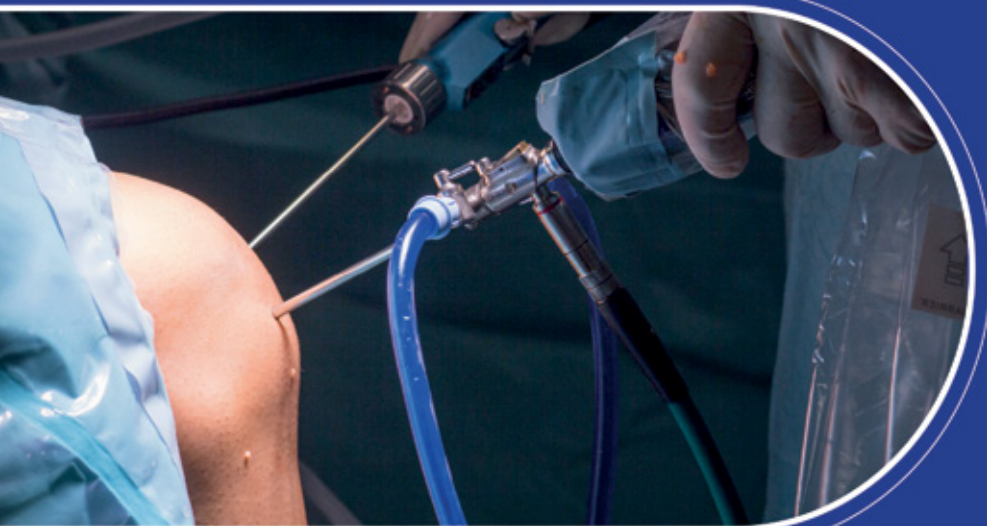




An ESSKA "All about Meniscus"  
Surgical-Skills Course

## 2nd Thessaloniki Athletic Knee Masterclass



**17-18 April 2026**  
**Thessaloniki, Greece**

**Theoretical Course**

📍 Teloglion Fine Arts Foundation

**Cadaver Course**

📍 Laboratory of Anatomy, Aristotle University of Thessaloniki

Secretariat



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**PROGRAM**

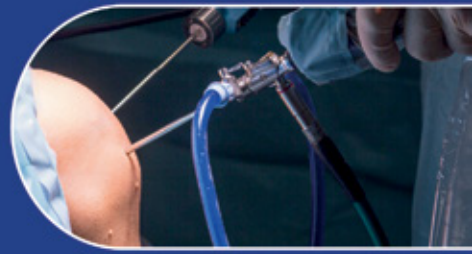


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## INTRODUCTION

This All about Meniscus course is a comprehensive approach in dealing with Meniscus injuries. In one and a half day you will learn from the most experienced surgeons all the critical aspects of surgical treatment.

In the theoretical part you will hear everything you need to know regarding decision making, complication avoidance and results optimization.

All meniscal tear types and will be presented step by step along with tips and tricks for the repair techniques.

Finally, the meniscal deficient knee will be discussed and the autograft and allograft meniscal transplantation solution will be presented.

In the lab, there will be one specimen for two attendees. You will have the opportunity to practice all the steps of meniscus surgery discussed in the theoretical part of the course, under the supervision and guidance of the experts.

## Theoretical Course

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## Cadaver Course

📍 Laboratory of Anatomy,  
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# FACULTY



### Günther Daniel

Prof., MHBA, FACS, Department of Orthopaedic Surgery, Trauma Surgery and Sports Medicine, Cologne Merheim Medical Center, University Hospital Witten/Herdecke, Official Knee Center of the German Knee Society, ISAKOS-Approved Teaching Center, Cologne, Germany



### Hantes Michael

ESSKA 1st Vice President, Professor of Orthopaedic Surgery, Faculty of Medicine, University of Thessaly, Department of Orthopaedic Surgery, University Hospital of Larissa, Larissa, Greece



### Iosifidis Michael

MD, PhD, Orthopaedics and Sports Surgeon, Head of Orthobiology, Surgery Center and 3rd Orthopaedic Department, European Interbalkan Medical Center, Thessaloniki, Greece



### Koukoulis Nikolaos

MD, PhD, ESSKA ESMA Board Member, Orthopaedic Surgeon, Sports Trauma and Orthopaedics Department, Saint Luke's Hospital, Thessaloniki, Greece



### Kouloumentas Panagiotis

Orthopaedic Director, Clinic for Orthopaedics and Sports Ortopaedics, Metropolitan Hospital, Athens, Greece



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## FACULTY



### Laver Lior

Orthopaedic Surgeon, Senior Consultant, Sports Medicine and Complex Knee, Hillel Yaffe Medical Center (HYMC), Hadera, Co-Chair of the Orthobiologic Initiative in ESSKA (ORBIT), Founder & Owner of ArthroSport Clinic, Hod-Hasharon and Tel-Aviv, Israel



### Papakostas Emmanouil

MD, FEBSM, FICRS,  
Consultant Sports Orthopaedic Surgeon,  
Aspetar Orthopaedic and Sports Medicine Hospital,  
Doha, Qatar



### Piontek Tomasz

MD, PhD, DSc, Habilitated Doctor, Head of Sports Traumatology of the Lower Limb, Co-Founder and Board Member of Rehasport Clinic, Associate Professor, Head of the Sports Medicine Unit, Department of Spine Disorders and Pediatric Orthopedics, Poznan University of Medical Sciences, Co-Founder of RSQ Technologies, Poznan, Poland



### Zdanowicz Urszula

Orthopaedic Consultant,  
Knee, Foot & Ankle Surgery,  
Life Institute, Warsaw, Poland



### Zeman Petr

MD, Ph.D., MBA, Resident Orthopaedic Surgeon, Deputy Head of the Clinic for Science, Research and Teaching, Charles University, Pilsen, Chairman of the Joint Doctoral Study Program's Subject Council, Charles University, Prague, Clinic of Orthopedics and Traumatology of the Musculoskeletal System, University Hospital of Pilsen, Czech Republic

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# All About Meniscus

## Friday, 17<sup>th</sup> of April

08.00 - 08.25

08.25 - 08.30

**08.30 - 10.00**

08.30 - 08.36

08.36 - 08.44

08.44 - 08.50

08.50 - 08.56

08.56 - 09.02

09.02 - 09.08

09.08 - 09.14

09.14 - 09.20

09.20 - 09.28

09.28 - 09.36

09.36 - 10.00

**10.00 - 10.30**

Registration

Welcome and Introduction

### **1st Session**

Chairmans: **Hantes Michael, Piontek Tomasz, Zerman Petr**

Why saving the meniscus is important  
**Urszula Zdanowicz**

How to avoid complications  
**Nikolaos Koukoulis**

How to improve your results  
**Petr Zerman**

When and how to do a meniscectomy  
**Michael Hantes**

All-inside - tips and tricks  
**Panagiotis Kouloumentas**

Inside-out - posteromedial + posterolateral approach - tips and tricks  
**Michael Iosifidis**

Outside-in - tips and tricks  
**Daniel Günther**

Pie crusting. What is the Magic Point?  
**Emmanouel Papacostas**

Bucket handle - how I do it - tips and tricks  
**Lior Laver**

Cleavage tear - how I do it - tips and tricks  
**Daniel Günther**

Questions

Coffee

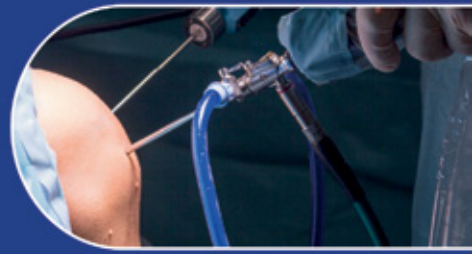


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## All About Meniscus

### Friday, 17<sup>th</sup> of April

10.30 - 12.45

#### 1<sup>st</sup> LAB Session

Portals placement, diagnostic arthroscopy, magic point, all types of repair

12.45 - 13.30

Lunch

13.30 - 15.00

#### 2nd Session

Chairmans: **Günther Daniel, Zdanowicz Urszula Papacostas Emmanuel**

13.30 - 13.38

Ramp lesion - how I do it - tips and tricks

**Petr Zerman**

13.38 - 13.46

Root tears - how I do it - tips and tricks

(15 min.) **Smith+Nephew**

**Nikolaos Koukoulis**

13.46 - 13.54

Radial tears - how I do it - tips and tricks

**Urszula Zdanowicz**

13.54 - 14.02

Meniscus centralization - how I do it - tips and tricks

**Emmanuel Papacostas**

14.02 - 14.10

Wrap it up - how I do it - tips and tricks

**Tomasz Piontek**

14.10 - 14.18

Segmental loss - what to do

**Lior Laver**

14.18 - 14.26

Meniscus transplantation - allograft - when and how I do it

**Michael Hantes**

14.26 - 14.34

Meniscus transplantation - autograft - when and how I do it

**Tomasz Piontek**

14.34 - 15.00

Questions

15.00 - 15.30

Coffee

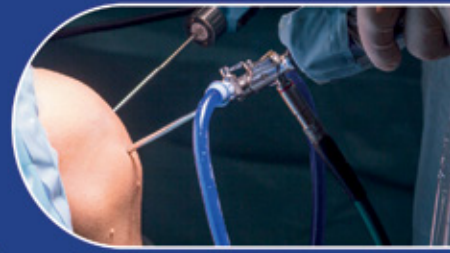
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15.30 - 17.45

### 2<sup>nd</sup> LAB Session

Ramp lesion, root tear, centralization, radial tear

20.00

Dinner

## Saturday, 18<sup>th</sup> of April

09.00 - 11.30

### 3<sup>rd</sup> LAB Session

Graft harvesting, Meniscus transplantation

11.30 - 12.00

Coffee and Departures



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## ACKNOWLEDGEMENTS

We would like to thank the following companies for their kind contribution to the Course.

**Smith+Nephew**

**HEALTH**  **IASIS**

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