



THE
LANDMARK
NICOSIA

The Landmark Nicosia

40th Cyprus Orthopaedic Conference



1-3 NOVEMBER 2019



Under the auspices
of the Ministry of Health

Organised :



www.kexot.org



Approved:



EFORT FORUM

Secretarial Support:



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11 CME POINTS AWARDED

1-3 NOVEMBER
2019

WELCOME ADDRESS

Dear friends and colleagues,

It is my pleasure to welcome you to Cyprus to the 40th Cyprus Orthopaedic Conference, which is taking place from the 1st until 3rd of November in Nicosia.

The whole conference is focused on knee problems and injuries. The meeting is approved by EFORT, and an EFORT FORA will take place on the 2nd of November. Additionally, the knee injury subjects are going to be covered by METFORT (Mediterranean Federation of Orthopedic and Traumatology) in several symposia.

Fourteen distinguished overseas and six local speakers are going to present and discuss the latest knowledge about issues concerned.

Once again, I would like to thank you for taking part in our meeting and I wish you a pleasant stay in Cyprus.

Dr N. Papaloucas
President CAOST



JointCare MAX

ΓΛΟΥΚΟΣΑΜΙΝΗ ΜΕΓΙΣΤΗΣ ΣΥΓΚΕΝΤΡΩΣΗΣ

Οι ειδικοί στην Seven Seas αντιλαμβάνονται πλήρως πόσο σημαντικό είναι για εσάς να συνεχίσετε να απολαμβάνετε όλα εκείνα που αγαπάτε. Γι' αυτό και έχουν σχεδιάσει το **Joint Care Max** με:

- 1500 mg θειικής γλυκοσαμίνης
- 400 mg Omega 3
- Βιταμίνη C για ενίσχυση της σύνθεσης για γενική στήριξη και ενδυνάμωση των οστών
- Βιταμίνη Δ για τη διατήρηση του μυοσκελετικού συστήματος



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Διατίθεται σε όλα τα Φαρμακεία

Arthrex ACP® Tendo

The Next Generation Treatment for Tendinopathies

Principle of Arthrex ACP® Tendo



Introduction

Arthrex ACP Tendo provides a novel, patient-friendly and easy-to-use treatment for tendinopathies. It combines the advantages of autologous conditioned plasma (ACP) with the benefits of an innovative scaffold material, VergenixSTR, based on recombinant human collagen (rhCollagen). The interaction of ACP with the rhCollagen matrix creates a growth factor depot, enabling a prolonged release of growth factors to the injury site for up to four weeks, and can promote hemostasis, tissue renewal, and regeneration.

Indications

Arthrex ACP Tendo is intended for use in the treatment of tendinopathies, e.g., epicondylitis, patellar tendinopathy, plantar fasciitis.

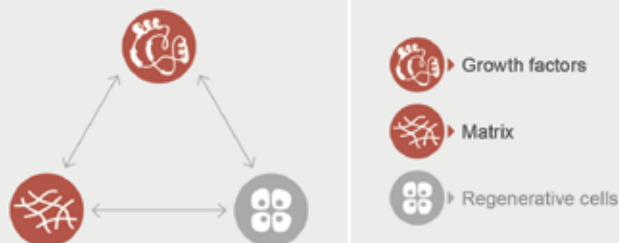
Features and Benefits

- Innovative technology – VergenixSTR rhCollagen brings advantages to tissue-extracted collagen
- Growth factor depot – elevated levels of growth factors for a prolonged time
- Single injection – less pain for the patient

Arthrex ACP® Healing Triad

The Arthrex ACP healing triad comprises the cornerstones required for healing: "growth factors", "matrix", and "regenerative cells".

Arthrex ACP Tendo covers the growth factor and matrix aspects.



Arthrex ACP® SVF

Regenerative Match

Principle of Arthrex ACP® SVF



Introduction

Biological treatment options have gained growing interest over recent decades. Blood products such as platelet-rich plasma (PRP) have been extensively studied for different indications. Another treatment option is autologous mesenchymal stem cells where several potential sources could be identified, including bone marrow, adipose tissue or umbilical cord.^{1,2}

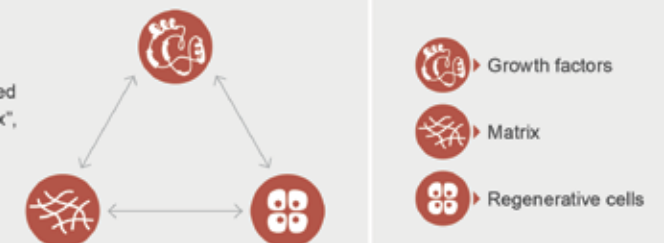
Stem cells from adipose tissue (AdSC), which are located in the stromal vascular fraction (SVF), share similar properties with bone-marrow-derived stem cells. They can differentiate into different cell lines such as bone, fat, cartilage, and muscle and secrete a large number of cytokines and growth factors, but in comparison to bone-marrow-derived stem cells, they are easier to collect for clinical application and show higher isolation yields.³⁻⁷

Arthrex ACP SVF combines both the benefits of autologous conditioned plasma (ACP) and the regenerative potential of autologous stromal vascular fraction. This combination has been suggested as having a promising approach for tissue regeneration.^{8,9} The supplementation of cell culture media with Arthrex ACP resulted in dose-dependent cell growth and proliferation of AdSCs in vitro.¹³ This synergistic effect of PRP and AdSC has been examined in several in vitro and preclinical studies for different tissues (cartilage, bone, skin) wherein it could be shown that PRP promotes cell proliferation and differentiation of adipose-derived stem cells.¹⁰⁻¹⁶

Arthrex ACP® Healing Triad

The Arthrex ACP healing triad comprises the cornerstones required for healing: "growth factors", "matrix", and "regenerative cells".

Arthrex ACP SVF covers these three cornerstones.



Invited Speakers:

1. Prof. Peter Giannoudis UK
2. Prof. Thierry Begue France
3. Prof. Chris Van De Werker Nederlande
4. Prof. K. Malizos Greece
5. Prof. Karachalios Theophilos Greece
6. Prof. Gershon Volpin Israel
7. Prof. Gamal Hosny Egypt
8. Prof. Joachim Grifka German
9. Prof. P. Papagelopoulos Greece
10. Mr. Mandalia Vipur UK
11. Prof. Geris Hakim Israel
12. Prof. Simone Perelli Spain
13. Mr. Michalis Panteli UK
14. Dr. Philipp Forkel Germany

Local Speakers:

1. Dr. N.Papaloucas
2. Dr. A.Schizas
3. Dr. Th.Christofi
4. Dr. L.Christodoulou
5. Dr. M.Zenios
6. Dr. Chr.Georgiadis

CAOST BOARD

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Registration fees:

- | | |
|--------------------------|------|
| CAOST Members: | €100 |
| Non - members: | €150 |
| Physiotherapists/Nurses: | €30 |
| Students | FREE |

GraftNet™ Autologous Tissue Collector

The suction-activated GraftNet device is designed to collect autologous tissue for a multitude of applications. When connected to an arthroscopic shaver, the GraftNet device may be used to remove tissue debris from a surgical site. This recovered autologous tissue is collected in an easily accessed, sterile filtered chamber. The GraftNet autologous tissue collector makes gaining access to autograft tissue as simple as Resect and Collect.

- Universal adapters make for easy assembly
- Collect autologous bone or cartilage particulate
- Quickly access recovered tissue volume
- Control the particulate size when using a shaver device

Indications

ACL: Backfill of BTB harvest site

When preparing an ACL tunnel, use the GraftNet to recover bone that can be used to backfill the harvest site.

Osteotomy: Osteophyte harvesting to fill the osteotomy gap.

In a large proportion of patients requiring HTO, intra-articular osteophytes are present. Using the GraftNet device, these osteophytes can easily be harvested and used for filling the osteotomy gap.

Cartilage:

To supplement a focal articular cartilage defect after microfracture, a particulated, cellular articular cartilage material may be used.



FRIDAY (1st November)

16:30 - 17:40 (70 min) **SYMPOSIUM** Chair: O. Athanatos, V. Konstantinou
ACL - RECONSTRUCTION - NEW TRENDS

1. ACL Reconstruction with Remnant Preservation. How I do it. (7 min) **(V. Mandalia)**
2. Remnant preservation on ACL - Reconstruction (7 min) **(P. Forkel)**
3. ACL Repair using Augmentation with Internal Brace (10 min) **(P. Forkel)**
4. Extraarticular Tenodesis - Reality or Myths (15min) **(S.Perelli)**
5. Hidden lesions with ACL - Tear (15min) **(N.Papaloucas)**

Discussion (15 min)

17:40 - 18:10 (30 min) **Brake**

18:10 - 19:10 (60 min) **SYMPOSIUM** Chair: C. Papakostidis, N. Kordalis
DEBATE: High Tibial Osteotomy VS Unicompartmental Arthroplasty

1. Which patient needs Osteotomy? When? What kind? Results (15 min) **(G.Hosny)**
2. Which patient needs UNI? When? What kind? Results (15 min) **(G.Volpin)**
3. Case presentation by the speakers (two or three cases by each speaker) and each speaker will defend his procedure for the particular case. (30 min) **(G.Hosny, G.Volpin)**

19:10 **Opening Ceremony**
Welcome Address: - CAOST President N.Papaloucas
- HAOST President P.Papaggeorgopoulos

Exhibition Opening

SATURDAY (2nd November)

09:00 - 10:25 (85min) **SYMPOSIUM EFORT**
Total Knee Replacement (Difficult Primary Knee Arthroplasty)

EFORT -FORUM Chair: N.Papaloucas, S. Chatzichristofi

1. Opening of the EFORT FORUM (including Short Video) (5 min) **(Th. Karachalios)**
2. TKR in patients with stiff knee (15 min) **(Th. Karachalios)**
3. TKR in patients with severe Varus or Valgus knee (15 min) **(Th. Christofi)**
4. TKR after Knee fractures (15 min) **(T. Begue)**
5. New trends for the difficult Knee arthroplasty (15 min) **(Th. Karachalios)**
6. Discussion/Summary of the EFORT FORUM (20 min) **(N. Papaloucas)**

10:25 - 10:45 (20min) **LECTURE** Chair: N.Maroudias
TKR in 2019, New frontiers- navigated, Computer assisted and patient's specific Instrumentation (PSI) (20 min) **(J.Grifka)**

10:45 - 11:15 (30 min) **Brake**

11:15 - 12:35 (80min) **SYMPOSIUM** Chair: A. Schizas, G. Metaxas
REVISION OF TOTAL KNEE REPLACEMENT

1. Painful Knee Replacement. Steps to investigate the problem (15 min) **(M. Panteli)**
2. Infected TKR, Plan to solve the problem (15 min) **(C. Malizos)**
3. Non-infected loose TKR, How I face the problem (15 min) **(Th. Karachalios)**
4. Intraoperative Problems, Tip and Tricks (bone loss, joint line restoration etc) (15 min) **(Th. Christofi)**

Discussion (20min)

12:35 - 12:55 LECTURE Chair: S.Tourvas
Osteoarthritis of the Knee. A spectrum of Phenotypes (20 min) **(C. Malizos)**

12:55 - 15:35 Brake - Workshops

12:55 - 14:25 Workshop 1: Smith & Nephew (90 min)

14:25 - 15:35 Workshop 2: Arthex (70 min)

15:35 - 16:55 SYMPOSIUM Chair: Y. Efstathiades, N. Chatzinikolaou
(80min) MENISCUS IN 2019

1. Partial or total Meniscectomy - Consequences (10min) **(Ch. Georgiades)**
2. Meniscal Repair - Tip and Tricks (10min) **(V. Mandalia)**
3. Degenerative meniscal Tear-Meniscal Extrusion (15 min) **(S. Perelli)**
4. Post Meniscectomized Knee - Treatment Options (Substitution, allograft, etc) (15min) **(S. Perelli)**
5. ESSKA Consensus for Meniscal Tear (20 min) **(N. Papaloucas)**

Discussion (10 min)

16:55 - 17:25 Brake

17:25 - 18:25 MEDFORT SYPOSIUM I Case Presentations Chair: C. Papakostidis, Ch. Heracleous
(60min)

The Experts answer

1. Periprosthetic Fracture (one-or two cases) (20 min) **(Ch. Van De Werken)**
2. Periprosthetic femoral fracture (one -or two cases) (20 min) **(G. Volpin)**
3. Posterior Tibial plateau Fracture -Management-outcomes (20 min) **(P. Giannoudis)**

18:25 - 20:00 MEDFORT SYMPOSIUM II Knee Injuries Chair: M. Zenios, N. Maroudias
(95min)

1. Distal Femoral fractures (15 min) **(Th.Christofi)**
2. Fractures of tibial Plateau - Minimally invasive-Arthroscopic assisted Treatment (15 min) **(G.Volpin)**
3. Periprosthetic Patellar fractures: an update (15 min) **(P. Giannoudis)**
4. Knee Dislocation-Management in emergency (15 min) **(C. Malizos)**
5. Floating Knee (15 min) **(G. Hosny)**

Discussion (20 min)

Dinner

SUNDAY (3rd November)

09:00 - 9:30 Osteotec Presentations

(30min)

1. Modern TKA design. (15 min) **(Th. Karachalios)**
2. Contemporary Surgical techniques for TKA. (15 min) **(Th. Karachalios)**

09:30 - 10:00
(30min)

DEBATE Chair: P. Spastris, A. Maxoutlou MINIMAL INVASIVE VS CLASSICAL APPROACH for TKR

1. Why do I prefer minimal invasive technique? (10min) **(Ch. Van de Werker)**
 2. Why do I still prefer classical approach? (10min) **(A. Schizas)**
- Discussion (10min)

10:00 - 10:45

LECTURES Chair: A. Tanos, L. Loizides

1. TKR after Osteotomy around the knee (15 min) **(Th. Karachalios)**
2. Periprosthetic distal femoral fractures: Current insights (15 min) **(P. Giannoudis)**
3. Arthroscopic treatment of patellar clunk after TKR (15 min) **(G. Hakim)**

10:45 - 11:20

LECTURE Chair: N. Papaloucas, A. Christou

1. Current Management of Musculoskeletal Sarcomas (20 min) **(P. Papagelopoulos)**
2. Subtrochanteric femoral fractures: Issues-Challenges-Solutions (15min) **(M. Panteli)**

11:20 -11:50 Brake

11:50 - 12:20
(30 min)

LECTURES Chair: K. Zodiatis, K. Kontozis

1. Update of cartilage reconstruction in 2019 - from Microfracturing to stem cells (15 min) **(J. Grifka)**
2. Long Term Outcome of Total Knee Arthroplasty in Patients with Morbid Obesity”(15 min) **(G. Hakim)**

12:20 - 14:00
(100min)

MINI SYMPOSIUM Chair: Ch. Van de Werker, M. Markaris PATELLOFEMORAL JOINT (60 min)

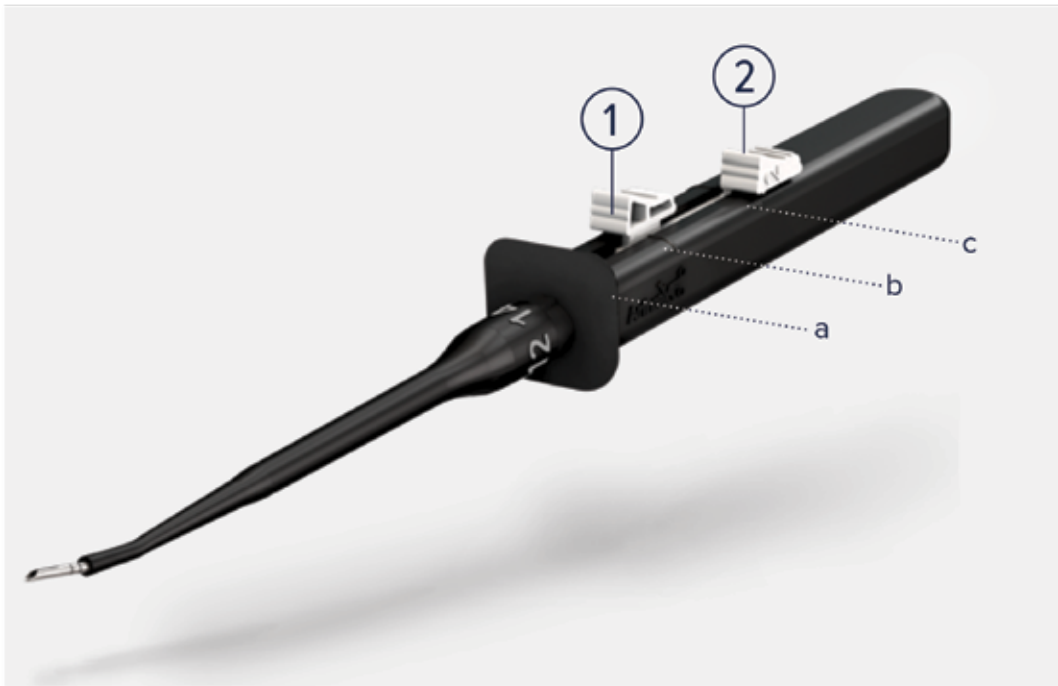
1. Patellofemoral Pain Syndrome, (General assessment, current Concepts, Etiology, Investigation) Conservative treatment (20 min) **(L. Christodoulou)**
 2. First time Patella Dislocation, How I approach the problem (20 min) **(M. Zenios)**
 3. Anatomy of the patellofemoral joint and decisions for operative procedures (20 min) **(J. Grifka)**
 4. Recurrent Patella Dislocations, Investigations, Soft tissue and bone procedures (20 min) **(Ch. Van de Werker)**
- Discussion (20 min)

14:00 - 14:10 Conference Closing Remarks **(N. Papaloucas)**

Indication and Procedure

The Meniscal Cinch II brings All-Inside meniscal repair to a new level of simplicity and safety. It allows true one-handed use with minimal deployment steps. The low profile needle deploys small implants with limited needle exposure. Low profile # 2-0 FiberWire suture with a pre-tied knot tensions easily and facilitates secure, low profile, vertical or horizontal suture repairs.

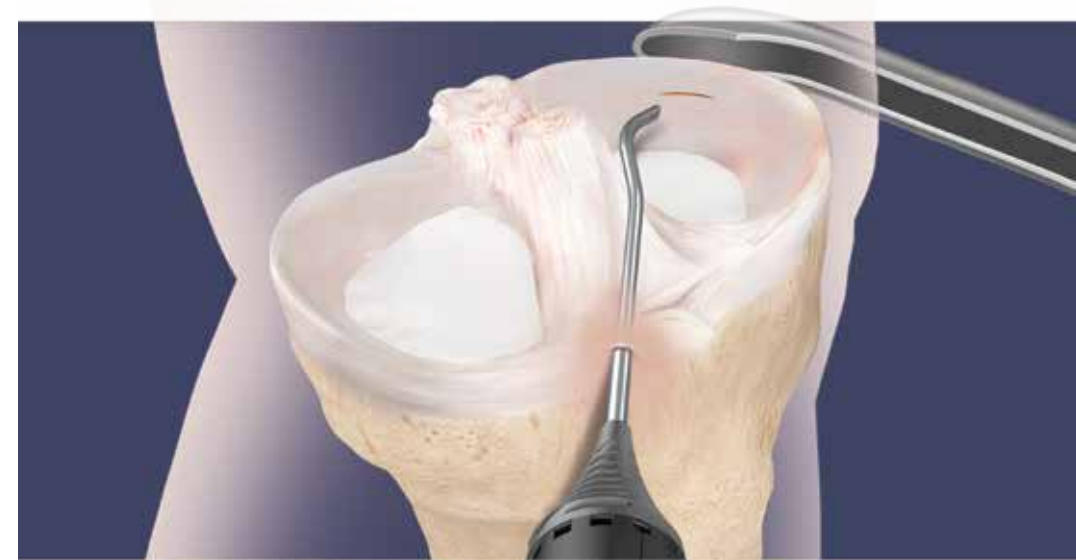
Product Description



- Implant # 1 comes preloaded at trigger position **b** and is deployed by pushing trigger 1 to position **a**
- Implant # 1 is flipped into position by pulling trigger 1 back until it reaches position **c**
- Implant # 2 is fixed following the same workflow with trigger 2
- Afterwards the Meniscal Cinch II is pulled out of the joint and the repair site is fixed by reducing the suture slack with the pre-tied # 2-0 FiberWire
- The use of a knot pusher is recommended to align the knot on the meniscus

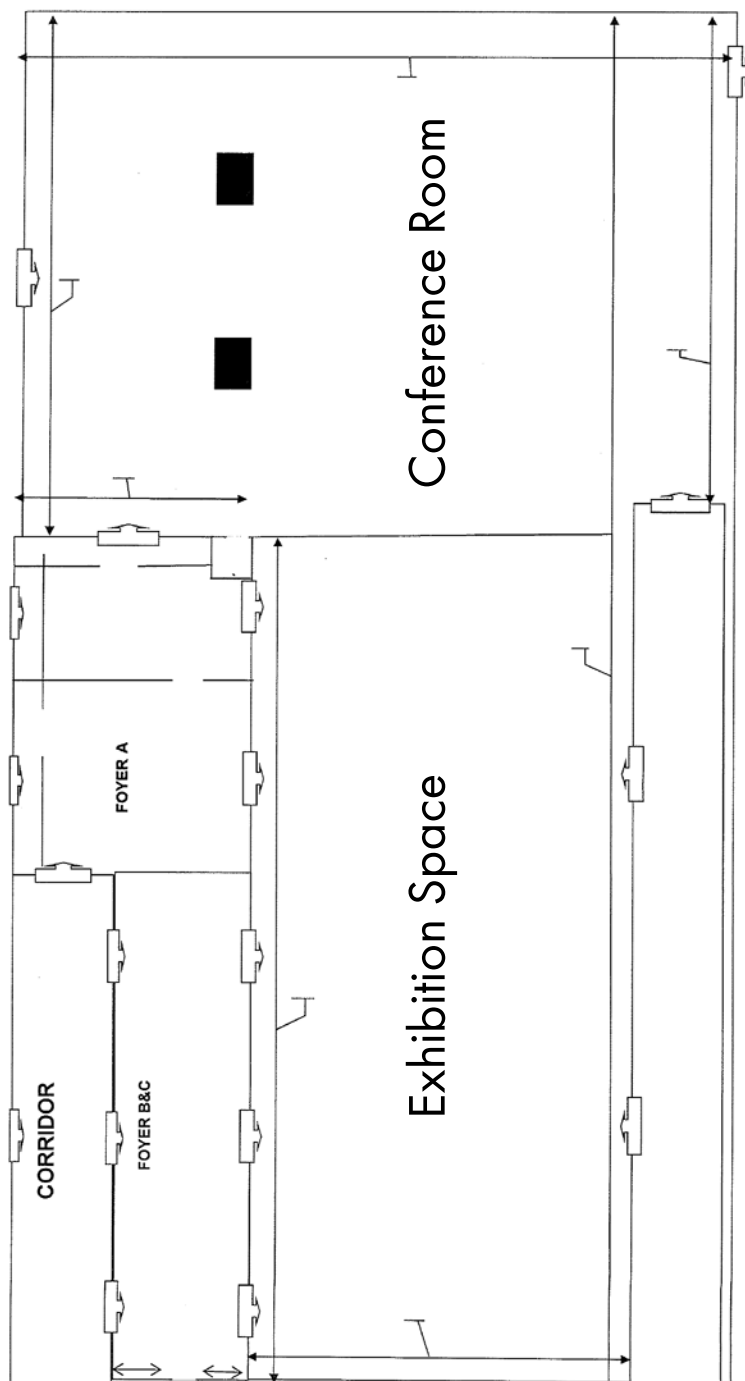
ZoneNavigator™ System

Surgical Technique



Arthrex®

Conference Room & Exhibition Space



Επανάκτηση Ικανοτήτων Ποιότητα Ζωής

Το Nicosia Rehabilitation Center (NRC) είναι ένα μοντέρνο, σύγχρονο κέντρο αποκατάστασης στην καρδιά της Λευκωσίας, το οποίο αποτελεί πρότυπο κέντρου αποκατάστασης στην Ανατολική Μεσόγειο.

Προσεγγίζουμε ολιστικά τους ασθενείς μας, προσφέροντας ξεχωριστά εξατομικευμένη θεραπεία, για την επίτευξη της καλύτερης δυνατής ποιότητας ζωής.

Νευρολογικές, νευρομυϊκές, μυοσκελετικές παθήσεις, προβλήματα που δημιουργούνται μετά από σοβαρούς τραυματισμούς και σύνθετες μεταχειρουργικές καταστάσεις είναι μόνο μερικά από τα προβλήματα που αντιμετωπίζουμε ώστε οι όποιες επιπτώσεις τους στη ζωή των ασθενών να ελαχιστοποιηθούν ή και να μηδενιστούν εφόσον αυτό είναι εφικτό.

Στοχεύουμε στην ενδυνάμωση των ασθενών μας με καινούργιες δεξιότητες, ώστε να επιτύχουν την καλύτερη δυνατή ποιότητα ζωής. Στο NRC Nicosia Rehabilitation Center προσφέρουμε Φυσιοθεραπεία, Υδροθεραπεία, Εργοθεραπεία, Λογοθεραπεία, Κλινικό Διατροφολόγο όπως επίσης και Ψυχολόγο.

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