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First Department of Orthopedics
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Medical School, "Attikon" University General Hospital



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First Orthopedic Department
"Hygeia" Hospital Athens

10th Athens ELBOW Course

SCIENTIFIC PROGRAMME

Hands-on
Cadaver
Workshop

19-21

September 2025

MITERA, "N. Louros" Amphitheatre, Athens
& ATT Center (Hands-on Sessions Venue)

www.athenselbowcourse.gr



10th Athens **ELBOW** Course



19-21 September 2025

Welcome Message

Dear Colleagues,
Dear elbow lovers,

It's a great honour and pleasure for the organisers to welcome you to the anniversary of the **10th Athens Elbow Course**.

The course will take place in **Athens** from **19-21 September 2025**. The two first days will be devoted to the theoretical program and the last day on the cadaver course on elbow approaches and elbow fracture osteosynthesis. There will be a fresh structured program with short strictly 5 minutes presentations and ample discussion time guided by the chairmen of the sessions.

We strongly encourage the participants to interact in the discussion and present their cases. There will be sessions on "Meet the expert", "How I do it " and "Difficult case presentations".

The young trainees will take part in the discussions by presenting updated literature reviews. Even if you have participated in the past, we will very much appreciate you joining the discussions and reassure you that you will be part of a fantastic meeting.

Kind regards,

Savvas-Georgios Sourmelis

Consultant Orthopedic Surgeon
A' Orthopedic Department
Head of 1st Department of Orthopedics,
HYGEIA

Olga Savvidou

Professor of Orthopedics
National and Kapodistrian University of Athens
ATTIKON University General Hospital

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Organization & Committees

COURSE CHAIRMEN

Savvas-Georgios Sourmelis

Olga Savvidou

SCIENTIFIC & ORGANISING COMMITTEE

Panagiotis Anastasopoulos

Nikolaos Darlis

Konstantinos Ditsios

Emmanouil Fandridis

Filippos Giannoulis

Panagiotis Givissis

Vasileios Kontogeorgakos

Charis Ntinopoulos

Periklis Papadopoulos

Vasilios Samdanis

Ioannis Sarris

Olga Savvidou

Christos Sinopodis

Savvas Sourmelis

Nikolaos Zagoraios

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10th Athens Elbow Course
Scientific
PROGRAMME

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Scientific Programme

Friday, 19 September 2025

12.30

Welcome

Course Presidents: **Savas Sourmelis, Olga Savvidou**

P. Skandalakis, President HEAL, Academy Professor of Medicine

S. Konstantinidis, Vice President of Medical Council, Hygeia, Athens, Greece

12.30 - 14.30

SESSION 1 - ANATOMY, APPROACHES AND IMAGING

BASICS OF ELBOW SURGERY

Critical points of elbow anatomy **S. Sourmelis**

Elbow approaches, Kocher vs Kaplan, FCU vs OVER THE TOP

P. Anastasopoulos

The clinical significance of fat pad sign in elbow trauma **S. Yarmenitis**

Discussion – Commentators

BIOMECHANICS

Basic biomechanics of the elbow **D. Koulalis**

Elbow joint loads in ADL and total elbow replacement **M. Argyropoulos**

3D imaging and printing in elbow and forearm deformities **N. Darlis**

The 3D-Printed Custom Elbow Prosthesis for Distal Humerus Fracture malunion **G. Arealis**

Discussion – Commentators

14.30 - 14.45

BREAK



19-21 September 2025

Scientific Programme

Friday, 19 September 2025

14.45 - 16.30

SESSION 2

ELBOW TENDINOPATHY

Critical points of elbow anatomy **S. Sourmelis**

Common pitfalls in differential diagnosis lateral side pain.

What not to miss **D. Papadopoulos**

The efficacy of various injections treatments in lateral elbow tendinopathy **I. Gkiatas**

Lateral epicondylitis: extra shock wave therapy, high intensity laser therapy or kinesiio taping **E. Marselou**

Discussion – Commentators

COMPRESSION NEUROPATHIES AROUND THE ELBOW

Chair: **N. Zagoraios**

Preop/Postop clinical relevance of EMG studies **E. Mikropoulos**

Radial tunnel and posterior interosseous nerve (pin) compression.

How to differentiate. **F. Giannoulis**

MEET THE EXPERTS

Chair: **S. Sourmelis**

How I do it: Primary cubital tunnel syndrome. When do I transpose?

A. Venousiou, P. Giannakopoulos, F. Giannoulis

How I do it: Revision cubital tunnel syndrome

P. Giannakopoulos, A. Venousiou, F. Giannoulis

What does the literature suggest **T. Antoniadou**

Discussion – Commentators

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Scientific Programme

Friday, 19 September 2025

17.00 - 18.30

SESSION 3 - TENDON INJURIES AND ARTHROSCOPY

Biceps Tendon: Repair vs Conservative or Should we still debate the repair of biceps tendon **E. Fandridis**

What to do with distal biceps partial tears **A. Leonidou**

Measuring strength repair distal biceps tendon **E. Manouras**

The footprint of triceps tendon and the elbow Achilles heel: tendon rupture and repair of triceps **Per. Papadopoulos**

Basics Elbow Arthroscopy **C. Chrysanthou**

Arthroscopy in elbow trauma - Made Easy and Safe **N. Darlis**

Discussion - Commentators

18.30 - 19.00

DAY 1 CLOSING REMARKS



19-21 September 2025

Scientific Programme

Saturday, 20 September 2025

09.00 - 12.00

SESSION 4 - FRACTURES

Chair: **C. Ntinopoulos**

OLECRANON, RADIAL HEAD AND DISTAL HUMERUS

What to choose for olecranon. Tension band wire, suturing or plating (single, double) **P. Kanellos**

Displaced Olecranon fractures in elderly **H. Pappa**

Treatment nonunion olecranon fracture **V. Kontogeorgakos**

RADIAL HEAD FRACTURE 2025

Mason I /mason II. Fixation for whom **P. Mitsikostas**

Mason III/mason IV fix, replace or resect **K. Mitsiou**

Prosthesis: which one fails? **I. Sarri**

Common complications of radial head arthroplasty **C. Ntinopoulos**

How to avoid missing an Essex- Lopresti **P. Masouros**

How to treat longitudinal instability injuries of the forearm **A. Watts**

Discussion-Commentators

DISTAL HUMERUS FRACTURES

Chair: **O. Savvidou**

Posttraumatic Cubitus Varus in children: Respect the Columns

Y. Papamerkouriou

Osteochondritis dissecans etiology and treatment **P. Sachinis**

Which approach. Which construct of fixation **C. Zalavras**

Fixation or arthroplasty in over 70 years old **K. Wegmann**

How to manage distal humeral nonunion **O. Savvidou**

Benefits and limitations of novel approaches in elbow rehabilitation (artificial intelligence, exoskeletons, telerehabilitation) **A. Skouras**

Discussion - Commentators

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Scientific Programme

Saturday, 20 September 2025

12.00 - 12.30 **BREAK**

12.30 - 14.30

SESSION 5

Chair: **S. Sourmelis**

Coronal shear fracture. Classification, preop planning and treatment
C. Zalavras

Elbow dislocation the step approach **N. Zagoraios**

Fixing coronoid fracture. Open, arthro, or no fixation **S. Sourmelis**

The Wrightington classification in the treatment of complex instability
A. Watts

Coronoid fracture Fixation and reconstruction strategies for delayed presentation **K. Wegmann**

Update in treating trans olecranon fracture dislocations **G. Arealis**

Infection in elbow trauma **C. Zalavras**

Elbow trauma and hinge brace. Are they always needed?
S. Sourmelis

Discussion - Commentators

14.30 - 15.00 **BREAK**



19-21 September 2025

Scientific Programme

Saturday, 20 September 2025

15.00 - 17.00

SESSION 6

Chair: **C. Zalavras**

COMPLICATIONS AND ARTHROPLASTY

Heterotopic Ossification of the elbow When and how. **A. Korompilias**

The Stiff Elbow – "How I Do It"

S. Sourmelis (Introduction), **M. Vekris**, **K. Wegmann**

Discussion

TOTAL ELBOW REPLACEMENT

Key design principles of total elbow replacement **K. Ditsios**

How to do it right the first time **A. Watts**

Registries of total elbow replacement what do they tell us **V. Samdanis**

Discussion – Commentators

17.00 - 17.15

BREAK

17.15 - 19.00

SESSION 7 - CASE DISCUSSIONS & CONTROVERSIES

Chairs: **S. Sourmelis**, **O. Savvidou**

Lessons learned. How to approach failed initial treatment of elbow trauma.

Which recent 5 years technique have you implemented in your practice?

All participants

19.00 - 19.10

CLOSING REMARKS

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Cadaveric Programme

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Sunday, 21 September 2025

HANDS ON CADAVERIC WORKSHOP - ALL ABOUT ELBOW FRACTURES

08.30 - 14.50 **INTRODUCTION TO COURSE**
Moderators: **O. Savvidou, S.-G. Sourmelis**
Speakers & Instructors: **A. Watts, K. Wegmann, P. Anastasopoulos, T. Antoniadou, G. Arealis, N. Darlis, I. Galanakis, F. Giannoulis, P. Kanellos, V. Kontogeorgakos, P. Masouros, C. Ntinopoulos, N. Zagoreos, D. Papadopoulos**

08.30 - 08.35 Welcome – Introduction

08.35 - 09.00 **Medartis** Implants and Instruments **F. Ferrari**

09.00 - 09.10 Lateral exposure of the elbow **C. Ntinopoulos**

09.10 - 09.15 Preoperative planning / Step-by-step case 1

09.15 - 10.15 Radial head fracture **P. Kanellos**

10.20 - 10.40 Break

10.40 - 11.00 Posterior approach of the elbow **F. Giannoulis**

11.00 - 11.10 Preoperative planning / Step-by-step case 2

11.10 - 12.00 Distal humerus fracture **N. Darlis**

12.00 - 12.35 Preoperative planning / Step-by-step case 3

12.35 - 13.40 Olecranon fracture **P. Masouros**

13.40 - 14.30 Medial approach of the elbow **P. Anastasopoulos**

13.40 - 14.30 Anterior approach of the elbow **I. Galanakis**

14.30 - 14:50 Forearm approach **N. Darlis**

14.50 **Written exam** (optional) – **Certificates**

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Speakers

INSTRUCTORS

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International Invited Speakers



Adam Watts

Professor Upper Limb Unit, Wrightington Hospital, United Kingdom



Georgios Arealis MD, PhD, FRCS

East Kent Hospitals University NHS Foundation Trust, United Kingdom



Charalampos Zalavras

Professor of Orthopaedics, Keck School of Medicine, University of Southern California, Los Angeles, USA



Kilian Wegmann

Professor, Orthopaedic Surgeon, Department of Orthopaedics and Trauma Surgery, Köln, Germany



19-21 September 2025

Speakers – Instructors

Panagiotis Anastasopoulos

Orthopaedic Surgeon, Hygeia, Athens, Greece

Thekla Antoniadou

Orthopaedic Surgeon, Athens Medical Center, Athens, Greece

Miltos Argyropoulos BSc, MBChB, FRCS

Trauma & Orthopaedic Surgeon, HYGEIA, Athens, Greece

Chrysanthos K. Chrysanthou MD, PhD

Associate Professor of Orthopaedics U.W.M., Arthroscopic, Robotic & Reconstructive Surgery - Upper Limb and Knee Joints, Consultant Orthopaedic Surgeon - Southend University Hospital, N.H.S, U.K, Head of Upper Limb Clinic E.M.C

Nikolaos A. Darlis MD, PhD

Director, Upper Extremity Surgery & Reconstructive Microsurgery, Metropolitan Hospital, Athens, Greece

Konstantinos Ditsios

Professor of Orthopaedics, Chairman of 2nd Orthopaedic Department, School of Medicine, Aristotle University of Thessaloniki

Emmanouil Fandridis MD, PhD

Orthopaedic Surgeon, Hand-Upper Limb & Microsurgery Department, KAT Attica General Hospital, Athens, Greece

Panagiotis Giannakopoulos

Orthopaedic Surgeon, Athens, Greece

Filippos Giannoulis MD, PhD

Chief Orthopaedic Surgeon, Director, Department of Hand Surgery, HYGEIA, Athens, Greece

Ioannis Gkiatas

Assistant Professor of Orthopaedic Surgery University of Ioannina

Panagiotis Kanellos PhD, FEBHS

Consultant Orthopaedic Surgeon, Hand, Upper Limb and Microsurgery Department, KAT Attica General Hospital, Athens, Greece

Vasileios A. Kontogeorgakos MD, PhD

Professor of Orthopaedic Surgery, Faculty of Medical School, National and Kapodistrian University of Athens, Greece

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Speakers - Instructors

Anastasios V. Korompilias

Professor and Chairman, Department of Orthopaedics, University of Ioannina, Medical School, Ioannina, Greece

Dimitrios Koulalis MD, PhD

Consultant of Orthopaedic Surgery, Assistant Professor of Orthopaedic Surgery University of Athens, 1st Orthopaedic Department, "ATTIKON" University General Hospital, Athens, Greece

Andreas Leonidou MSc, PhD, FACS, FRCS (Tr&Orth)

Consultant Orthopaedic Surgeon, Athens Medical Centre

E. Manouras

Orthopaedic Surgeon, University Hospital of Heraklion, Greece

Eleni Marselou MSc, PT

Musculoskeletal & Sports Physiotherapist

Panagiotis Masouros MD, MSc, PhD

Orthopedic surgeon, 6th Orthopedic Department, KAT Attica General Hospital, Athens, Greece

Efthimios H. Mikropoulos MD

Neurology - Clinical Neurophysiology Consultant, Hygeia Hospital, ABPN, AAN, Amer. Association of Neuromuscular & Electrodiagnostic Medicine

Pantelis Mitsikostas MD, MSc

General Hospital of Athens G. Gennimatas

Konstantinos Mitsiou

Orthopedist, Education & Academic Qualifications: MBBS Medical School of National Kapodistrian University of Athens

Charalampos Ntinopoulos

Consultant Orthopaedic Surgeon, Head of A' Orthopedic Department, Asclepieion Hospital, Voula, Athens

Periklis Papadopoulos

Professor of Orthopedics, Aristotle University of Thessaloniki, Inter-Balkan Medical Center, Thessaloniki, Greece

Dimitrios V. Papadopoulos MD, PhD

Assistant Professor of Orthopedics, 2nd Department of Orthopedics, Medical School, National and Kapodistrian University of Athens, Athens Greece



19-21 September 2025

Speakers – Instructors

Yvonne Papamerkouriou MD, MSc

Director, 2nd Orthopaedic Department, Athens Childrens Hospital Panayiotis and Aglaia Kyriakou

Eleni Pappa MSc, PhD

Orthopaedic Surgeon, Department of Upper Limb and Microsurgery, Henry Dunant Hospital

Nikolaos Platon Sachinis PhD

Orthopaedic Surgeon, Senior Consultant, "G. Papanikolaou" Hospital, Thessaloniki, Greece

Vasileios Samdanis

Consultant Trauma & Orthopaedics, 5th Orthopaedic Department, Hygeia, Athens, Greece

Ioannis Sarris MD, PhD

Associate Professor in Orthopaedics, Auth "Papageorgiou" General Hospital, Thessaloniki, Greece

Olga Savvidou

Professor of Orthopedics, National and Kapodistrian University of Athens, "ATTIKON" University General Hospital, Athens, Greece

Apostolos Z. Skouras

Physiotherapist, Sports Excellence, 1st Department of Orthopaedic Surgery, NKUA

Savvas-Georgios Sourmelis

Consultant Orthopedic Surgeon, A' Orthopedic Department, Head of 1st Department of Orthopedics, HYGEIA, Athens, Greece

Marios Vekris

Professor of Orthopedics, University Hospital of Ioannina

Aaron Venouziou MD

Orthopaedic, Upper Extremity Surgeon, Saint Luke's Hospital, Thessaloniki, Greece

Spyros Yarmenitis

Director, Department of Radiology at HYGEIA, Athens, Greece

Nikolaos P. Zagoreos MD, MSc

Orthopaedic Surgeon, Director of Upper Extremity Surgery - Microsurgery, Metropolitan Hospital, Athens, Greece



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General INFORMATION



19-21 September 2025

General Information

Course Dates & Location

The course will be held on the 19th & 20th September 2025 at the "N. LOUROS" auditorium MITERA Hospital.

Friday, September 19 th , 2025	08.30 - 19.00
Saturday, September 20 th , 2025	09.00 - 19.30

Hands-on Cadaver Workshop

The Cadaver Workshop will take place on Sunday, September 21st, 2025, at the ATT Center, from 08:30 to 14:30.

Secretariat Desk (operating hours)

Friday, September 19 th , 2025	08.00
Saturday, September 20 th , 2025	08.00
Sunday, September 21 st , 2025	07.30

Accreditation

The Course has been accredited by the Panhellenic Medical Association with up to 21,5 credits according to the standards of the UEMS - EACCME.

Certificate of Attendance

The certificate of attendance will be sent by e-mail to all registered participants, after they have completed the evaluation forms.

Exam (optional for participants of the Cadaveric Sessions)

The exam will be held on Sunday September 21st, after the end of the Course.

Course Secretariat



CONCO Meetings & Events

T: +30 210 61 09 991, @: info@concopco.com

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Acknowledgements

The Organizing Committee of the **10th Athens Elbow Course** would like to thank the following companies for their support of the Course:

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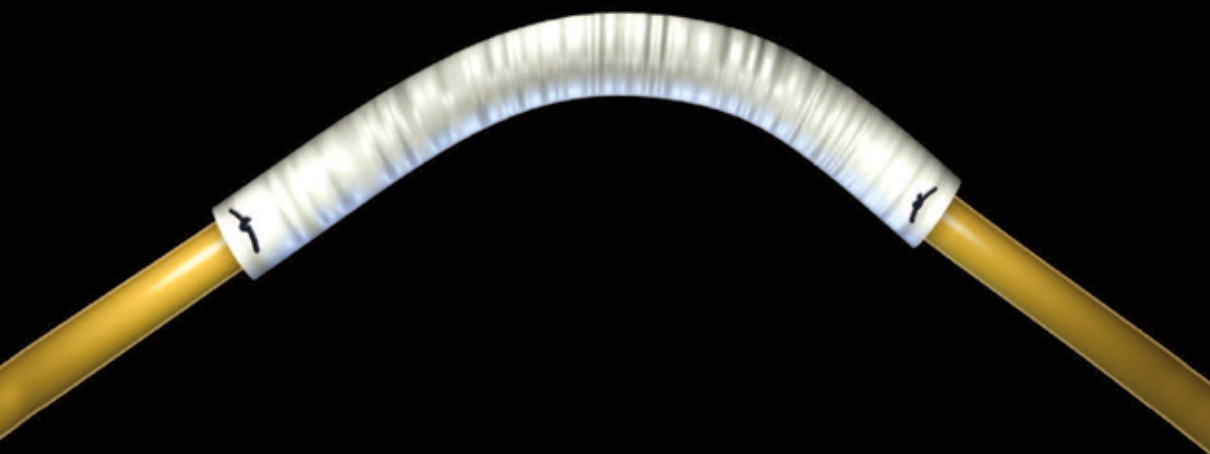
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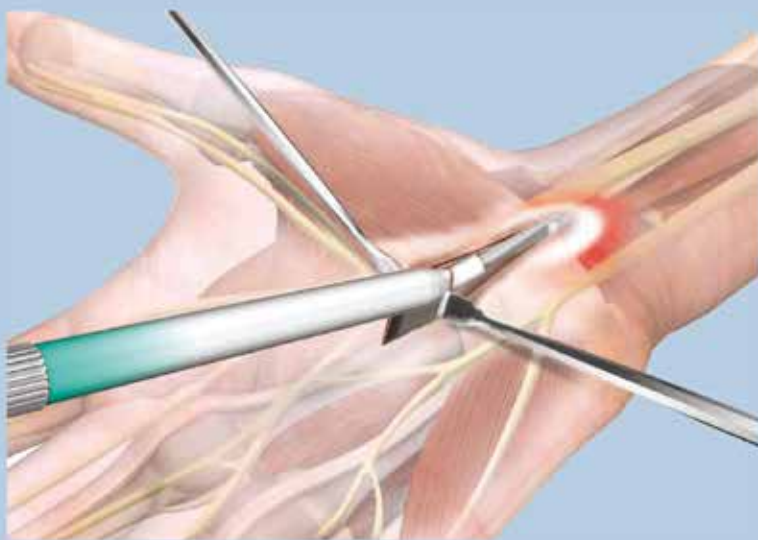
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APTUS Forearm

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Radius Shaft Plates



APTUS Wrist

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Distal Ulna Plates
Scaphoid Plates
Distal Radius Plates, Volar
Distal Radius Flex Plates, Volar
Distal Radius Plates, XL, Volar
Distal Radius Plates, Dorsal



APTUS Hand

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L, Y, T-Plates
Compressive Plates
Scaphoid Plate
Dist Plates
Hook Plate



APTUS Ankle

Distal Fibula Plates
Distal Tibia Plates, Medial
Distal Tibia Plates, Anteromedial
Distal Tibia Y and L Plates



APTUS Foot

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Wing Plates
Dist Plates
T-Plates
Straight Plates



Elective

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Wrist Fusion Plates
Total Wrist Fusion Plates



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CMC-1 Fusion Plates



APTUS Foot

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