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ESSKA SPECIALITY DAYS 2023
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K.I.T. Group is a Medtech Europe Trusted
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For more information about the society,
visit our website: www.esska.org

ESSKA SPECIALITY DAYS 2023
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REGISTRATION

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REGISTRATION TEAM
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WELCOME

Dear Colleagues and Friends,

I am delighted to invite you to take part in the second edition of "ESSKA Speciality Days", which will take place in the historic city of Warsaw on 24-25 November 2023.

After a successful first edition in Madrid in 2019 we are looking forward to two days of dynamic scientific exchange and networking of the highest quality with four top-class scientific programmes all under one roof!

Our specialist Sections will present cutting-edge science in their respective domains and our brand new section EHPA – European Hip Preservation Associates – will join Speciality Days for the first time adding a new and exciting scientific dimension to the meeting.

AFAS – Ankle and Foot Associates, EKA – European Knee Associates, ESA – European Shoulder Associates and ESMA – European Sports Medicine Associates, in collaboration with EHPA, will build on the successfully piloted programme structure from the first edition. Each programme track will be distinct and specialised but all breaks will be shared allowing the representative delegates of the different disciplines to mingle.

We are confident that we hold the recipe for both delegates and Industry to experience a highly specialised and top-class scientific meeting with the added and unique opportunity of our 4-in-1 concept! Delegates register for one programme but have access to all four. A winning formula!

We hope to see you soon in Warsaw!

Kind regards,



Roland Becker
ESSKA President 2022-2024



KEY FACTS

DATE

24 - 25 November 2023

CITY / COUNTRY

Warsaw, Poland

VENUE

Hilton Warsaw City Hotel
Grzybowska 63
Warsaw, 00-844
Poland

IMPORTANT DATES

ESSKA Speciality Days 2023
November 24 - 25, 2023

Abstract Submission Opens
20 January 2023

Registration/Accommodation
Booking Opens
20 February 2023

Abstract Submission Deadline
16 April 2023

Closing of Online Registration
23 November 2023

REGISTRATION FEES: **4 in 1 + free access to ESSKA Academy!**

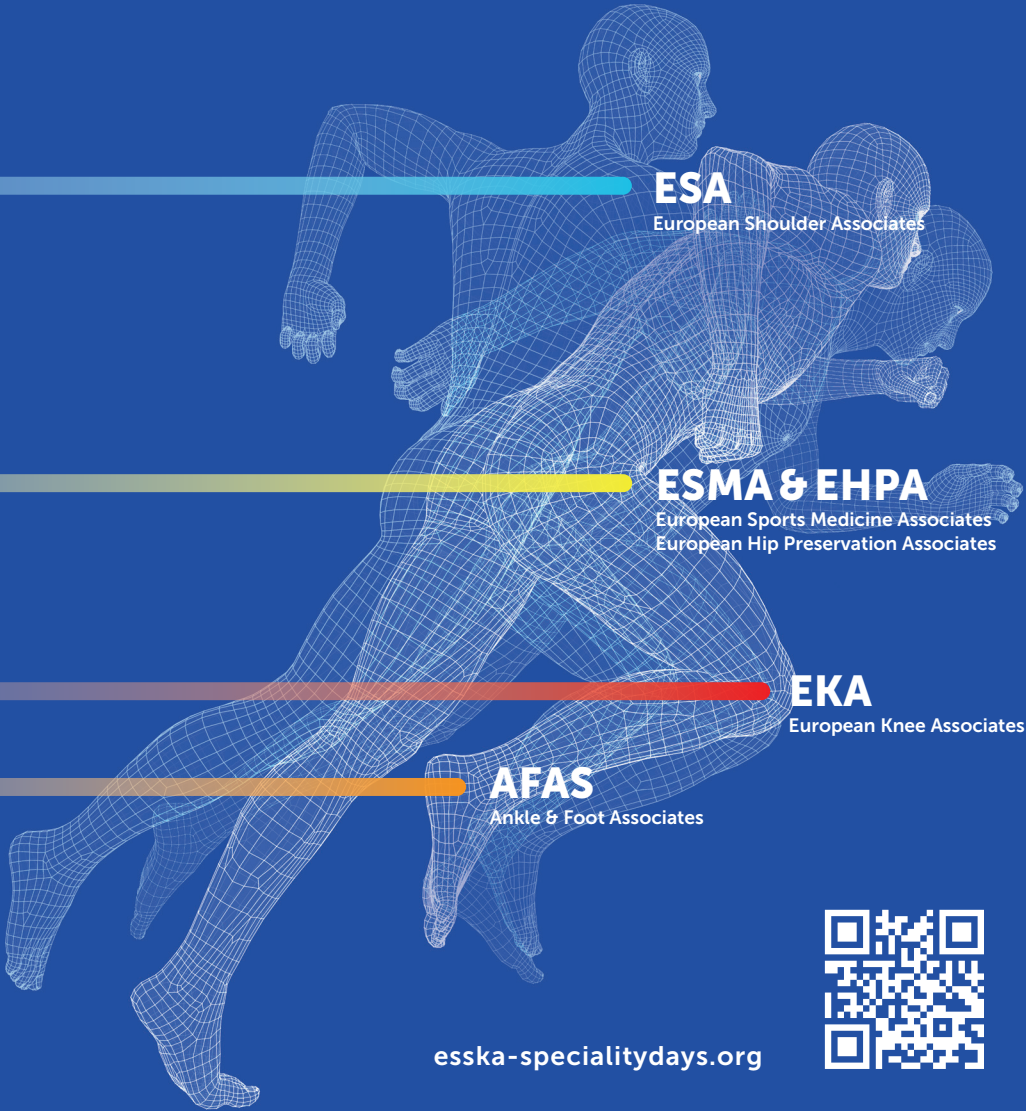
Register for the programme of your Speciality and get free entrance to three more focused meetings during ESSKA Speciality Days! The scientific content of the ESSKA Speciality Days will be available for all the delegates on the Academy for free.

Registration Categories	EARLY BIRD Fees	STANDARD Fees	ONSITE Fees
Polish VAT at 23% included in the price.	Until June 14, 2023	Until November 20, 2023	from November 21, 2023
Senior MD			
Section Member	340 €	440 €	485 €
ESSKA Member	405 €	525 €	575 €
Non-Member	565 €	735 €	805 €
Resident / Fellow			
Section Member	140 €	180 €	200 €
ESSKA Member	170 €	220 €	240 €
Non-Member	195 €	255 €	280 €
Physio / Coach / Scientist			
Section Member	110 €	140 €	155 €
ESSKA Member	130 €	165 €	180 €
Non-Member	180 €	230 €	255 €
Student			
ESSKA Member and Non-Member	50 €	50 €	50 €

Spaces are limited so book early!
Not a member? Join now: www.esska.org/page/Membership



**SPECIALITY
DAYS 2023**
24-25 NOVEMBER
WARSAW, POLAND



esska-specialitydays.org



FRIDAY, NOVEMBER 24

08:15 - 09:15 - The peroneal tendon in the athlete

Current concepts in treating peroneal tendon pathology in the athlete
Pim van Dijk (The Netherlands)
Low lying muscle belly of the peroneus, pathology or just a normal variant
Daniël Haverkamp (The Netherlands)
Battle: Surgical management of the acute dislocation of the peroneal, groove deepening is enough
Niek van Dijk (The Netherlands)
Battle: Surgical management of the acute dislocation of the peroneal, don't forget the retinaculum
James Calder (United Kingdom)
Discussion battle
End of the line in treatment of peroneal problems, what are the options?
Jordi Vega (Spain)

09:15 - 09:45 - The peroneal tendon in the athlete: Free Papers session

09:45 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 11:45 - Syndesmosis injuries in the athlete

High ankle sprain anatomy, mechanism of injury and clinical assessment
Tahir Ögüt (Turkey)
Imaging and grading of injury
James Calder (United Kingdom)
Treatment of the acute injury
Joao Vide (Portugal)
Repair the deltoid as well? Augmentation?
Pieter D'Hooghe (Qatar)
Trimaleolar fractures. Where are we now?
Christopher Pearce (Singapore)
Chronic syndesmotic instability - what to do?
Stéphane Guillo (France)

11:45 - 12:15 - Syndesmosis injuries in the athlete: Free Paper session 1

12:15 - 12:45 - Syndesmosis injuries in the athlete: Free Paper session 2

12:45 - 14:15 - Lunch Break - Hot Topic Debates

14:15 - 15:15 - Lisfranc injuries in the athlete

Anatomy and biomechanics of the lisfranc
Miki Dalmau-Pastor (Spain)
Miki Dalmau-Pastor (Spain)
Weight bearing CT scans in Lisfranc injuries, a must have?
Gino Kerkhoffs (The Netherlands)
Lisfranc injuries in the athlete, temporary fixation or immediate fusion?
Marek Napiontek (Poland)
Lisfranc fusion, open or minimal invasive?
Thomas Bauer (France)
Lisfranc injuries in the athlete, career ending?
James Calder (United Kingdom)

15:15 - 15:45 - Lisfranc injuries in the athlete: Free Paper session

15:45 - 16:45 - Coffee Break - Hot Topic Debates

16:45 - 17:45 - Potpourri

Spring ligament injuries
Gian Luigi Canata (Italy)
Turf toe
Mark Glazebrook (Canada)
Subtalar instability
Frederick Michels (Belgium)
Assessment modalities of CAI surgical outcome: space for improvement
Pietro Spennacchio (Luxembourg)
Unstable cartilage lesions
Gino Kerkhoffs (The Netherlands)
17:45 - 18:15 - Potpourri: Interactive case discussions in which participants can bring in their own cases

SATURDAY, NOVEMBER 25

08:30 - 09:45 - Return to play after injuries to foot and ankle - a combined ESMA-AFAS session

Return to play is teamwork, but how do you manage your team and provide best care for the patient
Gian Luigi Canata (Italy)
Return to play in foot and ankle injuries, my experience in the Polish high level athletes
Urszula Zdanowicz (Poland)

Return to play after syndesmosis injuries in the elite athletes
Pieter D'Hooghe (Qatar)
Is return to play different for tendinopathy compared to acute injuries regarding recurrence rates and recovery
Mike Carmont (United Kingdom)
Return to play in instability, how fast can we go without risking re-injury
Thomas Bauer (France)
Is neuromuscular training proven as prevention for ankle strains, and should we implement it widely?
Piotr Badylak (Poland)

09:45 - 10:00 - Return to play after injuries to foot and ankle, a combined ESMA-AFAS session : Interactive case discussions in which participants can bring in their own cases

10:00 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 12:15 - Ankle instability, a focus on medial instability

Anatomy of the ankle ligaments, with a focus on the deltoid complex
Miki Dalmau-Pastor (Spain)
Function of the deltoid complex, a biomechanical perspective
Joao Vide (Portugal)
Reliable diagnostics in assessing deltoid instability, which tools do we need?
Akos Kynsburg (Austria)
Deltoid injuries in the athlete, how to treat?
Mark Glazebrook (Canada)
European perspective on medial instability
Jordi Vega (Spain)
Medial instability, which lessons can be learned from flat foot deformity correction?
Ernst Orthner (Austria)

12:15 - 12:45 - Sharing the "Take Home Messages" of each section

HIGHLIGHT SPEAKERS

James Calder (United Kingdom)
Miki Dalmau-Pastor (Spain)
Niek van Dijk (The Netherlands)
Gino Kerkhoffs (The Netherlands)
Jordi Vega (Spain)

FRIDAY, NOVEMBER 24

08:15 - 09:45 - Artificial intelligence in knee surgery

Machine learning, deep learning and neural networks
Daniel Pérez-Prieto (Spain)
AI for predicting outcomes, LOS and complications in TKA: Is it useful?
Rüdiger von Eisenhart-Rothe (Germany)
AI to set a novel TKA Alignment "The Boundary Alignment"
Bruno Violante (Italy)
Future prospects for AI
Michael Hirschmann (Switzerland)
Mini Battle
Robotic Uni is superior for alignment and ligament balance
Roland Becker (Germany)
Robotic aid is not needed: An experienced surgeon can achieve the same outcomes
Michael Clarius (Germany)
Discussion & Free Papers

15:00 - 15:20 - Advances in arthroplasty

15:20 - 15:45 - Advances in arthroplasty

15:45 - 16:45 - Coffee Break - Hot Topic Debates

16:45 - 18:15 - Techniques in osteotomy

Principals of osteotomies around the knee
Vlad Predescu (Romania)
Surgical technique of open wedge HTO
Konrad Slynarski (Poland)
Surgical technique of closed wedge DFO
Raghu Singh Khakha (United Kingdom)
Results of osteotomies around the knee
Martijn Brinkman (The Netherlands)
Surgical technique of de-rotational osteotomy
Steffen Schröter (Germany)
Complications of osteotomies around the knee
Matt Dawson (United Kingdom)
Discussion & Free Papers

12:15 - 13:45 - Lunch Break - Hot Topic Debates

13:45 - 14:05 - Advances in arthroplasty

Highlight Lecture 1 - Advances in the diagnosis of periprosthetic infection
Pier Indelli (United States)
Discussion

14:05 - 15:00 - Advances in arthroplasty: Robotics in TKA

Imageless robotic TKA
Max Ettinger (Germany)
Image based robotic TKA
Reha Tandogan (Turkey)
Robot - can you do it?
Jacek Kowalczewski (Poland)
Comparison of current robotic systems : Is there a clear winner?
Joan Leal-Blanquet (Spain)
Discussion & Selected Free Papers

15:00 - 15:20 - Advances in arthroplasty

15:20 - 15:45 - Advances in arthroplasty

15:45 - 16:45 - Coffee Break - Hot Topic Debates

16:45 - 18:15 - Techniques in osteotomy

Principals of osteotomies around the knee
Vlad Predescu (Romania)
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Complications of osteotomies around the knee
Matt Dawson (United Kingdom)
Discussion & Free Papers

12:15 - 13:45 - Lunch Break - Hot Topic Debates

13:45 - 14:05 - Advances in arthroplasty

Highlight Lecture 1 - Advances in the diagnosis of periprosthetic infection
Pier Indelli (United States)
Discussion

HIGHLIGHT SPEAKERS

Michael Hirschmann (Switzerland)
Pier Indelli (United States)
Romain Seil (Luxembourg)

SATURDAY, NOVEMBER 25

08:30 - 10:00 - Advanced osteotomy

Osteotomies in patellofemoral instability
Konrad Slynarski (Poland)
Cartilage transplantation and osteotomies
Raghu Singh Khakha (United Kingdom)
3D analysis of deformities
Jörg Harter (Germany)
PSI in complex cases
Martijn Brinkman (The Netherlands)
Role of gait analysis in osteotomies around the knee
Matt Dawson (United Kingdom)
VR in planning and performing osteotomies
Steffen Schröter (Germany)
Discussion & Free Papers

10:00 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 11:05 - Technology in knee replacement

Highlight Lecture 3 - Knee preservation or early TKA?
Romain Seil (Luxembourg)
Discussion

11:05 - 12:15 - Technology in knee replacement

TKA simulation of individual alignment philosophies - where are we now?
Heiko Graichen (Germany)
Patient Specific Knee Implants: Mid-term outcomes
Markus Arnold (Switzerland)
Patient Specific Instrumentation: still a valid option?
Nanne Kort (The Netherlands)
Personalized small implants: When biology has failed
Karl Eriksson (Sweden)
Have the new technologies in TKA improved outcomes & patient satisfaction?
Pawel Skowronek (Poland)
Augmented reality in TKA
Sandro Fucentese (Switzerland)
Discussion & Free Papers

12:15 - 12:45 - Sharing the "Take Home Messages" of each section

FRIDAY, NOVEMBER 24

08:15 - 09:45 - Controversies around cuff problems

Shoulder injections in partial tears and tendinopathy
Miguel Ruiz Iban (Spain)
Is there any evidence on using hyaluronic acid for rotator cuff disease?
Bartolomiej Kordasiewicz (Poland)
Biological treatments for cartilage and tendon injuries of the shoulder
Lucca Lacheta (Germany)
PRP and cuff tendinopathies - are we all using the same?
Frank Martetschlaeger (Germany)
Treatment of choice in calcific tendinopathy
Eduard Alentorn-Geli (Spain)
Defining a massive irreparable posterosuperior cuff tear - physical examination and workup
Adrian Blasiak (Poland)
Partial repair for massive rotator cuff tears. Does it work?
Mario Borroni (Italy)
Discussion

09:45 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 12:45 - Optimization of healing in cuff repair

Are all rotator cuff tears degenerative?
Berte Bøe (Norway)
What is the impact of healing on clinical results?
Felix Dyrma (Germany)
Augmentation with bovine dermal patch
Ettore Taverna (Italy)
PRP or footprint microfracture
Kerem Bilsel (Turkey)
Stem cell therapy in cuff disorders
Lucca Lacheta (Germany)
Repair with single or double row
Bartolomiej Kordasiewicz (Poland)
Is it worth doing a triple row?
Manos Brilakis (Greece)
Influence of new anchors and suture profiles
Eduard Alentorn-Geli (Spain)
Biologic enhancement of a repair with a collagen membrane
Miguel Ruiz Iban (Spain)
When and why I use biologic augmentation
Przemyslaw Lubiatowski (Poland)
Discussion

12:15 - 12:45 - Sharing the "Take Home Messages" of each section

12:45 - 14:15 - Lunch Break - Hot Topic Debates

14:15 - 15:45 - Latest trends & re-live
Fascia Lata autograft preparation and morbidity
Nuno Gomes (Portugal)
SCR with fascia lata graft
Clara Azevedo (Portugal)
SCR with dermal allograft
Przemyslaw Lubiatowski (Poland)
The long biceps as a patch for cuff reinforcement
Roman Brzoska (Poland)
Tendon transfers in AS RC deficiency
Jean Kary (France)
Tendon transfers in PS RC deficiency
Bassem Elhassan (United States)
Discussion

15:45 - 16:45 - Coffee Break - Hot Topic Debates

16:45 - 18:15 - Decisions based on evidence

Re-rupture or non-healing. Can we predict which will fail?
Berte Bøe (Norway)
Which tears can be treated with physiotherapy?
Geoffroy Nourissat (France)
Critical Shoulder Angle and cuff tears
Adrian Blasiak (Poland)
Subacromial decompression in rotator cuff repair. Unnecessary or still the gold standard?
Knut Beitzel (Germany)
When to recommend surgery for a partial tear
Ana Catarina Angelo (Portugal)
Autograft vs allograft in SCR and cuff reinforcement
Maristella Saccomanno (Italy)
Early or delayed post operative rehabilitation - effect on outcomes
Gonzalo Samitier (Spain)
Discussion

SATURDAY, NOVEMBER 25

08:30 - 10:00 - Free Papers

10:00 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 12:15 - Joint preserving techniques

Preserving the biceps in small supraspinatus tears
Maristella Saccomanno (Italy)
Revising re-ruptures in rotator cuff tear. Is it worth it?
Giuseppe Milano (Italy)
Subacromial Balloon. Effective spacer or a flop?
Ladislav Kovacic (Slovenia)
Biceps rerouting or SCR
Emmanouil Antonogiannakakis (Greece)
Mechanical aspects of SCR with biceps
Kerem Bilsel (Turkey)
Comprehensive Arthroscopic Management (CAM) as prevention of OA in young patients
Roman Brzoska (Poland)
Subacromial Resurfacing with Fascia Lata for irreparable cuff tears
Nuno Gomes (Portugal)
Discussion

12:15 - 12:45 - Sharing the "Take Home Messages" of each section

FRIDAY, NOVEMBER 24

08:15 - 09:45 - ACL: Prevention, Rehabilitation and Return to Play

Highlight Lecture - ACL injury prevention: The role of screenings, education and exercise
Joseph Janosky (United States)
ACL injury mechanisms in pivoting sports
Filippo Tosarelli (Italy)
Best practice in ACL surgery
Rimtautas Gudas (Lithuania)
Anterior cruciate ligament rehabilitation for the 10 to 18 year old adolescent athlete
Nicky van Melick (The Netherlands)
RTS after ACL reconstruction. Criteria and risk factors
Wojciech Widuchowski (Poland)
Andrzej Czamara (Poland)
Discussion & Free Papers

09:45 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 12:15 - Return to Play After High Level Athletes

Highlight Lecture - Management of the elite athlete with hip OA
Justin Cobb (United Kingdom)
Discussion
Epidemiology and prevention
Sébastien Le Garrec (France)
Is there a place for arthroscopy in the arthritic hip of an elite athlete?
Michael Wettstein (Switzerland)
Joint replacement. Is there a place for it in the sports practice?
Ali Bajwa (United Kingdom)
Ethical management of the career in a case of early hip OA
Romain Seil (Luxembourg)
Return to full performance, is it possible?
Patricia Thoreux (France)
Discussion & Free Papers

12:15 - 13:45 - Lunch Break - Hot Topic Debates

13:45 - 15:45 - Groin Pain Consensus

Highlight Lecture - Controversies and skepticism in the management of the elite athlete with groin pain
Per Hoelmich (Denmark)
Discussion
Groin Pain Consensus
15:45 - 16:45 - Coffee Break - Hot Topic Debates
16:45 - 18:15 - Groin Pain Consensus
Results of the consensus
Per Hoelmich (Denmark)
Vikas Khanduja (United Kingdom)
Free Papers about groin pain in athletes

SATURDAY, NOVEMBER 25

08:30 - 10:00 - Other Extra-articular Soft Tissue Hip Pathologies

Lateral hip pain
Bent Lund (Denmark)
Subspino impingement
Oliver Marin-Pena (Spain)
Ischiofemoral impingement
Olufemi Ayeni (Canada)
Deep gluteal syndrome
Mark Tey Pons (Spain)
Proximal hamstring avulsion and overuse
Gino Kerkhoffs (The Netherlands) - TBC
Illustrative cases and discussion

10:00 - 10:45 - Coffee Break - Hot Topic Debates

10:45 - 12:15 - Early Hip Arthritis in High Level Athletes

Highlight Lecture - Management of the elite athlete with hip OA
Justin Cobb (United Kingdom)
Discussion
Epidemiology and prevention
Sébastien Le Garrec (France)
Is there a place for arthroscopy in the arthritic hip of an elite athlete?
Michael Wettstein (Switzerland)
Joint replacement. Is there a place for it in the sports practice?
Ali Bajwa (United Kingdom)
Ethical management of the career in a case of early hip OA
Romain Seil (Luxembourg)
Return to full performance, is it possible?
Patricia Thoreux (France)
Discussion & Free Papers

12:15 - 12:45 - Sharing the "Take Home Messages" of Each Section

13:00 - 14:00 - Lunch Break

14:00 - 15:30 - Where Are We With FAI in 2023?

All you wanted to know about FAI
Nicolas Bonin (France)
The most frequent technical errors in hip arthroscopy for FAI
Moritz Tannast (Switzerland)
Management of Pincer FAI
Panayiotis Christofilopoulos (Switzerland)
Technology in assessment and management of FAI
Filippo Randelli (Italy)
Role of virtual reality training in FAI surgery
Olufemi Ayeni (Canada)
Outcomes of intervention in FAI
Vikas Khanduja (United Kingdom)

Discussion and Q+A
Highlight Lecture : Registries in hip preservation surgery: Monitoring outcomes and guiding the future
Vikas Khanduja (United Kingdom)
Discussion

15:30 - 15:45 - Coffee Break

15:45 - 17:15 - Update on Hip Dysplasia

Understanding hip dysplasia definition & imaging
Moritz Tannast (Switzerland)
Surgical tips & tricks to do a perfect PAO
Ajay Malviya (United Kingdom)
Clinical outcomes with PAO
Oliver Marin-Pena (Spain)
Surgical tips & tricks to success with hip arthroscopy in DDH
Jacek Mazek (Poland)
Clinical outcomes with hip arthroscopy & considerations for the elite athlete
Pedro Dantas (Portugal)
Role of rotational deformities in DDH
Michael Wettstein (Switzerland)
Discussion and Q+A (case-based presentation)
Crossfire 1: Chondrolabral junction management
Bent Lund (Denmark)
Ali Bajwa (United Kingdom)
Primary labral repair is the best choice
Mark Tey Pons (Spain)
Primary labral reconstruction is my gold standard
Jacek Mazek (Poland)
Discussion & audience voting
Crossfire 2: Capsule management
Filippo Randelli (Italy)
Pedro Dantas (Portugal)
Preserve the capsule, not always close it
Ali Bajwa (United Kingdom)
Always close the capsule
Bent Lund (Denmark)
Discussion & audience voting

17:15 - 17:30 EHPA Take Home Messages

HIGHLIGHT SPEAKERS

Justin Cobb (United Kingdom)
Per Hoelmich (Denmark)
Joseph Janosky (United States)
Vikas Khanduja (United Kingdom)