
Pol Huysmans

12:30 -13:30 — Lunch Symposium *(Please see page 27)*

Planning for Success: Case Discussions in Shoulder Treatment
K. Beitzel, G. Zanaros, A. Voss, S. Greiner

SCIENTIFIC PROGRAM — Saturday, 14 March 2026

13:30 - 14:20 SESSION 7 | When It Gets Tough: Massive, Revision & Irreparable Tears

Moderators: **Paolo Paladini - Andreas Panagopoulos**

SCR
Ana Catarina Ângelo

Lower trapezius transfer
Peter Vezeridis

Balloon Spacer
Ladislav Kovačič

RSA as a bailout
Angelo Di Giunta

Case-based discussion: "How far would you go before converting to RSA?"
Paolo Paladini

Physio Comments: **Iakovos Pelekis**

Discussion

14:20 - 14:40 SESSION 8 | Keynote Lecture 2

KEYNOTE

Moderators: **Alessandro Castagna - Dimitrios Koulalis**

Superior Capsule Reconstruction Using Fascia Lata Autograft – Why I Choose to Stick with the Original Graft. The European Perspective
Clara Azevedo

Discussion

14:40 - 15:30 SESSION 9 | Healing, Failure & What Comes After the Surgery

Moderators: **Michael Iosifidis - Panagiotis Koulouvaris**

Current Concepts on biological healing
Michael Hantes

Why do repairs fail?
Arasch Wafaisade

Rehabilitation: early vs delayed protocols
Maria Papatzikou

PRE-RECORDED

My biggest failure and what I learned from it
Emilio Calvo

Discussion

SCIENTIFIC PROGRAM — Saturday, 14 March 2026

15:30 - 16:00 Coffee Break

16:00 - 16:50 SESSION 10 | The Healing of the Rotator Cuff - My Biological Approach: Pre -, Intra-, and Postoperative

Moderators: **Nuno Gomes - Spyridon Plessas**

Using the Long Head of Biceps as a biological enhancement
Dimitris Alexakis

Using Nano-fractures
Miguel Angel Ruiz Ibán

Using PRP, stem cells and biologics
George Arealis

Using supplements
Andreas Voss

Physio Comments: **Maria Gkini**

Discussion

16:50 - 17:40 SESSION 11

Moderators: **Manos Antonogiannakis - Manos Brilakis**

Is it frozen shoulder or something else? Distinguishing primary vs secondary stiffness. When is MRI helpful, and when is it misleading?
Ahmed Hany

Do conservative options work in adhesive capsulitis? What is the role of physiotherapy, corticosteroids, PRP, hydrodilatation, and ultrasound guidance
Mohamed Aboelnour

Arthroscopic Capsular Release Techniques, Indications, and risks
Maged Samy

Stiffness After Shoulder Arthroscopy. What are the measures to prevent re-stiffness
Amr Rashwan

Discussion

Physio Comments: **Maria Papatzikou**

17:40 - 18:00 SESSION 12 | Rapid Fire Case Discussion

Moderators: **Anastasios Deligeorgis - Panagiotis Papadopoulos**

This is a 61-year-old right-hand-dominant male electrician who sustained a right shoulder injury 3 years prior to presentation. He reported pain, although he maintained an almost full range of motion. Imaging revealed a moderate supraspinatus tear (Patte grade 1–2) with involvement of the upper subscapularis. He underwent shoulder arthroscopy consisting of supraspinatus repair with superior capsular reconstruction using the long head of the biceps tendon, along with repair of the upper part of the subscapularis. A standard postoperative rehabilitation protocol was followed

However, several months after surgery, the patient continued to report persistent pain and stiffness. He stated that he was unable to return fully to his professional activities as an electrician. Postoperative MRI demonstrated good structural healing of the repair, although the tendon footprint appeared slightly more medialized. To further investigate, a second-look needle arthroscopy was performed, confirming satisfactory tendon healing and repair integrity. Inflammatory markers were negative.

Would you re-operate? What drives your surgical decision here?
Panagiotis Pantos

How would you approach rehab with return to full activity in mind?
Maria Patramani

Would you inject this shoulder before doing anything else?
Efstathios Chronopoulos

PRE-RECORDED

Capsular release? Which parts exactly, and why?
Michel Azar

Discussion

SCIENTIFIC PROGRAM

Sunday, 15 March 2026

08:05 - 08:55

SESSION 13

Moderators: **Franscesco Franceschi - George Panagopoulos**

Anatomic shoulder arthroplasty. Current concepts and indications
John G. Costouros

How do I do an anatomic TSA, and how do I balance the soft tissues?
Olivier Verborgt

Modern anatomic TSA: implants, stems, and glenoids
George Zanaros

Will there be a place for anatomic shoulder arthroplasty in the future?
Paolo Paladini

Discussion

Physio Comments: **Evangelos Georgakopoulos**

08:55 - 09:55

SESSION 14

Moderators: **Andreas Leonidou - Carlo Massoni**

Biomechanics of reverse shoulder arthroplasty
Pol Huysmans

Primary reverse shoulder arthroplasty – Lateralisation and distalization provide the best results and reduce complications
George Zanaros

How to plan soft tissue balancing from pre- to post-operative
Alfonso Maria Romano

Reverse shoulder arthroplasty with subscapularis preservation. Technique and results
Zinon Kokkalis

Results of navigation in RSA. Is it worth it?
Alexander Lädermann

Discussion

SCIENTIFIC PROGRAM — Sunday, 15 March 2026

09:55 - 10:45 SESSION 15 | Reverse Shoulder Arthroplasty - A lasting solution for all our problems?

Moderators: **Clara Azevedo - Panagiotis Pantos**

RSA for irreparable cuff tears – still a viable solution?
Carlo Massoni

Humeral Stem in RSA – Does the size matter?
Francesco Franceschi

What are the long-term results of the use of short stems in RSA?
Ofer Levy

Glenoid Positioning: Is Augmentation the New Standard?
Olivier Verborgt

Discussion

Physio Comments: **George Koumantakis**

10:45 - 11:15 Coffee Break

11:15 - 11:30 SESSION 16

Moderators: **Berte Bøe - Zinon Kokkalis**

Glenoid exposure: My best tips for tough cases
Enrico Gervasi

Discussion

SCIENTIFIC PROGRAM — Sunday, 15 March 2026

11:30 - 12:20 SESSION 17 | Mini Battle #3

Moderators: **Emilio Calvo - Ofer Levy**

Lateralisation from the Glenoid: Controlled Power & Stability
Nicolas Bonnevialle

Lateralisation from the Humerus: Simplicity & Efficiency
Miguel Angel Ruiz Ibán

Combined Lateralization : Balance is the Key
Geoffroy Nourissat

Augmented Glenoids, Custom Implants, and Modular Adaptability
Alexander Lädermann

Discussion

12:20 - 13:10 SESSION 18 | Robotics and Planning

Moderators: **Benjamin Marjanovic - Giuseppe Milano**

3D planning for reverse shoulder arthroplasty. Why and how to plan?
Grigoris Avramidis

Mixed reality in reverse shoulder arthroplasty. Where are we today
Peter Vezeridis

How I plan my shoulder arthroplasties. The evolution of my experience and the lessons learned
John Costouros

Return to sport after shoulder arthroplasty in recreational athletes
Alessandro Castagna

Discussion

Physio Comments: **Spyros Gigourtakis**

13:10 - 13:55 Lunch Break - World Surgery Tour - Screening

SCIENTIFIC PROGRAM

Sunday, 15 March 2026

13:55 - 14:55 SESSION 19

Moderators: **Edward McFarland - Dimitris Alexakis**

The evolution of RSA: from a salvage procedure to a precision tool
Olivier Verborgt

How to revise the failed anatomic shoulder arthroplasty
John Ferousis

How to manage a failed reverse shoulder arthroplasty
Stefan Greiner

The infected SA. Current concepts and proper management
Ofer Levy

Instability in reverse shoulder arthroplasty. Why it may happen and how to manage
Giuseppe Milano

Discussion

Physio Comments: **John Makras**

14:55 - 15:45 SESSION 20

Moderators: **John Ferousis - Peter Vezeridis**

Why Posture is Important in RSA
Stefan Greiner

ONION technique of RSA for fractures
Francesco Francheschi

Is RSA the best treatment for proximal humeral fractures in the elderly?
Andreas Panagopoulos

Reverse shoulder arthoplasty in procimal humerus fractures. Are we treating the bone or the biology?
Namdev Gorgile

Discussion

Physio Comments: **Athanasios Koutsouradis**

SCIENTIFIC PROGRAM — Sunday, 15 March 2026

15:45 - 16:15 Coffee Break

16:15 - 16:35 SESSION 21 | Keynote Lecture #4

Moderators: **Efstathios Chronopoulos - Pericles Papadopoulos**

Destroyed revision glenoid and how to deal with it
Edward McFarland

Discussion

16:35 - 17:35 SESSION 22 | Live Planning | Reverse Shoulder Arthroplasty

Moderators: **Maristella Sacommano - Petros Priftis - Christos Baltas**

Ekliptik
Benjamin Marjanovic

Blueprint
John Costouros

Blueprint
Emilio Calvo

Brain
Geoffroy Nourissat

VIP
Andreas Voss

Blueprint
Alexander Lädermann

EBS
Manos Antonogiannakis

Discussion

17:35 - 17:55 SESSION 23 | Rapid Fire Case Discussion

Moderators: **Anastasios Deligeorgis - George Gatos**

A 55-year-old male, right-hand dominant and a recreational tennis player, was diagnosed with mild arthritis of the glenohumeral joint in his right shoulder and a rupture of the supraspinatus in 2009.

During that period, he underwent an arthroscopic repair of a partial tear of the supraspinatus using two knotless anchors, along with microfractures and biceps tenodesis. Arthroscopic findings revealed mild glenoid arthritis and cartilage damage. Initially, he responded well to treatment.

However, in 2013, he began experiencing pain and a reduction in range of motion (approximately 10 degrees in all directions). X-ray and MRI examinations revealed osteophytes. Since then, he has reported a gradual deterioration of joint mobility. His management included three platelet-rich plasma (PRP) injections, physiotherapy, and periodic use of nonsteroidal anti-inflammatory drugs (NSAIDs), yielding satisfactory clinical outcomes.

In 2017, he presented with further degeneration of the glenohumeral joint, continued decline in range of motion, presence of joint crepitus and persistent pain, but not worsened at night.

Clinical presentation:
Forward Flexion: 160 degrees,
External Rotation at 0 degrees: 40 degrees,
External Rotation at 90 degrees: 60 degrees,
Internal Rotation: L5 level

TSA is still the gold standard here
Maristella Saccomanno

RSA gives us more predictable outcomes
Alexander Lädermann

Not yet. Conservative + biologics first
Andreas Voss

PRE-RECORDED

Arthroscopy to buy time or downstage
Geoffroy Nourissat

Discussion

17:55 - 18:15 Closing Remarks

Manos Antonogiannakis - Manos Brilakis

7th Athens Shoulder Course

13-15 March 2026

Speakers - Chairmen - Moderators - Instructors

7th Athens Shoulder Course

Speakers - Chairmen - Moderators - Instructors

Mohamed Elmorsy Badran Aboelnour	Associate Professor Orthopedics and Traumatology, Faculty of Medicine, Mansoura University, Egypt
Dimitrios Alexakis	Director of Orthopaedics and Sports Injuries Department, Athens Euroclinic, Associate 3rd Orthopeadic Department, Hygeia Hospital, Athens, Greece
Amr Rashwan	Professor of Orthopedic Surgery-Kasr AlAiny, Cairo, Egypt
Ana Catarina Angelo MD	Co-founder of SHOULDER.PT, Surgeon and Elbow Units of Hospital SAMS Lisboa and Hospital CUF TEJO, Lisboa, Portugal
Manos Antonogiannakis MD	Orthopaedic Surgeon, Director, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Georgios Arealis MD, PhD, FRCS	Consultant Trauma and Orthopaedic Surgeon, East Kent Hospitals University NHS Foundation Trust, United Kingdom, Visiting Professor, Faculty of Medicine, Canterbury Christchurch University, UK
Grigorios P. Avramidis	Orthopaedic Surgeon & Sports Medicine, HYGEIA & MHTERA Hospital, Athens, Greece
Michel Azar	Orthopaedic Surgeon, ICR Nice, France
Clara Azevedo MD, PhD	Consultant Orthopaedic Shoulder and Elbow Surgeon, Co-founder of Shoulder.pt, SAMS Hospital, and CUF Tejo Hospital, Lisbon, Portugal
Knut Beitze M.A., MD	Head of Shoulder Surgery, Arthroscopy and Orthopedic Sportsmedicine, ATOS Orthoparc Clinic, Cologne, Research Consultant, Department of Orthopedic Sportsmedicine, Technical University, Munich, Germany
Berte Bøe MD, PhD	Complex Knee and Shoulder Surgeon, President of the Norwegian Society for Surgery of the Shoulder and the Elbow, Complex Knee and Shoulder Surgeon, Vice-General Secretary of ESSKA, Head of the Arthroscopy Unit, Division of Orthopaedic Surgery, Oslo University Hospital, Norway
Prof. Nicolas Bonnevialle MD, PhD	Président de la SFA, Chirurgie de l' Epaule, Clinique Universitaire du Sport, Hopital Pierre Paul Riquet, Toulouse, France

Achilleas Boutsiadis MD, PhD	401 Military Hospital of Athens, Bioclinic of Athens Advanced Shoulder Service, Athens, Greece
Manos Brilakis MD, MSc, PhD	Orthopaedic Surgeon, Director of Brilakis Orthopaedics, Psychiko Medical Center, Athens, Greece, Treasurer of Hellenic Association of Orthopaedic Surgery and Traumatology, Board Member of ESA, a section of ESSKA, Editorial Board member of Journal ISAKOS
Prof Emilio Calvo MD, PhD, MBA	Shoulder and Elbow Reconstructive Surgery Unit, Department of Orthopedic Surgery and Traumatology, Head, Fundación Jiménez Díaz, Universidad Autónoma, Madrid, Spain
Alessandro Castagna MD	Full Professor of Orthopaedics, Department of Biomedical Sciences, Humanitas University, Director Residency Program of Orthopaedics, Department of Biomedical Sciences, Humanitas University, Head Shoulder and Elbow Surgery Unit, Humanitas Research Hospital, Past-President European Shoulder and Elbow Society (SECEC/ESSSE), Past-President Italian Society Shoulder and Elbow Surgery (SICSeG), Member of International Shoulder and Elbow Surgery Board (IBSES), Milan, Italy
Ioannis Chiotis MD, PhD, MSc	Orthopaedic Surgeon, Consultant of 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Efstathios Chronopoulos MD	Associate Professor in Orthopaedics, School of Medicine, National & Kapodistrian University Athens Greece, Director: Laboratory for Research of Musculoskeletal System, President of Hellenic Association of Orthopaedic Surgery and Traumatology, Athens, Greece
John G. Costouros MD	Chief of Shoulder Surgery, Medical Director, Institute for Joint Restoration and Research, Menlo Park, CA, USA
Anastasios Deligeorgis	Orthopaedic Surgeon, Associate Director, 3rd Orthopaedic Department Hygeia hospital, IOC Diploma in Sports Medicine, Athens, Greece
Angelo Di Giunta	Orthopaedic Surgeon, Ortho Rehab Clinic, Catania, Italy
Hany Ahmed El Sayed	Assistant Professor of Orthopedic Surgery and Traumatology, Faculty of Medicine Fakeeh University, Jeddah, Saudi Arabia, Consultant of Shoulder and Elbow Arthroscopy

7th Athens Shoulder Course

Speakers - Chairmen - Moderators - Instructors

Emmanouil Fandridis	Orthopaedic Surgeon, Director, Hand-Upper Limb & Microsurgery Department, KAT General Hospital, Athens, Greece, President of the Hellenic Hand Surgery and Upper Limb Society 2023, Athens, Greece
John C. Feroussis MD, PhD	Senior Orthopaedic Consultant, Head, Orthopaedic Department, Shoulder Surgery Unit, Asklepieion Voulas Hospital, Athens, Greece
Francesco Franceschi	Department of Orthopedic Surgery and Traumatology, Associated Professor of Orthopedics, San Pietro Hospital Fatebenefratelli, Unicamillus University, Rome, Italy
Ilias Galanopoulos MD, PhD	Consultant orthopedic surgeon, 2nd Department of Orthopedics, 401 General Military Hospital of Athens, Greece
Georgios Gatos MD, MSc	Attending Orthopedic Surgeon 3rd Orthopedic Department, Hygeia Hospital, Athens, Greece
Evangelos Georgakopoulos	PT, MSc, Gestalt Psychotherapist, Physiotherapist - Psychotherapist, Athens, Greece
Anastasios Georgoulis	Professor of Orthopaedic Surgery Clinic, Hygeia Hospital, Athens, Greece
Dimitrios Gerogiannis MD	Orthopaedic Surgeon, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Enrico Gervasi	Head of the Shoulder Unit, Casa di Cura Giovanni XXIII, Monastier di Treviso (TV), Italy, Former President of SIA (Italian Society of Arthroscopy), Former Past President SIAGASCOT, Italy
Spyros Gigourtakis	PT, MSc, MCSP, BAHT
Apostolos Gkantsos MD, MSc	Senior Consultant General Hospital of Naousa, Greece
Maria Gkini	BSc, MSc Advanced Physiotherapist, Athens, Greece
Nuno Gomes MD	Shoulder and Elbow Surgeon, Vice-Chairman of European Shoulder Associates of ESSKA, Hospital da Luz Porto - Arrábida - Póvoa - Aveiro, Orthopaedics Dept Hospital Forças Armadas Porto, CH Póvoa Varzim - Vila do Conde

13-15 March 2026

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Namdev Gorgile MBBS, MS (ORTHO)	Fellow Shoulder and Elbow, Knee and Shoulder Surgeon (Private Clinic), Formerly, Associate Professor (Orthopaedics) Miraj Medical College, Miraj, India
Stefan Greiner MD	Shoulder and Elbow Specialist, Sporthopaedicum, Germany
Michael Hantes	Professor of Orthopaedics, Faculty of Medicine, University of Thessaly, ESSKA 2nd Vice President, Larissa, Greece
Ahmad Hany Khater	Professor of Orthopedic surgery, Consultant of Arthroscopy, Shoulder and Knee Surgery, Ain Shams University, Cairo, Egypt
Filip Hudecek MD	First Department of Orthopaedic Surgery, St. Anne's University Hospital and Faculty of Medicine, Masaryk University, Brno, Czechia, Co-founder & CEO, Drillbone
Pol Huysmans MD	The Hague, Netherlands
Michael Iosifidis MD, PhD	Orthopaedics and Sports Surgeon, Head of 3rd Orthopaedic Department, European Interbalkan Medical Center, Editorial Board American Journal of Sports Medicine, ESSKA's Orthobiologic Initiative Steering Group Orthobiology, Surgery Center, Thessaloniki, Greece
Panagiotis Kanellos	Senior Consultant Orthopaedic Surgeon, Hand, Upper Limb & Microsurgery Department, KAT General Hospital, Athens, Greece
Zinon Kokkalis MD, PhD	Associate Professor of Orthopaedic Surgery, University of Patras, School of Medicine, Patras, Greece
Christos Koukos	Sports Trauma and Pain Institute Thessaloniki, Medical Center Wuppertal, Germany
Dimitrios Koulalis MD, PhD	Assistant Professor in Orthopaedic Surgery, Consultant in Orthopaedic Surgery, 1st Orthopaedic Department, National Kapodistrian University of Athens, "Attikon" University Hospital, Athens, Greece
Panagiotis Koulouvaris MD, PhD	Consultant Orthopaedic Surgeon, Associate Professor Medical School, University of Athens, 1st Orthopaedical Clinic, "ATTIKON" General University Hospital, Greece

7th Athens Shoulder Course

Speakers - Chairmen - Moderators - Instructors

George A. Koumantakis	Assistant Professor, Member of Laboratory of Advanced Physiotherapy, Physical Therapy Department, School of Health & Care Sciences, University of West Attica, Athens, Greece
Athanasios Koutsouradis	Physiotherapist, Imta MT, Athens, Greece
Ladislav Kovačič MD	Arbormea medical - artro center, Ljubljana, Slovenija
Alexandros Kyriakos MD, MSc	Upper Limb Shoulder and Elbow Surgeon, Euromedica Clinic, Rhodos, Greece
Alexandre Lädermann MD	Privat-docent, Orthopaedic Surgeon FMH, Shoulder and Elbow Surgery Traumatology, Sports Medicine SSMS
Andreas Leonidou MSc, PhD, FRCS (Tr&Orth)	Director Orthopaedic Surgeon, Department of Minimally Invasive Orthopaedic Surgery, Athens Medical Centre, Greece
Ofer Levy MD MCh(Orth) FRCS	Director, Reading Shoulder Unit, Berkshire Independent Hospital, Reading, United Kingdom and Israeli Shoulder Institute, Professor of Orthopaedics, Barzilai Medical Centre, Ashkelon, Faculty of Health Sciences, Ben-Gurion University, Beer Sheva, Israel
Ioannis Makras	Physical Therapist - PE teacher
Dimitrios Mantakos	Orthopaedic Surgeon, Consultant, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Benjamin Marjanovic MD	Orthopaedic Hospital Valdoltra, Slovenija
Frank Martetschläger MD	Professor, Specialist for Complex Shoulder and Elbow Surgery, ATOS Clinic Munich, Instructor for DVSE, AGA, ESA-ESSKA, Germany
Carlo Massoni	Orthopaedic Surgeon, Clinica PIO XI, Rome, Italy
Edward McFarland MD, FAAOS, FACSM	Professor of Shoulder and Elbow Surgery, The Wayne H Lewis, Director Division of Shoulder and Elbow Surgery, Department of Orthopedic Surgery, The Johns Hopkins University, Baltimore, USA

Giuseppe Milano MD	Professor and Chairman of Orthopaedics, University of Brescia, Italy, Director, Unit of Orthopaedics, ASST Spedali Civili, Brescia, Italy
Geoffroy Nourissat MD, PhD	Chief of the Shoulder Department at Clinique des Maussins, Paris, France
Ilias Ntissios	Orthopaedic Surgeon, Sports Physician, Psychiko Medical Center, Greece
Paolo Paladini	Chief of Unit of Shoulder Surgery, Cervesi Hospital - Cattolica (Italy)
Georgios Panagopoulos MD PhD	Consultant Orthopaedic Surgeon, Athens Medical Center
Andreas Panagopoulos MD, PhD	Assistant Professor in Orthopaedics, Patras University Hospital, General Secretary of Hellenic Arthroscopic Association, Community Development Board member of AO Greek Chapter, Chairman of ISAKOS approved live-surgery course, Society member of SECEC/ESSE, ISAKOS, ESSKA , ICRS, Patras, Greece
Panagiotis Pantos MD, MSc, PhD	Orthopaedic Surgeon, Director of Upper Limb Unit, Athens Medical Center, Athens , Greece
Panagiotis Papadopoulos	Orthopaedic Surgeon, Consultant, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Pericles Papadopoulos	MD, Professor in Orthopaedics, Chairman of the 2nd Orthopaedic Department, Head of the Medical Staff of PAOK FC & Academies, Aristotle University of Thessaloniki, G. Gennimatas Hospital, Thessaloniki, Greece
Maria Papatzikou	Physiotherapist NDT, Brilakis Orthopaedics, 3rd Orthopaedic Department, Hygeia Hospital Athens, Greece
Maria Patramani	Physiotherapist, Scientific Collaborator, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Iakovos Pelekis	Physiotherapist, Athens, Greece

7th Athens Shoulder Course

Speakers - Chairmen - Moderators - Instructors

Andreas Piskopakis	Orthopaedic Surgeon, Co Director of Orthopaedics and Sports Medicine, Athens Medical Center, Greece
Spyridon Plessas	General Hospital of Nikaia "Saint Panteleimon", Piraeus, Greece, President of Hellenic Association of Arthroscopy, Knee Surgery and Sports Traumatology "George Noulis"
Ioannis Polyzois MB, ChB, FRCS, FEBOT	Consultant Trauma & Orthopaedics, Athens and Interbalkan Medical Centres, Greece
Petros Priftis	Msc in Advanced Manufacturing Systems and Technology, Technical Partner of the 3rd Orthopaedic Clinic of Hygeia, Athens, Greece
Alfonso Maria Romano	Orthopedic Division, Campolongo Hospital, Salerno, Italy
Miguel Angel Ruiz Ibán MD, PhD	Head of the Shoulder and Elbow Unit, Hospital Universitario Ramón y Cajal Unidad de Hombro y Codo, Madrid, Spain
Maristella F. Saccomanno MD PhD	Assistant Professor of Orthopaedics, University of Brescia, Italy
Prof. Maged Samy	MD, MRCS, Prof. of Orthopaedic Surgery, Ain Shams University, Cairo, Egypt
Apostolos Stathellis MD, PhD	Orthopaedic Surgeon, Sports Medicine, AGA Arthroskopeur, Consultant, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Angelos Trellopoulos MD, MSc	Orthopaedic Surgeon, Consultant, 3rd Orthopaedic Department, Hygeia Hospital, Athens, Greece
Ioannis Tsolos	Orthopaedic Surgeon, Metropolitan Hospital, Athens, Greece
Prof. Olivier Verborgt	Shoulder Surgery, Chair Department of Orthopaedics & Traumatology, AZ Monica, Orthopedic Center Antwerp (Orthoca), Antwerp, Belgium President Belgian Shoulder and Elbow Society
Peter S. Vezeridis MD	Orthopaedic Surgeon, Boston, Massachusetts, USA

Emilio Lopez Vidriero	Specialist in Traumatology and Orthopaedic Surgery, Medical Director of ISMEC International Sports Medicine Clinic, Seville, Spain, Member of the Royal Academy of Medicine and Surgery of Seville, Official Traumatologist for the Madrid Open Mutua Masters 1000 tennis tournament, Consultant for national and international football players and teams, Consultant for professional athletes and Olympic federations, Fellow in Arthroscopy, Sports Medicine, and Upper Extremity from the Arthroscopy Association of North America and the Hospital and University of Ottawa, Canada
Andreas Voss MD	Associate Professor, Sporthopaedicum Regensburg, Germany
Sotiria Vrouva	PT, MSc, PhD, Head of Physiotherapy Department 401 General Army Hospital, Academic Fellow of Physiotherapy Department, University of West Attica, Scientific Associate of 3rd Orthopaedic Clinic, Athens, Greece
Arasch Wafaisade	Senior Physician, Head of Section for Arthroscopic and Reconstructive Joint Surgery, Sports Traumatology, Department of Orthopedics, Trauma Surgery and Sports Traumatology, Chair of the University of Witten/Herdecke, Cologne, Germany
George Zanaros MD	Clinical Assistant Professor Department of Orthopaedic Surgery, Albany Medical Center, Vice President Bone and Joint Center, Albany, NY, USA
Miltiadis Ziogas MD, PhD, HA, MC	Head, A' Orthopaedic Department, 401 General Army Hospital of Athens, Greece

7th Athens Shoulder Course

13-15 March 2026

Lunch Symposiums

Planning for Success:
Case Discussions in Shoulder Treatment

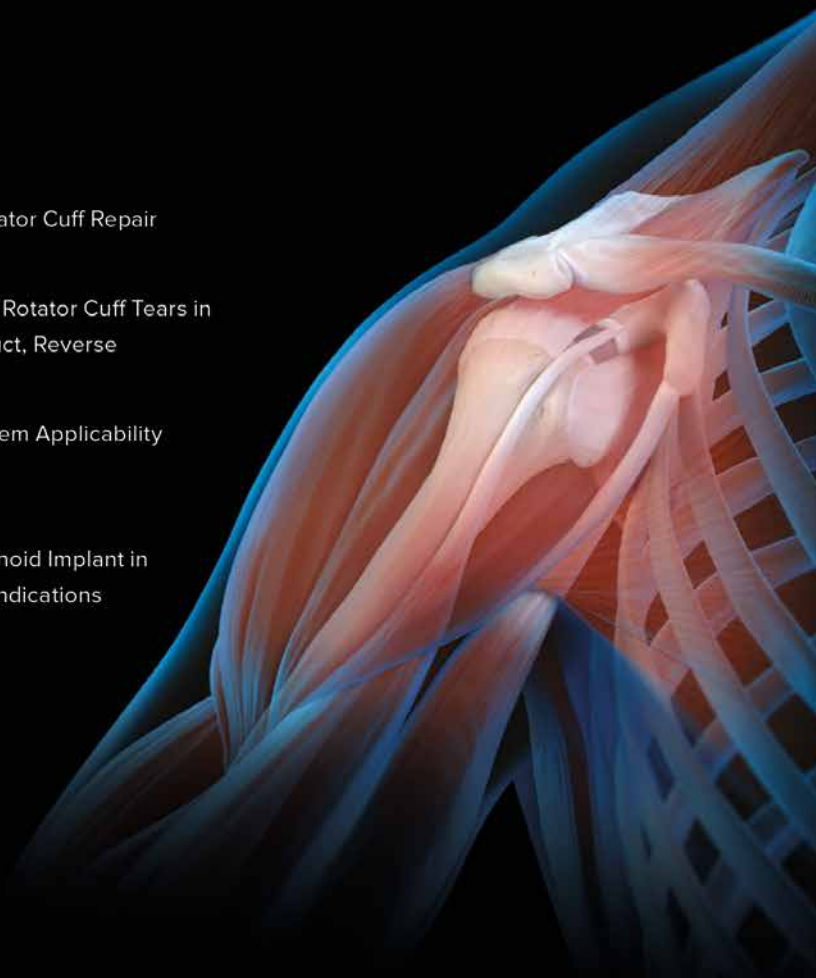
Lunch Workshop

March 14, 2026 | 12:30-13:30 | Room: Banquet

Moderator: Knut Beitzel

Topics

- Latest Innovations in Rotator Cuff Repair
  Knut Beitzel
- My Approach to Massive Rotator Cuff Tears in 2026... Repair, Reconstruct, Reverse
  George Zanaros
- Univers Revers™ Short Stem Applicability in Shoulder Treatment
  Andreas Voss
- Augmented Modular Glenoid Implant in Complex Reverse Case Indications
  Stefan Greiner



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7th Athens Shoulder Course

General Information

DATES, VENUES & HALLS

Theoretical Sessions 14-15 March 2026
Megaron Athens International Conference Center:
Address: 1 Kokkali St. & Vas. Sofias Ave., 115 21, Athens, Greece

Practical Sessions on cadavers • Physiotherapist's Course 13 March 2026
ATT Center: Address: 35 Sorou St., 151 25, Athens, Greece

EXHIBITION

The exhibition is located at the foyer of the Banqueting Hall of the Megaron Athens International Conference Center.

PRESENTATIONS RECEPTION DESK

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

CERTIFICATE OF ATTENDANCE

Certificates of attendance will be sent by e-mail to registered participants, after the conclusion of the course, provided they have completed the electronic evaluation form.

WEBSITE

www.athens-shoulder-course.com

WI-FI

Free network: ASC

CME Credits

"The **7th Athens Shoulder Course**, Athens, Greece, 13/03/2026 - 15/03/2026 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCMER) with 24 European CME credits (ECMECRs). 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 Europeenne des Medecins Specialistes and the American Medical Association, physicians may convert EACCMER credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCMER 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 UEMSEACCME R for ECMECRs 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."

13-15 March 2026

www.athens-shoulder-course.com

4 reasons to attend

1

World-Class Faculty

Meet and learn from leading international shoulder surgeons who will share their experience, techniques, and real-world solutions for challenging shoulder problems.

2

Interactive & Dynamic Format

This is not a passive meeting. Mini-battles, case discussions, rapid-fire sessions, and expert panels create an engaging environment where different strategies are openly debated.

3

Surgeons & Physiotherapists Together

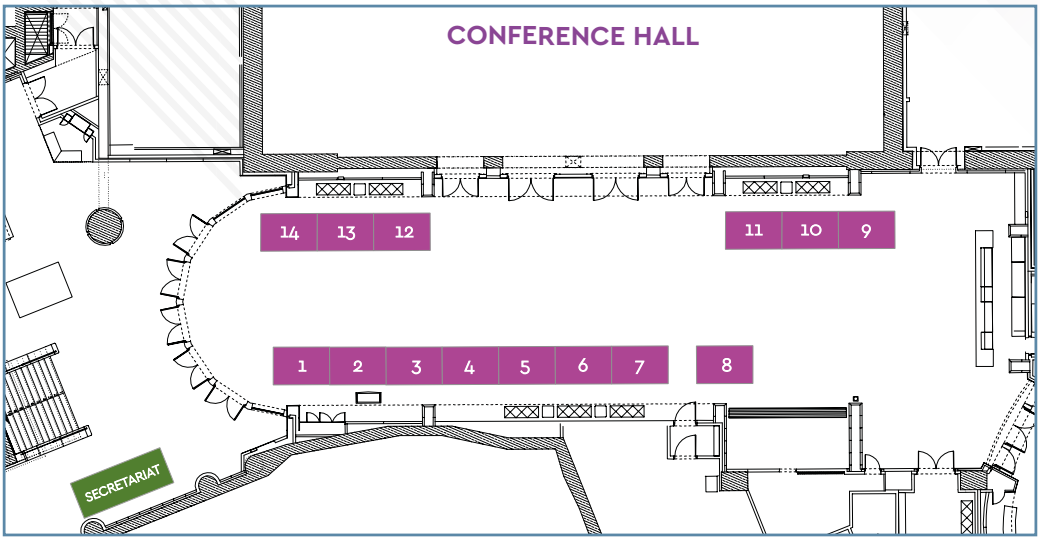
A unique feature of the Athens Shoulder Course is the integration of physiotherapy perspectives within the scientific sessions, promoting true multidisciplinary shoulder care from surgery to rehabilitation.

4

Practical Insights You Can Apply Immediately

From rotator cuff reconstruction and biologic augmentation to modern shoulder arthroplasty and digital planning, the course focuses on practical knowledge that can directly improve daily clinical practice.

Exhibition Floorplan



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No 10 & 11	OSTEOCELL - ENOVIS
No 12 & 13	ARTHREX
No 14	DMPS

Acknowledgments

The organizing committee would like to thank all sponsors and exhibitors for their contribution and active involvement to the success of the course.

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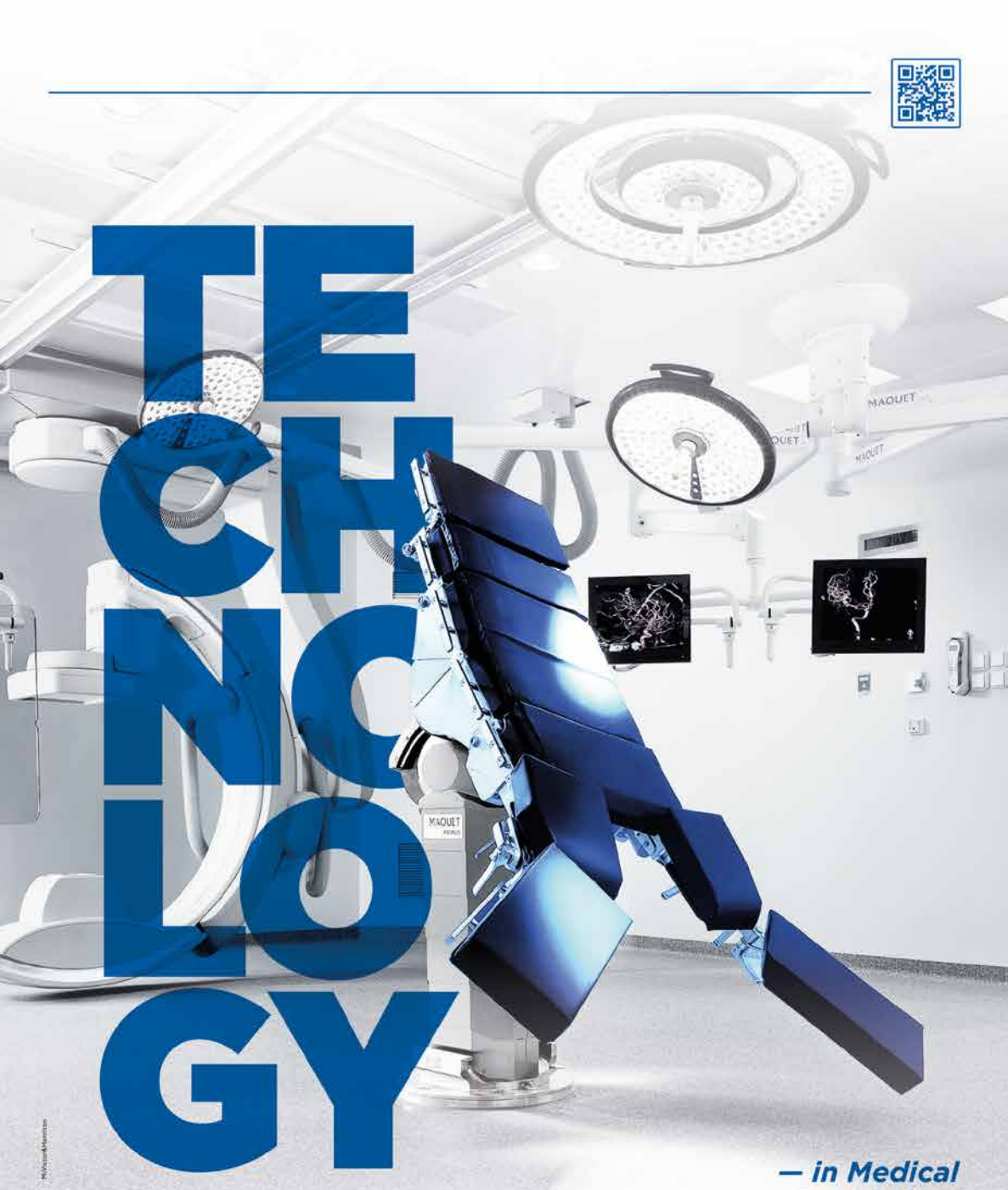

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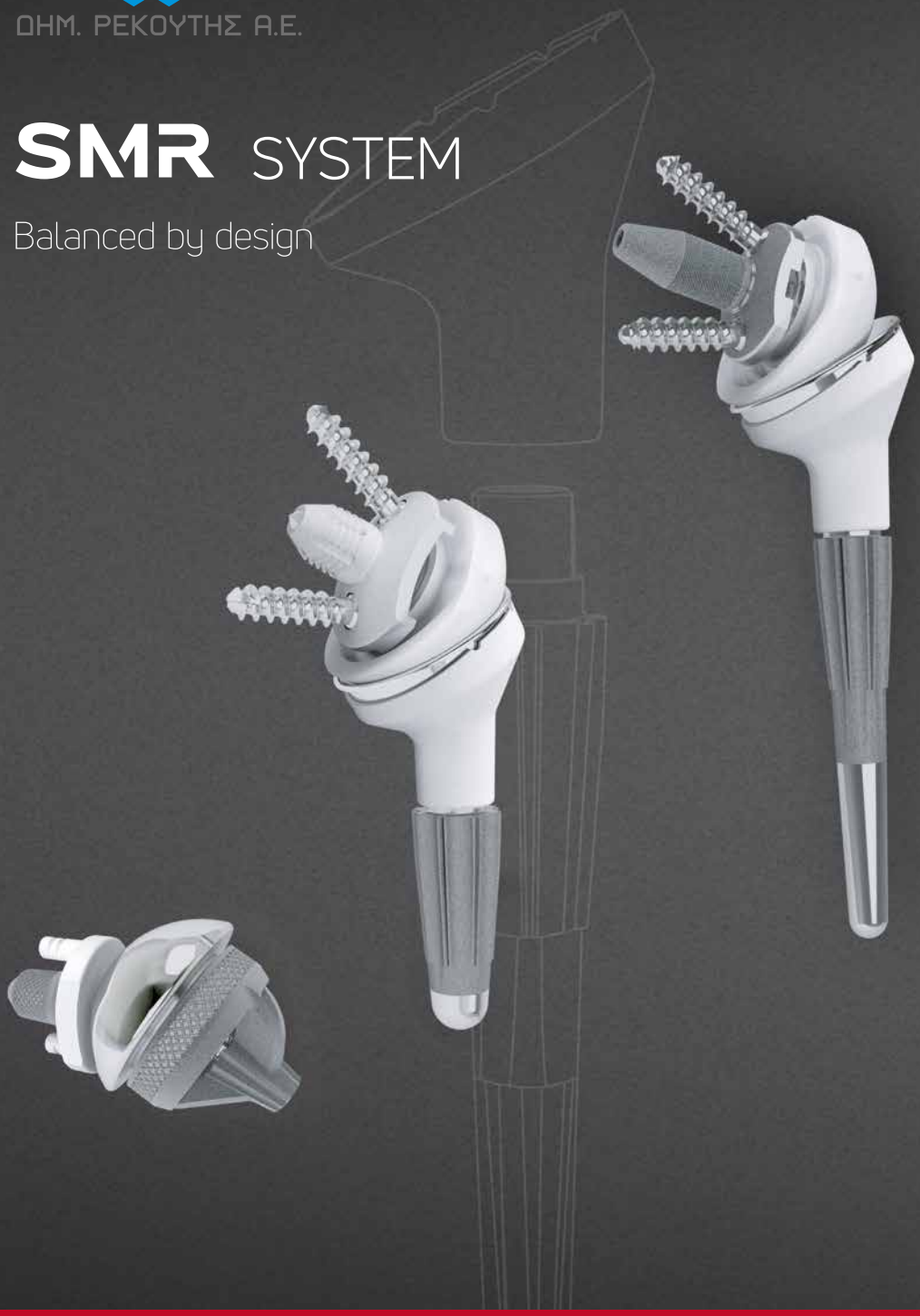

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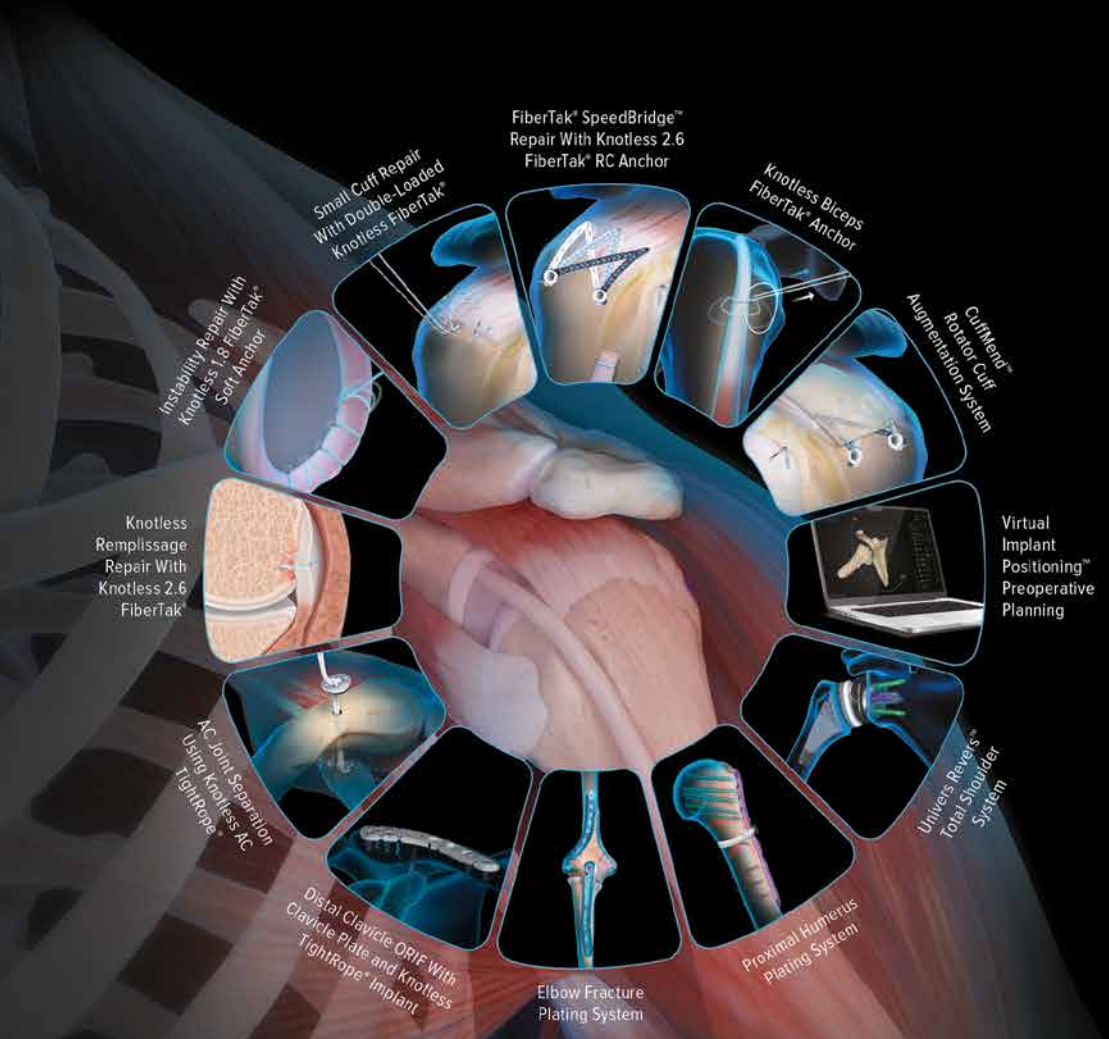

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