

# Preliminary Programme



# 17<sup>th</sup> ESSKA Congress

4-7 May 2016

Barcelona, Spain

[www.esska-congress.org](http://www.esska-congress.org)



Please consult [www.esska-congress.org](http://www.esska-congress.org)  
for online schedules and registration.





## TABLE OF CONTENTS

Welcome .....	1
Scientific Programme Overview .....	2
List of ICL (Instructional Course Lectures) .....	3
Symposia .....	4
Live surgical demonstrations .....	5
FORTE Programme .....	5
Physical Therapy Programme .....	6
Orthopaedic Sports Medicine Comprehensive Review Course .....	8
Pre-Course (cadaver lab): Knee and Shoulder .....	10
Roundtables of Affiliated Societies .....	12
Board of reviewers .....	14
Nurse Course (Spanish) .....	16
ESSKA Membership .....	17
Partners .....	18
List of exhibitors .....	19
Accommodation, travel information and congress venue .....	20
General information .....	21
Events, tours .....	22

In co-operation with



## WELCOME



ESSKA looks forward to welcoming you at its biennial Congress in Barcelona and invites you to become part of our growing community. Join the Congress and join the Society!

Matteo DENTI (ESSKA President)

Barcelona is an experienced and professional congress destination. Most of the meetings held in Barcelona finish with record-breaking participation numbers. All you have to do is get on a plane to Barcelona!

Joan C. MONLLAU (Congress President)



We are proud to welcome an outstanding faculty and respected specialists for our programme. Do not miss the Highlight Lectures and the speciality days of ESSKA's sections AFAS, ESA and EKA!

Roland BECKER (Scientific Chairman)

Don't miss the exercise-based cadaver-lab pre-course, the live surgical demonstrations with the latest techniques and the lounge e-poster area!

Pablo E. GELBER (Scientific Chairman)



ESSKA Congress, Barcelona 2016: Professional innovation, interactivity in symposia and debates with state-of-the-art Instructional Course Lectures and ICL book. Be there!

Gino M. KERKHOFFS (Scientific Chairman)

## SCIENTIFIC PROGRAMME OVERVIEW

### Invited Lectures

**Jin Hwan Ahn** (South Korea)  
Meniscus lesions – How to deal with

**Peter Angele** (Germany)  
Cartilage repair – Where are we?

**Matteo Denti** (Italy/Switzerland)  
Presidential Lecture

**Jon Karlsson** (Sweden)  
Controversies in ACL surgery – what we know and where do we need to improve?

**Giancarlo Puddu** (Italy)  
Ejnar Eriksson Lecture: Ligament surgery.  
The best of two teachers.

**Vicente Sanchis-Alfonso** (Spain)  
How to deal with anterior knee pain?

**Richard Villar** (UK)  
Hip arthroscopy – What is proven, what is not?



Please consult the congress website [www.esska-congress.org](http://www.esska-congress.org) for the preliminary daily schedules and more detailed information about sessions, presentations and speakers.

### Congress content

- ▶ 3 ½ meeting days with an average of 40 sessions per day
- ▶ Highlight Lectures
- ▶ Pre-course (cadaver lab): Shoulder & Knee
- ▶ 23 Instructional Course Lectures (ICL)
- ▶ Debates and interactive case discussions
- ▶ Live surgical demonstrations (AFAS, EKA and ESA)
- ▶ Free Paper Sessions with over 230 scientific papers
- ▶ Star Paper Session
- ▶ Symposia and Keynote Lectures
- ▶ Affiliated Societies' Sessions
- ▶ Sports Medicine Comprehensive Review Course (full day)
- ▶ PT Programme
- ▶ European Resident Programme (FORTE)
- ▶ Nurse Course (Spanish)
- ▶ Electronic poster presentations
- ▶ Industrial exhibition and lunch time workshops

## INSTRUCTIONAL COURSE LECTURES (ICL)

The programme will offer 23 ICL in total, on Thursday, Friday, and Saturday, with first sessions in the morning. Please select your ICL when registering for the congress. The ICL are included in the congress registration fee. The detailed programme of each ICL is available through the online schedules. Please consult [www.esska-congress.org](http://www.esska-congress.org), section "Programme".

ICL No	Title
ICL 01	Management of PCL Injuries
ICL 02	Biceps tendinopathy
ICL 03	Recent advances in cartilage repair
ICL 04	Common errors in ACL surgery
ICL 05	Stress fractures in sport
ICL 06	Management of meniscus root tears
ICL 07	All arthroscopic anatomic ligament reconstruction for chronic ankle instability
ICL 08	Proximal Hamstrings injuries
ICL 09	New Horizons in meniscus replacement
ICL 10	Posterolateral corner reconstruction. New algorithm of treatment and mini open techniques.
ICL 11	How to identify the optimal surgical intervention for your osteoarthritic patient
ICL 12	Update in labral treatment
ICL 13	Elbow ligament injuries
ICL 14	Peroneal tendon pathology – update from anatomy to surgery
ICL 15	Posterior shoulder dislocation
ICL 16	Basic science of osteoarthritis
ICL 17	The posterior compartment of the ankle joint
ICL 18	Anatomy of the shoulder: Anatomist and surgeon point of view
ICL 19	Bony defects in revision ACL surgery
ICL 20	Elbow arthroscopy. From basic to advance
ICL 21	Complication in rotator cuff treatment
ICL 22	Clinical utility of Echography in athlete with tendinopathy
ICL 23	How to make a video



## SYMPOSIA

- Lateral ankle ligament reconstruction: open vs arthroscopic
- Arthroscopic fusion in ankle surgery
- Avascular Necrosis/subchondral bone edema
- Prevention of overload and injuries in sports
- Alignment in TKA
- Instability after TKA
- Philosophy in TKA
- Osteotomy around the knee
- The failed UKA
- The individual buttons, bi-compartmental prosthesis, patellofemoral replacement
- Elbow instability
- Decision making in shoulder pathology – looking for a consensus
- Subscapularis tendon
- Shoulder lesions in overhead athletes
- Exceptional solutions for extreme situations in shoulder pathology
- AC joint dislocation
- Patellofemoral joint: Treatment options for cartilage lesions
- Knee kinematics after ACL reconstruction – what do we have to know?
- Paediatric ACL injuries: the ESSKA PAMI initiative
- ACL reconstruction: A global perspective with an evidence based approach
- Patellofemoral instability in athletes
- Managing multi-ligament injuries of the knee
- Rotatory knee laxity: A new grading system
- UEFA injury study group
- Precompetitive evaluation and injury prevention in football
- Basic Science in football
- Central tendon injuries
- Prevention of knee injuries in winter sports
- Return to sport, biology of the ACL, ACL tear and healing
- Acute and longstanding groin injuries
- Limits of hip arthroscopy
- Extra-articular hip pathology
- Medial instability of the knee
- Results of the European meniscus consensus group
- European perspective on the meniscus
- Arthroscopy on fracture treatment
- Registries in orthopaedic sports medicine
- What to teach and how to teach arthroscopic skills
- Collaboration for success: The machine and the man (Formula 1 medicine)

### International societies and ESSKA

- APKASS-ESSKA: Knee function after ACL reconstruction
- SLARD-ESSKA: Dissectans Osteochondritis of the knee. Treatment alternatives
- ICRS-ESSKA: Regenerative cartilage treatment in early OA – consensus statement
- AOSSM-ESSKA: Hip arthroscopy
- ISAKOS-ESSKA: Traumatic shoulder instability – anterior and posterior glenoid defects and humeral sided defects

## LIVE SURGICAL DEMONSTRATIONS

Included in the scientific programme will be various live surgical demonstrations organised by the ESSKA sections.



**AFAS**  
Ankle & Foot Association  
A section of Esska



**EKA**  
European Knee Associates  
A section of Esska



**ESA**  
European Shoulder Associates  
A section of Esska

## FORTE RESIDENT PROGRAMME

This programme has been specifically created for residents, providing a highly interactive type of sessions including discussions with speakers from different fields and other residents. Participation is included when registering for the congress with a congress ticket.

**Friday, 6 May 2016**

### Session 1: Ankle

- Open vs arthroscopic treatment of ankle instability: Older vs younger surgeons?
- Arthroscopic assistance in ankle procedures: Why don't you start doing this?
- Discussion

### Session 2: Knee

- Physical exam of the knee: When a resident needs help from the radiologist
- Resident battle: ALL reconstruction in ACL repair: YES!
- Resident battle: ALL reconstruction in ACL repair: NO!
- Expert lecture: Knee instability. Ten errors I made when I was young!
- Discussion

### Session 3: Shoulder

- Physical exam of the shoulder: When a resident needs help from the physical therapist
- Resident battle: SLAP lesion in young athletes → repair
- Resident battle: SLAP lesion in young athletes → tenodesis
- Expert lecture: Shoulder instability. Surgical pearls in treating shoulder instability – reasons to fail
- Discussion

**FORTE Resident programme closure**





## PHYSICAL THERAPY PROGRAMME

### Organising Committee

*Suzanne Gard (Switzerland), Rogério Pereira (Portugal), Daniel Romero (Spain), Robert van Cingel (Netherlands), Suzanne Werner (Sweden)*

Thursday, 5 May 2016

### Welcome and introduction by the Organising Committee

#### Session 1: Motor control and motor learning

- Introduction: perception, action and control
- Motor perceptive skills
- Motor learning strategies in ACL rehabilitation
- The management of apprehension after joint dislocation
- Physical activity improves brain capacity and function

#### Session 2: Female in sports

- Neuromuscular training after basketball injuries
- Muscle strength and female sex hormones
- Physical performance after pregnancy and child delivery
- Should female athletes train like male athletes?

#### Key Note Lecture: Meniscus biology and biomechanics

#### Session 3: Knee-related injuries

- Muscle strength after hamstring tendon ACL reconstruction
- The role of NMES superimposed to functional exercises in postop ACL rehabilitation: interim results of a follow-up study
- ACL rehabilitation – are we doing well?
- Cartilage injuries following ACL ruptures
- Update on rehabilitation of patients with knee arthrosis
- Management and rehabilitation after meniscus injuries
- Jumper's knee, new insights of treatment options
- Update on rehabilitation of patients with anterior knee pain
- Interactive roundtable discussion





## PHYSICAL THERAPY PROGRAMME

Friday, 6 May 2016

### Keynote lecture: Back injuries in sports

#### Session 4: Soft tissue injuries

- Rehabilitation focusing on eccentric training of athletes with patellar tendinopathy
- Accelerometry load analysis and risk factors for hamstring injuries – the approach of the Football Medicine Group
- A novel treatment for the management of patients with superolateral fat pad impingement and ITBS

### Mini-battle: Rehabilitation after hamstring injuries

#### Session 5: Shoulder injuries

- The overhead athlete's shoulder: Why won't it get better?
- Role of specific muscle training in shoulder rehabilitation
- Dynamic control ratio in elite female handball players
- Consensus on return to sport after shoulder injury

### Keynote lecture: Prevention of football injuries

#### Session 6: Injury prevention

- Prevention of ACL injuries in elite alpine skiers
- Derivation of valgus-related ACL rupture thresholds on skis
- Preventing shoulder problems in elite handball players
- Injury prevention in a professional football club
- Social and economic impact of policies in prevention

Saturday, 7 May 2016, 09:00 - 13:30 h

Workshops will take place two times (one repetition): Please register for the workshops in advance, the participation fee is EUR 25 per workshop, [www.esska-congress.org/registration](http://www.esska-congress.org/registration)

- Motor learning strategies – ACL injuries
- Muscle Tech: Criteria for rehabilitation progression FC Barcelona
- Prevention of ACL injuries
- US, a diagnostic and guided treatment tool for PT
- Training device for neuromuscular improvement of core stability
- Kinetic chain considerations in the return to play in the athletic shoulder

## ORTHOPAEDIC SPORTS MEDICINE COMPREHENSIVE REVIEW COURSE

Organisation and chairmen of the course: Pietro Randelli (Italy), Mustafa Karahan (Turkey)

Friday, 6 May 2016

### Morning sessions

#### Upper limb & head injury

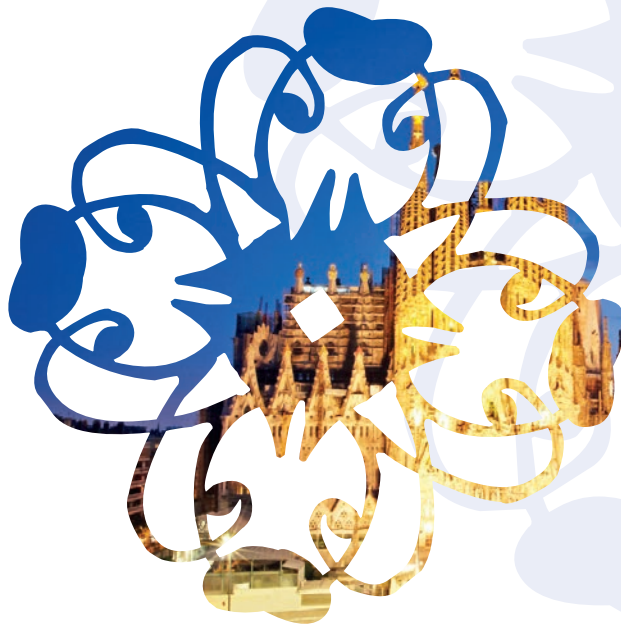
Moderation: Matteo Denti, Simon Donell

- Shoulder (Pietro Randelli)
- Elbow (Vojtech Havlas)
- Forearm, wrist and hand (Paolo Arrigoni)
- C-Spine, including on field assessment (Bobby Anand)
- Head injury, including on field assessment (Mike Carmont)
- Discussion

#### Lower limb & spine

Moderation: Volker Musahl, Pietro Randelli

- Hip and groin pain (Eric Margalet)
- Knee (Simon Donell)
- Ankle and foot (Mike Carmont)
- L-Spine and Sacro-Iliac joint (Alessandro Russo)
- Muscle injuries, tendinopathies (Helder Pereira)
- Discussion



## ORTHOPAEDIC SPORTS MEDICINE COMPREHENSIVE REVIEW COURSE

Friday, 6 May 2016

### Afternoon sessions

#### Best practice in sports medicine

*Moderation: Mustafa Karahan, Nanne Kort*

#### Upper Limb

- Athlete's shoulder: internal impingement, subtle posterior instability etc. (Ladislav Kovacic)
- Non-arthroplasty options for shoulder OA (Andrey Korolev)
- Biceps tendon issues, proximal and distal (Umile Giuseppe Longo)
- Management of initial shoulder dislocation in varying ages (Roman Brzoska)
- Primary rotator cuff issues in the athlete (Christophe Charoussat)

#### Lower Limb

- Anterior cruciate ligament treatment – emphasis on the role of rotatory control (Stefano Zaffagnini)
- Meniscal preservation in difficult cases (radial, complex and root tears) (Volker Musahl)
- Surgical management of the middle-aged arthritic knee (Elvire Servien)
- On-lay or in-lay reconstruction in PCL-rupture (Petri Sillanpaa)
- Patellofemoral instability: Role of MPFL (David Dejour)

#### Sports Traumatology

- FAI: When is arthroscopy not indicated? (Mustafa Karahan)
- Critical decisions on the field (Stefano della Villa)
- Ankle distorsion, syndesmotic injuries – When to operate (Pietro Spennacchio)
- Conservative therapies for Achilles tendinopathy: What is the evidence? (Johannes Tol)
- Evidence based approach to return to sports, special reference to ACL reconstruction (Riccardo Compagnoni)

#### Miscellaneous

- Management of OCD of the elbow (Michael Hantes)
- Articular cartilage pathology requiring osteochondral grafts, allo or auto (João Espregueira-Mendes)
- Does microfracture work? (Radu Prejbeanu)
- Prophylaxis of thromboembolism in orthopaedic sports medicine (Vuslat Sema Unal)
- Is there evidence behind injections? (Neil Jain)

#### Adjourn



## CADAVER-LAB PRE-COURSES: KNEE AND SHOULDER

**Monday, 2 May and Tuesday, 3 May 2016**

These cadaver-lab pre-courses have been planned for residents or surgeons with less than five years of clinical practice. There will be 15 cadaveric stations with top level arthroscopic equipment in each course. Only two attendees are allowed at each station, so the total number of attendees is 30 each day. There will be one experienced surgeon in arthroscopic and open surgery at each station and one assistant to help with technical and related questions/problems.

The courses are clearly structured and guided:

1. Participants must follow very specific arthroscopic exercises within a specific time frame.
2. The techniques will be shown before each exercise on big screens.

Included in the course fee are: Participation in the course, bus transfer, coffee and lunch, lab coat, gloves.

Please select one or both courses and register together with your congress ticket online

<http://esska-congress.org/registration/>. The participation fee is EUR 750 per course.

**Monday, 2 May 2016, 08:00 - 16:30 h**

### Programme Shoulder session

<b>Chairmen:</b>	<b>Pablo Gelber, Angel Calvo, Francesc Soler (Spain)</b>
07:00	Transfer from the hotels/Convention Centre to the Anatomy Department (30 minutes trip)
08:00-08:30	Welcome and instructions
08:30-09:00	Coffee break and time to dress
<b>09:00-13:00</b>	<b>Shoulder cadaver-lab practice (arthroscopy)</b>
<b>Basic skills</b>	
09:00-09:30	Glenohumeral joint portals and systematic intra-articular evaluation
<b>Instability</b>	
09:30-10:00	Posterior labral repair
10:00-10:30	Anterior labral repair
10:30-10:50	SLAP repair
<b>Subacromial space</b>	
10:50-11:30	Subacromial decompression and Mumford procedure
11:30-12:00	Cuff tear preparation. Prepare the footprint
12:00-13:00	Cuff tear repair. Different techniques
<b>13:00-14:00</b>	<b>Lunch break</b>
<b>14:00-16:00</b>	<b>Out of the box arthroscopy</b>
<b>Biceps tendon</b>	
14:00-14:15	Bicipital groove identification and biceps tenotomy
14:15-15:00	Biceps tenodesis (intraosseous)
<b>Anterior subacromial space</b>	
15:00-15:30	Coracoid process exposure and suprascapular nerve release
15:30-16:00	Subscapularis repair
<b>16:30</b>	<b>Transfer to the Convention Centre/hotels in Diagonal Mar area</b>

## CADAVER-LAB PRE-COURSES: KNEE AND SHOULDER

**Monday, 2 May 2016, 08:00-16:30 h**

### Programme Shoulder session

**Instructors:** Mikel Aramberri (Spain), Lijkele Beimers (Netherlands), Alberto Frances Borrego (Spain), Lautaro Candiotti (Argentina), Pablo Cañete (Spain), Ricardo Cuellar (Spain), Pol Huijsmans (Netherlands), Miguel Angel Ruiz Ibán (Spain), Javier Mastropiero (Spain), Pablo Narvona (Argentina), Miguel Garcia Navlet (Spain), Joan Miquel Noguera (Spain), Juan Sarasquete (Spain), Emilio López Vidriero (Spain), Nestor Zurita (Spain)

**Tuesday, 3 May 2016, 08:00-16:30 h**

### Programme Knee session

**Chairmen:** Pablo Gelber, Xavier Pelfort (Spain)

07:00 Transfer from the hotels/Convention Centre to the Anatomy Department (30 minutes trip)  
08:00-08:30 Welcome and instructions  
08:30-09:00 Coffee break and time to dress

#### 09:00-13:00 Knee cadaver-lab practice (arthroscopy)

##### Basic skills

09:00-09:30 AM, AL, Acc AM portals and systematic intra-articular evaluation

##### Menisci

09:30-10:00 All-inside meniscal repair

10:00-10:30 Out-in meniscal repair

##### Anterior cruciate ligament

10:30-10:50 Hamstring graft harvesting

10:50-11:40 Anatomic femoral and tibial tunnels

11:40-12:00 Graft introduction and fixation

##### Posterior cruciate ligament

12:00-12:35 PM portal and transtibial tunnel

12:35-13:00 Out-in femoral tunnel and graft passage/fixation

#### 13:00-14:00 Lunch break

#### 14:00-16:00 Knee cadaver-lab practice (open techniques)

14:00-15:00 Popliteofibular and FCL reconstruction

15:00-16:00 Medial patellofemoral reconstruction

#### 16:30 Transfer to the Convention Centre/hotels in Diagonal Mar area

**Instructors:** Cristian Collazo (Argentina), Antonio Cruz (Spain), Juan Erquicia (Spain), Gonzalo Ferrer (Chile), Francois Hardeman (Belgium), Sebastian Kopf (Germany), Luis Nuñez (Mexico), Dragos Popescu (Romania), Fernando Radice (Chile), Gustavo Rincón (Colombia), Sergi Sastre (Spain), Daniel Slulittel (Argentina), Raúl Torres (Spain), Katja Tecklenburg (Austria), Silvio Villascusa (Spain)

## ROUNDTABLES OF ESSKA'S AFFILIATED SOCIETIES

### 1. Arthroscopy for degenerative cartilage lesions: to do or to avoid?

*Moderation: Matteo Denti (Italy/Switzerland)*

- Russian Association of Sports Traumatology, Arthroscopy, Orthopaedic surgery, Rehabilitation (ASTAOR)
- Belarussian Association of Knee Surgery, Arthroscopy and Sports Traumatology (BAKAST)
- Dutch Arthroscopy Society (NVA)
- Knee Section of the Portuguese Orthopaedic and Trauma Society (SPOT)

### 2. Angle of fixation of ACL graft. Preset or case based?

*Moderation: João Espregueira-Mendes (Portugal)*

- Croatian Society for Sports Traumatology and Arthroscopy (CSSTA)
- Finnish Arthroscopy Association
- Society for Orthopaedic and Traumatologic Sports Medicine (GOTS)
- Polish Sports Traumatology Society (PSTS)

### 3. How to treat degenerative meniscal lesion?

*Moderation: Tony van Tienen (The Netherlands)*

- Macedonian Association of Orthopaedics and Traumatology (MAOT)
- Sociedad Española de cirugía de rodilla (SEROD)
- French Society of Sports Traumatology (SFTS)
- Ukrainian Association of Sport Traumatology, Knee Surgery and Arthroscopy (UASTKA)

### 4. The role of arthroscopy in treatment of joint infection

*Moderation: Thomas Bauer (France)*

- British Association for Surgery of the Knee (BASK)
- Hellenic (Greek) Association of Arthroscopy, Knee Surgery and Sports Injury (EAE)
- Norwegian Arthroscopy Association (NAA)
- Slovene society for arthroscopic surgery and sports traumatology (SSASST)

### 5. Return to play after ACL repair

*Moderation: Erik Witvrouw (Belgium)*

- Association of Orthopaedics, Traumatologists and Rehabilitologists of Armenia (AORTA)
- German Knee Society (DKG)
- Italian Society of Knee surgery, Arthroscopy, Sports, Cartilage, Orthopaedic technology (SIGASCOT)
- Portuguese Society of Arthroscopy and Sport Traumatology (SPAT)



## ROUNDTABLES OF ESSKA'S AFFILIATED SOCIETIES

### 6. What training is required prior to start arthroscopy?

#### Do we need a training programme?

*Moderation: Mustafa Karahan (Turkey)*

- Association of Orthopedic Surgeons and Traumatologist of Bosnia and Herzegovina (AOTBIH)
- Bulgarian Orthopaedic and Trauma Association (BOTA)
- French Arthroscopy Society (SFA)
- Italian Arthroscopy Society (SIA)

### 7. How do you treat osteochondral lesions at the medial femoral condyle?

*Moderation: Rob Janssen (The Netherlands)*

- Spanish Arthroscopy Association (AEA)
- Society for Arthroscopy and Joint Surgery (AGA)
- Romanian Society of Arthroscopy and Sports Trauma (SRATS)
- Turkish Society of Sports Traumatology, Arthroscopy and Knee Surgery (TUSYAD)

### 8. How to treat shoulder instability in non-contact athletes with glenoid bone loss

*Moderation: Guillermo Arce (Argentina)*

- Russian Arthroscopic Society (RAS)
- Shoulder and Elbow Society of Serbia (SES)

### 9. Recalcitrant patellar tendinopathy: conservative treatment, open surgery or arthroscopic surgery?

*Moderation: David Dejour (France)*

- Israeli Society of Knee Surgery and Arthroscopy (ISKSA)
- Danish Society for Arthroscopic Surgery and Sports Traumatology (SAKS)





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STEVANOVIC	VLADAN	SERBIA
STUFKENS	SJOERD A.	NETHERLANDS
TANDOGAN	REHA	TURKEY
TECKLENBURG	KATJA	AUSTRIA
TEY-PONS	MARC	SPAIN
TOL	HANS	QATAR
TZANAKAKIS	NIKOLAOS	GREECE
VAN BERGEN	CHRISTIAAN	NETHERLANDS
VAN DEN BEKEROM	MICHEL	NETHERLANDS
VAN OLDENRIJK	JAKOB	NETHERLANDS
VAN RIET	ROGER	BELGIUM
VARATOJO	RICARDO	PORTUGAL
VERDONK	RENÉ	BELGIUM
VIOREANU	MIHAI	IRELAND
VOLPI	PIERO	ITALY
WERNER	SUZANNE	SWEDEN
ZAFFAGNINI	STEFANO	ITALY
ZDANOWICZ	URSZULA	POLAND
ZEH	ALEXANDER	GERMANY
ZUPANC	OSKAR	SLOVENIA



## CURSO DE ENFERMERÍA QUIRÚRGICA

### Viernes 6 de mayo de 2016

El comité científico del Congreso han creado un programa muy especial para el curso de enfermería. El curso será impartido en español. La cuota de inscripción para el curso es de € 50 e incluye la entrada al congreso durante el viernes 6 de Mayo 2016. Para descargar el formulario de inscripción:

<http://esska-congress.org/enfermeria/>

08:00 - 08:30	<b>Acreditación y entrevistas</b> ¿Qué es lo que más le agrada y lo que más desaprueba de los cirujanos?
08:30 - 08:45	Introducción
08:45 - 09:00	Clases de gimnasia para el personal asistencial: Experiencia y resultados
09:00 - 09:15	Experiencia y beneficios de hacer un máster en el extranjero.
09:15 - 09:30	<b>Pausa café</b>
09:30 - 11:00	<b>Workshop: Artroscopia de rodilla y hombro</b>
11:00 - 11:30	Cross-fire enfermera-cirujano: ¿A mí sólo me preocupa que el paciente no se infecte?
11:30 - 12:00	Cross-fire enfermera-cirujano: Práctica privada versus pública: ¿Hay diferencia en la eficacia a pesar de ser el mismo equipo de trabajo?
12:00 - 14:00	<b>Almuerzo y vídeos de las entrevistas</b>
14:00 - 14:15	Perfil psicológico de una instrumentista de traumatología
14:15 - 14:30	Perfil psicológico de un traumatólogo
14:30 - 14:45	Coaching o psicólogo: Mecanismos para gestionar el estrés del cirujano
14.45 - 15:15	Cross fire enfermera-cirujano. "Rápido, rápido" ... ¿Valora el médico el tiempo que requiere una enfermera para preparar todo adecuadamente?
15:15 - 15:45	Trucos para la actividad cotidiana de una instrumentista
15.45 - 16:00	¿Qué hacer si se me infecta el injerto de LCA?
16:00 - 16:15	Protección de la escopia intraoperatoria. Mitos y verdades.
16:15 - 16:45	Un poco de humor: <ul style="list-style-type: none"> <li>• ¿Cómo debería ser una instrumentista perfecta? (Desde el punto de vista del cirujano)</li> <li>• ¿Cómo debería ser un cirujano ortopédico perfecto? (Desde el punto de vista de la enfermera)</li> </ul>
17:00	<b>Mensaje de clausura</b>

## ESSKA MEMBERSHIP



ESSKA represents Europe in the fields of degenerative joint disease and orthopaedic sports medicine. We foster education, research and the exchange of clinical and scientific information.

Be part of the growing European network of key opinion leaders – become an ESSKA member!

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- ✓ subscription to KSSTA Journal
- ✓ more than 40 % reduction for ESSKA Congress registration
- ✓ reduced registration fees for other specific events organised by ESSKA
- ✓ access to ESSKA Academy, our online educational platform
- ✓ 33 % reduction on ESSKA publications
- ✓ access to various ESSKA educational and fellowship programmes
- ✓ semiannual Newsletter
- ✓ the right to vote at the General Meeting
- ✓ the right to serve on ESSKA committees
- ✓ the right to apply for section membership

Sign up on [www.esska.org](http://www.esska.org)!







## PARTNERS OF THE 17<sup>TH</sup> ESSKA CONGRESS

ESSKA would like to thank the partners of the 17<sup>th</sup> ESSKA Congress 2016 for their extraordinary support!


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### Gold Partner:

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Company	
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### Bronze Partner:

Company	
Karl Storz	
LIMA CORPORATE Spa	

### PT Partner:

Company	
DJO Global	

## LIST OF EXHIBITORS

ESSKA would like to thank the exhibitors of the 17<sup>th</sup> ESSKA Congress 2016 for their remarkable support!

Company	Country/City
3D Systems, Symbionix Products	USA - Cleveland, OH 44103
albrecht GmbH	D - 83071 Stephanskirchen
AMPLITUDE	F - 26000 Valence
Arthrex GmbH	D - 81249 München
Arthrosurface	USA - Franklin, MA 02038
BIOVENTUS COÖPERATIEF U.A.	NL - 2132 LS Hoofddorp
Cayenne Medical	USA - Scottsdale, AZ 85260
CONMED	BE - 1620 Drogenbos
De Soutter Medical LTD	UK - Aston Clinton, Aylesbury, HP22 5WF
DJO Global	USA - Vista, CA 92081
ELCON Medical Instruments GmbH	D - 78532 Tuttlingen
EPISURF MEDICAL	SE - 11542 Stockholm
FH Orthopedics	F - 68990 Heimsbrunn
Inion Oy	FI - 33520 Tampere
Karl Storz	D - 78532 Tuttlingen
Königsee Implantate GmbH	D - 07426 Allendorf
LCA PHARMACEUTICAL	F - 28000 Chartres
LIMA CORPORATE Spa	IT - Villanova di San Daniele (UD)
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medi GmbH & Co. KG	D - 95448 Bayreuth
Moximed International GmbH	CH - 8005 Zürich
NEOSTEO	F - 44100 Nantes
RTI Surgical	NL - 3992 DC Houten
RZ Medizintechnik GmbH	D - 78532 Tuttlingen
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SAWBONES EUROPE AB	SE - 21616 Malmö
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Stryker European Operations B.V.	NL - 1101 CM Amsterdam
VirtaMed	CH - 8952 Schlieren, Zürich
Wisepress Medical Bookshop	UK - London, SW19 2JL



## ACCOMMODATION



Your service partner for accommodation requests and bookings is:

Viajes El Corte Inglés

C/ Alberto Bosch, 13

28014 Madrid, Spain

Phone: +34 91 330 07 55

Email: [esska2016@viajeseci.es](mailto:esska2016@viajeseci.es)

**VIAJES El Corte Inglés**  
Una sonrisa de ida y vuelta

The area of the congress venue offers more than 4,000 hotel rooms. A variety of hotels have been selected for ESSKA Congress visitors, covering different categories and areas of the city.

Click below to access the website for accommodation booking.

<http://www.esskacongress2016.com/>

## TRAVEL INFORMATION & VENUE



The congress venue is the **CCIB** – Centre Convencions Internacional Barcelona.

The address is:

CCIB

Plaça de Willy Brandt 11-14

08019 Barcelona, Spain

The congress venue is located in the new business district of Barcelona, the Diagonal Mar neighbourhood. For detailed information on how to reach the venue please consult the website of the CCIB:

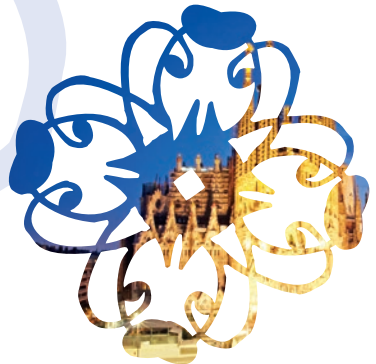
<http://www.ccib.es/getting-to-the-ccib/visitor-access>



Barcelona's international airport, El Prat, is located south-west of Barcelona, approx. 20 km away from the CCIB

(<http://www.aena.es/csee/Satellite/Aeropuerto-Barcelona/en/Home.html>).

The airport offers a large variety of connections to destinations worldwide.





## GENERAL INFORMATION

### Date

4 - 7 May 2016

### Venue

CCIB – Centre Convencions  
Internacional Barcelona  
Barcelona, Spain

### Website

[www.esska-congress.org](http://www.esska-congress.org)

### Congress President

Joan C. MONLLAU

### Programme Chairmen

Roland BECKER  
Gino M. KERKHOFFS  
Pablo E. GELBER

### ESSKA Board

President:  
Matteo DENTI  
1<sup>st</sup> Vice-President:  
Romain SEIL  
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David DEJOUR  
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ESSKA Academy Co-ordinator:  
Mustafa KARAHAN  
ESSKA-AFAS Section President:  
Niek VAN DIJK  
ESSKA-ESA Section President:  
Angel CALVO  
ESSKA Board Member:  
Johan BELLEMANS

### Official language

English

### Currency

The official currency in Spain is EUR.  
Registration fees must be paid in EUR.

### Registration

Please register online at [www.esska-congress.org](http://www.esska-congress.org) or download the registration form. Reduced rates are available when payment is effected before 25 February 2016. For group registrations please send an e-mail to [esska@intercongress.de](mailto:esska@intercongress.de) and request the special group booking form. The registration fee includes: scientific sessions, instructional course lectures, symposia, access to the industrial exhibition, delegate's bag and badge and a copy of the final programme.

### CME credits

The ESSKA Congress will be submitted for accreditation to the UEMS (European Union of Medical Specialists) for EACCME.

### Accommodation

Special rates in various hotels in Barcelona have been negotiated for congress participants by our local partner. Please visit the congress website and use the link in the section "Accommodation". Note the deadlines!

### Social programme

- Wednesday, 4 May 2016:  
Welcome Reception for all congress visitors at the congress venue.
- Friday, 6 May 2016:  
ESSKA Dinner & Party (tickets available for purchase through the regular registration website)

### Fiscal organiser, congress and exhibition management

Intercongress GmbH  
Wilhelmstraße 7  
65185 Wiesbaden, Germany  
Phone: +49 611 97716-0  
Fax: +49 611 97716-16  
E-mail: [esska@intercongress.de](mailto:esska@intercongress.de)



### Partners of the 17<sup>th</sup> ESSKA Congress

To become a partner of the 17<sup>th</sup> ESSKA Congress in Barcelona please contact Ms Silke Melzer, Intercongress GmbH (Germany): [silke.melzer@intercongress.de](mailto:silke.melzer@intercongress.de)



### Important deadlines

- 25 February 2016:** Registration at reduced rates
- 31 March 2016:** Accommodation booking at special rates
- 25 April 2016:** Closing of pre-registration
- 3-7 May 2016:** On-site registration

## WELCOME RECEPTION

Wednesday, 4 May 2016  
19:00–21:00 h

It is the end of the first congress day, you have already participated in interesting sessions and now you are looking for the perfect occasion to meet friends, colleagues and network. Join ESSKA's community for the WELCOME RECEPTION which will be held at the top level of the Congress Centre. Chat and mingle with fellow congress visitors and enjoy a drink along with some typical Catalan and Spanish finger food. WELCOME to Barcelona!



© Turisme de Barcelona / Jordi Trullàs

© Turisme de Barcelona / Espai d'Imatge



**Venue:**

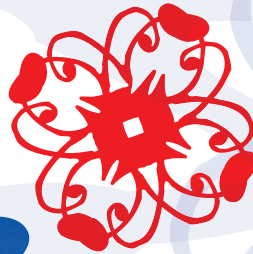
**Price (per person):**

**Booking:**

CCIB (Congress venue) top level

Free for registered delegates

<http://esska-congress.org/registration/>



## ESSKA DINNER & PARTY

**Friday, 6 May 2016**  
**20:30–01:00 h**

We will start this evening with a drink on the terrace in front of the Museu Nacional d'Art de Catalunya (MNAC), overlooking the city of Barcelona. The evening party will be hosted in the spectacular Sala Oval inside the Museum – hold your breath when entering the room! Savour a taste of the best cuisine in town and be surprised by an astonishing set of lighting and music in between the courses of the dinner. An exciting part of the evening will be the Award Ceremony of the “ESSKArS” – awards for service to our society. Join us for a memorable evening in Barcelona.

- Departure by bus:** 19:45 h from CCIB (Congress venue)  
**Aperitif:** 20:30 h  
**Dinner:** 21:00–01:00 h  
**Return by bus:** From 00:30–01:15 several buses to CCIB (Congress venue)  
**Price (per person):** EUR 100 (before 25 February 2016); EUR 150 (after 25 February 2016)  
**Booking:** <http://esska-congress.org/registration/>



## TOUR PROGRAMME

All tours are available through the online congress registration. Bookings must be effected before 3 April 2016. The minimum number of participants per tour is 20 people (except for "Medieval Girona" where the minimum must be 25 people). The maximum number of participants per tour is 40 people (except for "The Gothic Quarter and the Rambla" and "Picasso Museum and Gothic Quarter" where the maximum is 25 people).

### Tour 01 – Wednesday, 4 May 2016 (half day)

#### THE GOTHIC QUARTER AND THE RAMBLA

Plaça Catalunya and the Rambla are right in the city centre. The Rambla is a boulevard known around the world. Pure Mediterranean in nature, it leads visitors down to the sea through a variety of contrasts: old-style shops, ultramodern cafés, landmark buildings like the Liceu Opera House, and, in the centre of the boulevard, there are street artists, newspaper stands, flower and bird stalls. During this walking tour you will see the Boqueria Market, Plaça Reial, Plaça del Pi, Petritxol Street, Plaça Sant Jaume, Plaça del Rei (Royal Square), Plaça Sant Felip Neri and Cathedral.

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	12:30 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 20
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© The gothic quarter and the rambla / shutterstock

### Tour 02 – Wednesday, 4 May 2016 (half day)

#### MODERNISME IN THE OLD CITY

This tour will give you the opportunity to discover Plaça Catalunya, Portal de l'Àngel and Carrer Comtal. You will enjoy a guided tour in the Palau de la Música Catalana, home of the Catalan choir (l'Orfeó Català) and designed and built by Lluís Domènech i Muntaner from 1905 to 1908. The Palau was declared a World Heritage site by UNESCO in 1997. The Four Cats bar-restaurant-café will be our next stop. It was the meeting point of the Catalan avant-garde artists at the beginning of the 20<sup>th</sup> Century. It was also regularly visited by Pablo Picasso. Then we will visit the Plaça Reial (Royal Square) Lamp post, inspired by neoclassic French urban architecture, at the end of the 19<sup>th</sup> Century. Our tour will end at Güell Palace which was designed by Antoni Gaudí.



© Modernisme in the old city / Palau de la Música

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	12:30 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 55
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>

## TOUR PROGRAMME

### Tour 03 – Thursday, 5 May 2016 (half day)

#### MONTSERRAT, THE HOLY MOUNTAIN

The classical visit to Montserrat. You will have a view of the extraordinary landscape of the natural park on the drive up to the Sanctuary, 725m above sea level. During the journey the guide will give you a short history of Montserrat. Once there you will have a brief guided tour to indicate what there is to see (Monastery, Basilica, Boys' Choir, Our Lady's Chapel, Museum, St. Joan, Holy Cave, Stations of the Cross, as well as bars, restaurants, and shops, the audiovisual projection, home products market etc.). Then you will have free time to visit in detail those places which are most appealing to you.

<b>Departure:</b>	09:00 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	14:00 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 30
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Montserrat the holy mountain/shutterstock

### Tour 04 – Thursday, 5 May 2016 (full day)

#### MEDIEVAL GIRONA

The city of Girona is located 60 miles from Barcelona. Many cultures have left their imprint on the streets of the city – Iberians, Greeks, Romans, Arabs, Jews, Christians... They have created unforgettable places such as the old quarter. You will visit: The Arab Baths entrance, the Jewish Quarter, the houses of the Onyar River, the Cathedral, Creation Tapestry, Romanesque cloister and you will walk on the city walls. Between them, we will stop to have lunch at the restaurant Grill L'Argadà where you may taste the famous "Catalan torrades", a toasted bread with red tomatoes, garlic and olive oil.

<b>Departure:</b>	09:00 h from CCIB (Congress venue), meeting point is the registration desk
<b>Arrival:</b>	17:00 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 85
<b>Included in the price:</b>	Bus, guide, tickets to Arab Bath and Cathedral and lunch at Grill L'Argadà
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Medieval Girona/shutterstock





## TOUR PROGRAMME

### Tour 05 – Friday, 6 May 2016 (half day)

#### CODORNÍU CELLARS

Codorníu Cellars is located in the town of Sant Sadurní. Here you will find some of the largest cellars in the world. The wine of Codorníu is called Cava. This is the ideal place to observe the whole process from grape pressing to the labeling of the bottle. After watching a short video we will visit the vast cellars in a small electric train and we will take part in a wine tasting.

- Departure:** 09:00 h from CCIB (Congress venue), meeting point is the registration desk  
**Return:** 14:00 h to CCIB (Congress venue)  
**Price (per person):** EUR 40  
**Included in the price:** Bus, guide, ticket to the Cellar and wine tasting  
**Booking:** <http://esska-congress.org/registration/>



© Codorníu cellars / codorniu

### Tour 06 – Friday, 6 May 2016 (full day)

#### THE GAUDÍ TOUR

Be guided around his buildings and learn about the double-edged genius and his extraordinary imagination, both aesthetic and technical. You will visit some of these emblematic buildings such as Sagrada Família and Park Güell.

Enter his world of fantasy and geometry. Don't leave Barcelona without truly understanding some of his more exceptional works. At noon, we will stop for lunch at Citrus Restaurant. It has a modern and friendly atmosphere with amazing panoramic views of Paseo de Gracia.

- Departure:** 09:30 h from CCIB (Congress venue), meeting point is the registration desk  
**Return:** 17:30 h to CCIB (Congress venue)  
**Price (per person):** EUR 100  
**Included in the price:** Bus and guide, ticket to Sagrada Família and Park Güell, lunch  
**Booking:** <http://esska-congress.org/registration/>



© The Gaudi tour / shutterstock

## TOUR PROGRAMME

### Tour 07 – Saturday, 7 May 2016 (half day)

#### BARCELONA HIGHLIGHTS

Discover the Montjuïc Hill and Stadium, a cultural attraction and a sportive one. The Stadium is part of the Olympic Games. Mirador de l'Alcalde (Mayor's lookout) offers a panoramic view over the whole city and the port. We will visit the Columbus Monument which was built to commemorate Columbus' return from America. Visiting the Port, you will see the seafront of the Old Port, including many attractions such as the Aquarium, IMAX cinema, restaurants, nightclubs and shops. We will continue with the visit to the Arc de Triomf which is the entrance to the 1888 International Exhibition and leads down to Ciutadella Park. Next is the Passeig de Gràcia – this street offers the best of the city's luxury and design shops. Here you will also find several modernist buildings such as Casa Batllò, Casa Milà or "La Pedrera".

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	13:30 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 25
<b>Included in the price:</b>	Bus and guide
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Barcelona highlights / shutterstock

### Tour 08 – Saturday, 7 May 2016 (half day)

#### PICASSO MUSEUM AND GOTHIC QUARTER

On this tour, as well as visiting the key sites in the Gothic Quarter (Plaça Catalunya, Rambla, Boqueria Market, Cathedral, etc.) you will have the additional attraction of visiting the Picasso Museum, the reference centre for the formative years (1887-1901) of Pablo Ruiz Picasso. We will walk along Carrer Montcada one of the most elegant streets in medieval Barcelona. At the end of the street we will find Santa Maria del Mar Cathedral, the best example of religious Catalan Gothic architecture of the Middle Ages.

<b>Departure:</b>	09:30 h from CCIB (Congress venue), meeting point is the registration desk
<b>Return:</b>	12:00 h to CCIB (Congress venue)
<b>Price (per person):</b>	EUR 35
<b>Included in the price:</b>	Bus, guide and ticket to Picasso Museum
<b>Booking:</b>	<a href="http://esska-congress.org/registration/">http://esska-congress.org/registration/</a>



© Picasso museum and Gothic Quarter / forclia



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