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• ESSKA’s upcoming 18th Congress in Glasgow: Scientific and Social Programmes, Highlight Lectures, Cycle for Science and more

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• Results from ESSKA’s Survey on Prophylaxis for Heterotopic Ossification After Hip Arthroscopy

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We would like to sincerely thank Arthrex who helped make this issue of the ESSKA Newsletter possible.

We would also like to acknowledge the corporate partners and supporters of ESSKA:

THE ALWIN JÄGER FOUNDATION, CHELSEA FOOTBALL CLUB, CONMED, LIMA CORPORATE and MEDACTA.

All these organisations generously support our ultimate goal of increasing the quality of life of patients.

EDITOR

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NICOLAS PUJOL (France) – Under 45 Chairman

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NICOLAS PUJOL (France) – Under 45

THE ESSKA NEWSLETTER is a biannual publication of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy.

ESSKA welcomes members to submit suggestions and contribute articles for our Newsletter.

ESSKA NEWSLETTER MAY 2018

PRESIDENT’S EDITORIAL

WELCOME TO GLASGOW!

Dear ESSKA members and friends of ESSKA,

ESSKA’s Barcelona Congress seems like yesterday and yet, here we are, almost in Glasgow. Where did these two years go? They just flashed past. As I wrote before, we have been continuously on the road and promoting ESSKA; the Board and myself, the Section and Committee chairmen, and behind us our super-efficient staff. Our travels inside and outside Europe seem to have paid off, and have given ESSKA an increasingly global footprint. For instance, our top three congress abstract submitting countries are now the US, Japan and South Korea, and those countries which received an official ESSKA visit (by Board Members) have doubled their numbers. Overall, we have received a record number of submitted abstracts (close to 1700) from 70 countries, including every European nation.

As for the Glasgow congress, everything has been meticulously prepared. Our scientific team, under the leadership of Gino Kerkhoffs, Michael Hirschmann and Fares Haddad, and Congress President Jon Karlsson, has worked intensively for months to assemble a superb programme. This will reflect the entire spectrum of ESSKA’s activities, and provide everything an ESSKA member should know about regenerative or reconstructive knee surgery, sports traumatology and arthroscopy. I am convinced that this congress will be another tremendous success, for education and networking. It will be preceded by the 2nd Cycling for Science, another tradition in ESSKA’s management strategy. They give us an overview of the society’s work, the leadership’s hopes and fears, and the staff’s capacity. I would recommend something like this for every non-profit association: they really do streamline the efforts of an otherwise diverse team.

At Megève we thrashed out— I think that’s the term—’Maximizing ESSKA’S Future Impact and Leadership’, a ten-point plan for 2016-2020. Although we are only half way down the road, I am proud to say that we are well ahead of the curve.

Under Martin Lind, our Education Secretary, we are preparing an education road map, which covers our specialities. Under David Dejour, we are establishing a standardised Course Curriculum, with an online evaluation linked to ESSKA’s Academy. We have strengthened our internal structure by hiring a Meetings Manager, and also a Corporate Relations Manager. We are also improving our staff structure, under the extraordinary leadership of our Executive Director Zhanna Kovalchuk. This enabled them to smoothly organise the four open-section congresses: Milan in 2020 and Paris in 2022. Although we are only half way down the road, I am proud to say that we are well ahead of the curve.

As I wrote before, we have been continuously on the road and promoting ESSKA; the Board and myself, the Section and Committee chairmen, and behind us our super-efficient staff. Our travels inside and outside Europe seem to have paid off, and have given ESSKA an increasingly global footprint. For instance, our top three congress abstract submitting countries are now the US, Japan and South Korea, and those countries which received an official ESSKA visit (by Board Members) have doubled their numbers. Overall, we have received a record number of submitted abstracts (close to 1700) from 70 countries, including every European nation.

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At the congress my presidency will come to an end, so it may be apposite to survey ESSKA’s progress over my two year tenure. We started with a Strategic Retreat in Megève, France. The first of such meetings was launched under Nick van Dijk and they have become a core part of ESSKA’s management strategy. They give us an overview of the society’s work, the leadership’s hopes and fears, and the staff’s capacity. I would recommend something like this for every non-profit association: they really do streamline the efforts of an otherwise diverse team.

Despite all this, ESSKA has consolidated its financial basis, thanks to the ESSKA Foundation, which is currently supporting three sizeable
ATTENTION ALL ESSKA MEMBERS!

PLEASE ENSURE YOUR CONTACT DETAILS ARE UP-TO-DATE.

SIGN IN TO www.ESSKA.ORG
AND CLICK ON MY ESSKA PROFILE

IT’S THAT EASY!

ANY QUESTIONS?
EMAIL US AT MEMBERSHIP@ESSKA.ORG

initiatives. The first is the Cycling for Science; the second is the Pediatric ACL monitoring initiative (PAMI), which will launch its international database at Glasgow; and the third is ESSKA’s Allograft Initiative, which will also be launched in Glasgow. ESSKA’s publications have also been consolidated, with KSSTA establishing itself in the 3+ impact factor category, JEO making it into Medline, the Academy building up traffic, and books flying off the shelves. Future plans include KSSTA’s friendly cooperation with some of our larger affiliated societies and, eventually, another scientific journal.

As President, I am more than satisfied to observe the vibrant work of our society, its many projects under my mandate, and its future opportunities. It was a real privilege and pleasure to serve ESSKA, and I am proud to pass such a brightly burning torch to my friend David Dejour. I am convinced that he will continue in the same direction, with all the enthusiasm and empathy we have come to expect from him. He can rely on an active and unified Board, and a fantastic staff behind them.

My first KSSTA editorial, at the start of my presidency, was called ‘The making of ESSKA: from an organisation to an institution’. That just about sums it up. I could never have expected such a history, and such growth, when I hired ESSKA’s first professional staff (a part-timer) way back in 2005.

ROMAIN SEIL
ESSKA President
Arthrex Technology Symposium
Latest Technologies in Arthroscopic Surgery

May 9 - 11, 2018 | Glasgow | Scotland
Limited capacity. To register please contact your Arthrex representative.

**Wednesday, May 9, 2018 | Foot and Ankle**

| 10:00-10:30 | Synergy MSK™ Ultrasound Workshop |
| 12:00-14:00 | InternalBrace™ Foot and Ankle |
| 16:00-18:30 | Arthroscopic Treatment of Ankle Instability |

**Thursday, May 10, 2018 | Shoulder Arthroscopy**

| 10:00-10:30 | Synergy MSK™ Ultrasound Workshop |
| 12:00-14:00 | InternalBrace™ Upper Extremities |
| 15:30-16:00 | Lessons Learned with SCR |

**Friday, May 11, 2018 | Knee Arthroscopy**

| 10:00-10:30 | Synergy MSK™ Ultrasound Workshop |
| 12:00-14:00 | InternalBrace™ Knee |

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Dear all,

For those who are unfamiliar with Scotland, it is a country of dramatic landscapes and dark winters where Spring arrives late. However, when the season of rebirth and renaissance does arrive in March, it brings with it bright skies, clean and crisp air and beautifully coloured flowers and plants. All this offers a welcome break from short, cold days of winter. May will bring long days and short nights and all the beauty of the Northern summer (and hopefully not too much rain!).

Congress is thus an opportunity to explore other parts of Scotland’s wild and wonderful landscape. As for the Scots, the people themselves, they have a proud and remarkable history. Amongst the small nations, Scotland’s contribution is second only to Greece, and the Scottish diaspora is second only to the Jews. All those names across the world, that begin with ‘Mac…’; from MacDonald’s in Moscow, to MacAdam’s tar on roads everywhere, to MacBeth on every stage. It’s pertinent perhaps that 2018 is Scotland’s official ‘Year of Young people’ (check http://yoyp2018.scot), which resonates with ESSKA’s own engagement in with young residents and students, in Congress and in ESSKA as a whole.

I am privileged to be Congress President. This means hard work and preparation, but also the honour of representing ESSKA, together with ESSKA’s President Romain Seil and ESSKA’s Board. What we all want is to give you a rich and fruitful visit. We want to learn from each other, and return home somehow larger than when we came, with new ideas for our clinics.

The Scientific Chairmen, Gino Kerkhoffs, Michael Hirschmann and Fares Haddad, have put together ESSKA’s best ever programme. It’s the most diverse programme we’ve ever seen. But it’s not only diverse, it’s also intensive and compact. There are 6-7 parallel sessions every day. There are more Instructional Courses than ever, and the format is slightly changed, to make them more interactional. We have opted for a full programme on Saturday, and we have increased the number of ‘Highlight’ speakers. Lastly, we welcome the world’s leading sports medicine/traumatology associations, who can all participate and collaborate, on ESSKA’s podium.

I can remember being Programme Chairman on three occasions; 2006 (Innsbruck), 2008 (Oslo) and 2010 (Geneva), and how far we’ve come since then. Before the 2006 congress, we decided to change the scientific programme, which was arranged in parallel sessions, with full-days for disciplines like the degenerative knee, where basic science was merged with surgical treatment and outcome studies. Looking back, it is easy to understand how much stronger the scientific programme is now.

Finally, I should not forget my duties as KSSTA’s Editor. After all, Congress is one of the KSSTA’s highlights. We welcome our reviewers to an evening reception, where we shall nominate our Reviewers of the Year (2017). And we also invite you to the KSSTA Reviewer Course on Friday, 11 May at 12:30-13:30. I personally hope to see many reviewers there, both old and new.

Hope to see you in Glasgow!

JÓN KARLSSON
ESSKA Congress President
The countdown is on!

You’ve been waiting patiently for nearly two years, but the clock is ticking. There are less than two months to ESSKA’s 18th Congress which, we are convinced, will be the most exciting and innovative so far. ESSKA’s Congress, the world’s most prestigious meeting-place for arthroscopy, knee surgery and sports medicine, welcomes you to Glasgow, in the heart of Scotland during our first visit to this great country.

There will be a comprehensive scientific programme, with outstanding international faculty. The content and delivery will both entertain and educate, impact your daily clinical practice and it will keep you abreast of latest developments in your field. There will be superb symposia, keynote-lectures, live-surgery demonstrations, instructional course-lectures, free-paper and poster presentations.

The cherry on the clinical cake may well our Sections’ speciality days, and of course the Highlight Lectures. ESSKA-EKA, for the very first time, will run a daily programme, covering all aspects of the diagnostics, decision-making and management of the degenerative knee. This will include ICLs, symposia, live surgery and debates about non-operative treatment of OA, osteotomy, partial and total knee arthroplasty as well as revision knee arthroplasty. Innovative concepts in knee arthroplasty will be introduced and critically discussed.

ESSKA-AFAS has a well-balanced two-day programme, covering all aspects of gold-standard diagnosis and (arthroscopic) treatment of cartilage-injuries, ligament-injuries, tendon-disease, sports-specific injuries, ankle-osteoarthritis and Achilles tendon ruptures. Debates will ensure a comprehensive review of all these topics; and surgical tips-and-tricks will be covered in the ICLs and the symposia. The excellent free-paper sessions will deal with the scientific background.

ESSKA-ESA also shines through with a very diverse programme of ICLs, symposia, case-based discussions and debates as well as free-paper and poster presentations covering all aspects of anterior and posterior as well as multidirectional instability, cuff pathology, AC-joint injuries, osteoarthritis and specific shoulder related sports injuries.

ESSKA-ESMA is launching itself - its first appearance at congress - with high-class sports medicine symposia and debates: the influence of artificial turf on injury incidence; the influence of osteoarthritis of ankle and knee on the (mental) health of active and former athletes; return-to-play in different sports after ACL injuries, and much more!

In addition, the Elbow & Wrist Committee and the Hip Committee came up with a novel programme that fully covers their specific joints, from diagnosis to (arthroscopic) treatment of sports injuries, instability, cartilage defects, osteoarthritis and more!

Expert speakers from all our affiliated societies will participate in the symposia and case-based discussions, and share their ideas with us. We are all professionals working to solve our patients’ problems, and working as a team, so we’re very glad to have our physiotherapists participate in the main programme, as well as their own (Sports) Physiotherapy Programme. Last but not least, following it’s success in previous years, the Orthopaedic Sports Medicine Comprehensive Review Course will take place once again.

The complete programme is available here:

WWW.ESSKA-CONGRESS.ORG

Be sure to construct your personal schedule for this very busy congress. It’s the right place to ensure you’re up to date, learn the latest innovations, reconnect with old friends, and meet your future colleagues...

Best regards,

GINO M. KERKHOFFS
FARES S. HADDAD
MICHAEL T. HIRSCHMANN
Congress Scientific Chairmen
ESSKA is pleased to announce the Presidential Guest Lecture of Judy Murray, who will speak about “MOTIVATION TO REACH THE TOP: HOW TO DO IT, AND THE JOURNEY ALONG THE WAY”.

Judy Murray OBE was a Scottish international tennis player, with 64 national titles to her name, but probably best known as the mother and coach of Andy Murray, recently the World's number 1. She became Scottish National Coach in 1995, the same year that she became the first woman to gain the Lawn Tennis Association’s Performance Coach Award.

She began the Scottish Development School Programme, which eventually produced four Davis Cup players and one Fed Cup player, including her Grand-Slam-winning sons, Jamie and Andy.

In 2001 Judy was appointed Captain of the British Fed Cup Team, and used this role to improve the profile and numbers of women’s tennis, both players and coaches. Judy has developed several tennis initiatives including Miss Hits, a starter programme for girls aged 5 to 8, Tennis on the Road, which takes tennis into remote and deprived parts of Scotland and, most recently, She Bullies, a joint programme with the LTA, to encourage more women and girls into tennis across the UK.

JUDY MURRAY

WEDNESDAY, 9 MAY 2018
18:30 – 19:00h

Is this your first ESSKA Congress? If so, we’d be delighted to see you at our ‘Newbie Reception’, on the SEC Mezzanine, Wednesday, 9 March, 12:15 – 12:45h.

The idea is to introduce ‘newbies’ to ESSKA - its leadership, its representatives and its ethos - in a casual friendly setting. Drinks and finger food will be served.

First-time delegates will be contacted about two weeks before the Congress with an official invitation.

CONGRESS ABSTRACTS AVAILABLE ONLINE!
DOWNLOAD THE ABSTRACTS FROM THE 18TH ESSKA CONGRESS BEFORE, DURING AND AFTER THE CONGRESS ON THE ESSKA ACADEMY.

Login to download your copy!

THESE NEW ESSKA BOOKS WILL BE AVAILABLE AT ESSKA’S GLASGOW CONGRESS

1. RETURN-TO-PLAY IN FOOTBALL: AN EVIDENCE-BASED APPROACH

2. HANDBALL SPORTS MEDICINE – BASIC SCIENCE, INJURY MANAGEMENT AND RETURN TO SPORT
EDITORS: L. Laver, P. Landreau, N. Popovic and R. Seil

3. INSTRUCTIONAL COURSE LECTURE BOOK 2018
EDITORS: G.M.M.J Kerkhoffs, F. Haddad and M.T. Hirschmann

4. THE ACHILLES TENDON – AN ATLAS OF SURGICAL PROCEDURES

5. LATERAL ANKLE INSTABILITY: AN INTERNATIONAL APPROACH BY THE ANKLE INSTABILITY GROUP

6. MANAGEMENT OF FAILED SHOULDER SURGERY
EDITORS: G. Milano, A. Grasso, A. Calvo and R. Brzoska

7. KNOTS IN ORTHOPAEDIC SURGERY – OPEN AND ARTHROSCOPIC TECHNIQUES
EDITORS: U. Akgun, M. Karahan, P. Randelli and J. Espregueira-Mendes

If you would like to join ESSKA, renew your membership, or have any questions about our society, please VISIT US AT THE ESSKA BOOTH DURING THE GLASGOW CONGRESS. Alternatively, you can contact us by email MEMBERSHIP@ESSKA.ORG or by phone (+352) 4411-7015.

THE BENEFITS OF FULL MEMBERSHIP INCLUDE:
• More than 40% reduction on the registration fee for ESSKA’s 2018 Glasgow Congress
• A monthly copy, and online access, to our KSSTA Journal
• Exclusive access to premium content on the ESSKA Academy, our online educational platform
• Free subscription to the ESSKA Newsletter, published twice a year
• Access to various ESSKA educational and fellowship programmes
• The right to vote at the General Meeting, serve on ESSKA committees, and apply for AFAS, EKA, ESA and ESMA sections membership

See the ESSKA website (WWW.ESSKA.ORG) and the Congress website (WWW.ESSKA-CONGRESS.ORG) for complete details.

ESSKA 2018-2020 ANNUAL FEES:
• Full membership: 240 EUR
• for qualified medical doctors who are practising professionally
• Residents, physiotherapists and scientists membership: 75 EUR
• Sections membership (additional): 50 EUR

FOR INFORMATION ON HOW TO APPLY, GO TO WWW.ESSKA.ORG

ESSKA MEMBERSHIP

ESSKA NEWSLETTER MAY 2018

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SOCIAL PROGRAMME

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ESSKA CONGRESS WELCOME RECEPTION
WEDNESDAY 9 MAY 2018
19.00-20.30 HRS
COST PER PERSON: 5 EUR

The welcome reception will be held at Glasgow’s Science Centre, just five minutes walk from the SEC Congress venue. The reception is open to all registered delegates, partners and special guests. Drinks and canapés will be served and you will have the opportunity to explore three floors of exhibits.

THE RECEPTION WILL BE HOSTED BY THE RT. HON THE LORD PROVOST OF GLASGOW.

ESSKA NEWSLETTER MAY 2018

NEWSFLASH! – PARTY TICKETS AVAILABLE
IF YOU MISSED THE CHANCE TO JOIN THE DINNER, TICKETS ARE NOW AVAILABLE TO JOIN THE FAMOUS ‘AFTER PARTY’.

JOIN US FOR FUN, DANCING AND SCOTTISH HOSPITALITY AT THE RIVERSIDE MUSEUM FROM 23.00 – 01.00
WHEN: FRIDAY 11 MAY, 23.00 – 01.00 WHERE: RIVERSIDE MUSEUM, POINTHOUSE PLACE
COST: €30 (includes entrance, party, drinks, return transport to SEC / Village Hotel area)
REGISTRATION: WWW.ESSKA-CONGRESS.ORG/REGISTRATION

DON’T MISS THE OPPORTUNITY!
TICKETS ARE LIMITED, AND SOLD ON A FIRST-COME-FIRST-SERVED BASIS.
AVAILABLE ON THE CONGRESS WEBSITE, REGISTRATION PAGE: WWW.ESSKA-CONGRESS.ORG/REGISTRATION

GALA DINNER & PARTY
FRIDAY 11 MAY 2018
RIVERSIDE MUSEUM, GLASGOW
18.00: meeting point for transfer
18.15: transfer from SEC to Museum
18.45-19.30: drinks reception and Museum tour
19.45-23.00: dinner, ESSKARS awards and entertainment
23.00-01.00: after party and dancing

CELTIC ROCK TO BLOW YOUR SOCKS OFF!

This is THE social event of the Congress, so do join us for a fun-fuelled evening of fine food at the famous ESSKARS Awards and... hold on to your hats...

this time we’ve an extra treat. We have some very special Scottish guests to entertain you after dinner. No Scottish bash is complete without pipers, and we’ve secured the hottest of them all, the RED HOT CHILLI PIPERS, legends of the Scottish rock-scene.

The Red Hot Chilli PIPERS are as famous in Scotland as their ‘Peppy’ counterparts worldwide, and their mélange of Celtic Rock music and swirling pipes will have you mesmerized.

In 2017, the band celebrated their 15th year, so it’s well to recall what they’ve already achieved:
• A British Gold disk for over 100,000 album sales in the UK
• 3 triple platinum disks for album sales in Scotland
• They’ve privately performed for Her Majesty the Queen, Sir Paul McCartney of Beatles-fame, Sir Alex Ferguson of football-fame, Ewan McGregor of ‘Trainspotters’-fame, Andy Murray of tennis-fame, and now ESSKA...
• Have sold out on tours of the USA, Australia, New Zealand, China and Germany
• Amassed 3.5 million views on a YouTube video

A night to remember!
The presentation of ESSKARS, the ESSKA Rewards for Service, will take place on Friday 11 May 2018, during the ESSKA Dinner and Party following our tradition established at the 2014 Congress.

These are awards with which we honour members and associated organisations that have made a special contribution to ESSKA.

**THE THREE CATEGORIES ARE:**

- Most Active Section or Committee
- Most Valuable Society (affiliated or partner)
- Most Dedicated Individual Member of ESSKA

Final selection for all three categories is by secret voting of the Executive Board.

The presentation is a spectacular "Oscar-Hollywood" ceremony in which the last three nominees of each category are presented to the audience and the winners are announced.

**ESSKA SPECIAL AWARDS 2018**

**ALWIN JÄGER BEST VIDEO AWARD**
This award will be given for the best submitted video about technical procedures.
Award money: EUR 2,500
Sponsored by

**PORTO AWARD FOR INNOVATION IN ARTHROSCOPY**
This Award is given to stimulate research in arthroscopy and encourage practitioners to publicise their expertise. It recognises the excellence and innovation in arthroscopy.
Award money: EUR 2,000
Sponsored by the City of Porto

**AWARD FOR BEST PAPER IN LIGAMENT AND BIOMECHANICS**
This award is given to the best paper about ligament healing and biomechanics in orthopaedic sports medicine. This award will be given to the recipient’s institution to be used for the research or education in this field. S&N has no influence on determining the winning recipient(s).
Award money: EUR 2,000
Sponsored by

**YOUNG RESEARCHER AWARD IN CLINICAL SCIENCE**
This award is given to the best paper about Knee Surgery, Sports Traumatology or Arthroscopy. Entrants must be under 40 years of age before submission.
Award money: EUR 1,000
Sponsored by

**ESSKA ABSTRACT AWARDS 2018**

**JEOL RESEARCH AWARD IN BASIC SCIENCE**
This award is given to an author who has published in JEO during the two years prior to the Congress, is under 40 years at the time of publication and will attend the Congress. Award: EUR 1,500 & one full article publication charge waiver
Sponsored by

**KSSTA BEST PAPER AWARD**
This award is given for the best paper published in the KSSTA Journal during the two years prior to the Congress. The winner will be selected by the editors of the KSSTA journal.
Award money: 1,000 EUR

**JEOL BEST PAPER AWARD**
This award is given to an author who has published in JEO during the two years prior to the Congress. A jury of Editorial Board members will shortlist and select the winner using an independent scoring system.
Award money: 500 EUR

**KSSTA BEST REVIEWER AWARD AND JEO BEST REVIEWER AWARD**
The Editor-in-Chief will select the winner(s) based on the number and quality of reviews performed, response to invitation and submission efficiency.
INTERESTING FACTS ABOUT GLASGOW

- Glasgow is the fourth-largest city by population in the UK, after London, Birmingham and Leeds.
- The name ‘Glasgow’ derives from a Gaelic phrase meaning ‘green valley’ or ‘dear green place’.
- A Scotsman born in Glasgow is called a Glaswegian, and to most Englishmen his speech will be almost incomprehensible, because of his accent. Good luck with the taxi drivers!
- There are over 20 towns named Glasgow in the US, as well as several in Canada, including New Glasgow. Glasgow is twinned with several cities, including Jerusalem, Marseille and Havana.
- The infantry regiment recruited from Glasgow is called The Black Watch, and is famous throughout the world for its fighting abilities. The regimental tartan, also known as ‘Black Watch’, is the most famous of all tartans, and can be worn by anybody (except former members of the regiment, who require regimental permission).
- There are ten times more Glaswegians across the world than live in Glasgow. They are called ‘The Scottish Diaspora’.
- The Tall Ship at Riverside Museum is one of only five Clyde-built ships still afloat today, and she is the only one of her kind in the UK.
- The Glasgow Cathedral survived the reformation of 1560 and stands today as the most complete medieval cathedral on the Scottish Mainland.
- Glasgow is the only city to have won the ‘Curry Capital of Britain’ title four times.
The Podium Presentation during the Glasgow Congress was reviewed by the Scientific Board, and the best ten were selected for the Affiliated Society Award. The speakers and their countries are:

- Podium Presentation of National Society Award winners
  - BAKAST - Differentiated Tactics treatment results of long head biceps tendon instability from ACL injury
  - EAE - The effect of different dose of gamma irradiation on five different types of tendon allografts
  - SPAT - Changes in laxity of the reconstructed ACL in professional and recreational athletes
  - LASTA - Risk factors for recurrence after Arthroscopic Bankart Repair. A multicentre study with midterm follow up
  - CISTA - Biomechanical flaws of cutting edge approaches in ACL repair surgery tested on a sheep model
  - TUSYAD - The type of approach (medial versus lateral) influences TKA component rotation in total knee arthroplasty – a clinical study using CT
  - AGA - Genital reconstruction with an implant-free 2-bone graft for anterior glenoid bone loss
  - Bio-Mechanical tones
  - EASTS - Six-month supplement of vitamin D does not decrease knee pain in young physically active men
  - SEROD - 2-year evolution of first cases treated with primary repair of the ACL with DIS

The minutes of the Amsterdam General Assembly in 2014 were presented. The Chairman requested that in accordance with Art. 15 the meeting proceed to the business of the agenda. The meeting had been issued in accordance with Art. 14, and the order and appointed Mrs Amanda Olsson as Secretary. Mrs Olsson presented the financial report for the Foundation. He outlined the mission of the foundation; its objectives; the four newsletters published; ESSKA books and ESSKA, namely, KSSTA; JEO; the Academy; Education: societies; the four newsletters published; ESSKA books.

The Treasurer, Michael Hantes, presented the financial statements for 2014–2015 which demonstrated ESSKA has an excellent economy, uses money in the appropriate way and is in a strong enough financial situation to guarantee survival should an unforeseen event occur.

The General Assembly was asked to vote to approve the Financial Statements as presented. The vote concluded ESSKA’s Financial Statements of 2014–2015 were approved unanimously.

The President presented to the General Assembly on the structure, history, visibility and achievements of ESSKA during his presidency. He included the mission statement of ESSKA; the structure outlining sections and committees; membership statistics; the names and number of affiliated societies; the four newsletters published; ESSKA books published. The President also highlighted areas within ESSKA, namely, KSTTA; JEO; the Academy; Education; Fellowships and Courses; and the Foundation. He emphasised that the main goal for this period was consolidation. Finally the President presented the proposed new section of ESSKA: ESMA (European Sports Medicine Associates) and asked for ratification. The new section ESSKA was approved unanimously.

The Treasurer, Michael Hantes, presented the financial statements for 2014–2015 which demonstrated ESSKA has an excellent economy, uses money in the appropriate way and is in a strong enough financial situation to guarantee survival should an unforeseen event occur.

The report remains attached to and forms part of these Minutes. The General Assembly was asked to vote to approve the Financial Statements as presented. The vote concluded ESSKA’s Financial Statements of 2014–2015 were approved unanimously.

The General Secretary, Jacques Menetrey, presented an overview on the ESSKA community membership figures and a summary of the change in reporting membership figures by the creation of a new category "Friends of ESSKA". He showed comparisons between now and 2014 of members inside and outside of Europe; by Continent and the top ten countries. He reported that as of 30 April 2016 ESSKA had a community of 5,483 members compared to 2,986 in Amsterdam (+83%) with total membership of 5,006 and the new category "Friends of ESSKA" with 2,387 members.

The General Secretary proposed two new categories to members: the creation of a new category "Friends of ESSKA". The Treasurer, Michael Hantes, presented his report where he concluded he believed ESSKA has an excellent economy, uses money in the appropriate way and is in a strong enough financial situation to guarantee survival should an unforeseen event occur.

The report remains attached to and forms part of these Minutes. The General Assembly was asked to vote to approve the Financial Statements as presented. The vote concluded ESSKA’s Financial Statements of 2014–2015 were approved unanimously.

The General Secretary, Jacques Menetrey, presented an overview on the ESSKA community membership figures and a summary of the change in reporting membership figures by the creation of a new category "Friends of ESSKA". He showed comparisons between now and 2014 of members inside and outside of Europe; by Continent and the top ten countries. He reported that as of 30 April 2016 ESSKA had a community of 5,483 members compared to 2,986 in Amsterdam (+83%) with total membership of 5,006 and the new category "Friends of ESSKA" with 2,387 members.
Dear ESSKA member,

You are invited to the 2018 General Meeting of Members, to be held during the Glasgow Congress, on Friday, 11 May 2018, 14:00-14:50h in the Armadillo in the SEC Centre in Glasgow, UK.

**The 2018 Meeting Agenda:**

1. OPENING AND WELCOME ADDRESS BY THE PRESIDENT
2. APPROVAL OF THE REPORT OF BARCELONA GENERAL ASSEMBLY 2016
3. ESSKA’s 2016-2017 REPORT
4. APPROVAL OF THE ANNUAL ACCOUNTS 2016-2017 AND AUDITOR’S REPORT
5. STATUTES CHANGES APPROVAL
6. ELECTION OF NEW LIFE AND HONORARY MEMBERS
7. RECOGNITION OF ESSKA PAST PRESIDENT
8. DISCHARGE OF EXISTING BOARD MEMBERS & ELECTION OF THE NEW MEMBERS OF THE BOARD
9. WELCOME ADDRESS BY THE NEW PRESIDENT
10. ESSKA 2022 CONGRESS CITY SELECTION ANNOUNCEMENT
11. ADJOURNMENT OF MEETING

I look forward to seeing you there.

Yours sincerely,

ROMAIN SEIL
ESSKA President

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**General Meeting of Members 2018**

The General Assembly was asked to vote on the two new categories and corresponding fees and benefits. They were approved unanimously.

**8. Educational Secretary’s Report**

The Educational Secretary, Pietro Randelli, gave a detailed report on ESSKA’s Fellowship programme, Teaching Centres, Books and hands-on courses.

His report outlined the activities of the fellowship programme and the travelling fellowships, giving thanks to the teaching centres and hosts; the geographical split of ESSKA-accredited teaching centres; the 14 books published by ESSKA and details on some of the courses that have been offered by ESSKA.

**9. ESSKA Academy Report**

The ESSKA Academy Co-ordinator, Mustafa Karahan, gave a report on achievements, current situation, open access to parts of the Academy and future goals of the Academy since its launch at our last congress in Amsterdam.

**10. ESSKA Section’s Reports**

Each ESSKA Sections chairperson presented a report on their activities during 2014-2016:

AFAS C. NIEK VAN DIJK
EKA ROLAND BECKER
ESA ANGELO CALVO

**11. KSSTA Editor-in-Chief’s Report**

The KSSTA Editor-in-Chief, Jörg Karlsson presented his report on the structure, impact factor 3.053 and continued growth of the journal and summarised the journals special issues with invited Editors.

**12. JEO Editor-in-Chief’s Report**

The JEO Editor-in-Chief, Henning Madry, presented the achievements of JEO since its launch, outlining its listing in PubMed, the grants available and statistics such as most downloaded article and the number of articles accessed.

**13. Election of New Life and Honorary Members**

The President and Vice-President recognised three members of ESSKA for their exceptional contribution to the development of the society announcing:

His address which remains attached to and forms part of these Minutes.

The officers were approved.

**14. Discharge of Existing Board Members and Officers**

The President thanked the following for their role within ESSKA from 2014 to 2016:

Past President of ESSKA JOÃO ESPREGUIEIRA-MENDES
Chairperson of ESSKA-AFAS Chairperson ROLAND BECKER
ESSKA-ESA Chairperson ROMAN BRZÓSKA
ESSKA-ESMA Chairperson ROMAN DRABOS AND NICOLAS GRAVEAU

**15. Election of ESSKA New Board Members**

The President thanked the following for their role within ESSKA from 2014 to 2016:

**Committees Chairpersons:**

CHRISTOPHE HULET (Arthroscopy)
GIUSEPPE PERETTI (Cartilage)
PIETRO RANDELLI (Education)
LUIGI PEDERZINI (Elbow & Wrist)
HERMANN MAYR (Sports)
NIKICA DARABOS AND NICOLAS GRAVEAU (Under 45)

EESKA officers 2014-2016 have been discharged.

**16. Election of ESSKA New Committee Chairpersons and Officers**

The following chairpersons of the scientific committees were proposed and accepted by the general assembly for the period 2016-2018:

**Committees:**

Arthroscopy TIM SPALDING
Cartilage PETER VERDONK
Elbow and Wrist DENISE EYENGAAL
Education and Fellowship MARTIN LIND
Hip Arthroscopy NICOLAS BONIN
Osteotomy RONALD VAN HEERWAARDEN

The following were proposed, approved by the board and ratified by the General Assembly for the period 2016-2018:

**Chair:** JOÃO ESPREGUIEIRA-MENDES
Past President

**Members:** DAVID DEJOUR (2nd Vice-President)
PHILIPPE BEAULIPS (ESSKA Member)
RENE VERDONK (ESSKA Member)

**17. Welcome Address by the New President**

The incoming President, Romain Seil, delivered his welcome address where he presented the history of ESSKA and the structure and goals of ESSKA during his upcoming presidency. In particular he highlighted his aim to bring ESSKA from an organisation to an institution. His address which remains attached to and forms part of these Minutes.

A video on Glasgow the venue for the upcoming 2018 congress was presented and Matteo Denti announced that the 2020 congress will be held in Milan.

**18. There Being No Further Business the President Closed the Meeting at 15:20**

Presentations from the meeting form part of these Minutes.

MATTIO DENTI
JACQUES MENETREY

Chairman Scrutineer / ESSKA General Secretary

Note: All ordinary full members of ESSKA have the right to vote at the General Meeting of Members.

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**ESSKA News Letter May 2018**

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The right to vote at the General Meeting of Members.

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**ESSKA Newsletter May 2018**
WHAT DOES IT MEAN BEING A REVIEWER FOR THE KSSTA?

The European Allograft Initiative - the work of the Arthroscopy, Cartilage and Basic Science Committees of the KSSTA - is a key component of our research activities. During this course, the editors of KSSTA, Prof. Jan Karlsson and Prof. Roland Becker, will present the latest data on the clinical benefits of allografts for knee and hip reconstruction.

The European Allograft Initiative, led by Warren Byrd, has been working to provide evidence-based recommendations for the use of allografts in reconstructive surgery. The initiative aims to provide data that will help surgeons make informed decisions about the best treatment options for their patients.

The initiative has published a number of guidelines and recommendations, including the following:

1. **Primary ACL Reconstruction**
   - The European Allograft Initiative has published guidelines for the use of allografts in primary ACL reconstruction. These guidelines are based on evidence from clinical trials and case series, and are designed to help surgeons make informed decisions about the best treatment options for their patients.

2. **Revision ACL Reconstruction**
   - The European Allograft Initiative has also published guidelines for the use of allografts in revision ACL reconstruction. These guidelines are based on evidence from clinical trials and case series, and are designed to help surgeons make informed decisions about the best treatment options for their patients.

3. **Multi-Ligament Knee Injuries**
   - The European Allograft Initiative has published guidelines for the use of allografts in the treatment of multi-ligament knee injuries. These guidelines are based on evidence from clinical trials and case series, and are designed to help surgeons make informed decisions about the best treatment options for their patients.

Cost-effectiveness data will be published in the KSSTA. An example of how the European Allograft Initiative is using their data to inform clinical decision-making is the recent study of the use of allografts in primary ACL reconstruction. The study found that allografts were associated with improved clinical outcomes, including faster recovery and fewer complications, compared to autografts.

The European Allograft Initiative is also working to develop guidelines for the use of allografts in the treatment of other joint injuries, including the knee, ankle, and hip. The initiative is also working to develop guidelines for the use of allografts in the treatment of degenerative joint disease, including osteoarthritis and osteotomy.

The European Allograft Initiative is a collaborative effort, involving surgeons and researchers from across Europe. The initiative is funded by a number of organizations, including the KSSTA, and is supported by a number of companies in the medical device industry.

The European Allograft Initiative is an important resource for surgeons and researchers, providing evidence-based guidelines and recommendations for the use of allografts in reconstructive surgery. The initiative is also an important source of information about the latest research and developments in the field.
may not have the advantage. On the other hand, there are perceived advantages of the cosmetic appearance of scarring, the reduced operating time and the easy availability of adequately-sized grafts.

One stage of allograft preparation is Gamma irradiation, which ensures the tissue is safe to use. But gamma radiation damages its biomechanical properties, depending upon the dose administered. A low dose may not significantly affect its mechanics, but it may not deal with the HIV virus either. We need more information here. So far, it appears that allograft reconstructions have higher reported failure rates than autografts, but recent systematic studies suggest that non-irradiated and non-chemically treated allografts produce similar results to autografts. Our review paper will summarise the current thinking about use and risks.

The Allograft Initiative cost-effectiveness data and the clinical reviews will be published mid-2018, and will form the base for subsequent national and international guidelines which will, we hope, be discussed and agreed by all the relevant parties, before publication.

Funding for this project was provided by ESSKA's Foundation, supported by generous grants from various tissue-banks, including Allosource, Community Tissue Services, JRF Ortho, LifeLink, Lifespan Health, Musculoskeletal Transplant Foundation, RTI Surgical Inc., TRX Orthopedics, Inc. We are extremely grateful for their support.

Report by:

TIM SPALDING
Arthroscopy Committee Chairman

PETER VERDONK
Cartilage Committee Chairman

LAURA DE GIROLAMO
Basic Science Committee Chairwoman

As we approach the end of Romain Seil’s tenure as the ESSKA President, we can say that ESSKA’s Academy has come of age, and now provides a rich stream of online information for ESSKA members, and also for non-members.

Of the services we provide, the access to ESSKA’s books has been the most popular, followed by ESSKA’s courses. To ensure a high quality of training, ESSKA is obliged to limit attendance on its courses. It is now possible, however, to reach those lectures through ESSKA’s Academy, and glean the latest expertise.

As you may have noticed, ESSKA’s website has also renewed itself, and now allows a seamless transition between pages. With the new database system, ESSKA’s Academy has become faster, and easier to access.

We hope you are enjoying the ocean of information in the Academy.

MUSTAFA KARAHAN
ESSKA Academy Editor

SEBASTIAN KOPF
ESSKA Academy Vice-Editor

The leadership will be taken by Prof. James Calder (new chairman) with Daniel Haeverkamp as Vice-Chairman. The team will include Christopher Pearce, Pietro Spenacaio, Akos Kynsburg, Mike Carmont (ATSG), Xavier Martin Oliva, Christiaan van Bergen and Stephane Guilho (AIG).

This is truly a ‘dream team’, which can push for excellence in research and education on Foot and Ankle pathology. New research projects, meetings, Fellowships, courses, publications are being prepared. You will soon be getting the details.

AFAS belongs to all of us, and we are all responsible for its progress. Our energy is turned to the future.

HÉLDER PEREIRA
ESSKA-AFAS Chairman

www.esska-afas.org

AFAS MEMBERS’ MEETING
AT THE CONGRESS
THURSDAY 10 MAY 2018
18:00 – 19:00
HALL 2
Only AFAS members are invited
ESSKA-ESA SECTION

It will soon be two years since ESSKA’s last Congress in Barcelona, and time enough to summarise our contribution. We have strived to improve the level of knowledge and skills in shoulder surgery. Education has been our main activity, but the scientific side is becoming more and more important. As a result, our ESA Section has come to be recognised in the professional sphere.

ESA was present at important events throughout Europe and even worldwide. In Europe, ESA was invited to contribute at several national Congresses. Our members officially supported scientific events in Croatia, the Czech Republic, France, Greece, Italy, Lithuania, Poland, Portugal, the Russian Federation, Slovakia, Slovenia, Spain, Turkey and the Ukraine. Outside the borders of our continent, we represented the Section during big international meetings: EORT in Prague and GAKOS in Shanghai.

As the scientific fruit of ESSKA-ESA’s 1st Open Meeting in Rome, under chairmen Giuseppe Milano and Andrea Grasso, we are proud to announce a new book on the Management of Failed Shoulder Surgery, with Giuseppe Milano as an editor. This will soon become available. There are very few publications about managing complications in shoulder surgery, and we expect our contribution to fill the void.

At the Glasgow Congress, we invite you to our symposia and instructional course lectures (ICL), prepared by our own members, and covering vital and current problems about treating shoulder diseases. Following your requests, we have prepared symposia covering the treatment of instability out of range (children and the elderly), and revision rotator cuff repairs from both mechanical and biological points of view. Our special symposium will deal with current knowledge about acromio-clavicu-

lar joint dislocation treatment. The safety of our patients is a priority, which is why we’ve decided to prepare an ICL on visualization and anesthesia in shoulder arthroscopic surgery. You will also be shown the most recent discoveries on extra-capsular shoulder endoscopy and massive retracted cuff treatment options. I hope that in Glasgow we will also be able to launch our new Shoulder Traveling Fellowship, a proud new venture for our Section.

We invite all ESA members to attend the General Assembly, during which they’ll hear a detailed report of our section’s activities, and ESA’s new Board (for the next 2-years) will be elected.

I hope that we meet in Glasgow not just as a set, but as a wider assembly. I encourage you to promote ESA Section, especially to younger colleagues who may be tempted or not they’ve already been performing, with assistance). The course will comprise lectures, saw-bone demonstrations, case-discussions and a cadaver-lab where participants will be able to perform surgery under the guidance of distinguished EKA faculty.

This year’s faculty will include Roland Beck, Nanne Kort, Michael Hirschmann, Simon Donell, Per Kjaersgaard, Mustafa Karahan, Fahri Erdogan, Reha Tandogan, in addition to an active and expert local faculty. All aspects of primary total knee arthroplasty (whether or not they’ve already been performing, with assistance). The course will comprise lectures, saw-bone demonstrations, case-discussions and a cadaver-lab where participants will be able to perform surgery under the guidance of distinguished EKA faculty.

This 1½ day course is for surgeons who wish to become independent specialists in knee joint-replacement surgery (whether or not they’ve already been performing, with assistance). The course will comprise lectures, saw-bone demonstrations, case-discussions and a cadaver-lab where participants will be able to perform surgery under the guidance of distinguished EKA faculty.

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ESSKA-ESMA SECTION

A SUCCESSFUL START, AND FUTURE PERSPECTIVES...

At ESSKA's Barcelona Congress, in 2016, the European Sports Medicine Associates (ESMA), a Section of ESSKA, held its inaugural meeting. It was an interdisciplinary group of medical doctors, physiotherapists, sports scientists and coaches, from many specialist fields. In its first 18 months, ESSKA-ESMA has become an important assembly of sports medicine specialists, with members across Europe, the US and Asia.

The main focus of ESMA, so far, has been the improvement of medical service for athletes in various sports, through an exchange of experiences, educational events and the publication of books.

ESMA's books for the last two years:
- Prevention of injuries and overuse in athletes in various sports, through an exchange of experiences, educational events and the publication of books.
- Risk Management and Medical Care in sports (Krutsch W et al, 2020)
- Return to play following Achilles tendon rupture.

ESMA's 1st OPEN MEETING
In November 2017, in Munich, we had a great 'start-up event', with 241 participants and 40 speakers from 39 nations and 5 continents. The meeting was a novel venue: over half those attending were physiotherapists, coaches of sports teams and sports scientists, and there were 18 industrial partners. There were many outstanding presentations, and many controversial discussions on topics like 'Stop Sports Injuries' and 'Back to Sports'. Daryll C. Osbahr, the chairman of AOSSM's STOP outreach committee, presented the STOP Sports Injuries' programme which has been successfully established in the US. Keynote lectures were presented by Niek van Dijk (The Netherlands), Henrique Jones (Portugal), Karl-Peter Benedetto (Italy), Stefano Della Villa (Italy) and Lars Engebretsen (Norway). This made the congress very lively. We’ve had a lot of positive feedback.

ESMA AND ESSKA’S 18TH CONGRESS
ESMA Section will be making a sizeable commitment to ESSKA's Glasgow Congress:

2 ICLS:
1. Return to sports after ACL injuries
2. Return to play following Achilles tendon rupture.

6 SYMPOSIA:
SY56 Tennis injuries
SY17 Return to play in football
SY47 ACL injury, rehabilitation and return to sports
SY46 A Holistic approach to health and safety in rugby
SY23 The management of the retired professional footballer
SY42 Handball injuries

ESMA’s main goal in the coming years will be establishing links with other international medical societies, especially with sports associations. Other projects will be instructional courses for coaches and medical staff in the various medical fields, and inaugurating fellowships for medical staff in different sports.

HERMANN MAYR
ESMA CHAIRMAN
WERNER KRUTSCH
ESMA EDUCATION SECRETARY
WWW.ESSSA.ORG

It’s really true, time does fly! Here we are, already 2018, and approaching another exciting ESSKA Congress! Over the last two years, since Barcelona, the Basic Science Committee (BSC) has worked really hard. We certainly didn’t have time to get bored! BSC members have contributed to the Committee’s core-activities: from participating in ESSKA Courses and Meetings, to supplying the Journal of Experimental Orthopaedics (JEO) with original and review papers; from organizing Practical Courses to writing our 3 Booklets. According to our remit, our mission, we also supported several of ESSKA’s initiatives, including the Allograft Initiative, led by the Arthroscopy and Cartilage Committees. The BSC will provide an Instructional Course for the Glasgow Congress, on Thursday May 10. It’s entitled ‘Clinical Trials Toolkit’, a practical guide for those who wish to commence or to improve their scientific activity. The Course will cover the ground of our three booklets: ‘Clinical Research Toolkit’, ‘Basic Research Toolkit’ and ‘How to Present a Scientific Study’. I take this opportunity to thank Caroline Mouton and Baris Kogaoglu. They did an outstanding job, and without them the project could not have succeeded. We also look forward to a lot of positive feedback.

Kogaoglu. They did an outstanding job, and without them the project could not have succeeded. We also look forward to an Annual Isokinetic Conference in Monaco, the annual Isokinetic Medical Conference ‘Future of Football Medicine’ in Barcelona, and the DKOU Congress.

LAURA DE GIROLAMO
BASIC SCIENCE COMMITTEE CHAIRWOMAN

BASIC SCIENCE COMMITTEE

ELBOW AND WRIST COMMITTEE

Our Chairwoman, Denise Eygendaal, has already reported on the successful Arezzo meeting of June 2017, under the direction of Dr. Paolo Arrigoni (Super Elbow Course). Apart from the academic presentations, the practical knowledge acquired from cadaveric specimens, and the just getting together, I’d like to highlight one very special feature of the course. As we were planning the Arezzo event, it was our idea to perform various investigations on the elbow, and to maximize their availability. Not less than four investigations were planned, with a group of experienced and tyro surgeons. While it is common to plan such studies, it’s less common to produce satisfactory results. But it worked just fine, thanks to the excellent planning and methodology of Francesco Luera, Davide Cucchi, Nico Hilgersom, Michel van den Bekerom, Killian Wegman, and Paolo Arrigoni. It was really fun to participate in these studies! The feasibility of using modified distal anterolateral and anterolateral portals to achieve improved horizontal positioning of screws for arthroscopic radial head fixation; the possibility of gaining 360º access to the radial head through a combination of portals, the accuracy of ulnar nerve location (Fig. 1); the use of a modified proximal anteromedial coronoid to perform antegrade K-wire coronoid fixation under direct vision, and the findings of arthroscopic PIN dissection, they were all studied. These are truly interesting topics for cognoscenti of elbow arthroscopic surgery.

The results of our investigations will be presented at ESSKA’s Glasgow Congress, and I can assure you they are another reason to attend!
EDUCATION COMMITTEE

ESKKA’S TEACHERS AND TEACHING CENTRES

In recent years, ESSKA has greatly expanded its educational activities, with ever more fellowships and surgical skills courses. To facilitate this we are reorganising.

We have introduced a new category, the ESSKA TEACHER, who is deemed to have the clinical excellence and the educational experience that’s requisite for ESKKA’s surgical skills courses. To maintain status, once it’s been granted, ESSKA Teachers must serve as faculty at one ESSKA course per year, and once every four years participate at an ESSKA Congress.

For many years we have accredited ESSKA TEACHING CENTRES to show them suitable for hosting ESKKA’s fellowships. We are now revising their application and accreditation system. From now on, the clinician responsible for the teaching centre must be an ESSKA Teacher, and certain clinical standards have to be met. This will ensure the best facilities for ESSKA fellows.

WHAT MUST ESSKA TEACHERS DO, TO MAINTAIN THEIR STANDING?

a. ESSKA MEMBERSHIP

You must have been a (fully paid-up) ESSKA member for at least two years before you apply.

b. CLINICAL EXCELLENCE

You must:

i. have five years of clinical practice in sports traumatology, and using arthroscopic techniques or arthroplasty
ii. have instructed in 2 surgical-skills courses (either ESSKA courses, or any other courses) within arthroscopy or arthroplasty
iii. have specialist recognition

c. SCIENTIFIC EXCELLENCE

You must have at least 2 publications in Medline on arthroscopic or arthroplasty topics

d. REPUTATION

You must have at least one reference from an active ESSKA Member

e. LANGUAGE

You must have fluent English, because instruction will be in English.

WHAT ARE THE REQUIREMENTS FOR ESSKA’S TEACHING CENTRES?

a. ESSKA TEACHING CENTRE

If your clinic or department has the required standards, we urge you to apply for accreditation as an ESSKA TEACHER, and if your clinic or department has the required standards, we urge them to apply for ESSKA’S TEACHING CENTRE status.

WHAT IS REQUIRED OF AN ESSKA TEACHING CENTRE, TO MAINTAIN ITS ACCREDITATION?

a. It must host at least one ESSKA fellow a year for a 3-4 week period.

If you are interested in education, we urge you to apply for accreditation as an ESSKA TEACHER, and if your clinic or department has the required standards, we urge them to apply for ESSKA’S TEACHING CENTRE status.

WHAT ARE THE NEW REQUIREMENTS FOR ESSKA’S TEACHING CENTRES?

a. ESSKA TEACHER

The clinician responsible for the teaching centre must be an approved ESSKA Teacher. Other clinician responsible for teaching should have at least five years of experience.

b. SCIENTIFIC EXCELLENCE

The teaching centre should have at least five publications during the last five years. Publications can be in the national society’s scientific channels, scientific journal(s) or other peer-reviewed publications.

c. CLINICAL EXCELLENCE

The teaching centre must regularly perform advanced surgery in one or more of the following areas: Arthroscopic knee, Knee arthroplasty, Arthroscopic shoulder, Arthroscopic ankle, hip arthroscopy. The teaching centre should have at least 200 operative cases per year, and perform 10 surgeries per week.

d. REPUTATION

The ESSKA Teaching Centre application must contain two references from active ESSKA Members.

e. LANGUAGE

The teaching centre’s spoken languages must include English.

WHAT IS REQUIRED OF AN ESSKA TEACHING CENTRE TO MAINTAIN ITS ACCREDITATION?

a. It must host at least one ESSKA fellow a year for a 3-4 week period.

If you are interested in education, we urge you to apply for accreditation as an ESSKA TEACHER, and if your clinic or department has the required standards, we urge them to apply for ESSKA’S TEACHING CENTRE status.

APPLICATIONS FOR THE 2018 COURSES ARE NOW OPEN ON ESSKA’S WEBSITE

Apply Now!

ESKKA ADVANCED KNEE ARTHROSCOPY COURSE
25-26 October 2018 – Watford, United Kingdom
Application deadline: 3 June 2018

ESKKA ADVANCED KNEE ARTHROSCOPY COURSE
15-16 November 2018
Rotterdam, The Netherlands
Application deadline: 17 June 2018

For the two courses combined, there were 32 attendees from 15 different countries, and both course topics were covered in some depth. The lab time was significantly increased for these courses, which was well received. There were lively discussions during lab time and after the lectures, which made for a time well spent, and productive.

The faculty did an outstanding job by sharing their expertise, and ESSKA would like to thank the below for their dedication and valuable time!

DAVID DEJOUR (Course Chairman), KARL ERIKSSON, VINCENZO CONDELLO, MARC JACOB STRAUSS, BAS PIJNENBURG and MARTIN LIND.

ESSKA’s Teachers and Teaching Centres

Committee Update

ESKA NEWSLETTER MAY 2018

ESKKA NEWSLETTER MAY 2018
OSTEOTOMY COMMITTEE

THE QUEST FOR ACCURACY IN HTO

The last two decades have witnessed a ‘modern age of osteotomy’. From the landmark introduction of angle stable plates, to the incorporation of digital radiography and computer software planning, the capabilities of osteotomy have blossomed, and kept pace with our understanding of disease, deformity and function.

With these advances has come the concept of ACCURACY IN OSTEOTOMY, as we strive to reposition the mechanical axis to the correct point in the correct plane, at the appropriate level, and with ever-greater precision.

Despite a broad consensus about the target for correction in High Tibial Osteotomy, recent reports show a wide range of achieved-accuracies following appropriate planning, surgical techniques and implant selection. Some of these inaccurate corrections increase the risk of adverse outcomes.

A multi-centred prospective trial investigated the use of a magnetised intra-medullary distraction nail in conjunction with a medial opening wedge HTO. After implantation of the device into the osteotomised, uncorrected tibia the realignment was performed post-operatively over a number of days by serial planned corrections with a remote control device. Magnetically-induced rotation of a lengthening screw within the ingeniously designed device produces precise distractions at the medial tibial cortex whilst the lateral cortical hinge remains intact. New bone formation in the osteotomy gap augments strength and permits early full weight-bearing. The objective was to achieve within 5% of a target Mikulicz point using further fine tuning after the scheduled correction finished. In the series of 10 consecutive patients at North Cumbria University Hospital in the United Kingdom, accuracy in 9 patients achieved within 4% of the target, and in 1 patient within 7% of the target, after bone consolidation. This sort of precision allows bespoke corrections according to indication, disease stage and patient factors. It may also be feasible to achieve a tailored correction for patients based upon their proprioceptive feedback during the gait cycle in the clinic.

MATT DAWSON
North Cumbria University Hospital, UK
ESSKA Osteotomy Committee Vice-Chairman

Surgical Accuracy in 10 cases (U.S. from Target Mikulicz –61)

Position of Magnetic Distraction Nail Pre-Correction

UNDER 45 COMMITTEE

ESSKA’s U45 Committee was well represented, last December, at SFAs Congress 2017 in Marseille, France.

The meeting was heavily attended.

For the first time, a special ESSKA-U45 symposium on Frontier lesions in athletes was chaired by Nicolas Pujol and Johannes Barth. Various U45 members presented their own work (Katja Tecklenburg, Octav Russu, Christiaan Van Bergen, Tom Piscaer). It was a fine experience, and showed the continuing collaboration between our two societies!

The U45 Committee will be presenting a special symposium during ESSKA’s Glasgow Congress:

NEW TRENDS IN ACL RECONSTRUCTIONS TECHNIQUES.

The programme is as follows:

- UPDATE ON ACL GRAFT FIXATION - WHAT IS NEW?
  Ettinger M. (Germany)
- ACL SUTURING - WHAT IS A GOOD INDICATION?
  Piscaer T. (The Netherlands)
- UPDATE ON BIOLOGIC APPROACHES IN ACL SURGERY
  Tecklenburg Katja (Austria)
- FATE OF YOUNG WITH ACL INJURIES: STILL POSSIBLE TO BECOME AN ATHLETE?
  Graveleau N. (France)
- SIMULTANEOUS BILATERAL ACL RECONSTRUCTION - WHY, WHEN AND HOW?
  Russu O. (Romania)

ESSKA-U45 has worked extremely hard over the last two years, with many papers submitted to KSSTA and JEO. I feel honoured to be involved with such a dynamic group, and I’m sure the U45 Committee has earned its place in ESSKA’s community.

PICTURED WITH ESSKA BOARD AND ESSKA-U45 COMMITTEE MEMBERS DURING THE SFA CONGRESS / FROM LEFT TO RIGHT: JOHANNES BARTH, DAVID DEJOUR, JACQUES MONTEYR, Romain SeI, Christiaan Van Bergen, Tom Piscaer, Nicolas Pujol - U45 Chairman, Katja Tecklenburg, Gustav Russu

POSITION OF MAGNETIC DISTRACTION NAIL PRE-CORRECTION
HIP ARTHROSCOPY COMMITTEE

THE FIRST TWO YEARS OF ESSKA’S HIP COMMITTEE: DEAL COMPLETED?...

It has been an honour and a real pleasure for me to serve such a fantastic team, the ESSKA Hip Committee, and work for the extension of this great and friendly European society, ESSKA. We had challenges, but I think we did a good job. I shall let you judge... It all started in February 2016, when Romain Seil asked me to chair the ESSKA’s Hip Arthroscopy committee, which would be created during the Barcelona Congress in May. We had to build a team, and prepare an activity plan for 2016-2018, with a focus on scientific growth, and the development of hip sports medicine and hip arthroscopy in Europe. After our first meeting, each member of the committee had his task, and they managed perfectly. So, leading the team was a simple breeze. During these two years the committee met four times, and discussed some important matters, such as ESSKA’s endorsement of the 2016 Warwick Agreement: an international multidisciplinary consensus on Femoro-acetabular Impingement Syndrome. You can find this agreement, in full, in the British Journal of Sports Medicine; Br J Sports Med 2016; 50:1169-1176 (http://dx.doi.org/10.1136/bjsports-2016-096743). One of our main tasks was the Hip Scientific Programme of ESSKA’s 18th Congress. We think you’ll enjoy a nice program, presented by renowned conservative hip surgeons, with one ICL, three symposia, two consensus round-tables, one rehabilitation session and two free-paper sessions. To prepare this programme is done, and everything should soon be in place, so get ready to apply! (details soon on ESSKA’s website). Finally, the Hip Committee represented ESSKA in various meetings, such as the “Vreden Readings” Russian congress held in St Petersburg. The committee is also working on partnerships with other hip societies, and is thinking of editing a future book about techniques in hip arthroscopy, introduced by Nestor Zurita: What do we do today with a scope inside and around the hip? I’d like to thank all those who trusted me with this project. I felt very proud to serve ESSKA, and I hope it will spread this new and promising surgery throughout Europe. Filippo Randelli will succeed me, and I know he’ll do an excellent job, managing the fantastic ESSKA Hip committee for the next two years...

With the pleasure of seeing you soon in Glasgow!!

Nicolas Bonin
Hip Arthroscopy Committee Chairman

ESSKA NEWSLETTER MAY 2018

RESULTS FROM ESSKA'S SURVEY ON PROPHYLAXIS FOR HETEROPTIC OSSIFICATION (HO) AFTER HIP ARTHROSCOPY

S. Løken, O.R. Ayeni, F. Randelli, N. Bonin

INTRODUCTION

Heterotopic ossification (HO) is a condition in which unwanted and potentially disabling bone tissue forms in abnormal locations such as the muscles, musculotendinous junctions, and joint capsules. It may occur after trauma and surgery. Its occurrence is well documented around the elbow and hip following fracture surgery and total hip replacement. The number of hip arthroscopies performed has increased exponentially over the last decade [1], and HO has become well recognised following this procedure, being regularly present on post-operative radiographs (FIGURE 1) [2]. The phenomenon is more common as well in patients with a history of rheumatoid arthritis and other inflammatory diseases [3]. Nonsteroidal anti-inflammatory drugs (NSAIDs) have been used to prevent HO for years in other settings and are also commonly used following hip arthroscopy (HA) [4]. A double blind randomized clinical study showed that NSAIDs reduced the prevalence of radiological HO compared to placebo [1]. However, NSAIDs may also cause serious complications, and knowledge about the side effects and associated risks is important. The clinical relevance of radiological HO remaining unknown, as most cases are not symptomatic, the use of NSAIDs with the purpose of preventing HO has been questioned [5].

Since no consensus exists on the use of NSAIDs as HO prophylaxis following HA, ESSKA’s Hip Arthroscopy Committee decided to address this topic with a survey among ESSKA Members at large (www.esska.org/page/Surveys).

MATERIAL AND METHOD

The survey was created by a group of experienced hip arthroscopists and pre-tested to ensure validity. It was composed of 14 questions:

- Four first questions were general on surgeons and their experience in Hip Arthroscopy;
- Seven questions were on NSAIDs habits for prescriptions, type, duration, risks factors and complications you are taking into account;
- Two questions were concerning HO encountered;
- The last question was about research and HO prophylaxis.

ESSKA also endorsed the Cambridge hip cadaver-based course. This course uses state-of-the-art surgical facilities, under the supervision of Dr Vikas Khondhia, and provides Orthopaedic surgeons with extensive training and practice in hip disorders, using renowned ESSKA surgeons. The first course was held in January 2017, and received much praise from the participants. The next one is planned 3-4 July 2018. You can apply here: https://www.smithnephewace.com/register.aspx?course=455 [4].

The Hip Committee has also planned a Visiting Surgeon Programme for young Hip Arthroscopy surgeons. This Fellowship will teach various aspects of Hip Arthroscopy, by visiting some leading European Hip Arthroscopists. There will be two positions every two years. The selected Fellows will visit seven different centres over three weeks. The Fellowship will cover travel, accommodation, meals and minor expenses. The programme is done, and everything should soon be in place, so get ready to apply! (details soon on ESSKA’s website). Finally, the Hip Committee represented ESSKA in various meetings, such as the “Vreden Readings” Russian congress held in St Petersburg. The committee is also working on partnerships with other hip societies, and is thinking of editing a future book about techniques in hip arthroscopy, introduced by Nestor Zurita: What do we do today with a scope inside and around the hip? I’d like to thank all those who trusted me with this project. I felt very proud to serve ESSKA, and I hope it will spread this new and promising surgery throughout Europe. Filippo Randelli will succeed me, and I know he’ll do an excellent job, managing the fantastic ESSKA Hip committee for the next two years...

With the pleasure of seeing you soon in Glasgow!!

Nicolas Bonin
Hip Arthroscopy Committee Chairman

ESSKA NEWSLETTER MAY 2018
RESULTS

45% of the participants used HO prophylaxis in all patients. 9% did not use any HO prophylaxis, 12% used HO prophylaxis in less than 10% of their patients, 11% in 10-50% of their patients, 22% in 50-75%. Among those who did not routinely perform HO prophylaxis, the following factors where considered important in the decision-making process: Previous HO or family history of HO, Genetic predisposition for HO, Longer/complicated HA.

One respondent used a combination of radiation therapy and oral pharmacological prophylaxis in combination and one used sternal injection at the end of the procedure. The rest of the respondents that used oral HO prophylaxis used pharmacological prophylaxis only. 100% of the participants using HO prophylaxis used oral pharmacological HO prophylaxis, including one participant adding radiation therapy. Most of these participants decided for themselves the medication, 6% seeking the advice of a medical or non-medical specialist. 42% used HO prophylaxis for 8 to 15 days, 38% for more than 15 days and 19% for less than 8 days. 56% agreed that the risk for complications affected their choice of HO prophylaxis while 23% disagreed. More than half the respondents considered potential side effects when deciding on HO prophylaxis as it is well established that NSAIDs have potential serious side effects (GI bleeding etc.). In this respect, it is actually surprising that 23% did not consider the risk of complications when deciding on the method of HO prophylaxis.

LIMITATIONS

Few respondents and a risk of responder bias make it difficult to draw any definite conclusions or generalise about the use of HO prophylaxis among hip arthroscopists from this survey.

CONCLUSION

Pharmacological HO prophylaxis seems to be commonly used following HA. Hopefully, our survey will help focus on this topic and contribute to interest in research in this field. Another related goal will be to achieve a consensus on recommendation for HO prophylaxis at the coming ESSKA Congress in Glasgow this year.

DISCUSSION

The estimated prevalence of HO by the respondents in their practices indicates that HO is not frequently a clinical problem. This is to be balanced by the fact that the majority are using HO prophylaxis in order to avoid this complication. Indeed, the most important finding in this survey is that the majority of the respondents are using oral pharmacological HO prophylaxis following HA in most of their patients. The duration of HO prophylaxis varies among the respondents, which is not unexpected as there is little information in the literature. Nevertheless, it seems that 15 days could be a global agreement for the majority of the surgeons, being careful that there is no scientific data around that point. NSAIDs may affect tissue healing. Healing of soft tissue to bone has been shown to be impaired by NSAIDs in experimental studies (8). A negative effect of NSAIDs on the healing of the repaired labrum or capsule in HA may therefore be an issue. More than half the respondents considered potential side effects when deciding on HO prophylaxis as it is well established that NSAIDs have potential serious side effects (GI bleeding etc.).

REFERENCES


THIS BRINGS OUR TOTAL NUMBER OF AFFILIATED SOCIETIES TO 38.

LISTED BELOW ARE ALL ESSKA AFFILIATED SOCIETIES AND A SUMMARY OF EASTS:

ARMENIA
AORTA - Association of Orthopaedics, Traumatologists and Rehabilitologists of Armenia

BELARUS
BAKAST - Belarusian Association of Knee Surgery, Arthroscopy and Sports Traumatology

BOSNIA & HERZEGOVINA
AOTBiH - Association of Orthopedists and Traumatologists in Bosnia and Herzegovina (UOTBiH – Udrženije Ortopedskih Traumatologa u Bosni Hercegovini)

BULGARIA
BOTA - Bulgarian Orthopaedic and Trauma Association

CROATIA
CSSTA - Croatian Society for Sports Traumatology and Arthroscopy

DENMARK
SAXS - Danish Society for Arthroscopic Surgery and Sports Traumatology

ESTONIA
EASTS - Estonian Arthroscopy and Sports Trauma Society

FINLAND
Finnish Arthroscopy Association

FRANCE
SFA - French Arthroscopy Society
SFTS - French Society of Sports Traumatology

GERMANY
DKG - German Knee Society (Deutsche Kniegesellschaft)

GERMANY, SWITZERLAND, AUSTRIA
AGA - Society for Arthroscopy and Joint Surgery (Gesellschaft fur Arthroskopie und Gelenkchirurgie)
GOTB - Society for Orthopaedic and Traumatologic Sports Medicine (Gesellschaft für Ortopädisch-Traumatologische Sportmedizin)

GREECE
HAA - Hellenic Association of Arthroscopy, Knee Surgery and Sports Injuries (ΕΑΕοικηςΑρθροσκοπικηςΕταιρειας)

HUNGARY
MAT - Hungarian Arthroscopy Association (Magyar Artozskópos Társaság)

ISRAEL
IRKS - Israeli Society of Knee Surgery and Arthroscopy

ITALY
STA - Italian Arthroscopy Society
SIGASCOT - Italian Society of Knee Surgery, Arthroscopy, Sports, Cartilage, Orthopaedic Technology

LITHUANIA
LASTA - Lithuania Arthroscopy and Sports Traumatology Association (Lietuvos Artroskopijos Chirurgų Taryba)

THE FORMER YUGOSLAV REPUBLIC OF MACEDONIA
MAOT - Macedonian Association of Orthopaedics and Traumatology

NETHERLANDS
NVA - Dutch Arthroscopy Society

SFA - French Arthroscopy Society

SFTS - French Society of Sports Traumatology

ESSKA AFFILIATED SOCIETIES
ESSKA AFFILIATED SOCIETIES

Estonian Arthroscopy and Sports Traumatology Society (EASTS) Eesti Artroroskoopiaia ja Sporditaumatuoloogiaselts

www.artroskoopia.ee

The current President is Dr. Mihkel Mardna.

The ESSKA Newsletter wants your scientific input...

ESSKA's Newsletter regularly includes scientific articles about new techniques, new feelings and original ideas in the orthopaedic field. We encourage all ESSKA residents, fellows, researchers and orthopaedic surgeons to submit their work for publication. The format is less formal than for a peer-reviewed journal and originality is very welcome.

We are waiting for your ideas and work!

IMPORTANT DETAILS FOR SUBMISSION:

LENGTH: +/- 600 words

IMAGES/CHARTS/GRAPHS: one or two can be included but they must be sent as a high resolution attachment and not copy/pasted into a Word document

REVIEW PROCESS: All submissions will be reviewed by the Newsletter Editors, and selected submissions will be published in a subsequent ESSKA Newsletter

SUBMIT TO: Graham Woolwine, ESSKA Communications (woolwine.graham@esska.org)

SUBMISSION DEADLINE FOR DECEMBER ISSUE: Monday 1 October 2018

Jacques Menetrey, Nicolas Pujol
ESSKA Newsletter Editor

EastS was established as an NGO on 31 March 2003 in Tallinn together with 21 orthopaedic surgeons active in arthroscopic field. Today the society consists of 41 members and 4 members of honour.

The main goal of EAStS is to introduce and educate residents and young orthopaedic surgeons to arthroscopy and sports traumatology.

Since 2004 the society has organised regularly both local and international courses, symposia, and congresses to achieve its goals.

THE ENTIRE OFFICE TEAM WILL BE IN ESSKA’S BOOTH. DO COME AND SEE US!

Delphine Briy and Amanda Olsson, Membership

Are you uncertain about your membership status; would you like to join ESSKA or pay your membership fee?

Graham Woolwine, Communications and Partner societies

Are you an Affiliated Society, or want to become one, or have questions about them?

Anna Hansen, Office Manager

Do you want to join a Section, or understand why others join; do you want to know how ESSKA works?

Runetta Rai, KSSTA and JEO journals

Do you want to submit a manuscript, or get one published, or need advice about how to write one?

Joseph Ramesh, Education

Do you want information about ESSKA courses and fellowships, or our latest books?

Jenny Ellenis, Meetings Manager

Do you have queries or feedback about this Congress, or future meetings?

Do you need to understand our strategy, our future prospects?

That’s what the ESSKA booth is for. Come see us!

Zhanna Kovalchuk
ESSKA Executive Director

 hashtags

Are you thinking of writing a paper? Have you got an idea of how to write one?

or get one published, or need advice about

Do you want to submit a manuscript, or get one published, or need advice about how to write one?

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In the afternoon, we took a train to Zurich and met our host, Dr. Matthias Flury – who had arranged an excellent dinner by the lake. We got to know his team personnel, and discussed a lot about shoulder pathologies, etc. Next morning we met in the OR of the Schulthess Klinik, which is an impressive hospital as far as its facilities is concerned. Dr. Flury had arranged an open Latarjet procedure and two RC tear repairs. We discussed a lot about shoulder – mostly the procedures – and got acquainted with the local staff who were kind enough to give us a hospital tour! In the afternoon there was a mini scientific session, where all the fellows presented their work.

Next day, we took the plane to Milan, in order to meet Prof. Pietro Randelli. We had an excellent dinner and next day we got to watch our host in the OR. He was eager to explain every little detail in the OR. In the same afternoon we took the train to Modena where Prof. Pederzini was waiting for us. During our stay, besides the usual OR’s and discussion, we participated in the 32nd Course on Arthroscopic Surgery in Modena - an excellent opportunity to meet new people and get involved in scientific discussions.
On 24 September we arrived in Madrid and got acquainted with Dr Tomas Jaen at first, and next day with Dr Emilio Calvo. Dr Tomas Jaen showed us his Wireless Arthroscopic Device (WAD) and we also got to experiment on a knee model as well. Next day, Dr Emilio Calvo had prepared a full OR shoulder programme, with two arthroscopic Latarjet procedures. Dr Emilio was always interested in asking us if everything was ok or if we had any questions. He also let us scrub-up and really participate in two RC repairs.

The final stop of our travelling fellowship was Portugal. Porto is the home town of the SPAT fellow, so we had more opportunities to get in touch with local shops, history, agriculture etc. Dr Vieira da Silva, our host, welcomed us with a meal, during which we discussed the next day’s OR programme. It included shoulder and knee surgeries. As a surprise, for the closure of the travelling fellowship, our host invited us for a Europa League game!

In general, the European Arthroscopy Fellowship was a great opportunity for each of us. We learned new tips-and-tricks, became familiar with new techniques, and above all we made new friends and met new people!

The experience in general was great, and we are grateful for this opportunity that was given to us!
combining operative experience and talent. We learned a lot about optimization of standard orthopaedic care and we realized after this visit that a huge diversity exists in company-based tools for one single, basic principle (TKA).

From Milan, we travelled to Krakow on 28 September. We were hosted by the brothers Dr Pawel and Dr Michal Skowronek and by Prof. Julian Dutka. We visited the beautiful historical city centre on our first day. In the OR, we participated in revision surgery cases and lateral unicompartmental prosthesis cases and learned about the importance of preserving bone stock and using structural allografts. Dr Pawel Skowronek invited us home for a typical Polish dinner, as prepared by his wife. We experienced that evening the remarkable hospitality of our hosts. On Saturday, we participated in a meeting at the regional association of the Polish Society of Orthopaedics and Traumatology and we got the chance of presenting some of our own work there as well, followed by a visit to a local salt mine and an unforgettable evening spent with the knee team.

On Sunday, 1 October, we travelled to Lyon, where we were hosted by Dr David Dejour, Dr Guillaume Demey, Prof. Elvire Servien and Prof. Sébastien Lustig. We learned a lot about the approach of the Lyon School of Knee Surgery when joining our hosts in the OR and participating in high-end orthopaedic surgery around the knee joint, literally covering the entire field including arthroscopy, ligament reconstruction, patellofemoral and femorotibial joint replacement, and revision cases. We met highly dedicated teams, who provide the best of patient care at the Lyon-Ortho-clinic Clinique de la Sauvegarde and at the Lyon Croix-Rousse University Hospital, and we sampled outstanding French food during two very enjoyable evenings.

From Lyon, we travelled to Basel where we were hosted by PD Dr Michael Hirschmann and PD Dr Geert Pagenstert on 4 October. On our first OR-day we discussed key points of TKA revision surgery with PD Dr Michael Hirschmann, an outstanding expert in the field of TKA revision and author of the respective book. During the OR day, we were able to participate in some very challenging revision cases. That evening, we enjoyed a particularly nice dinner where we had an unforgettable discussion with Prof. Werner Müller, one of the founders of ESSKA – an evening we will never forget! On Friday, we joined PD Pagenstert in the OR and we discussed extensively about ligament reconstructions and techniques for patellofemoral instability problems. On Saturday, we headed for the mountains together with PD Hirschmann and his wife. We very much enjoyed the beautiful views in the Swiss Alps during our hike, and really appreciated a relaxing day with sun, fresh air and physical activity.

On Saturday, 8 October, we travelled to Hannover where we were hosted by Prof. Henning Windhagen, PD Dr Max Ettinger and PD Dr Tillman Calliess. On Monday and Tuesday, we were educated on the theory of kinematic alignment, were able to watch MAKO computer-assisted surgery applying such kinematic alignment principles and learned many useful tips-and-tricks for TKA revision surgery. We had a fruitful discussion with the complete knee team during a scientific session on Tuesday afternoon, followed by a nice dinner.

On Wednesday, 12 October, we travelled to Brandenburg by train and we were hosted there by Prof. Roland Becker. We participated in several primary knee arthroplasty procedures and learned about the ligament balancing techniques. We participated and presented in a scientific symposium and discussed further the topic of orthopaedic science during a very pleasant dinner at Prof. Becker’s home. Unanimously, we acknowledged the importance of a strong, high-quality European orthopaedic journal and we all were motivated to continue our contributions to science.

We concluded our journey at the EKA meeting in Berlin and had some time to reflect on our most interesting fellowship. This unforgettable experience brought us a much deeper understanding of surgery aimed at resolving degenerative knee conditions. We established a professional network and made lifelong friendships and the three of us were committed to continue our efforts to collaborate across borders.

Leaves us only to cordially thank EKA and all of our hosts for this wonderful opportunity and the impeccable organization of this fellowship!

ESSKA-EKA would like to thank the sponsors

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for their support of the scientific segment of the programme.
FORTHCOMING EVENTS

ESSKA EVENTS

ESSKA’s 18th Congress
9-12 May 2018 – Glasgow, Scotland, UK www.esska-congress.org

ESSKA Speciality Days
8-9 November 2018 – Madrid, Spain www.esskaspecialitydays.org

PATRONAGE EVENTS

ESSKA grants patronage for events, meetings and courses, which are organised by other associations or companies, but which we consider merit our support. Here are forthcoming events which have been granted patronage. A complete list is available on ESSKA’s website, under ‘Events’.

V International Congress Sport Traumatology “The Battle”
11-12 May 2018 – Cattolica, Italy

4th International Arthroscopic Course
16-19 May 2018 – Tg-Mures, Romania

Glasgow International Orthopaedic and Trauma Symposium
18 May 2018 – Glasgow, Scotland www.rcpsg.ac.uk/events/orthopaedic

SICSEG 2018
24-26 May 2018 – Bologna, Italy

German Olympic Congress for Sports Medicine Specialists
24-26 May 2018 – Hamburg, Germany www.deutscher-olympischer-sportarztekongress.de

Current Issues in Upper Extremity Surgery, Arthroscopy and Sports Trauma
24-25 May 2018 – Lviv, Ukraine www.ivam.lviv.ua

6th Joint AOA-SEROD Congress
24-26 May 2018 – Zaragoza, Spain www.aoaserod2018.com

Fast Course
31 May - 01 June 2018 – Amsterdam, The Netherlands www.aoaserod2018.com

Football Medicine Outcomes: Are We Winning?
02-04 June 2018 – Barcelona, Spain www.footballmedicinestrategies.com

3rd Lovisenberg Osteotomy Course
08 June 2018 – Oslo, Norway www.ltd.no

Bonnorth Orthopädie un Unfalltrauma 2018 - Knochenarbeiten im Sport
03-06 June 2018 – Bonn, Germany www.orths-unfall-bonn.de/aktuelles

NVA Annual Congress 2018
15 June 2018 – Leiden, The Netherlands www.scopis.org/site/congresses

Arthroscopy and Arthroplasty Courses uTRECHTS 2018
02-05 July 2018 – Utrecht, The Netherlands www.shoulder- elbows-knee.nl

Forte Summer School 2018
02-06 July 2018 – Milan, Italy www.forteortho.org/forte-summer-school-2018

2nd Cambridge Hip Arthroscopy Course

7th FFN Global Congress 2018

XXIX Congreso Latinoamericano de Ónibos y Codo, IV Congreso Internacional y VIII Jornada de Arthroscopia Abamé de 2018 y XXI Jornada Juliana 2018 de Ortopedia y Traumatología
18-20 July 2018 – La Paz, Bolivia www.slahoc.org

Second International Consensus (ICM) on Musculoskeletal Infection

Ankle & Foot Congress (Astaor, ESSKA-Afas & Rusfas)
3-4 September 2018 – Moscow, Russia www.astor.ru

15th AOA Congress
13-15 September 2018 – Linz, Austria www.aoa-linz.at

18th Journées Lyonnaises de Chirurgie du Genou

2nd Congress of AOThIB
27-29 September 2018 – Mostar, Bosnia and Herzegovina www.aothib.ba

1st International Postgraduate Course on Arthroscopy (15th Congress of the Hungarian Arthroscopy Association)
27-29 September 2018 – Balatonalmádi, Hungary www.assistanceita.hu/arte

XIV Turkish Sports Traumatology, Arthroscopy and Knee Surgery (Tusyad) Congress
02-06 October 2018 – Antalya, Turkey www.tusyad2018.org

7th National SigascoT Congress
03-05 October 2018 – Bologna, Italy www.sigascoat.com

13th Curso Intensivo Arthroscópico Rodilla y Tobillo CAJ 2018

24 Jornadas Nacionales SETRADE
08-09 November 2018 – Vitoria Gasteiz, Spain www.setrade.org/congresos/jornadasvitoria2018

13th Hanower Arthroscopy & Arthroplasty Course
09-10 November 2018 – Hanover, Germany www.arthroscopykurs-hannover.de

International Combined Meeting ESSKA-ESMA & SIGASCOT Masterclass in Sports Trauma
16-17 November 2018 – Genoa, Italy www.sigascoat.com

SFA Congress
12-15 December 2018 – Strasbourg, France www.congres.sfartho.com

SigasCoT 3rd Course on: Knee Osteotomy
15 December 2018 – Naples, Italy www.sigascoat.com

OTHER EVENTS

37th AANA Annual Meeting
26-28 April 2018 – Chicago, IL, USA www.aana.org

19th EFORT Annual Congress
30 May - 01 June 2018 – Barcelona, Spain www.efort.org

APKASS & AOA 2018 Combined Meeting
31 May - 06 June 2018 – Sydney, Australia http://2018apkass.soa.org.au

AOSM Annual Meeting
05-08 July 2018 – San Diego, CA, USA www.sportsmed.org

International Combined Meeting ESSKA-ESMA & SIGASCOT Masterclass in Sports Trauma
16-17 November 2018 – Genoa, Italy www.sigascoat.com

Arthroscopy and Sports Trauma
Extremity Surgery,
Current Issues In Upper
11º CURSO INTENSIVO ARTROSCOPICO RODILLA
16-17 November 2018 – Genoa, Italy www.sigascoat.com

CURRENT ISSUES IN UPPER EXTREMITY SURGERY, ARTHROSCOPY AND SPORTS TRAUMA
UPCOMING EVENTS

**German Olympic Congress for Sports Medicine Specialists**

Together for a healthy sport

24–26 May 2018 | University of Hamburg

Submit your abstract and actively contribute to the scientific programme, submission until 1 November, 2017:

www.deutscher-olympischer-sportaerztekongress.de

Chairmen:
Klaus-Michael Braumann (Hamburg)
Theore Zantop (Straubing)

**Dutch Arthroscopic Society Annual Congress 2018**

15 June 2018 - The Netherlands

- Arthroscopic surgery in small joints, is it worth it?
- Ligament surgery of the knee
- Cuff related disorders

Speakers:
Dr. V. Aarimaa, Dr. H. Brommer, Dr. E. Cavaignac, Dr. James D. Calder, Dr. M. Denti, Dr. L.C.M. Keijser, Prof. Dr. G.M.M.J. Kerkhoffs, Prof. M. Snow, Prof. Dr. A. van Tongel, Prof. Dr. R. Verdonk.

For more information and registration: www.scopie.org

**35th AGA CONGRESS**

13 - 15 September 2018
Linz, Upper Austria

**MAIN TOPICS**
- Meniscus surgery
- Joint reconstruction vs. joint replacement
- Prevention/rehabilitation of sports injuries
- Irreparable rotator cuff tears

**HIGHLIGHTS**
- Traditional vs. new techniques
- Technological visions in arthroscopy
- Satellite-symposium: Imaging

**CONGRESS CHAIRMEN**
Florian Dirisamer, MD
Orthopädie & Sportchirurgie, Linz
Philipp Heuberer, MD
Schulter- und Sportklinik, Vienna
We are proud to announce the 7th National SIGASCOT Congress that will take place from 3rd – 5th October, 2018 at the Bologna Conference Centre, which also happens to be the venue of the first National SIGASCOT Congress held in 2006.

Bologna, a welcoming and hospitable city, is known for its historical heritage and rich culture. Home of the oldest University in the Western world, Bologna has been an important urban centre since Etruscan times, and was also a prominent European city during the Middle Ages.

As Congress Chairmen, we are honoured to once again organize our biennial Congress in this splendid city, that will host top national and international experts in the field of knee surgery, arthroscopy, sport medicine and cartilage surgeries, as well as orthopaedic technologies.

Considering the great success of the previous editions, we haven’t modified the structure of the Congress. All topics will be discussed and shared during the symposia, instructional courses, free communications sessions and poster sessions.

A faculty of both Italian and international colleagues will explain the latest advancements in arthroscopy, knee surgery and sports medicine during the highlight lectures and we are pleased to announce the participation of guest speakers from international scientific societies such as ESSKA, ISAKOS, AOSSM, AAHKS, JOSKAS.

Dear Colleagues,

I am pleased to invite you to the 14th TUSYAD (Turkish Society of Sports Traumatology, Arthroscopy, and Knee Surgery) Congress to be organized between October 2 - 6, 2018 at Gloria Convention Center in Antalya.

The first of our traditional TUSYAD Congress was organized in 1991 in Istanbul and have been organized biannually since then. Each congress has been more educative and updated from the previous one. We are keeping in mind that nowadays sport trauma treatment and arthroscopic surgery technology are rapidly developing, we will be addressing these topics at our 2018 Congress together with the rapidly developing arthroscopic approaches on knee, ankle, shoulder and hip. We are planning courses and live cadaver surgeries. We are also aiming to benefit from the advanced experience of our educators who are experts of their fields.

Besides a satisfying advanced scientific program, we are also planning a wonderful social program from which all our participants and families may benefit. Antalya’s beautiful weather, its rich history and wonderful nature is awaiting you.

Our society is expanding every day and the congress organization committee would be happy to see you join this big family in October 2018.

Yours sincerely,

Prof. M. Mete Özenç
Congress President
President of TUSYAD

www.tusyad2018.org
UPCOMING EVENTS

14th SPAT Congress
28th & 29th November 2019
Braga
Portugal

Portuguese Society of Arthroscopy and Sports Trauma  www.spat.pt

SPECIALITY DAYS 2019
8–9 NOVEMBER
MADRID, SPAIN

SFA
2018
STRASBOURG
PALAIS DES CONGRÈS
13–15 DÉCEMBRE

www.sofarthc.org
Enregistrements et Inscriptions : ACO Congrès. Tél. : 33 (0) 3 88 34 40 40 - sofarthc@accongres.com
Join us in Scotland!

18th ESSKA Congress
9 – 12 May 2018
Glasgow, UK

REGISTER NOW!
Pre-registration ends 29 April 2018.
Registration onsite starts 8 May 2018.

Programme Overview
- Speciality Days of AFAS, EKA, ESA, ESMA
- 26 ICL + 50 Symposia
- 300 Free Papers + 900 Electronic Posters
- Surgical Demonstrations
- Keynote Lectures and Debates

Specials
- Highlight Lectures
- Surgical Pre-Courses Shoulder and Knee
- Orthopaedic Sports Medicine Review Course
- PT programme and Workshops
- UK Sessions: BASK, BHS, BOFAS, BOSTAA, ISEH, NCSEM, SCOT

For details, registration and accommodation booking please consult:
www.esska-congress.org

Organiser & Contact
Intercongress GmbH
esska@intercongress.de