



Organization by

First Department of Orthopedics  
National and Kapodistrian University of Athens  
Medical School "ATTIKON" University Hospital



First Orthopedic Department,  
Hygeia Hospital Athens



# 4<sup>th</sup> Athens International ELBOW Course

## 27-29

September 2019

Conference Center  
"N. Louros",  
Mitera Hospital  
**ATHENS**

[www.ctmi.gr/elbow2019](http://www.ctmi.gr/elbow2019)

hands on  
workshop

Surgical approaches  
of elbow on cadavers  
osteosynthesis

### Invited Speakers

**M. Demirhan**,  
Koc University of Istanbul,  
President of ESSSE/SECEC

**B. Morrey**,  
Mayo Clinic, Minnesota

**D. Ring**,  
University of Texas at Austin

**R. van Riet**,  
University of Antwerp Belgium

**C. Zalavras**,  
University of Southern California

## Πρόγραμμα

# Μικρά & Έξυπνα Συστήματα

## Πλήρεις Λύσεις



### Πλήρεις Λύσεις για:

Κατάγματα άκρας χείρας, mini αρθροπλαστικές άκρας χείρας MCP-PiP, οστεοσύνθεση κεφαλής κερκίδας και εμφυτεύματα αντικατάστασης κεφαλής κερκίδας

Κατάγματα κλείδας, κεφαλής βραχιονίου περιπροθετικά, κονδύλων βραχιονίου, αντιβραχίου

Αρθροπλαστική ποδοκνημικής, οστεοτομίες μεταταρσίων, κατάγματα ποδός



### Πλήρεις Λύσεις για:

Κατάγματα Σφυρών-Καρπού, Πλεκράνου, Οστεοτομία Βράχιονσης Πλένης, Αρθρόδεση Καρπού, Κατάγματα Κλείδας

Οστεοτομίες Κνήμης-Φαλάγγων, Αρθροδέσεις Δακτύλων, Αρθρόδεση 2,3 & 4 σημείων, Βίδες cannulated από Ti



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Ιωάννινα: 6946 0034 90 Θεσ/νίκη: 6948 2138 28

email: info@trmedhellas.gr

## Welcome Message

Dear Colleagues, Dear Friends,

We welcome you to the 4<sup>th</sup> Athens International Elbow Course with the aim that you will be able to attend and participate in a stimulating discussion on elbow problems.


This course for the first time this year is under the patronage of SECEC/ESSE. Distinguished Guest Speakers from USA and Europe will participate and enrich the program with their expertise.

The oral presentations and case discussions combined with the workshops on saw bones will cover the first two days. On the third day the cadaveric workshop will take place with demonstration of elbow exposures as well as osteosynthesis of specific fractures.



**Dr. Savvas-Georgios Sourmelis**

Consultant Orthopedic Surgeon,  
Head of the First Orthopaedics Department,  
Hygeia Hospital, Athens, Greece



**Olga D. Savvidou, MD**

Associate Professor of Orthopaedics  
First Department of Orthopedics  
Athens University Medical School  
& Attikon University General Hospital

## Committees

Organizing Committee	Scientific Committee	
<b>Presidents</b>	<b>Presidents</b>	
<b>Savvas-Georgios Sourmelis</b>	<b>Savvas-Georgios Sourmelis</b>	
<b>Olga D. Savvidou</b>	<b>Olga D. Savvidou</b>	
Georgios Chountas	Georgios Chountas	Periklis Papadopoulos
Emmanouel Fandridis	Zoe Dailiana	Panagiotis Papagelopoulos
Ioannis Feroussis	Nikolaos Dartis	Vasileios Psychogyios
Periklis Papadopoulos	Charalampos Dinopoulos	Ioannis Sarris
Panagiotis Stavlas	Konstantinos Ditsios	Sokratis Varitimides
Nikolaos Vergados	Ioannis Galanakis	Nikolaos Vergados
	Panagiotis Givisis	Nikolaos Zagoraios
	Anastasios V. Korompilias	Charalampos Zalavras
	Konstantinos N. Malizos	

## General Information

The course will be held 27 – 29 September 2019 in the Conference Center “N. Louros” at Mitera Hospital, in Athens, Greece. The Cadaveric Workshop will take place in the Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST).

English is the official language of the Course. All the registered participants will receive certificate of Attendance.

### Course Organizers

First Department of Orthopaedics National & Kapodistrian University of Athens  
 Medical School “Attikon” University Hospital, Athens  
 First Orthopaedic Department Hygeia Hospital, Athens

### Course Secretariat



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## Sponsors Acknowledgements



## Scientific Program

## Friday 27 September 2019

08:00-09:30 **Workshop (ACUMED/OPTIMUM)**09:30-10:30 **ELBOW BASICS - ARTHROSCOPY**Chair: *R. Van Riet, N.A. Darlis*Anatomy - biomechanics, *P. Stavlas*Clinical examination of the elbow, *E. Fandridis*Surgical approaches of the elbow, *Ch. Dinopoulos*Elbow Arthroscopy. Playing safe, *N.A. Darlis**Discussion*10:30-11:00 **Coffee Break**11:00-12:00 **SYMPOSIUM: CURRENT CONCEPTS ON ELBOW ENTHESOPATHY**Chair: *D. Ring, O.D. Savvidou*Is it a self-limited illness, *D. Ring*Managing chronic refractory tendinopathy. Does anything work? *B. Morrey*Open or arthroscopic techniques of lateral epicondylitis, *Chr. Chrysanthou*12:00-12:30 **Opening Ceremony**

Welcome Dr. S. - G. Sourmelis &amp; Ass. Professor O.D. Savvidou

Professor P. Papagelopoulos President of the Hellenic Association of Orthopaedic Surgery &amp; Traumatology

Professor A.B. Zoubos President of the Hellenic College of Orthopaedic Surgeons

Dr. G. Zacharopoulos President Scientific Committee "Hygeia" Hospital, Athens

Mr. A. Kartapanis CEO "Hygeia" Hospital, Athens

12:30-14:00 **TRAUMA I**Chair: *D. Ring, A.B. Zoubos*The role of CT and MRI in the management of elbow trauma, *D. Ring*Internal fixation of distal intraarticular humerus fractures, *S. Varitimidis*Is olecranon osteotomy and transposition of ulnar nerve always necessary in intraarticular fractures, *V. Psychogyios*Pitfalls leading to mal-nonunion of distal fractures. How to manage, *M. Demirhan*

## Scientific Program

## Friday 27 September 2019

The infected internal fixation of fractures of the elbow, *Ch. Zalavras*  
 Coronal shear fractures How to approach and fix, *Ch. Zalavras*  
 Olecranon fractures, *I. Maris*  
 Pitfalls in fixing olecranon fracture dislocation, *Ch. Zalavras*  
*Discussion*

14:00-14:30 **Lunch break**

14:30-15:30 **Case Presentations**

15:30-16:30 **TRAUMA II**

Chair: *M. Demirhan, I. Feroussis*  
 The role conservative treatment and arthritis following radial head fracture,  
*D. Ring*  
 Comminuted fractures of radial head. Treatment options, *O.D. Savvidou*  
 Radial head arthroplasty. Current concepts, *I. Sarris*  
 What next following removal radial head prosthesis, *R. Van Riet*  
*Discussion*

16:30-17:00 **Coffee break**

17:00-19:00 **INSTABILITY OF THE ELBOW**

Chair: *D. Ring, Ch. Zalavras*  
 Indications for arthroscopy in acute trauma, *R. Van Riet*  
 The pediatric terrible triad, *Z. Dailiana*  
 Terrible triad. The algorithm, *P. Givisis*  
 Coronoid fractures. Do all need fixation, *N. Zagoraios*  
 Treatment of persistent elbow instability, *D. Ring*  
 Biceps injury. Endoscopic techniques, *R. Van Riet*  
 Biceps injury. Open techniques, *P. Papadopoulos*  
 Triceps injury, *M. Demirhan*  
*Discussion*



## Scientific Program

### Saturday 28 September 2019

08:00-09:30 **Workshop (STRYKER/RONTIS)**

09:30-11:00 **ELBOW TRAUMA**

Chair: *D. Ring, M. Demirhan*

Forearm traumatic instability, *E. Apergis*

**Symposium: Elbow stiffness after injury**

Recovery from injury, *D. Ring*

Heterotopic ossification. Pitfalls of treatment, *A.V. Korompilias*

Causes and effective management of elbow stiffness, *B. Morrey*

Arthroscopic elbow release for elbow stiffness, *R. Van Riet*

The O. K procedure, *K.N. Malizos*

11:00-11:30 **Coffee Break**

11:30-12:00 **Lecture**

Chair: *S. - G. Sourmelis*

Thriving Mentorship in Orthopaedics: The value of the "Symbiotic Chemistry" between Teacher & Student, *P.N. Soucacos*

12:00-13:00 **ELBOW RECONSTRUCTION I**

Chair: *K. Ditsios, V. Kontogeorgakos*

Radial tunnel and PIN syndrome Tips of treatment, *F. Giannoulis*

Surgical techniques of the treatment of ulnar neuritis, *E. Athanaselis*

The snapping elbow, *V. Kontogeorgakos*

**Discussion**

13:00-13:30 **Lunch break**

13:30-14:30 **Case presentation**

## Scientific Program

## Saturday 28 September 2019

## 14:30-17:00 ELBOW RECONSTRUCTION II

Elbow replacement. The evolution, *K. Ditsios*  
 Elbow replacement in post-traumatic conditions, *M. Demirhan*  
 Distal humeral fractures in elderly. Fix or replace, *Chr. Sinopidis*  
 Disorganized elbow joint. Alternatives to Arthroplasty, *S. - G. Sourmelis*  
 Clinical Cases

## Sunday 29 September 2019

## Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST)

08:15-14:00 Workshop will take place with demonstration of elbow exposures as well as osteosynthesis of specific fractures (**MEDARTIS-DMPS**)  
**"Advanced Concepts in Treatment of Elbow Fractures"**

08:15-08:35 **Welcome**

08:35-09:05 **Elbow Fractures - Theoretical Part**

08:35-08:45 Current Treatment in Distal Humerus Fractures, *Dr. K. Wegmann*

08:45-08:55 Olecranon Fractures – Double plating Philosophy, *Dr. K. Wegmann*

08:55-09:05 Medartis Implants and Instruments (APTUS® Elbow 2.8 System), *Mr. D. Gebele*

09:05-11:05 **Elbow Fractures - Practical Part**

09:05-10:15 Lab 1: Cadaveric pre-fractured case 1 – Distal Humerus Fracture

10:15-11:05 Lab 2: Cadaveric pre-fractured case 2 – Olecranon Fracture

11:05-11:30 **Break**

## ΣΥΝΕΔΡΙΑ ΣΤΑ ΕΛΛΗΝΙΚΑ – SYMPOSIUM IN GREEK

11:30-12:00 Οπίσθια Προσπέλαση (Bryan-Morrey, TRAP, Οστεοτομία), *B. Ψυχογιός*

12:00-12:30 Έσω Προσπέλαση (Hotchkiss, Medial coronoid), *N. Ζαγοραίος*

12:30-13:00 Έξω Προσπέλαση (Column, Kaplan, Kocher), *Σ. - Γ. Σουρμελής, N. Βεργάδος*

13:00-13:30 Πρόσθια Προσπέλαση, *X. Ντινόπουλος*

13:30-14:00 Προσπελάσεις Αντιβραχίου, *N. Δαρλής*

## Chairmen - Speakers

### **Demirhan Mehmet**

Professor Koc University Instabul kai President tou  
ESSSE/SECEC

### **Gebele Daniel**

International Sales Manager of Medartis A.G., Switzerland

### **Morrey Bernard**

Professor of Orthopaedics at both Mayo Clinic Minessota &  
University of Texas Health Science Center, San Antonio, USA

### **Ring David**

MD, PhD, Associate Dean for Comprehensive Care,  
Professor of Surgery and Psychiatry, Dell Medical School,  
The University of Texas at Austin, USA

### **Van Riet Roger**

MD, PhD, Orthopedisch Chirurg, Elleboog pathologie,  
AZ Monica, Orthopedic Center Antwerp, Deurne, Belgium

### **Wegmann Kilian**

Senior Physician Traumatology Specialist in Orthopedics  
& Traumatology Special accident surgery, Clinic and  
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### **Zalavras Charalampos**

Professor of Orthopaedics at the Keck School of Medicine  
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### **Soucacos N. Panagiotis**

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