

ORGANIZATION

Course Chair

Emmanuel Papacostas, MD, FEBSM, FICRS
Sports Orthopaedic Surgeon
Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar

Local Organizing Committee

Al-Kuwari Abdelaziz, Aspetar, Doha
D’Hooghe Pieter, Aspetar, Doha
Getgood Alan, Aspetar, Doha
Al-Khelaifi Khalid, Aspetar, Doha

Olory Bruno, Aspetar, Doha
Hagert Elisabet, Aspetar, Doha
Huri Gazi, Aspetar, Doha
Al-Mojaber Ahmed, Aspetar, Doha

Scientific Programme Committee

Krych Aaron, Rochester, USA
Lane John, San Diego, USA
Lattermann Christian, Boston, USA

Papacostas Emmanuel, Doha, Qatar
Getgood Alan, Doha, Qatar
Al-Khelaifi Khalid, Doha, Qatar

Course Venue

Aspetar Orthopaedic and Sports Medicine Hospital
Sports City Street, Inside Aspire Zone7 Al Buwairda Street, Doha, Qatar
www.aspetar.com

Aspetar, a FIFA accredited Medical Center of Excellence is a specialised orthopaedic and sports medicine hospital, staffed by some of the world’s leading sports medicine practitioners and researchers. The Surgery Sports Training Center is located on the Basement Floor of the West Expansion.

Course Organizing Office

Cartilage Executive Office (CEO) GmbH
Spitalstrasse 190A| CH-8623 Wetzikon, Switzerland
Phone +41 44 503 73 70 | Email: office@cartilage.org | www.cartilage.org

SPONSORING OPPORTUNITIES

We are thrilled to announce the return of this premium educational event and extend this special invitation to innovative companies specializing in cutting-edge technologies for diagnosing, regenerating, repairing, protecting, or rehabilitating joint cartilage surfaces. Whether your expertise lies in stem cells, growth factors, PRP, bioactive composites, synthetics, scaffolds, allografts, or their combinations, this is a prime opportunity for you to showcase your advancements. All sponsorship opportunities can be found here:



GENERAL INFORMATION

Course Language

The official course language is English. No simultaneous translation will be provided.

CME

We do not offer CME credits for this meeting.

Health Care

Some vaccines are recommended or required for Qatar. The CDC and WHO recommend the following vaccinations for Qatar: hepatitis A, hepatitis B, typhoid, rabies, anthrax, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza. COVID-19 vaccination is recommended for travel to all regions, both foreign and domestic.

Disclaimer

ICRS and the course organizers cannot accept any liability for the acts of any suppliers to this meeting nor of the safety of any attendee while in transit to or from this event. All participants are strongly advised to carry proper travel- & health insurance.

Cancellation of the Course by the Organizer

Congress fees will be reimbursed if the congress is cancelled for other reasons than war, warlike events, natural disasters, and acts of terrorism or sickness epidemics. In the latter circumstances, only a proportion of the congress fee would be refundable.

ICRS Membership Benefits

Attendees who apply for ICRS membership right before registration will immediately benefit from the highly reduced members’ fee. Membership applications should be done online before course registration. Please note that ICRS Members who are not in good standing with their membership dues 2024/2025 would be charged with the non-member fee.

Important Dates

Deadline Course Registration Early Fee	September 30, 2024
Deadline Cancellation of Registration (refund 50%)	September 30, 2024
Hotel Reservation Deadline	November 10, 2024
Deadline Course Registration Normal Fee	January 15, 2025
Increased Late Fee as from	January 16, 2025

Accommodation

The ICRS has made a significant commitment to the Hotel Mondrian Doha to secure a block of hotel rooms at competitive rates. For more information and hotel reservations, please visit www.cartilage.org.

Faculty & Course Dinner

Take in the success of the ICRS Surgical Skills Course while enjoying the typical Qatari hospitality and food. Seize this unique opportunity and get together with our faculty experts. Extend your networking with your international peers and colleagues in an inspiring ambience. Fee: € 120 (food & drinks included).

REGISTRATION & FEES

Online registration is possible only through www.cartilage.org. Register **before September 30, 2024**, to benefit from our highly reduced registration fees! Wet Lab registrations are limited to 30 participants (3 per station).

Wet Lab & Lectures (30 pax) All fees in Euro	Early Bird until Sep 30	Normal Fee Oct 1 – Jan 15	Late Fee from Jan 16
Junior Members, Residents, Students & Physiotherapists*	€ 800*	€ 950*	€ 1100*
ICRS Members	€ 1000	€ 1150	€ 1400
Non-ICRS Members	€ 1300	€ 1500	€ 1650
Industry Associates	€ 1500	€ 1650	€ 1850

Registration fee includes: wet lab, lectures, registration material & programme/app, certificate of attendance, welcome reception, coffee breaks (5) and lunches (2).

Lectures (70 pax) All fees in Euro	Early Bird until Sep 30	Normal Fee Oct 1 – Jan 15	Late Fee from Jan 16
Junior Members, Residents, Students & Physiotherapists*/**€ 250*		€ 300*	€ 350*
ICRS Members	€ 350	€ 400	€ 450
Non-ICRS Members	€ 450	€ 500	€ 550
Industry Associates	€ 600	€ 650	€ 700

Registration fee includes lectures, registration material & programme/app, certificate of attendance, welcome reception, coffee breaks (5) and lunches (2). No wet lab.

** Rehabilitation Workshop included for Physiotherapists.

Rehabilitation Workshop Sunday, February 9, 8.00-12.30 h

All fees in Euro

Junior Members, Residents, Students & Physiotherapists*	€ 100*
ICRS Members	€ 150
Non-ICRS Members	€ 200
Industry Associates	€ 250

*** To be accompanied by a certificate signed by the head of the department. Please send it to office@cartilage.org immediately after your registration.**

Registration Cancellation & Name Change

Written notification is required for all congress cancellations and name changes. Notifications should be sent to the Cartilage Executive Office office@cartilage.org. Refunds for cancellations are as follows: 50 % refund for cancellations before September 30, 2024. No refund thereafter. Name changes will be charged with a fee of € 100.

Payment

Fees are in Euros and are accepted as follows: Bank Transfer, Credit cards (VISA, AMEX, Mastercard).



Diamond Partners



Ruby Partners



8TH ICRS SURGICAL
SKILLS COURSE
WET LAB, LECTURES &
REHABILITATION SESSION

DOHA | QATAR
FEBRUARY 6 - 9, 2025

PRELIMINARY PROGRAMME

WWW.CARTILAGE.ORG



WELCOME

Dear Friends,
In January 2023, ICRS decided to run the first Middle East Surgical Skills Course in Doha. Aspetar Orthopaedic and Sports Medicine Hospital offered a full collaboration, considering its ongoing initiatives on Joint Preservation. Both parties are working together again to provide a legacy in Cartilage Restoration, organizing the 8th ICRS Surgical Skills Course this February 2025 (6th to 9th). Having exceptional feedback from delegates, faculty, industry, and the ICRS Executive Board and office on the scientific, hands-on, and social programme, we decided to have it back-to-back.

International and local faculty will showcase the newest developments in surgical treatment, with extensive explanations of diagnosis and decision-making processes. In the cadaver lab, the participants (30, first-apply basis) will be exposed to the majority of everyday techniques, being instructed by some of the most experienced cartilage surgeons in the world. In the theoretical part, all angles will be covered, and for those who participate in lectures only, simultaneously broadcasting from the lab will allow them to get tips and tricks from the faculty.

The highlight will be the inclusion of rehabilitation, with dedicated lectures and a hands-on program on Sunday, February 9th. We urge rehabilitation specialists interested in cartilage and joint restoration to attend, while surgeons or sports medicine doctors are welcome too (limited positions, need pre-booking).

Both faculty and participants will have the invaluable opportunity to network and exchange ideas in a high-profile hospital and sports facilities environment, fostering a sense of community. Middle Eastern culture and hospitality will also be re-introduced!

The ICRS Surgical Skills Course in Doha is the place to broaden your understanding of Joint Preservation, expand your knowledge and experience, and meet experts and colleagues open to sharing ideas.

Be in Aspetar in February!
Emmanuel T. Papacostas
Course Chair, on behalf of the Local Organizing Committee

International Faculty (tentative)

- Al-Khelaifi Khalid (QA)

Bojovic Milos (QA)

Bordalo Marcelo (QA)

De Girolamo Laura (IT)

D’Hooghe Pieter (QA)

Epameinontidis Konstantinos (QA)

Getgood Alan (QA)

Goyal Deepak (IN)

Hagert Elisabeth (QA)

Helito Paolo (QA)

Huri Gazi (QA)

Jankielsohn Shaun (QA)

Khoury Miguel (QA)
- Kon Elizaveta (QA)

Krych Aaron, Rochester (US)

Lane John (US)

Lattermann Christian (US)

Maree Dustin (QA)

Olory Bruno (QA)

Papakostas Emmanuel (QA)

Roessler Philip (DE)

Slynarski Konrad (PL)

Verdonk Peter (BE)

Wong Keng Lin Francis (SG)

Zikria Bashir (US)

PRELIMINARY PROGRAMME
Thursday, February 6, 2025

09:00 - 19:00 09:00 - 12:00	Registration Optional Aspetar Aspire Visit - Live from Surgery
13:30 - 14:45	Session 1: Basic Science - Pathophysiology Moderators: De Girolamo Laura (IT), Khoury Miguel (US) 1.1 Introduction and Course Overview Papacostas Emmanuel (QA) 1.2 Cartilage Anatomy and Physiology - What Happens with Injury Roessler Philip (DE) 1.3 The Physiology of Repair or Regeneration Goyal Deepek (IN) 1.4 Orthobiologics to Change the Environment. Or Maybe the Disease? DeGirolamo Laura (IT) 1.5 Q&A / Discussion
14:45 - 16:00	Session 2: Diagnosis and Treatment Planning Moderators: Krych Aaron (US), Roessler Philip (DE) 2.1 Diagnosis - High Index of Suspicion Bojovic Milos (QA) 2.2 Diagnostic Imaging Tools (Knee and Ankle) Helito Paulo (QA) 2.3 Algorithm for Knee Lesions - Evidence (and Consensus) that Supports Treatment Kon Elizaveta (IT) 2.4 Algorithm for Ankle Lesions - Evidence (and Consensus) that Supports Treatment D’Hooghe Pieter (QA) 2.5 Q&A / Discussion
16:00 - 16:45	Coffee Break / Exhibition
16:45 - 18:15	Session 3: How to Judge the Outcome Moderators: Zikria Bashir (US) Wong Keng Lin Francis (SG) 3.1 Do we Need PROMs Specific for Cartilage? Epaminontidis Konstantinos (QA) 3.2 Imaging of the Repaired Tissue Bordalo Marcelo (QA) 3.3 Is a Second Look Necessary? Slynarski Konrad (PL) 3.4 Biopsy — Intraarticular Markers Lattermann Christian (US) 3.5 Planning Research for Cartilage Wong Keng Lin Francis (SG) 3.6 Q&A / Discussion
18:15 - 19:00	Session 4: Pearls from Experience Moderators: Lattermann Christian (US), Papacostas Emmanuel (QA) 4.1 Who Not to Operate (and why) Zikria Bashir (US) 4.2 What it Takes to be a Cartilage Surgeon Krych Aaron (US) 4.3 Q&A / Discussion
19:00 - 20:30	Welcome Reception Aspetar Rehabilitation Training Ground
Friday, February 7, 2025	
08:30 - 09:30	Session 5: All for Meniscus Moderators: Kon Elizaveta (IT), Verdonk Peter (BE) 5.1 Knee Preservation Means Meniscal Repair? Al-Khelaifi Khalid (QA) 5.2 Special Lesions with Special Treatment — RAMP and Root Tears Zikria Bashir (US) 5.3 Implants, Transplantation Verdonk Peter (BE) 5.4 Q&A / Discussion
09:30 - 10:15	Coffee Break / Exhibition & Preparation for Wet Lab

PRELIMINARY PROGRAMME

10:15 - 11:30	Session 6: Hands-On Wet Lab 1 Meniscal Resection, Repair, Substitution Lab Leaders: Verdonk Peter (BE), Zikria Bashir (QA), Getgood Alan (CA)
11:30 - 12:45	Session 7: Beyond the Knee or Surgery, in Aspetar Moderators: Al-Khelaifi Khalid (QA), D’Hooghe Pieter (QA) 7.1 Hand and Wrist Hagert Elisabeth (QA) 7.2 Elbow and Shoulder Huri Gazi (TR) 7.3 Ankle and Foot Olory Bruno (QA) 7.4 Medicinal Signaling Cells for IA and IO applications Khoury Miguel (US) 7.5 Q&A / Discussion
12:45 - 13:30	Lunch Break / Exhibition
13:30 - 14:30	Session 8: Cartilage Restoration Techniques, Part 1 (No Chondrocytes) Moderators: Slynarski Konrad (PL), Goyal Deepak (IN) 8.1 The Role of Debridement (or do less!!) Papacostas Emmanuel (QA) 8.2 Bone Marrow Stimulation (with or without Augmentation) Techniques Roessler Philip (DE) 8.3 Do we Need MSCs? Which and How? Wong Keng Lin Francis (SG) 8.4 Q&A / Discussion
14:30 - 15:15	Coffee Break / Exhibition & Prepartion for Wet Lab
15:15 - 16:45	Session 9: Hands-On Wet Lab 2 Knee Cartilage Restoration — The Basics Lab Leaders: Kon Elizaveta (IT), Lane John (US), Roessler Philip (DE), Wong Keng Lin Francis (SG)
16:45 - 17:45	Session 10: Cartilage Restoration Techniques, Part 2 (with Chondrocytes) Moderators: Getgood Alan (CA), Wong Keng Lin Francis (SG) 10.1 Autologous Chondrocyte Implantation — Is it Still the Golden Standard? Slynarski Konrad (PL) 10.2 Towards One Stage Using Chondrocytes — Can Replace 2 Stage? Papacostas Emmanuel (QA) 10.3 Minced Cartilage is Enough? Lane John (US) 10.4 Q&A / Discussion
19:00 - 23:00	Faculty / Course Dinner

Saturday, February 8, 2023

8:30 - 10:00	Session 11: Hands-On Wet Lab 3 Knee Cartilage Restoration - Advanced Lab Leaders: Lattermann Christian (US), Goyal Deepak (IN), Slynarski Konrad (PL)
10:00 - 10:30	Coffee Break / Exhibition

PRELIMINARY PROGRAMME

10:30 - 12:30	Session 12: The Role of Stability - Connection with Cartilage Pathology Moderators: D’Hooghe Pieter (QA), Al-Khelaifi Khalid (QA) 12.1 Effect of ACL Injury and Treatment on Cartilage Health — “THE ACL HIT” Lattermann Christian (US) 12.2 Extraarticular Augmentation — Indications and Results of LET — ALL Getgood Alan (CA) 12.3 Addressing Patella Instability Verdonk Peter (QA) 12.4 Live Demonstration: ACL + ALL (Olory Bruno, QA) ACL + LET (Getgood Alan, QA) MPFL (Verdonk Peter, BE) Ankle (Olory Bruno, QA) 12.5 Q&A / Discussion
12:30 - 13:15	Lunch Break / Exhibition
13:15 - 14:30	Session 13: The Role of Bone and Alignment Modertors: Verdonk Peter (BE), Olory Bruno (QA) 13.1 Cartilage or Osteochondral Unit Pathology? Kon Elizaveta (IT) 13.2 Osteochondral Autografts and Allografts — Are they Salvage Procedures? Krych Aaron (US) 13.3 Varus or Valgus Knee — Correction Needed Getgood Alan (CA) 13.4 Patellofemoral Altered Anatomy and/or Biomechanics — How to Address the Issue Goyal Deepak (IN) 13.5 Q&A / Discussion
14:30 - 15:00	Coffee Break / Exhibition & Preparation for Wet Lab
15:00 - 17:00	Session 14: Hands-On Wet Lab 4 Osteochondral Techniques — High Tibial, Femoral and Tibial Tubercle Transfer Osteotomies Lab Leaders: Krych Aaron (US), Getgood Alan (CA), Zikria Bashir (US)
17:00 - 18:00	Session 15: Take Home Messages Moderators: Papacostas Emmanuel (QA), Kon Elizaveta (IT) 15.1 What to do as a Next Step when Previous Fails Lattermann Christian (US) 15.2 Wrap-up the Indications and the Algorithm Papacostas Emmanuel (QA), Lattermann Christian (US) 15.3 Q&A / Discussion
Sunday, February 9, 2023	
08:30 - 12:30	Session 16: Rehabilitation Session (theory and practical) Let’s Understand what Happens in Rehab 16.1 Clinical Reasoning Aspects Related to the Rehabilitation of Cartilage Injuries in the Knee Epaminontidis Konstantinos (QA) 16.2 Early Phase Rehab: How to Regain Motor Control after Cartilage Repair Surgery in the Knee Jankielsohn Shaun (QA), Maree Dustin (QA) 16.3 Components of Strength Training: How to Progress and Regress your Exercises During Reha Jankielsohn Shaun (QA), Maree Dustin (QA) 16.4 Late Phase Rehab: Restoring Reactive and Explosive Strength in Athletes Jankielsohn Shaun (QA), Maree Dustin (QA)

For updated information (topics, faculty, registration fees, etc.) please scan the QR code:

