

1st EPIRUS Knee Course All About Meniscus 4-6 December 2025



5-6 December

Conference Center "Diaselo"

METSOVO

4 December

Hands On - Cadaver Course

Laboratory of Anatomy - Histology - Embryology, University of Ioannina

Organization



Orthopaedic Department,
General Hospital of Arta



Laboratory of Anatomy - Histology -
Embryology, University of Ioannina



Hellenic Association of Arthroscopy
Knee Surgery and Sports Injuries "G. Noulis"

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PROGRAM

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REETING

Dear Colleagues,

The Orthopedic Department of General Hospital of Arta, in collaboration with the Anatomy-Embryology-Histology Laboratory of the University of Ioannina, under the auspices and assistance of the Hellenic Association of Arthroscopy, Knee Surgery & Sports Traumatology "George Noulis", are jointly organizing the 1st Epirus Knee Course (All About Meniscus).

This is a new innovative course that within 3 days will cover both practical and theoretical levels of all modern views and techniques in meniscus pathology. This course will be held annually in Epirus and will cover each time a separate chapter of knee joint pathology and will be attended by renowned Greek and International Speakers with remarkable experience and scientific knowledge in the subject.

On the 1st day (Thursday, December 4th), practical hands-on on cadaveric specimens will be held at the Anatomy-Embryology-Histology Laboratory of the University of Ioannina. During one full day, trainees, under the supervision of experienced trainers, will have the opportunity to recognize all the physiology and pathology of the meniscus, will be trained in all suturing techniques (all-inside, inside-out, outside-in) but also in more specialized techniques (ramp & root lesions repair) as well as in techniques for enhanced techniques in meniscus repair.

Over the next 2 days (Friday 5 and Saturday 6 December) at the "Diaselo" conference centre in Metsovo, a group of Greek and International Speakers will cover the course topic, the meniscus. Lectures on anatomy, biomechanics, clinical examination and imaging will introduce to the basic knowledge, followed by sections that will cover the entire pathology of the meniscus (types of suturing, meniscus injuries in professional athletes and children, use of orthobiologics, meniscus substitutes and meniscus transplantation). Of course, there will also be sections on degenerative lesions, on the relationship between meniscus pathology and osteoarthritis, as well as on the treatment of the knee after meniscectomy. Finally, there will be separate reports on the physiotherapeutic approach to meniscus lesions and operations.

Organization



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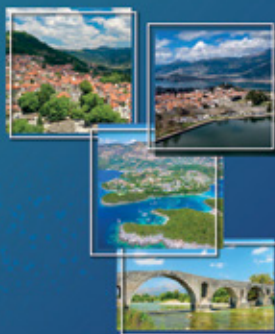


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It is therefore understood that in this course we intend to fully illuminate you in both the theoretical and practical aspects of the correct treatment of any meniscus pathology.

We would also like to emphasize to you (as far as resident physicians are concerned) that throughout the seminar, at the end of each section, there will be a quiz so that you will be rewarded for your active participation.

We are looking forward to seeing you at the 1st Epirus Knee Course, which will take place from 4 to 6 December 2025 in Ioannina and Metsovo. This event ensures a full scientific program (both theoretical and practical) as well as social events for the duration of your 3-day stay with the beautiful Metsovo and the wider Epirus region as a backdrop.

With colleague greetings

Vasileios Th. Chouliaras

President of the Organizing Committee of the 1st Epirus Knee Course
(All about meniscus)

Senior Orthopaedic Consultant, General Hospital of Arta

Past President of Hellenic Arthroscopic Society (2022-24)

Member of Communications Committee of ISAKOS

Editorial Board member of Arthroscopy

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SCIENTIFIC PROGRAM

Thursday 4 December 2025

10.30 - 11.00

REGISTRATION FOR THE HANDS-ON WORKSHOP
WELCOME & INTRODUCTORY LECTURE

11.00 - 18.00

**HANDS-ON WORKSHOP ON CADAVERIC
SPECIMENS**

11.00 - 12.00

1st SESSION

Anatomy of meniscus - Meniscectomy

12.00 - 14.00

2nd SESSION

Repair techniques

(All inside, Inside-out, Outside-in)

14.00 - 15.00

LIGHT LUNCH

15.00 - 16.30

3rd SESSION

Ramp lesions - Root tears

16.30 - 18.00

4th SESSION

Enhancement of meniscus repair

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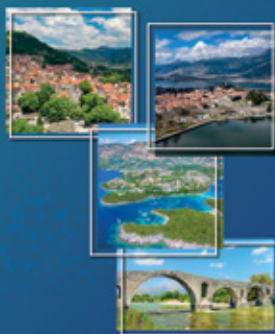


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SCIENTIFIC PROGRAM

Friday 5 December 2025

09.00 - 10.30

INTRODUCTION TO ANATOMYPHYSIOLOGY AND IMAGING OF THE MENISCI

09.00 - 09.12

Historical review of meniscus surgery

09.12 - 09.24

Surgical and Arthroscopic Anatomy of the Menisci

09.24 - 09.36

Biomechanics and physiological functions of the
menisci

09.36 - 09.48

Imaging of the normal and pathological meniscus

09.48 - 10.00

Clinical examination of the patient with meniscal
pathology

10.00 - 10.30

Discussion

10.30 - 12.00

REPAIR TECHNIQUES OF MENISCI

10.30 - 10.42

All inside technique. When and how

11.42 - 10.54

Outside - in technique. When and how

10.54 - 11.06

Inside - out technique. When and how

11.06 - 11.18

Biological Augmentation of meniscal repairs

11.18 - 11.30

Rehabilitation after meniscus repair and return to
sports

11.30 - 12.00

Discussion

12.00 - 12.30

COFFEE BREAK

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SCIENTIFIC PROGRAM

Friday 5 December 2025

12.30 - 14.00

SPECIFIC MENISCAL LESIONS

12.30 - 12.42

Bucket handle tears. Diagnosis, repair or resect.
When and how

12.42 - 12.54

Radial tears. Diagnosis, repair or resect. When and
how

12.54 - 13.06

Horizontal cleavage tears. Diagnosis, repair or resect.
When and how

13.06 - 13.18

Meniscal cysts. Diagnosis and treatment

13.18 - 13.30

Discoid meniscus. Classification, Diagnosis and
treatment

13.30 - 14.00

Discussion

14.00 - 17.00

BREAK

17.00 - 18.30

DEGENERATIVE LESIONS - A DAILY PROBLEM

17.00 - 17.12

Meniscectomy and degenerative lesions. Is it still the
most common arthroscopic procedure?

17.12 - 17.24

Extrusion of medial meniscus. Diagnostic approach
and treatment

17.24 - 17.36

The use of orthobiologics in degenerative tears and
osteoarthritis of the knee

17.36 - 17.48

Physiotherapy approach to degenerative meniscal
lesions and early stage osteoarthritis

17.48 - 18.00

Knee osteoarthritis and arthroscopy.
Is it still an indication?

18.00 - 18.30

Discussion

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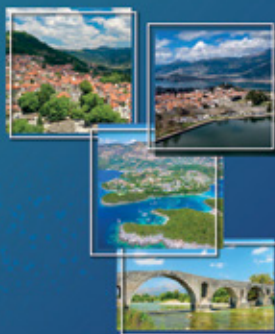


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SCIENTIFIC PROGRAM

Friday 5 December 2025

18.30 - 20.00

MENISCAL TEARS AND ASSOCIATED LESIONS

18.30 - 18.42

Ramp Lesions and ACL Tear. Epidemiology,
Classification and Diagnosis

18.42 - 18.54

Ramp Lesions. Treatment approach

18.54 - 19.06

Lateral meniscus Root tears. Epidemiology,
Classification and Treatment

19.06 - 19.18

Meniscus repair and anterior cruciate ligament
reconstruction. Tricks and tips

19.18 - 19.30

Meniscal tears and tibial plateau fractures.
Diagnostic approach and therapeutic options

19.30 - 20.00

Discussion

20.30

GREETINGS - OPENING LECTURE

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SCIENTIFIC PROGRAM

Saturday 6 December 2025

09.00 - 10.30

09.00 - 09.12

MENISCUS REPLACEMENT

Collagen meniscus scaffolds. Indications, technique, and results

09.12 - 09.24

Actifit polyurethane meniscus scaffolds. Indications, technique, and results

09.24 - 09.36

Meniscal Allograft Transplantation. Indications, techniques, and results

09.36 - 09.48

Imaging after meniscus replacement. What to expect

09.48 - 10.00

Rehabilitation after meniscus replacement surgeries

10.00 - 10.30

Discussion

10.30 - 12.00

POST-MENISCECTOMIZED KNEE

10.30 - 10.42

Post-meniscectomy Osteonecrosis . Clinical entity or delayed diagnosis

11.42 - 10.54

Articular cartilage operations after meniscectomy. When to choose it, in which patients and how it is performed

10.54 - 11.06

High Tibial Osteotomy after meniscectomy. When to choose it, in which patients and how it is performed

11.06 - 11.18

UKA after meniscectomy. When to choose it, in which patients and how it is performed

11.18 - 11.30

TKA after meniscectomy. When to choose it, in which patients and how it is performed

11.30 - 12.00

Discussion

12.00 - 12.30

COFFEE BREAK

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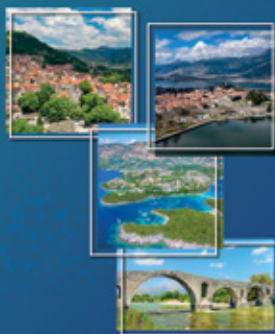


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SCIENTIFIC PROGRAM

Saturday 6 December 2025

12.30 - 14.00

12.30 - 12.42

12.42 - 12.54

12.54 - 13.06

13.06 - 13.18

13.18 - 13.30

13.30 - 14.00

14.00

RELIVE SURGERIES

Saucerization of a discoid meniscus

Repair of a Bucket – Handle tear

Meniscal repair augmentation with fibrin clot

Meniscal Scaffolds

Meniscal Allograft Transplantation

Discussion

CONCLUSIONS - AWARDS