3rd THESSALONIKI ATHLETIC KNEE MASTERCLASS

ENDORSED ESSKA COURSE

Featuring the ESSKA Endorsed "All About ACL" Course

Theoretical, Hands-on Cadaveric & Interdisciplinary Rehabilitation Course

Dedicated Physio Workshops & Interdisciplinary Return-to-Sports Sessions

15-17 April 2027

Thessaloniki Greece

PROGRAM



Theoretical part

Thessaloniki Concert Hall

Practical part

Laboratory of Anatomy, Aristotle University of Thessaloniki

DAY 1

"ALL ABOUT ACL"
(ESSKA Endorsed Workshop)
2 participants to 1 instructor

Elite 1-to-1 Premium Surgical Training

Customized Cadaveric Surgical Techniques

Rare 1:1 Instructor Ratio

Orthopedic Surgeons

DAY 2

"ALL ABOUT ACL"
(ESSKA Endorsed)

Comprehensive ACL Reconstruction & Management

Live Demos and Debates on Surgical Techniques

Step by step return to sports after ACL reconstruction Physio Rehabilitation Workshops

Surgeons, Physios & Sports Rehab Specialists

DAY 3

"360° Around Meniscus" & Rehabilitation

Meniscal Preservation & Return to Sports

Meniscal Repair Interdisciplinary Sessions

Return to sports after meniscal surgery Physio Rehabilitation Workshops

Surgeons, Physios & Sports Rehab Specialists

Organised by:

ESSKA | Sports Medicine Section
ESSKA | Rehabilitatiion Committee
SportsOrtho | St. Luke's Hospital

ESSKA

SPORTSORTHO
St. Luke's Hospital

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3rd THESSALONIKI ATHLETIC KNEE MASTERCLASS
Featuring the ESSKA Endorsed "All About ACL" Course
15-17 April 2027
Thessaloniki | Greece
Theoretical, Hands-on Cadaveric & Interdisciplinary Rehabilitation Course
Dedicated Physio Workshops & Interdisciplinary Return-to-Sports Sessions



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ESSKA | Sports Medicine Section • ESSKA | Rehabilitation Committee • SportsOrtho | St. Luke's Hospital
ESSKA
SPORTSORTHO St. Luke's Hospital

PROGRAM

Thursday 15/04/2027 | Hands-on Part, Laboratory of Anatomy Aristotle University of Thessaloniki

08.00 - 18.00

INSTRUCTORS:

Fiodorovas Markas, Günther Daniel, Hantes Michael, Koukoulias Nikolaos, Laver Lior, Papacostas Emmanouel, Piontek Tomasz, Zdanowicz Urszula

ALL ABOUT ACL Course

- Graft Harvesting (Hamstrings, BPTB, Quad full/partial thickness, Rectus Femoris)
- ACLR (all techniques, all fixations)
- LET
- LM root tear repair
- Ramp Lesion repair

À la carte selection of surgical techniques

- Meniscus repair (ramp, root and all other meniscal tears)
- Meniscus Transplantation (true allografts, limited places)
- ACLR + LET
- Revision ACLR
- PCLR
- PLCR
- PMCR
- Anteromedial Rotatory Instability



Theoretical part
Thessaloniki Concert Hall

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St. Luke's Hospital

Secretariat

PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

08.00 - 08.30 Registration

08-30 - 08.40 Welcome and Objectives

SESSION 1 | If you fail to prepare, prepare to fail

08.40 - 09.50

Chairmans: **Tsiridis Eleftherios, Patt Tom**

08.40 - 08.50 Can we prevent ACL injury?
Patt Tom

08.50 - 08.55 Timing of ACLR
Iosifidis Michael

08.55 - 09.00 Pre-Rehabilitation for ACL Reconstruction
Georgoulas Vasilis

09.00 - 09.15 Graft selection – Debate
Hamstrings vs Patella Tenton vs Quadriceps Tenton
Koukoulias Nikolaos, Zdanowicz Urszula, Kouloumentas Panagiotis

09.15 - 09.30 ACL in skeletally immature patient – Debate
Transphyseal vs full epiphyseal vs over the top
Zdanowicz Urszula, Ntagiopoulos Panagiotis, Günther Daniel

09.30 - 09.40 How I plan my surgery
Günther Daniel

09.40 - 09.50 Discussion



PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 2 | Do it right the first time!

09.50 - 11.30

Chairmans: **Patt Tom, Koukoulias Nikolaos**

09.50 - 09.55	Ramp lesion. Why is it important to repair **Savvidis Mathaios**
09.55 - 10.15	Live from the LAB, Ramp repair **Fiodorovas Markas, Piontek Tomasz**
10.15 - 10.20	Root Tear. Why is it important to repair **Kouloumentas Panagiotis**
10.20 - 10.40	Live from the LAB, LM root repair **Piontek Tomasz, Fiodorovas Markas**
10.40 - 10.45	Anatomic ACLR. Where to put my tunnels **Totlis Trifon**
10.45 - 11.05	Live from the LAB, ACLR **Laver Lior, Papacostas Emmanuel**
11.05 - 11.10	Lateral Tenodesis. When and why **Ntagiopoulos Panagiotis**
11.10 - 11.30	Live from the LAB, LET **Papacostas Emmanuel, Laver Lior**

11.30 - 12.00 Coffee



PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 3 | Do not miss the associated lesions!

12.00 - 13.00

Chairmans: **Patt Tom, Koukoulias Nikolaos**

12.00 - 12.05	Do not miss anteromedial rotatory instability **Markas Fiodorovas**
12.05 - 12.25	Superficial and deep MCL reconstruction **Günther Daniel, Zdanowicz Urszula**
12.25 - 12.30	Do not miss PLC injury **Tomasz Piontek**
12.30 - 12.50	PLC reconstruction **Zdanowicz Urszula, Günther Daniel**
12.50 - 13.00	Discussion

13.30 - 14.00 Lunch



PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 4 | Optimize your approach
14.00 - 14.40
Chairmans: **Robert Prill, Limperidis Petros**

14.00 - 14.08	Different graft, different approach **Siouras Athanasios**
14.08 - 14.16	Blood Flow Restriction. Does it make any difference? **Nikolakoudis Petros**
14.16 - 14.24	Open-Chain Exercises. Who's Afraid of the Big Bad Wolf? **Boutovinos Alexandros-Panagiotis**
14.24 - 14.32	Cognitive training. Does it make any difference? **Kakavas Georgios**
14.32 - 14.40	Discussion

SESSION 5 | Common problems and Solutions
14.40 - 15.10
Chairmans: **Eric Hamrin Senorski, Fitili Dimitra**

14.40 - 14.48	Knee Effusion. Why is this a problem and how to avoid it **Karagiannidis Alexandros**
14.48 - 14.56	Arthrofibrosis. Why is this a problem and how to avoid it **Aftosmidis Dimitrios**
14.56 - 15.04	AMI (arthrogenic muscle inhibition). Why is this a problem and how to avoid it **Kakavas Georgios**
15.04 - 15.10	Discussion



PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 6 | Doc I am ready! Test me!

15.10 - 16.10

Chairmans: **Prill Robert, Hamrin Senorski Eric**

15.10 - 15.25	Early-Stage and Mid-Stage phases **Prill Robert**
15.25- 15.35	Late Stage Phase **Glaros Harilaos**
15.35- 15.55	Return to Sports and Performance after ACLR **Hamrin Senorski Eric**
15.55- 16.10	Discussion

16.10 - 16.30 Coffee Break

PHYSIO HANDS-ON WORKSHOP

16.30 - 17.15	Sponsored - no registration required **TBD**
17.15 - 18.00	Sponsored - no registration required **TBD**

18.00 - 18.15 Coffee Break

18.15 - 19.00	How to incoporate cognitive training in the rehab process.* **Kakavas Georgios** **registration required*

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Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 1 | Save the meniscus. Trend or Fad?

09.00 - 10.00

Chairmans: **Poultsides Lazaros, Günther Daniel**

09.00 - 09.10	Why is it important to save the meniscus? **Iosifidis Michael**
09.10 - 09.20	When to do a partial meniscectomy? **Dimitrakas Konstantinos**
09.20 - 09.30	Return to Sports after partial meniscectomy **Prill Robert**
09.30 - 09.40	How to improve your meniscus repair results **Savvidis Mathaios**
09.40 - 09.50	Return to Sports after meniscus repair. Physio? **Hamrin Senorski Eric**
09.50 - 10.00	Discussion



PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 2 | Special meniscal pathology

10.00 - 11.30

Chairmans: **Papadopoulos Pericles, Zdanowicz Urszula**

10.00 - 10.10	Bucket handle tear repair. How I do it **Laver Lior**
10.10 - 10.20	Radial tear repair. How I do it **Koukoulias Nikolaos**
10.20 - 10.30	Horizontal tear repair. How I do it **Fiodorovas Markas**
10.30 - 10.40	Menisco-peroneal ligament lesion. How I do it **Zdanowicz Urszula**
10.40 - 10.50	Medial meniscus root repair and centralization. How I do it **Papacostas Emmanouel**
10.50 - 11.00	Segmental meniscal loss. Wrapping Technique. How I do it **Piontek Tomasz**
11.00 - 11.10	Allograft Transplantation. How I do it **Günther Daniel**
11.10 - 11.30	Discussion

11.30 - 12.00 Coffee break



PROGRAM

Friday 16/04/2027 | Theoretical Part, Thessaloniki Concert Hall

SESSION 3 | Meniscal tear in the professional athlete. The real dillema

12.00 - 13.00

Chairmans: **Gigis Ioannis, Laver Lior**

12.00 - 12.10	How laterality affects my decision **Manologlou Konstantinos**
12.10 - 12.20	How type of tear affects my decision **Gavriilidis Iosif**
12.20 - 12.30	The athlete needs to return fast. Meniscectomy is the way **Rallis Ioannis**
12.30 - 12.40	The athlete needs optimal knee function. Meniscus repair is the way **Terzidis Ioannis**
12.40 - 12.50	Discussion
12.50 - 13.00	Closing Remarks

PHYSIO HANDS-ON WORKSHOP

13.30 - 14.15	Sponsored - no registration required **TBD**
14.15 - 15.00	Sponsored - no registration required **TBD**

15.00 - 15.15 Coffee break

15.15 - 16.00 How to test your athlete after ACL surgery
Prill Robert, Hamrin Senorski Eric, Aftosmidis Dimitrios, Boutovinos Alexandros Panagiotis