ORGANIZED BY

HELLENIC ASSOCIATION OF ARTHROSCOPY, KNEE SURGERY & SPORTS TRAUMATOLOGY «GEORGIOS NOULIS»

11th Hellenic Congress of Arthroscopic Surgery and Sports Injuries



17-20 JUNE 2026

Conference and Cultural Center of the University of Patras

Patra

Cadaveric Workshop
17 June
Anatomy Lab, University of Patras

UNDER THE AUSPICES:

Under the Patronage of ESSKA

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PROGRAM

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WELCOME ADDRESS

Dear Colleagues,

It is with great pleasure and honor that we invite you to participate in the **11th Hellenic Congress of Arthroscopic Surgery and Sports Injuries,** organized by the Hellenic Arthroscopic Association, which will take place in Patras **from June 17th to June 20th, 2026**.

The proceedings of the congress will be hosted at the modern facilities of the Conference and Cultural Center of the University of Patras. At the same time, the established educational cadaveric workshop will be held, offering high-level theoretical and practical training. The cadaveric course will take place on June 17th at the Anatomy Laboratory of the Department of Medicine, University of Patras.

The scientific program features distinguished speakers from Greece and abroad, covering the entire spectrum of arthroscopic surgery, knee surgery, and sports injuries, with an emphasis on current advancements, techniques, and therapeutic approaches.

We invite you to honor the congress with your active participation and presence, contributing to the scientific dialogue and the exchange of knowledge and experience. At the same time, the social events organized within the framework of the congress will provide the opportunity to develop professional and collegial relations in a friendly and creative environment.

We look forward to welcoming you to Patras for four days of substantial scientific update, education, and fruitful exchange of views.

Sincerely,

On behalf of the Organizing Committee,

Spyridon I. Plessas
President of the Hellenic Arthroscopic Association



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WEDNESDAY, 17th JUNE, 2026

CADAVERIC COURSE

Anatomy Lab, University of Patras

CADAVER CONGRESS PRE-COURSE SURGICAL SKILLS WORKSHOPS

Congress registrants will have the chance to be introduced to arthroscopy surgery and to practice cutting-edge surgical techniques on cadaver specimens. These intensive workshops provide practical learning opportunities enhanced by expert-led surgical demonstrations with maximum time for hands-on lab, and discussion.

Workshop Objectives

- **Enhance knowledge:** Participants will gain a comprehensive understanding of the latest advancements in surgical management.
- **Develop surgical techniques:** Learn basic and advanced surgical techniques with a focus on maximizing hands-on opportunities to refine participant skills for improved surgical outcomes.
- **Address emerging trends and technologies:** Discuss the latest advancements in knee or shoulder surgery and become familiar with new technologies and their potential benefits.
- **Network with peers:** Connect with fellow physicians and build relationships that can support your professional growth.

Cadaveric Course Coordinators:

Plessas I. Spyridon, Gkliatis Ioannis, Syggelos Spyridon

Organizers: Zibis Aristides, Chiotis Ioannis

Trainers:

Alaseirlis Dimosthenis
Alexakis Dimitrios
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WEDNESDAY, 17th JUNE, 2026

12:30-14:30	**CC FIRST SESSION**
	Knee Basics, Portals, Diagnostic Arthroscopy, Debridement, Meniscectomy when and why, microfractures **Shoulder** Basics, Portals, Diagnostic Arthroscopy
14:30-15:30	***Light Lunch***
15:30-17:30	**CC SECOND SESSION**
	Knee Meniscal Repair different techniques, ACL Reconstruction Hamstrings, QT, BTB, all the types of Graft **Shoulder** Bankart Repair, Biceps Tenodedis (SSC repair)
17:30-19:30	**CC THIRD SESSION**
	Knee Lateral Extraarticular Tenodesis Lemaire, Anterolateral Ligament ALL **Challenging Technique** Posterolateral Corner Anatomy and PLC Reconstruction **Shoulder** RC Repair, single Row, Double Row



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Cadaveric Workshop
17 JUNE

SCIENTIFIC PROGRAM

THURSDAY, 18th JUNE 2026

MAIN HALL

08:00-08:30	***General Assembly***
08:30-10:00	**FREE PAPERS**
	MENISCUS, MPFL, CARTILAGE
	Chair: **M. Ziogas, D.Georgoulis**
10:00-11:15	**ROUND TABLE - KNEE SESSION 1**
	ACL
	THE INDIVIDUALIZED PRIMARY ACL RECONSTRUCTION
	Chair: **N. Piskopakis, V. Chouliaras**
10:00-10:10	What influences my Graft Choice **N. Konstantinou**
10:10-10:20	ACL repair, when and how **D. Günther**
10:20-10:30	When to add a LET? **V. Raoulis**
10:30-10:40	ACL Repair options in pediatric and adolescent patients **G. Karachalios**
10:40-10:50	Primary ACL Repair in modern Sports Medicine **M. Piracci**
10:50-11:00	Advanced imaging and biomarker assessment in the POST ACL Knee —What are they teaching us? **J. Spang**
11:00-11:15	Discussion



THURSDAY, 18th JUNE 2026

MAIN HALL

11:15-11:40	**ACL VIDEO PRESENTATIONS**
	Chair: **M. Iosifidis, Per. Papadopoulos**
11:15-11:25	Quad tendon harvesting demostation for ACL Reconstruction video Presentation **Th. Dimitriadis**
11:25-11:35	LET demonstration for ACL Reconstruction video Presentation **P. Kouloumentas**
11:35-11:40	Discussion
11:40-12:00	***Coffee Break***
12:00-12:30	**MINI BATTLES: ACL 1**
	Chair: **M. Drakoulakis, I. Tzellios**
	For my Extraarticular Tenodesis I use:
12:00-12:08	a) Lemaire **E. Papasoulis**
12:08-12:16	b) Antero Lateral Ligament **V. Sakellariou**
12:16-12:24	c) Elison **A. Piskopakis**
12:24-12:30	Discussion
12:30-13:00	**MINI BATTLES: ACL 2**
	Chair: **N. Piskopakis, P. Triantafyllidis**
	For my professional Athletes I use:
12:30-12:38	a) Bone Patella Graft **C. Theos**
12:38-12:46	b) Quad Tendon Graft **C. Giannakopoulos**
12:46-12:54	c) Hamstring Graft **L. Benakis**
12:54-13:00	Discussion



THURSDAY, 18th JUNE 2026

MAIN HALL

13:00-14:30	ROUND TABLE - KNEE SESSION 2
	MENISCUS Chair: **V. Chouliaras, Th. Bouras**
13:00-13:06	Pie crusting, save the cartilage **E. Kavroudakis**
13:06-13:12	All-inside repair technique tips and tricks **G. Papadopoulos**
13:12-13:18	Inside-out, is it still the gold standard **C. Papadopoulos**
13:18-13:24	Outside-in technique, an alternative tool **S. Koliatzakis**
13:24-13:34	Results of large bucket handle tear repair with and without ACL-R Bucket handle tears **R. Siebold**
13:34-13:40	Recognize Ramp lesions and treatment **V. Chouliaras**
13:40-13:46	Radial tears, are they repairable? **P. Kakavas**
13:46-13:52	Medial meniscus Root tears **S. Davelis**
13:52-13:58	Lateral meniscus Root tears **Ch. Lyrtzis**
13:58-14:04	Meniscus centralization - how I do it - tips and tricks **T. Bouras**
14:04-14:10	Cleavage tear, can we repair it? **M. Savvidis**
14:10-14:16	Biologic and Mechanical augmentation of meniscal repair **G. Skarpas**
14:16-14:30	Discussion
14:30-16:00	***Light Lunch***



THURSDAY, 18th JUNE 2026

MAIN HALL

15:20-16:00	**Instructional Course:** **Modern Approaches for Meniscal Repair** Chair: **P. Kouloumentas**
15:20 – 15:35	Anatomical backround to the Meniscus Treatment **R. Śmigielski**
15:35-16:00	Case-based experience with FiberStitch™ 1.5 **P. Kouloumentas, V. Sakellariou, C. Theos**
16:00-17:30	**ROUND TABLE - SHOULDER SESSION 1**
	Chair: **I. Chiotis, I. Polyzois**
16:00-16:10	The Stanmore triangle of instability **I. Ntisios**
16:10-16:20	Open or Arthroscopic Bankart? **A. Stathellis**
16:20-16:30	When not to do a simple Bankart Repair, the Glenoid track concept **P. Pantos**
16:30-16:40	Arthroscopic Posterior Augmentation Remplissage is the way **N. Sachinis**
16:40-17:30	**The glenoid bone loss Reconstruction**
16:40-16:48	a) Bone blocks **A. Trellopoulos**
16:48-16:56	b) Latarjet **I. Galanopoulos**
16:56-17:06	What after a failed Latarjet **E. Brillakis**
17:06-17:16	Posterior instability, is not as rare as we believe **E. Taverna**
17:16-17:30	Discussion

THURSDAY, 18th JUNE 2026

MAIN HALL

17:30-17:50 KEY LECTURE 1

Chair: **D. Mastrokalos**

Zone specific synovial attachment of the lateral meniscus: A histologic study and consequences for repair
R. Siebold

17:50-18:10 KEY LECTURE 2

Chair: **C. Papageorgiou**

How to manage anterior traumatic glenohumeral instability
E. Taverna

18:10-18:30 KEY LECTURE 3

Chair: **P. Kouloumentas**

My perspective in Meniscal Repair
R. Śmigielski

18:30-19:40 ROUND TABLE - SHOULDER SESSION 2

EVERYTHING ABOUT ROTATOR CUFF TEAR, FROM PARTIAL TO MASSIVE

Chair: **M. Iosifidis, Z. Kokkalis**

18:30-18:40 How Can We Optimize a Primary Rotator Cuff Repair to Reduce Re-tear Risk?
D. Gerogiannis

18:40-18:50 The management of the long head of the biceps in rotator cuff repai.
Z. Kokkalis

18:50-19:00 Importance of Subscapularis: diagnostic, new treatment techniques, and salvage procedures
M. Karahan



THURSDAY, 18th JUNE 2026

MAIN HALL

19:00-19:10	Partial, Small, and Medium Cuff Tears **P. Mitsikostas**
19:10-19:20	Single or double row repair **I. Patsopoulos**
19:20-19:30	Improving Healing Rates in Rotator Cuff Tear Repair **Pan. Papadopoulos**
19:30-19:40	Discussion
20:00-21:00	**Opening Ceremony - Greetings** **Honoring speeches** The History of Arthroscopy **Michael Iosifidis** Hygeia From Homer to Gale **Pantelis Nikolaou**
21:00	**Welcome Reception**

PARALLEL HALL

08:15-10:00	**FREE PAPERS *(PARALLEL HALL)***
	SHOULDER Chair: **A. Karagiannis, F. Xypnitos**



FRIDAY, 19th JUNE 2026

MAIN HALL

08:15-09:45	**FREE PAPERS**
	ACL, KNEE
	Chair: **M. Tiliakos, S. Maris**
09:45-11:15	**ROUND TABLE - HIP SESSION**
	Chair: **G. Tsikouris, D. Anastasakis**
09:45-09:55	Arthroscopic treatment of cam and pincer pathologies, how I do it **P. Petridis**
09:55-10:05	Labrum fixation **A. Kallivokas**
10:05-10:15	Piriformis syndrome, does it exist? **A. Tzaveas**
10:15-10:25	Arthroscopy around the hip joint for extra-articular syndromes **A. Papavasileiou**
10:25-10:35	Peri-acetabular osteotomy **A. Malviya**
10:35-10:45	Derotation osteotomy of the femur **G. Skarlos**
10:45-11:15	Discussion
11:15-11:30	**ESSKA LECTURE**
	Chair: **S.I. Plessas**
	ESSKA European Certification Program **M. Hantes**
11:30-12:00	***Coffee Break***



FRIDAY, 19th JUNE 2026

MAIN HALL

12:00-12:30	**MINI BATTLES: SHOULDER**
	Chair: **I. Chiotis, A. Leonidou**
12:00-12:08	For my glenoid bone loss Reconstruction, I prefer Bone blocks arthroscopically **G. Avramidis**
12:08-12:16	For my glenoid bone loss Reconstruction open Latarjet is my choice **C. Sinopidis**
12:16-12:24	For my glenoid bone loss Reconstruction Arthroscopic Latarjet is my choice **D. Alexakis**
12:24-12:30	Discussion

12:30-13:00	**ROUND TABLE**
	WRIST ARTHROSCOPY Chair: **P. Giannakopoulos, L. Dimou**
12:30-12:40	TFCC pathology and arthroscopic treatment Darlis **N. Darlis**
12:40-12:45	Discussion
12:45-12:55	Scafolunate separation assessment and treatment **N. Zagoraios**
12:55-13:00	Discussion

FRIDAY, 19th JUNE 2026

MAIN HALL

13:00-14:30	**ROUND TABLE - SHOULDER SESSION 3**
	MASSIVE IRREPARABLE ROTATOR CUFF TEAR: WHICH TREATMENT IS THE WINNER? Chair: **E. Fandridis, A. Gkantzos**
13:00-13:10	SCR. Different Patches and Results **L. Kostrentzis**
13:10-13:20	Latissimus Dorsi Transfer in Irreparable RCTs **V. Psychogios**
13:20-13:30	Biceps Augmentation for Irreparable Massive Cuff **F. Zampeli**
13:30-13:40	Biologic Tuberoplasty, make it simple **G. Gatos**
13:40-13:50	RSA always **D. Papadopoulos**
13:50-14:00	Managing post RSA instability **A. Deligeorgis**
14:00-14:10	Discussion
14:10-14:30	Case presentation or Video Presentation for Biceps Box Augmentation **E. Fandridis**
14:30-16:10	***Light Lunch – General Assembly***



FRIDAY, 19th JUNE 2026

MAIN HALL

16:10-17:00	**ROUND TABLE - KNEE SESSION 3**
	PCL AND POSTEROLATERAL CORNER Chair: **I. Gkliatis, A. Papoutsidakis**
16:10-16:20	Management of knee dislocations. A Practical Algorithm **D. Günther**
16:20-16:30	Acute vs. Chronic PCL Rupture: Indications for Non-surgical and Surgical Management **A. Liantsis**
16:30-16:40	Treatment of Combined PCL/PMC and PCL/PLC Injuries **G. Basdekis**
16:40-16:50	Failure after PCL Reconstruction – Reasons and Revision Strategy **D. Alaseirlis**
16:50-17:00	Discussion
17:00-17:30	**PCL VIDEO PRESENTATIONS**
	Chair: **A. Karagiannis, Th. Mpalfousias**
17:00-17:10	Peroneal nerve preparation demonstration for PLC injuries video Presentation **S.I. Plessas**
17:10-17:20	PCL/PLC reconstruction video demonstration **A. Kouzelis**
17:20-17:30	Discussion



FRIDAY, 19th JUNE 2026

MAIN HALL

17:30-17:50	**KEY LECTURE 4**
	Chair: **A. Georgoulis**
	Meniscal transplantation, where are we in 2026? **M. Hantes**
17:50-18:10	**KEY LECTURE 5**
	Chair: **D. Flevas**
	Complex patellofemoral instability in adolescents and young adults **N. Paschos** zoom
18:10-19:30	**ROUND TABLE - KNEE SESSION 4**
	REVISION AFTER ACL GRAFT FAILURE Chair: **A. Ververidis, Th. Kyriakidis**
18:10-18:22	ACL Revision, the ESSKA Consensus is here **T. Tischer**
18:22-18:32	ACL "Plus" -LET/ALL **I. Terzidis**
18:32-18:42	The Medial and Anteromedial Aspect of the Knee **K. Intzoglou**
18:42-18:52	Take care of Bony Deformity **S. Pellios**
18:52-19:07	Straight forward with the Kocabey Press-Fit technique in revision cases **Y. Kocabey**
19:07-19:17	Treating the infected ACL reconstruction **Th. Kyriakidis**
19:17-19:30	Discussion
21:00	**Congress Dinner**



FRIDAY, 19th JUNE 2026

PARALLEL HALL

08:15-10:00	**FREE PAPERS**
	ACL, PCL, HIP, SPORTS MEDICINE Chair: **S. Tzagkarakis, P. Natsaridis**
10:00-11:00	**ROUND TABLE**
	ACL RECONSTRUCTION FOR BEGINNERS: FROM FIRST GRAFT TO SUCCESSFUL OUTCOME Chair: **P. Karampinas, P. Garaliotas**
10:00-10:10	Graft Selection for Beginners – Safe autograft choices and achieving adequate graft size **S. Papageorgiou**
10:10-10:20	Tunnel Placement – Key landmarks and intraoperative verification **K. Christopoulos**
10:20-10:30	Surgical Workflow – Step-by-step sequence of ACL reconstruction **P. Nikolakeas**
10:30-10:40	Adjunct Procedures (ALL, LET) – Indications and timing **A. Vasileiadis**
10:40-10:50	Managing Intraoperative Challenges – Troubleshooting common problems **P. Kontovazenitis**
10:50-11:00	Discussion

SATURDAY, 20th JUNE 2026

MAIN HALL

08:15-10:00	**FREE PAPERS**
	STAR PAPERS Chair: **D. Flevas, I. Fanourgiakis**
10:00-11:00	**ROUND TABLE**
	REHABILITATION PROTOCOLES FOR ACL / MENISCUS / CARTILLAGE Chair: **E. Billis, G. Rallis**
10:00-10:10	Injury prevention strategies for the young elite athlete **N. Paschos** zoom
10:10-10:20	Criteria for Return to Sports after ACLR **K. Fousekis**
10:20-10:30	Different rehabilitation protocolles according to a different graft type **S. Xergia**
10:30-10:40	Different Types of Meniscal Tears (bucket, radial, root, ramp, cleavage) need Individual Rehabilitation Protocols **K. Kalliarntas**
10:40-10:50	Is Blood Flow Restriction Training a safe Rehabilitation tool for ACLR and muscle injuries treatment **P. Aggelopoulos**
10:50-11:00	Discussion
11:00-11:30	***Coffee break***



SATURDAY, 20th JUNE 2026

MAIN HALL

11:30-11:50	**KEY LECTURE 6: HIP**
	Chair: **A. Tzaveas**
	Current Concepts in Hip Preservation **A. Malviya**
11:50-12:35	**ROUND TABLE**
	PATELLOFEMORAL JOINT Chair: **V. Chouliaras, G. Nomikos**
11:50-12:00	Trochlear Dysplasia Classifications **P. Ntagiopoulos**
12:00-12:10	Current indications for Tibial Tubercle Osteotomy - a versatile tool for the knee surgeon **J. Spang**
	Debate **Is a Good MPFL Reconstruction Enough?**
12:10-12:20	Yes **M. Karahan**
12:20-12:30	No, not always **C. Giannakopoulos**
12:30-12:35	Discussion

SATURDAY, 20th JUNE 2026

MAIN HALL

12:35-13:55	**ROUND TABLE - KNEE SESSION 5**
	Chair: **K. Kateros, I. Benetos**
12:35-12:45	HTO or UKA in varus deformity? **A. Tokis**
12:45-12:55	Unicompartimental Arthroplasty for the Lateral Compartment. Indications & Technique **T. Totlis**
12:55-13:05	Types of Osteotomies Around the Knee **I. Kougioumtzis**
13:05-13:15	Imaging for Knee Alignment **A. Kaliakmanis**
13:15-13:25	Coronal Deformity, where to do the Correction Tibia or Femur or Both **T. Tischer**
13:25-13:35	New trends in Slope Correction **C. Papageorgiou**
13:35-13:45	Medial Meniscal Root tear in Varus knee HTO Alone, Root Repair Alone, or Both **A. Panagopoulos**
13:45-13:55	Discussion
13:55-15:25	***Light Lunch***
15:05-15:25	**Instructional Course** Chair: **S.I. Plessas** The role of cooled radiofrequency ablation in knee osteoarthritis **A. Panagopoulos**



SATURDAY, 20th JUNE 2026

MAIN HALL

15:25-16:25	ROUND TABLE
	CHONDRAL LESIONS AND MUSCLE INJURIES **Diagnostic and therapeutic algorithm in chondral lesions. Recent advances** Chair: **A. Zibis, G. Tsakotos**
15:25-15:33	Microfracture is it still the Gold Standard **S. Charalampidis**
15:33-15:41	Cartilage Repair using MACI **S. Alevrogiannis**
15:41-15:49	Cartilage Repair results of AMIC **D. Tsoukas**
15:49-15:57	Cartilage Repair with Minced cartilage **C. Voulgaropoulos**
15:57-16:05	What do I prefer for my Osteochondral Defects **G. Kasimatis**
16:05-16:13	Can the Rehabilitation promote cartilage growth and how **P. Karagkounis**
16:13-16:25	Discussion

16:25-16:55	ROUND TABLE
	MUSCLE INJURIES Chair: **K. Tsapralis**
16:25-16:35	Arthrogenic muscle inhibition (AMI) **G. Kakavas**
16:35-16:45	Classification and Treatment algorithm of Muscle injuries **I. Melas**
16:45-16:55	Discussion



11th Hellenic Congress of Arthroscopic Surgery and Sports Injuries

17-20 JUNE 2026
Conference and Cultural Center of the University of Patras
Patra

Cadaveric Workshop
17 JUNE
Anatomy Lab, University of Patras

SCIENTIFIC PROGRAM

SATURDAY, 20th JUNE 2026

MAIN HALL

16:55-18:25	ROUND TABLE
	FOOT AND ANKLE Chair: **E. Evangelou, G. Safos**
16:55-17:05	Achilles Peritendinopathy Refractory to Conservative Treatment Endoscopic or Open Tenolysis **P. Symeonidis**
17:05-17:15	All-Inside Arthroscopic Modified Broström-Gould compared to the open procedure **A. Eleftheropoulos**
17:15-17:25	Endoscopic FHL transfer to augment Achilles disorders **S. Ristanis**
17:25-17:35	Treatment of Osteochondral Lesions of the Talus **E. Stamatis**
17:35-17:45	Achilles Tendon Rupture Injuries in athletes **I. Giannakopoulos**
17:45-17:55	Subtalar Instability **I. Petrakis**
17:55-18:05	Symptomatic Lateral Ankle Sprain Treatment **S. Manthas**
18:05-18:15	The role of Orthobiologics in the treatment of Achilles tendinopathy **A. Konstantinidis**
18:15-18:25	Discussion
18:25	**Best Papers Awards** **Conclusion & Remarks**

PARALLEL HALL

08:15-10:00	FREE PAPERS *(PARALLEL HALL)*
	KNEE Chair: **L. Benakis, A. Lymnaios**