

ORGANISER



3RD ORTHOPAEDIC CLINIC
HYGEIA HOSPITAL
ATHENS, GREECE

CO-ORGANISER



SOCIETÀ ITALIANA ARTROSCOPIA
GINOCCHIO, ARTO SUPERIORE,
SPORT, CARTILAGINE, TECNOLOGIE
ORTOPEDICHE



SOCIÉTÉ FRANCOPHONE
D'ARTHROSCOPIE (SFA)

4th Athens Shoulder Course

5-8 February
2020

Cadaver
Sessions on
Specific
Techniques

National &
International
Faculty

2 Trainees
per cadaver

Live &
Relive
Surgeries

COURSE CHAIRMAN:
MANOS ANTONOGIANNAKIS
manosanton@gmail.com

ORGANIZING & SCIENTIFIC
COORDINATOR
MANOS BRILAKIS
emmanuel.brilakis@gmail.com

VENUES:

ROYAL OLYMPIC HOTEL, ATHENS

LABORATORY OF ANATOMY,
MEDICAL SCHOOL, UNIVERSITY
OF ATHENS

FINAL
PROGRAM

A|S|C

Athens Shoulder Course

visit the official website for further information
www.athens-shoulder-course.com

UNDER THE AUSPICES:



4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Wednesday, 5 February 2020

Royal Olympic Hotel

Olympia
Hall

14:30 - 15:30 **Session 1**

Biceps Tendon

Moderators: **Ilias Bisbinas** | **Miltiades Ziogas**

SLAP II lesions in the overhead athletes; Pathology or adaptation

Christos Sinopidis

SLAP II lesions: repair or tenodesis

John Costouros

The long head of biceps. Why not just a tenotomy

Andreas Panagopoulos

Tenodesis of biceps. But where is it better. Entry of the groove, in the groove, subpectoral

Roshan Wade

Discussion

15:30 - 16:45 **Session 2**

Biceps Tenodesis

Moderators: **Ioannis Chiotis** | **John Costouros**

Intrarticular tenodesis, the lasso loop technique. Maybe the easiest way to go

Antoon Van Raebroekx

Biceps tenodesis. The Keyhole technique. Avoiding implants

Jean Kany

Subpectoral tenodesis of the biceps. Avoiding all pain generators

Andreas Voss

Mini open subpectoral tenodesis. Simple and safe

Enrico Gervasi

Biomechanical comparison of arthroscopic sub-pectoral biceps tenodesis techniques

Vladimir Senekovic

Discussion

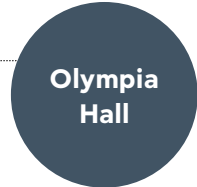




5-8 February
2020

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SCIENTIFIC PROGRAM



Wednesday, 5 February 2020

Royal Olympic Hotel

16: 45- 17:15 Coffee break and exhibition visit

AC Joint dislocation. How to fix it right?

Moderators: **Ladislav Kovacic** | **Grigoris Avramidis**

Panelists:

Frank Martetschlager
Anastasios Deligeorgis
Dimitrios Alexakis
Klaus Bak

⌚ 20min



17:15 - 18:45 **Session 3**

AC Joint

Moderators: **Mustafa Karahan** | **Dimitrios Kostopoulos**

Treatment options for acute type III AC joint dislocation

Ioannis Triantafyllopoulos

The painful chronic AC joint dislocation

Ladislav Kovacic

Arthroscopic stabilization of AC joint dislocation. Addressing the horizontal component of instability

Frank Martetschlager

Recurrences and complications of the AC joint surgeries. What to consider for optimizing the results

Klaus Bak

Considerations for AC joint injuries. Controversies and consensus

Claudio Rosso

Degenerative AC joint. When to operate and how to do it right

Georgios Arealis

Discussion



4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Wednesday, 5 February 2020

Royal Olympic Hotel



Olympia
Hall

18:45 - 20:00 **Session 4**

Shoulder problems in athletes

Moderators: **Pantelis Nikolaou** | **Konstantinos Kateros**

Impingement syndromes of the shoulder. It is not only subacromial

Philippe Clavert

SSN release. Superior glenoid notch spinoglenoid notch. Tips to do it safe

Antoon Van Raebroekx

Shoulder pain in athletes: The proper steps from diagnosis to successful treatment

Knut Beitzel

Shoulder pain in the overhead athlete. The role of the scapula

Gonzalo Samitier

Scapula Dyskinesia : Yes the scapula is important but how to correct it.

Ajit Dabholkar

Discussion

20:15

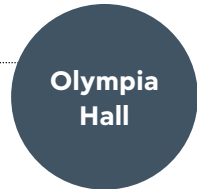
Participant's Welcome Ceremony



5-8 February
2020

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SCIENTIFIC PROGRAM



Thursday, 6 February 2020

Royal Olympic Hotel

08:00 - 09:30 **Session 5**

Instability - General Topics

Moderators: **Nikolaos Piskopakis** | **Clara Azevedo**

Classifying the severity of instability. The ISIS score

Ilias Mataragkas

MRI and CT scan evaluation of instability

Margarita Natsika

The Stanmore Triangle taking everything into consideration

Dimitrios Alexakis

Atraumatic instability. How to re-educate muscles to unlearn

Victor Danzinger

Posterior and multidirectional instability. When to operate and what to do

Zinon Kokkalis

Understanding the unstable shoulder

Alessandro Castagna

Discussion

09:30 - 10:45 **Session 6**

Instability Soft Tissue Procedures

Moderators: **Philippe Clavert** | **Klaus Bak**

1st time dislocators. The best time to operate

Mustafa Karahan

Remplissage. The game changer in soft tissue procedures

Emmanouil Brilakis

Bankart repair and Remplissage. How to do it right

Antonio Cartucho

ASA repair addressing the anterior capsule deficiency

Marco Maiotti

ASA repair. Our technique and results. Making it even safer

Anastasios Deligeorgis

Discussion





4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel



Olympia
Hall

10:45 - 11:15 Welcome addresses

Moderators: **Emmanouil Antonogiannakis** | **Emmanouil Brilakis**

11:15 - 11:30 Break & exhibition visit

11:30 - 13:00 Session 7

Instability - Bony Procedures

Moderators: **Anastasios Georgoulis** | **Bruno Toussaint**

The classic open Latarjet. Tips to do it safe and effective

Nuno Gomes

Long term results of open Latarjet

Benjamin Marjanovic

Arthroscopic Latarjet screw fixation. Tips to make a difficult operation easier

Berte Bøe

Latarjet with locking double button fixation. Should we abandon the screws ?

Philippe Valenti

Arthroscopic modified Eden-Hybinette with button fixation. A safe and effective way to restore anterior stability

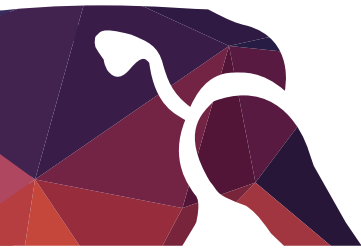
Emmanouil Antonogiannakis

What we have learned from the bone-loss discussion

Tom Clement Ludvigsen

Discussion

13:00 - 13:45 Lunch break and exhibition visit



5-8 February 2020

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SCIENTIFIC PROGRAM



Thursday, 6 February 2020

Royal Olympic Hotel

13:45 - 15:15

Session 8

Live Surgery

Moderators: **Giuseppe Milano** | **Berte Bøe**



Instability

Surgeon: **TBA**

<p>Live surgery broadcast and relive videos will be interspersed</p>	<p>Relive Surgeries - "My Latarjet"</p>
	<p>Arthroscopic Latarjet. How I do it Philippe Valenti</p>
	<p>Arthroscopic Latarjet button fixation Michel Azar</p>
	<p>Arthroscopic latarjet with a posterior guide. A way to stay far from the neurovascular structures Bruno Toussaint</p>
	<p>Arthroscopic Latarjet. How to avoid complications Jean Kany</p>



Discussion

15:15 - 16:45

Session 9

Rotator Cuff - General Topics

Moderators: **Panagiotis Skandalakis** | **Theodore Troupis**

Anatomical tips relevant to shoulder surgery

Aristeidis Zibis

Natural history of a rotator cuff tear

Ana Catarina Ângelo

MRI evolution of a rotator cuff tear

Apostolos Karantanas

Patient personality and pain management

Eleni-Christina Isaia

How the shoulder compensates after a rotator cuff tear or how to transform a symptomatic to an asymptomatic tear

Eliyahu Adar

How anesthesiologists make the surgeon's life easier?

Eirini Sarri

Discussion

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Thursday, 6 February 2020

Royal Olympic Hotel

Olympia
Hall

16:45 - 17:15 Coffee break & exhibition visit

SCR How to do it right

Moderators: **Teruhisa Mihata** | **Emmanouil Brilakis**

Panelists:

Clara Azevedo

Anastasios Deligeorgis

Jean Kany

John Costouros

⌚ 20min

Tea
DEBATE

17:15 - 18:30

Session 10

Rotator Cuff Tears and Stiffness

Moderators: **Konstantinos Karliaftis** | **Giuseppe Milano**

Calcifying tendonitis. Conservative treatment. When to operate?

Results and recurrences

Vasileios Chouliaras

Stiff shoulder. Ignoring the pain and keep moving. The French experience

Pascal Gleyze

Anterior or lateral acromioplasty. Is it always necessary?

Edward McFarland

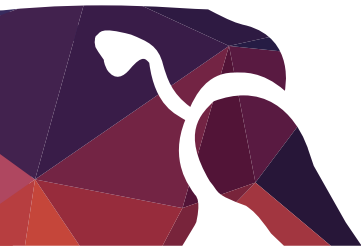
Partial thickness rotator cuff tears. Treatment options

Christos Yiannakopoulos

Arthroscopic repair of the subscapularis

Bruno Toussaint

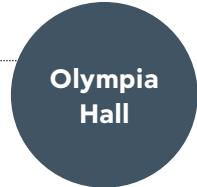
Discussion



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SCIENTIFIC PROGRAM



Thursday, 6 February 2020

Royal Olympic Hotel

18:30 - 20:15

Session 11

Rotator Cuff Repair

Moderators: **Philippe Valenti | Emmanouil Fandridis**

Posterosuperior rotator cuff tears. Recognizing the tear patterns.

Apostolos Stathellis

Posterosuperior tears. Single row is the way to go

Michael Hantes

Posterosuperior tears. I would prefer double row

Chrysanthos Chrysanthou

Arthroscopic transosseous repair. Can we avoid implants?

Maristella Francesca Saccomanno

Posterosuperior tears. Single row, double row or transosseous repair.

Where is the future?

Alessandro Castagna

Enhancing tendon healing. How we can improve the biological healing (PRP, Stem cells, Bone Marrow, Grafts)?

Felix Savoie

Patch augmentation of a rotator cuff repair

Paolo Avanzi

Discussion

20:30

Course Gala Dinner

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

Olympia
Hall

08:00 - 09:30 Session 12

Irreparable Massive Rotator Cuff Tears

Moderators: **Bassem Elhassan** | **Panagiotis Dimakopoulos**

Debridement, tenotomy of biceps, partial repair and the inspace balloon.
Our experience

Grigorios Avramidis

The inspace Balloon. How does it work ?

Eliyahu Adar

Superior capsule reconstruction for irreparable rotator cuff tear.

The history of a brilliant idea. Indications, clinical results and biomechanics

Teruhisa Mihata

Superior capsule reconstruction with Fascia Lata. The original.

The experience in Europe

Clara Azevedo

Superior capsule reconstruction with the long head of biceps.

From pain generator to humeral head stabilizer

Achilleas Boutsiadis

SCR with the hamstrings

Giuseppe Milano

Discussion

09:30 - 10:30 Session 13

Tendon Transfers

Moderators: **Emmanouil Antonogiannakis** | **Teruhisa Mihata**

Massive irreparable rot cuff tears. Finding the best motor to replace the lost ones

Bassem Elhassan

Lattisimus Dorsi transfer for posterosuperior tears. Indications.

The best way to do it

Enrico Gervasi

Lower trapezius for posterosuperior tears. How to do it right

Bassem Elhassan

Lower trapezius transfer extended with semitendinosus autograft

Philippe Valenti

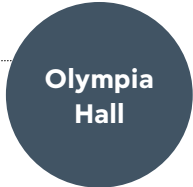
Discussion



5-8 February 2020

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SCIENTIFIC PROGRAM



Friday, 7 February 2020

Royal Olympic Hotel

10:30 - 11:30 Session 14

Irreparable Massive Rotator Cuff Tears

Moderators: **Tom Clement Ludvigsen** | **Jean Kany**

I would manage with partial repair and Balloon

Emmanouil Antonogiannakis

I would manage with superior capsule reconstruction

Teruhisa Mihata

I would manage with lower trapezius tendon transfer

Bassem Elhassan

I would manage with Latissimus Dorsi tendon transfer

Enrico Gervasi

Discussion



11:30 - 11:45 Break & exhibition visit

11:45 - 13:15 Session 15

Live Surgery

Moderators: **Alessandro Castagna** | **Felix Savoie**



Rotator Cuff Repair

Surgeon: **TBA**

<p>Live surgery broadcast and relive videos will be interspersed</p>	<p>Relive Surgeries</p>
	<p>Superior capsule reconstruction Teruhisa Mihata</p>
	<p>Arthroscopic assisted lower trapezius transfer for posterosuperior cuff tear Bassem Elhassan</p>
	<p>Arthroscopic Lattisimus Dorsi transfer Jean Kany</p>



Discussion

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

Olympia
Hall

13:15- 13:30

Session 16

Special Topic

Moderator: **Bassem Elhassan**

Why not a combination of SCR with tendon transfer

Philippe Valenti

Discussion

13:30 - 14:30

Lunch break & exhibition visit

How to do it right. Total shoulder arthroplasty

Moderators: **Emmanouil Antonogiannakis** | **Emmanouil Fandridis**

Panelists:

Alessandro Castagna

Enrico Gervasi

Efstathios Chronopoulos

John Feroussis

🕒 20min

Luncheon
DEBATE

14:30 - 15:30

Session 17

Arthritis and Arthroplasty

Moderators: **John Maris** | **Alessandro Castagna**

Arthritis in young patients. Non-arthroplasty options

Felix Savoie

Anatomic total shoulder arthroplasty. Is there still a place?

Emmanouil Fandridis

Stemless shoulder arthroplasty. How to avoid complications?

Pericles Papadopoulos

Shoulder arthroplasty in young patients. Is it an option?

Peter Vezeridis

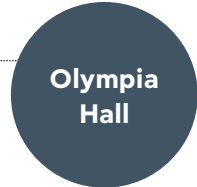
Discussion



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2020

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SCIENTIFIC PROGRAM



Friday, 7 February 2020

Royal Olympic Hotel

15:30 - 17:00

Session 18

Reverse Shoulder Arthroplasty

Moderators: **Edward McFarland** | **John Feroussis**

Laterilizing from the glenoid. The BioRSA and other options

Michel Azar

Laterilizing from the humerus. When to laterilize and when to distalize

Philippe Valenti

Reverse shoulder Arthroplasty and latissimus dorsi transfer

Philippe Clavert

Stemless reverse shoulder arthroplasty. Is the stem necessary in reverse shoulder arthroplasty?

Ofer Levy

The polyethylene glenosphere

Alessandro Castagna

Pre-op imaging and planning for reverse shoulder arthroplasty with or without specific software

John Costouros

Discussion

17:00 - 17:15

Session 19

Special Topic

Moderators: **Emmanouil Antonogiannakis** | **Emmanouil Brilakis**

PSI and navigation. The future is already here

Benjamin Marjanovic

Discussion

17:15 - 17:30

Break & exhibition visit

4th Athens Shoulder Course



SCIENTIFIC PROGRAM

Friday, 7 February 2020

Royal Olympic Hotel

Olympia
Hall

17:30 - 19:00 **Session 20**

Live Surgery

Moderators: **Felix Savoie** | **Pericles Papadopoulos**



Total Shoulder Arthroplasty

Surgeon: **TBA**

Live surgery broadcast and relive videos will be interspersed	Relive Surgeries
	How I do an anatomic shoulder arthroplasty Enrico Gervasi
	How I do a reverse shoulder arthroplasty John Feroussis
	How I do a stemless reverse TSA Ofer Levy



Discussion

19:00 - 19:45 **Session 21**

Preoperative Planning

Moderators: **Ofer Levy** | **Ilias Mataragkas**

How I do it

Philippe Valenti

How I do it

Alessandro Castagna

How I do it

Emmanouil Antonogiannakis

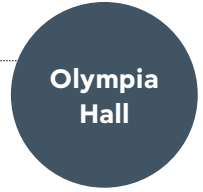
Discussion



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Friday, 7 February 2020

Royal Olympic Hotel

19:45 - 20:30 **Session 22**

Complications in Arthroplasty

Moderators: **Efstathios Chronopoulos** | **Panagiotis Efstathiou**

Failure of anatomic total shoulder arthroplasty. How to revise an anatomic to a reverse prosthesis

John Feroussis

Failure of reverse shoulder arthroplasty. One stage or two stage revision

Edward McFarland

Infected shoulder arthroplasty. The surgeon's perspective

Ofer Levy

Discussion

20:30

Greek Night



4th Athens Shoulder Course



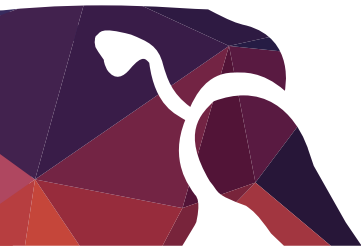
PRACTICAL SESSIONS ON CADAVERS

Saturday, 8 February 2020

Laboratory
of Anatomy,
Athens Medical
School

Instructors

1. Alexakis Dimitrios
2. Ângelo Ana Catarina
3. Antonogiannakis Emmanouil
4. Arealis Georgios
5. Avanzi Paolo
6. Avramidis Grigorios
7. Azar Michel
8. Azevedo Clara
9. Bøe Berte
10. Boutsiadis Achilleas
11. Brilakis Emmanouil
12. Chiotis Ioannis
13. Chrysanthou Chrysanthos
14. Costouros John G.
15. Deligeorgis Anastasios
16. Fandridis Emmanouil
17. Galanopoulos Ilias
18. Gervasi Enrico
19. Giannakovitis Petros
20. Gorgile Namdev
21. Kanellos Panagiotis
22. Kokkalis Zinon
23. Koukos Christos
24. Kovacic Ladislav
25. Kyriakos Alexandros
26. Ludvigsen Tom Clement
27. Maiotti Marco
28. Marjanovic Benjamin
29. Massoni Carlo
30. Mataragkas Ilias
31. Papadopoulos Pericles
32. Patsopoulos J. Iraklis
33. Saccomanno Maristella Francesca
34. Samitier Gonzalo
35. Sinopidis Christos
36. Stathellis Apostolos
37. Toussaint Bruno
38. Varvitsiotis Dimitrios
39. Vezeridis S. Peter
40. Voss Andreas
41. Wade Roshan



5-8 February
2020

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SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

08:00 - 09:30 Session 1

General Topics

Moderators: **Eliyahu Adar** | **Ajit Dabholkar**

08:00 - 08:20 Normal Shoulder: Functional anatomy, kinematics, biomechanics

Eliyahu Adar

08:20 - 08:30 Painful Shoulder: Conditions, acute pain, chronic pain

Sotiria Vrouva

08:30 - 08:40 Shoulder Impingement Syndromes

Georgia Petta

08:40 - 08:50 The patient after shoulder surgery. The role of the physiotherapist is not limited in therapy

Evangelos Georgakopoulos

08:50 - 09:00 The Importance of Scapula: Types of dyskinesia & rehabilitation

Ajit Dabholkar

09:00 - 09:30 Workshop: Scapular - Glenohumeral joint

Ajit Dabholkar

09:30 - 10:00 Session 2

Physical Therapy Modalities

Moderators: **Michael Seferiadis** | **Grigorios Avramidis**

09:30 - 09:40 Classical Physical therapy modalities (TENS, Laser, Trigger point therapy, etc.)

Dimitris Samios

09:40 - 09:50 Modern Physical therapy modalities (Shockwave therapy, TECAR, Diamagnetic pump, etc.)

Athanasios Tzevelekidis

Discussion

4th Athens Shoulder Course



SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

10:00 - 11:30 Session 3

Rotator Cuff

Moderators: **Georgia Petta** | **Ioannis Chiotis**

10:00 - 10:10 Rotator Cuff Disease: When to wait and when to repair

Grigorios Avramidis

10:10 - 10:20 Surgical options to increase the functional ability of the cuff (repair, SCR, ballon, tendon transfer)

Panagiotis Papadopoulos

10:20 - 10:30 Rehabilitation of the Cuff: How can we protect and strengthen the cuff?

Nikolaos Strimpakos

10:30 - 11:30 Discussion & Cases Presentation:

Postoperative rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

- Massive Rotator Cuff tear repair
- Balloon
- SCR
- Tendon transfers

11:30 - 11:45 Coffee Break

11:45 - 12:15 Session 4

Calcific Tendonitis

Moderators: **Eleftherios Bournousousis** | **Anastasios Deligeorgis**

11:45 - 11:55 Calcific Tendonitis: Etiology and history treatment

Georgios Arealis

11:55 - 12:05 Physical Therapy options for pain management

Eleftherios Bournousousis

12:05 - 12:30 Discussion & Cases Presentation:

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital



5-8 February
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SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

12:30 - 14:00 **Session 5**

Shoulder Instability

Moderators: **Victor Danzinger** | **Emmanouil Brilakis**

12:30 - 12:40 Surgical options for the management of unstable shoulder: Bankart repair, Remplissage procedure, ASA, Bone Block procedure, Latarjet procedure

Emmanouil Brilakis

12:40 - 12:50 Rehabilitation following surgical treatment. Return to activities

George Koumantakis

12:50 - 13:00 Atraumatic multidirectional instability. Rehabilitation principles

Maria Patramani

13:00 - 13:10 Neuromuscular coordination in shoulder instability

Maria Papatzikou

13:10 - 13:20 Pacemaker for shoulder instability, what's new?

Victor Danzinger

13:20 - 14:00 **Discussion & Cases Presentation:**

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

- Repair with soft tissue procedure
- Repair with bony procedure)

14:00 - 15:00 **Lunch Break**

15:00 - 15:30 **Session 6**

Biceps Pathology

Moderators: **Michalis Charalampidis** | **Apostolos Stathellis**

15:00 - 15:10 Painful Biceps Conditions (traumatic instability, slap lesion etc)

Dimitris Mantakos

15:10 - 15:20 Rehabilitation after biceps surgery. Pain management and limitations to physical therapy

Michalis Charalampidis

15:20 - 15:30 **Cases Presentation:**

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

4th Athens Shoulder Course



SPECIAL PHYSIOTHERAPY WORKSHOP

Saturday, 8 February 2020

Athens
Medical
School

15:30 - 15:50

Session 7

Stiff Shoulder

Moderators: **Maria Patramani** | **Dimitrios Mantakos**

15:30 - 15:40

Etiology, natural history of stiff shoulder. Treatment options:
Arthroscopy, Arthrolysis

Apostolos Stathellis

15:40 - 15:50

Treatment of the stiff shoulder (conservative treatment, therapy after surgery)

Konstantinos Sakellariou

15:50 - 16:30

Discussion & Cases Presentation:

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

16:30 - 16:45

Coffee Break

16:45 - 18:30

Session 8

Shoulder Arthritis

Moderators: **Konstantinos Sakellariou** | **Emmanouil Antonogiannakis**

16:45 - 16:55

Etiology and natural history of arthritic shoulder

Anastasios Deligeorgis

16:55 - 17:05

Improve the biological joint. Non arthroplasty options,

Ioannis Chiotis

17:05 - 17:15

Physical therapy role to non-arthroplasty patients (patient education, pain management, preserve the shoulder function)

Chrysovalantis Rizos

17:15 - 17:25

Shoulder Arthroplasty options (total, reserve, hemi)

Emmanouil Antonogiannakis

17:25 - 17:35

Rehabilitation depending on the arthroplasty type

Konstantinos Psarogiorgos

17:35 - 18:30

Discussion & Cases Presentation:

Surgery and rehabilitation, 3rd Orthopaedic department of Hygeia Hospital

- Total shoulder arthroplasty
- Reverse shoulder arthroplasty



4th Athens
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CONCO MEETINGS & EVENTS

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