

Organizer

OSTEON

EDUCATION CENTER

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ATHENS
MEDICAL
GROUP

04-05
DECEMBER
2026

the
OSTEON ORTHO
COURSE:

Arthroscopy 360° - MIS



AiTC

VENUE

A 35 Sorou Str., Maroussi, Athens - Greece T +302106109992 • E op@attcenter.eu • W www.attcenter.eu



WELCOME ADDRESS

Dear colleagues,

It is a great pleasure to welcome you to **“The Osteon Ortho Course – Arthroscopy 360° - MIS” 4th Annual Hands-on Cadaveric Course** that will take place in Athens ATTC on the 4th and 5th of December 2026.

Orthopedic surgery has evolved impressively over the last few years and decades to accommodate patients’ and healthcare stakeholders’ needs for more efficient and less disruptive interventions. That led Minimally Invasive Surgery to become the standard of care; hence this course will emphasize this specific field, but it will also include the essential surgical knowledge and techniques of surgeons’ everyday practice.

The scientific program is structured to include sort-focused lectures, case-based discussions, and -of course- hands-on practice on cadavers. The faculty consists of esteemed fellowship-trained colleagues both from Greece and abroad.

We will endeavor to deliver a high-quality educational hands-on course for fellows and early carrier surgeons. Orthopedic-orientated colleagues will have the opportunity to attend both the Upper and Lower Limb theoretical sessions but will have to choose between them for the cadaveric sessions.

We look forward to fulfilling your expectations for a well-spent portion of your valuable time.

Osteon Education and Research Medical Center

SHOULDER / HIP / FOOT AND ANKLE PROGRAM

DAY 1/ 4 December 2026

08:00 - 08:30 Registration
Welcome Coffee

08:30 - 09:10 Arthroscopic Portals
Aula Hall **LEVEL 2**

08:30 – 08:40 Knee
A. Piskopakis

08:40 – 08:50 Hip
A. Papavasileiou

08:50 – 09:00 Foot and Ankle
P. Symeonidis

09:00 -09:10 Shoulder
G. Panagopoulos

09:10 – 11:10 Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle | Basic Arthroscopy | Vesalius Lab **LEVEL 0**

Shoulder Stations: G. Mazis, G. Panagopoulos, K. Raptis

- Shoulder Arthroscopy
- Basic Anatomy and arthroscopic portals

Hip Stations : A. Kourtis, A. Papavasileiou, I. Patsopoulos, V. Sakellariou

- Basic Anatomy
- Arthroscopic Portals

Foot and Ankle Stations: S. Datsis, I. Giannakopoulos, P. Symeonidis

- Anterior ankle arthroscopy
- Removal of loose bodies
- Soft tissue debridement

11:10 – 11:30 Coffee Break | Aula Hall **LEVEL 2**

11:30 - 12:40 Sports Injuries
Aula Hall **LEVEL 2**

Moderators: V. Bitounis – V. Sakellariou

11:30 – 11:40 Femoroacetabular Impingement: Arthroscopic Correction—Durable Fix or Overused Fashion?
G. Petridis

SHOULDER / HIP / FOOT AND ANKLE PROGRAM

DAY 1/ 4 December 2026

11:40 – 11:50	Primary ACL Repair: Comeback of an Old Idea—or Overhyped Trend P. Nikolaou
11:50 – 12:00	Hip Capsule Management: Repair Always—or Only When Needed? A. Papavasileiou
12:00 – 12:10	Borderline Hip Dysplasia: Arthroscopy Alone—or Always Combined with PAO? I. Patsopoulos
12:10 – 12:20	Achilles tendon rupture. Conservative, MIS or open repair? The evidence M. Argyropoulos
12:20 – 12:30	High ankle sprains in sports - indications and techniques for operative management I. Giannakopoulos
12:30 – 12:40	Ankle injections. Trends and reality S. Datsis
12:40 – 13:00	Discussion
13:00 - 13:45	Shoulder Instability: Repair, Fill or Reconstruct? Aula Hall LEVEL 2
Moderator:	G. Mazis – G. Panagopoulos
13:00 – 13:10	The first dislocation: a harmless event – or the beginning of failure? K. Raptis
13:10 – 13:20	Bankart repair is not enough: Why soft tissue stabilization fails A. Boutsides
13:20 – 13:30	Remplissage: smart solution or paying stability with motion? P. Pantos
13:30 - 13:40	Latarjet: the gold standard or an overused operation? D. Alexakis
13:40 – 13:50	Discussion

SHOULDER / HIP / FOOT AND ANKLE PROGRAM

DAY 1/ 4 December 2026

13:50 – 14:15 Lunch Break | Aula Hall **LEVEL 2**

14:15 - 14:45 Common Pathologies
Aula Hall **LEVEL 2**

Moderators: I. Giannakopoulos, N. Piskopakis

14:15 – 14:25 Clinical examination vs imaging findings in the Foot and ankle: proper decision-making
M. Argyropoulos

14:25 - 14:35 Peroneal tendons ruptures
S. Datsis

14:35 – 14:45 Arthroscopic debridement for anterior ankle impingement. When and how
I. Giannakopoulos

14:45 - 16:15 Rotator Cuff Tears: Repair, Reconstruct or Replace?
Aula Hall **LEVEL 2**

Moderators: M. Azar, P. Pantos

GUEST LECTURE

14:45 – 15:00 Reverse shoulder arthroplasty: The solution to everything or the next big problem?
N. Bonneville

15:00 – 15:10 The cuff tear that should not be repaired
A. Leonidou

15:10 – 15:20 Single row, double row, or does it really matter?
G. Mazis

15:20 – 15:30 Massive cuff tears: Repair, augment, transfer or replace?
A. Deligeorgis

15:30 – 15:40 Patellar Instability: MPFL Reconstruction Alone—or Always Add a Bony Procedure?
N. Piskopakis

15:40 – 15:50 Cartilage Defects in the Knee: Microfracture Still First-Line—or Obsolete?
P. Kouloumentas

SHOULDER / HIP / FOOT AND ANKLE PROGRAM

DAY 1/ 4 December 2026

15:50 – 16:00	Fast protocol protocol in TJA V. Vernardakis
16:00 – 16:10	Robotic-Assisted Knee Arthroplasty: Real Precision Gain—or Expensive Marketing? T. Kostakos
16:10 -16:30	Discussion

16:15 – 16:30 Coffee Break | Aula Hall **LEVEL 2**

16:30 - 18:30 Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle | Vesalius Lab **LEVEL 0**

Instructors

Shoulder Stations: **D. Alexakis, M. Azar, N. Bonneville, P. Pantos**

- Shoulder Instability

Hip Stations : **S. Dourountakis, A. Papavasileiou, L. Poultsides, V. Sakellariou**

- Labral Repair
- Cam repair
- Capsular Repair

Foot and Ankle Stations: **M. Argyropoulos, D. Chatziemmanouil, A. Eleftheropoulos**

- Evaluation of syndesmosis and ATFL
- Lateral ankle ligamenoplasty
- Micro – fracture / drilling for OCD lesion

SHOULDER / KNEE / FOOT AND ANKLE PROGRAM

DAY 2/ 5 December 2026

09:00 - 10:00	Sports Trauma – Fractures Aula Hall LEVEL 2
<u>Moderators:</u>	V. Bitounis – S. Dourountakis
09:00 - 09:10	Hip Arthroscopy in Early Osteoarthritis: Joint-Preserving Bridge—or Delaying the Inevitable? A. Kallivokas
09:10 - 09:20	Peritrochanteric Space Endoscopy: Necessary Evolution or Unnecessary Complexity? L. Poultsides
09:20 - 09:30	Return to Sport After ALC repair: Time-Based Clearance or Criteria-Based Testing? E. Alexiou
09:30 - 09:40	Open and arthroscopic ATFL repair, pros and cons A. Pettas
09:40 - 09:50	Talar OCDs. What works D. Chatziemmanouil
09:50 - 10:00	Posterior Ankle arthroscopy. Basic and advanced techniques A. Eleftheropoulos
10:00 - 11:00	The Grey Zones of Shoulder Surgery: Hype, Habit or Evidence? Aula Hall LEVEL 2
<u>Moderators:</u>	A. Boutsides – K. Raptis
10:00 – 10:10	Orthobiologics in the shoulder: Science, Hype or both? I. Polyzois
10:10 – 10:20	Frozen shoulder: Wait it out or break the cycle? F. Giannoulis
10:20 – 10:30	Slap tears and the biceps pulley: repair, tenodesis or ignore the MRI? C. Koukos
10:30 – 10:40	Lumbar disc herniation in elite athletes: decision strategy and return to play K. Starantzis
10:40 – 11:00	Discussion

SHOULDER / KNEE / FOOT AND ANKLE PROGRAM

DAY 2/ 5 December 2026

11:00 – 11:15 Coffee Break | Aula Hall **LEVEL 2**

11:15 – 13:30 Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle | Vesalius Lab **LEVEL 0**

Instructors

Shoulder Stations: **N. Bonnevalle, E. Fandridis, C. Koukos, G. Mazis**

- Rotator cuff tears

Knee Stations: **P. Kouloumentas, V. Sakellariou, C. Theos**

- Meniscus repair

Foot and Ankle Stations: **M. Argyropoulos, D. Chatziemmanouil, A. Pettas**

- FHL/os trigonum evaluation
- Haglund deformity

13:30 – 14:15 Lunch Break | Aula Hall **LEVEL 2**

14:15 - 14:55 Trauma and Arthritis
Aula Hall **LEVEL 2**

Moderators: **A. Kourtis – V. Vernardakis**

14:15 - 14:25 Medial Compartment OA in the Young Active Patient: Osteotomy—or Partial Knee Replacement?
T. Totlis

14:25 – 14:35 ACL Graft Choice: Gold Standard—or One Size Fits None
G. Basdekis

14:35 – 14:45 Labral Tears: Repair, Reconstruct—or Just Debride?
A. Kourtis

14:45 – 14:55 Meniscal Root and Ramp Lesions: Repair Everything—or Accept Selective Meniscectomy?
V. Sakellariou

SHOULDER / KNEE / FOOT AND ANKLE PROGRAM

DAY 2/ 5 December 2026

14:55 - 16:15	Proximal Humerus Fractures: Preserve, Fix or Replace? Aula Hall LEVEL 2
<u>Moderators:</u>	C. Koukos – A. Leonidou
14:55 – 15:05	Proximal humerus fractures: are we treating the x-ray or the patient? A. Gkantzos
15:05 - 15:15	The calcar king: can we finally prevent plate fixation failure? E. Fandridis
15:15 – 15:25	Humeral nailing: minimally invasive solution or an expensive cuff injury? M. Azar
15:25 – 15:35	Reverse shoulder arthroplasty for fractures: do the tuberosities still matter? Z. Kokkalis
15:35 – 15:45	Ankle fractures: what I teach to my trainees A. Eleftheropoulos
15:45 – 15:55	Arthroscopic and open ankle fusions. State of the art. D. Chatziemmanouil
15:55 – 16:05	Total ankle replacement. Present and future A. Pettas
16:05 – 16:15	Discussion
16:15 – 16:30	Coffee Break Aula Hall LEVEL 2

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Shoulder



Knee



Hip



Foot & Ankle



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16:30 - 19:00 Hands – On Session – 9 Working Stations Shoulder, Knee, Foot and Ankle | Vesalius Lab **LEVEL 0**

Shoulder Stations: **M. Azar, A. Gkantsos, Z. Kokkalis, G. Mazis, P. Pantos**

- Shoulder Arthroplasty

Knee Stations: **K. Kateros, T. Kostakos, V. Sakellariou**

- Osteotomy
- Uni Knee
- KA Knee MP

Foot and Ankle Stations: **S. Datsis, A. Eleftheropoulos, A. Pettas**

- Subtalar arthroscopy – lateral approach
- Peroneal tendoscopy
- Open procedures

FACULTY LIST

Dimitris	Alexakis	Director of Orthopaedics and Sports Injuries Department, Athens Euroclinic, Greece
Eleftherios	Alexiou	Orthopaedic Surgeon, Athens, Greece
Miltos	Argyropoulos	BSc, MBChB, FRCS Trauma & Orthopaedic Surgeon, Foot & Ankle Specialist
Michel	Azar	Orthopaedic Surgeon, ICR Nice, France
Georgios	Basdekis	MD, PhD, Orthopaedic Surgeon, Medical Partner Iaso Thessaly, Greece
Vasileios	Bitounis	MD Bristol, FRCSEd, PhD, Orthopaedic Surgeon, Director of the International Center for Hip and Knee Arthroplasty, Athens Medical Center, Greece
Nicolas	Bonnevialle	MD, PhD, Président de la SFA, Chirurgie de l' Epaule, Clinique Universitaire du Sport, Hopital Pierre Paul Riquet, Toulouse, France
Achilleas	Boutsiades	MD, PhD 401 Military Hospital of Athens, Bioclinic of Athens Advanced Shoulder Service, Athens, Greece
Dimitrios	Chatziemmanouil	Orthopaedic Surgeon, Director, 5th Orthopedic Department, Interbalkan Medical Center Thessaloniki, Greece
Georgios	Datsis	MD, PhD, FEBOT Orthopaedic Consultant, Foot & Ankle Specialist, Rethimno, Crete, Greece
Anastasios	Deligeorgis	Orthopaedic Surgeon, Associate Director, 3rd Orthopaedic Department Hygeia hospital, IOC Diploma in Sports Medicine, Athens, Greece
Iosif	Dourountakis	Orthopaedic Surgeon, Athens, Greece
Alexandros	Eleftheropoulos	Foot and Ankle Orthopaedic Consultant, Head of Orthopaedic Department Naousa's General Hospital, Central Macedonia, Greece
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
Ioannis	Giannakopoulos	MD, PhD, MHCM Orthopaedic Surgeon, Director, Department of Lower Limb and Minimally Invasive Surgery, Athens Medical Center, Greece
Filippos	Giannoulis	MD, PhD, Director, Hand Surgery Department, "Hygeia" Hospital, Athens

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Alkiviadis	Kallivokas	BSc, MD, PhD Consultant Orthopaedic and Trauma Surgeon, Athens Medical Center, Greece Evgenidio Hospital, Athens, Greece General and Oncology Hospital of Kifisia, Greece
Konstantinos	Kateros	MD, MSc, PhD, Orthopaedic Surgeon Director, 1st Orthopaedic Department "G.Gennimatas" General Hospital, Athens, Greece
Zinon	Kokkalis	MD, PhD, Associate Professor of Orthopaedic Surgery School of Medicine, University of Patras, Greece
Thomas	Kostakos	MD, PhD, FRCS (Tr&Orth), Consultant Orthopaedic Surgeon, Athens Medical Centre, Greece
Christos	Koukos	Sports Trauma and Pain Institute Thessaloniki, Medical Center Wuppertal, Germany
Panagiotis	Kouloumentas	MD, Orthopaedic Surgeon, Director Athens Sport Orthopaedics Clinic for Orthopaedics and Sport Orthopaedics Metropolitan Hospital Athens, Greece
Aristotelis	Kourtis	Consultant Orthopedic Surgeon, Athens Medical Centre, Athens, Greece Honorary Consultant, Nuffield Orthopedic Centre, Oxford, U.K. Honorary Consultant, Southmead Hospital, Bristol, U.K. Honorary Lecturer, University of Bristol, U.K.
Andreas	Leonidou	MSc, PhD, FRCS (Tr & Orth), Director of Department of Minimally Invasive Orthopaedic Surgery, Athens Medical Centre, Greece
Giorgos	Mazis	MSc, PhD, FEBOT, Director Orthopedic Surgeon Head of Upper Extremity (Shoulder & Elbow) and Hand Extremity Surgery Department, Athens Medical Center, Palaio Faliro, Greece Associate of the Upper Extremity Surgery Department and Head of the Hand Extremity Department at "OSTEON" Orthopedic Clinic, Athens, Greece
Pantelis	Nikolaou	MD, PhD, Orthopaedic Surgeon, Director, Orthopaedic Clinic, Division Sports Medicine, Athens Medical Center, Amarousio Greece
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Panagiotis	Pantos	MD, MSc, PhD, Orthopaedic Surgeon, Director of the Upper Limb Unit , Osteon Orthopedic Clinic at Athens Medical Center, Greece
Athanasios	Papavasiliou	BSc, MD, PhD, Orthopaedic Surgeon, Interbalkan Hospital, Thessaloniki , Greece and HYGEIA Hospital, Athens, Greece ESSKA- EHPA Chair 2024-6 ISHA Educational committee 2025-7
Iraklis	Patsopoulos	Orthopaedic Surgeon, Director Sports Injuries Department, Mediterraneo Hospital, Athens, Greece
Grigorios	Petridis	Orthopaedic Surgeon, Athens, Greece
Antonis	Pettas	CEO and Co-founder of Scandinavian Medical center Limassol, Cyprus Senior consultant Orthopaedic Surgeon at Interbalkan Hospital, Thessaloniki, Greece
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Christos	Theos	MD, MSc, Orthopaedic Surgeon, Athens Medical Center, Paleo Faliro Clinic Team Doctor of Olympiacos FC AXION QPC (Quality Performance Centre) Piraeus Special Orthopaedic Surgery (PirSOS). Scientific Collaborator of 1st Orthopaedic Clinique University of Athens (Attiko Hospital).

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Trifon	Totlis	Orthopaedic Surgeon, Assistant Professor, TheMIS Orthopaedic Center, St. Luke's Hospital, Thessaloniki, Anatomy Department, School of Medicine, Aristotle University of Thessaloniki, Greece ESSKA-EKA Early Osteoarthritis Study Group co-Chair
Georgios	Tsikouris	Orthopaedic Surgeon, Sports Medicine Specialist, Athens, Greece
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