



First Department of Orthopedic Surgery
National and Kapodistrian University of Athens
Medical School, "Attikon" University General Hospital
Professor & Chairman: Panayiotis J. Papagelopoulos

Organized by:



1st Orthopedic Clinic
"Hygeia" Hospital
Director: Sawas-Georgios Sourmelis

www.elbowcourse2018.gr

Under the auspices of:



Hellenic Association
of Orthopaedic Surgery



Traumatology College
of Greek Orthopaedic Surgeons

3rd

Athens International ELBOW Course

7-9 September
2018

Orthopaedic Research and
Education Center (OREC)
"Panayotis N. Soucacos"
"Attikon" University General Hospital

Hands-on
Workshop

Surgical
Approaches
in Cadavers

PRELIMINARY
PROGRAMME

Dear Colleagues,

On behalf of Organizing Committee we would like to invite you to participate in the **"3rd Athens International Elbow Course"**, which will be held from 7th to 9th September 2018 at Orthopedic Research and Education Center "P.N. Soucacos" in "ATTIKON" University General Hospital, Athens, Greece.

The course is organized by the First Department of Orthopedic Surgery, National and Kapodistrian University of Athens, "ATTIKON" University General Hospital and the First Orthopedic Clinic of "HYGEIA" Hospital.

The organizing and the scientific committee have been working to prepare a high level scientific program focus on Elbow disorders and surgery. The faculty consists of national and International Orthopedic Surgeons with special interest in Elbow and Upper limb Surgery, who will join us to share their experience and knowledge.

This 3-days course aim to present innovative approaches and techniques and discuss controversial topics in Elbow surgery. Practical sessions-workshop on sawbones the 7th and 8th September and cadaveric dissections the 9th of September will offer an opportunity to real training in most important surgical approaches and last-designed surgical instruments.

We also encourage you to bring your difficult cases for discussion. Let's share our knowledge and experience in Elbow disorders and surgery.

We are looking forward to your participation.

The Presidents of the Organizing Committee

Olga Savvidou

*Associate Professor of Orthopedics
First Department of Orthopedics
National and Kapodistrian University
of Athens, Medical School
"Attikon" University General Hospital*

Savvas-Georgios Sourmelis

*Director of 1st Orthopedic Clinic
"HYGEIA" Hospital, Athens*



PRELIMINARY PROGRAMME

Friday, September 7, 2018

11:00-11:30	Registrations - Welcome
11:30-13:00	BASIC PRINCIPLES
	Moderators: A. Kelekis, N. Zagoreos
	Biomechanics of elbow joint P. Stavlas
	Clinical exam of the elbow: Bones & ligaments E. Fandridis
	The role of Ultrasound exam in diagnosis of elbow injuries A. Plagou
	The role of MRI in ligamentous injuries of the elbow D. Kechagias
	The value of CT in the diagnosis and treatment of elbow injuries O. Papakonstantinou
	Discussion
13:00-15:00	SURGICAL APPROACHES IN ELBOW AND FOREARM
	Moderators: A. Mavrogenis, E. Fandridis
	Lateral approach (Kocher, Kaplan) N. Vergados
	Lateral and Medial column approach N. Dinopoulos
	Anterior approach (Henry) N. Galanakis
	Posterior approach: Mayo posterior lateral / olecranon osteotomy V. Psihogios
	Posterior approach: Triceps splitting / triceps reflecting P. Stavlas
	Anterior approach forearm (Henry) N. Zagoreos
	Posterior approach forearm N. Darlis
	Discussion
15:00-16:30	PRACTICAL EXERCISE 1: SAW BONES
	Osteosynthesis of fractures of distal humerus/proximal ulna/ and radial head

16:30-17:30	ELBOW ARTHROSCOPY
	Moderators: N. Darlis, C. Dinopoulos
	Arthroscopy of the elbow: Patient set-up and portals N. Darlis
	The role of arthroscopy in elbow osteoarthritis A. Venouziou
	Arthroscopic removal of loose bodies and plica of the elbow C. Chrysanthou
	Posterior interosseous nerve. Diagnosis and treatment S. Papadakis
	Discussion
17:30-18:00	<i>Coffee Break - Chat with experts</i>
18:00-19:15	TRAUMA I
	Moderators: Ch. Dimitriou, I. Sarris
	Elbow dislocation. The role of conservative treatment Z. Kokkalis
	Terrible triad of elbow. Is it that terrible? P. Givisis
	Intrarticular fractures of distal humerus I. Maris
	Osteosynthesis of the radial head. Is it always successful? Feasible? S. Spiridonos
	Fractures of radial head. What is the appropriate radial head prosthesis? P. Kanellos
	Discussion
19:15-20:30	TRAUMA II
	Moderators: P. Givisis, E. Chronopoulos
	Management of complications after radial head arthroplasty I. Sarris
	Forearm instability. Diagnosis and treatment E. Apergis
	Coronal shear fracture. Diagnosis and which one to fix C. Zalavras
	Olecranon fractures: From Simple to complex C. Zalavras
	Discussion
20:30	Welcome Reception



Saturday, September 8, 2018

08:30-09:30	ELBOW IN CHILDREN
	Moderators: A. Beris, K. Antonis
	Supracondylar fractures of the elbow P. Samelis
	Elbow dislocation & fracture of the medial humeral epicondyle T. Sarlikiotis
	Monteggia fractures in children K. Antonis
	Pitfalls in rehabilitation of the elbow G. Tzanos
	Discussion
09:30-10:45	COMPLICATIONS AFTER ELBOW FRACTURES I
	Moderators: C. Sinopidis, P. Stavlas
	Compartment syndrome of the forearm A. Beris
	Heterotopic ossification of the elbow. Surgical management A. Korobilias
	Surgical management of distal humerus fractures J. Sanchez-Sotelo
	Nonunion of distal humerus fractures O. Savvidou
	Discussion
10:45-12:00	COMPLICATIONS AFTER ELBOW FRACTURES II
	Moderators: I. Feroussis, K. Ditsios
	Post-operative infection after open reduction and internal fixation of distal humerus fractures. Treatment algorithm C. Zalavras
	Elbow stiffness: Open approach B. Olsen
	Elbow stiffness: Arthroscopic management J. Sanchez-Sotelo
	Reconstructive procedures for advanced elbow arthritis or stiffness other than total elbow arthroplasty S. Sourmelis
	Discussion

12:00-12:30	<i>Coffee Break - Chat with experts</i>
12:30-13:30	ELBOW INSTABILITY
	Moderators: A. Korobilias, I. Galanakis
	Basic knowledge for elbow instability K. Ditsios
	Simple elbow instability: Clinical presentation, Treatment, Outcome B. Olsen
	Complex elbow instability J. Sanchez-Sotelo
	Discussion
13:30-14:00	LECTURE
	Chair: P. Papagelopoulos
	The changing face of upper extremity surgery: New frontiers with advanced technology P. N. Soucacos
14:00-15:00	CASE PRESENTATIONS. BRING YOUR CASES
	Moderator: J. Sanchez-Sotelo
15:00-16:30	PRACTICAL EXERCISE 2: SAW BONES
	Radial head arthroplasty
	Total elbow arthroplasty
16:30-18:30	TOTAL ELBOW ARTHROPLASTY
	Moderators: P. Papadopoulos, E. Apergis
	Elbow arthroplasty, indications, design, outcome B. Olsen
	Tips and tricks to optimize outcome in elbow arthroplasty J. Sanchez-Sotelo
	Treatment of osteoporotic distal humerus fractures with hemi-arthroplasty P. Papadopoulos
	Elbow hemi-arthroplasty in distal humerus fractures in younger patients B. Olsen
	Diagnosis and treatment of infection after elbow arthroplasty. The hip surgeon perspective V. Nikolaou
	Periprosthetic fractures after elbow arthroplasty. ORIF or revision C. Sinopidis
	Discussion



Saturday, September 8, 2018

18:30-19:30	TENDINOPATHIES & OVERUSE SYNDROMES I
	Moderators: V. Psihogios, P. Koulouvaris
	Distal biceps rupture. The optimal technique I. Feroussis
	Distal triceps rupture D. Koulalis
	Differential diagnosis and operative treatment of radial tunnel syndrome F. Giannoulis
	Discussion
19:30-20:30	TENDINOPATHIES & OVERUSE SYNDROMES II
	Moderators: D. Mastrokalos, F. Giannoulis
	Impingement syndrome of the elbow P. Gianakopoulos
	The role of PRP in elbow tendinopathies. An update E. Papadogeorgou
	Neurolysis VS transposition of the ulnar nerve in cubital tunnel syndrome V. Kontogeorgakos
	Musculoskeletal tumors of the elbow P. Papagelopoulos
	Discussion
20:30	CLOSING REMARKS & ADJOURN

CADAVERS, LECTURES AND CASE DISCUSSION

Sunday, September 9, 2018

09:00-14:00	ELBOW AND FOREARM SURGICAL APPROACHES
	Moderators: S. Sourmelis, O. Savvidou
	Lateral approach (Kocher, Kaplan) N. Vergados
	Lateral and Medial column N. Dinopoulos
	Anterior approach (Henry) N. Galanakis
	Posterior approach: Mayo posterior lateral / olecranon osteotomy V. Psihogios
	Posterior approach: Triceps splitting / triceps reflecting P. Stavlas
	Anterior approach forearm (Henry) N. Zagoreos
	Posterior approach forearm N. Darlis

ANATOMY LAB

Instructors: **N. Vergados, N. Dinopoulos, N. Galanakis, V. Psihogios, P. Stavlas, N. Zagoreos, N. Darlis**

15:00 END OF COURSE

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Congress Organizing Bureau

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