Highlights from the upcoming 17th ESSKA Congress

Letter from the Congress President Joan C. Monllau
Letter from the Congress Scientific Chairmen
ESSKA Dinner & Party
Social and Tour Programmes

NEWS

- President’s Editorial by Professor Matteo Denti
- Sections and Committees Updates
- TKA Survey Results
- Interview with Professor Neil Thomas, Pillar of ESSKA
- Upcoming events
SPECIAL THANKS

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, MEDACTA and ZIMMER BIOMET.

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

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.

THE ESSKA NEWSLETTER MAY 2016
Synergy UHD4
The First Autoclavable 4K UHD Camera and Image Management System with 4x the Resolution of HD

Treatment Options for ACL-Deficient Knee Instability
Patient Specific Treatment Concepts

ACL Repair with InternalBrace™
- Repair of acute proximal tears
- FiberTape® augmentation
- ACP injection recommended
- Long-term clinical results

All-Inside GraftLink® ACL Reconstruction
- Retentioning option with TightRope® graft fixation
- Most minimally invasive ACL reconstruction technique
- Reconstruction of chronic ACL instability or non-repairable mid-substance tear
- Long-term clinical results

Combined ACL & ALL Reconstruction
- Additional anterolateral stabilization for
  - Grade 3 pivot shift
  - Revisions
- Long-term clinical results

Dear ESSKA Friends,

Barcelona will complete my two years as ESSKA’s President, during which I’ve devoted myself, heart and mind, to making ESSKA stronger and more stable. It’s been an exhausting ride, but I’ve enjoyed it.

ESSKA’s Strategy Meeting, two years ago, committed us – and myself – to a simple task: that of consolidating our position as a scientific society. In part, this meant making a success of recent projects, such as the Foundation and ESSKA’s Academy. But mainly it was fixing our position in the world, and I think that’s been achieved. ESSKA is now the scientific society of reference for knee surgery, arthroscopy and sports traumatology, not only in Europe but around the world.

We now have more than 30 European national societies as our affiliates, and we’re getting partnership requests from outside Europe, from societies in South Africa, Argentina, and many others. As ESSKA’s President I have travelled widely these two years, and I have always felt a great warmth towards ESSKA, and a genuine desire to work with us.

We have also deepened our friendship with AOSSM, our sister society, to the point of becoming a true collaboration.

Finally, ESSKA’s sections (AFAS, EKA and ESA) have worked fantastically, and have brought in new blood; young orthopaedic surgeons whose youthful enthusiasm will not only strengthen them, but the society as a whole. And, finally, we shall launch ESMA in Barcelona; our new section for Sports Medicine, combining orthopaedic surgeons, sports doctors and other experts, such as coaches and trainers, in one enthusiastic body.

Our journal KSSTA is steadily climbing the rankings, and is rated amongst the best for orthopedics. Thank you Jon Karlsson, and thank you KSSTA’s Editorial Board!

The ESSKA Foundation is gradually becoming a beautiful reality, and will become our “flagship” for research projects and scientific studies. The “Cycling for Science” is just the beginning.

Finally, ESSKA’s committees have started many projects, which will soon begin to bear fruit, in publications.

In short, these have been two years of intensive work, but also of satisfaction. I’d like to express my real and heartfelt thanks to the people that made these two years such a success.

Thank you Zhanna, and your staff. You have always been close to me, and you were there when I needed you. You have been exceptional.

My special thanks to ESSKA’s Board for all the work you’ve done, and above all thank you Romain and Jacques! As my first Vice-President and ESSKA’s Secretary, you’ve been my right and left arms over these two years.

To you, Romain, I shall leave a stronger ESSKA of more than 5,000 orthopaedics who are full-members or ‘friends’, and a Barcelona Congress which I’m sure will be a great success both for science and for friendship.

Ciao,

MATTEO DENTI
ESSKA President
Dear ESSKA members, faculty and friends,

It’s an absolute pleasure to welcome you to ESSKA’s 17th Congress, in the beautiful city of Barcelona! We shall be delighted to receive you at Barcelona’s International Convention Centre (CCIB), from 4-7 May 2016.

Time after time, ESSKA’s Congress has proven itself to be one of the world’s most enjoyable. We pride ourselves in our professionalism and excellence, but this time we intend to amaze you in every way. Our talented Scientific Committee has assembled a wide variety of expertise in different specialist areas, and they will cover an eclectic range of topics. Delegates can be sure to find a session, a debate or an instructional course that perfectly accords with their own interests. And they will encounter the highest level of quality professionalism from our various chairmen, moderators, and speakers. Delegates can also expect a cultural adventure that will complement their scientific explorations. Barcelona is one of southern Europe’s most amazing cities, with some of the best restaurants and finest architecture in the country. Here’s to an incredible week from start to finish!

On behalf of the entire ESSKA Board we hope to meet everyone at the WELCOME RECEPTION ON WEDNESDAY 4 MAY AT 19:00H.

Get ready for an incredible Congress, and we look forward to seeing you in Barcelona!

JOAN C. MONLLAU
CONGRESS PRESIDENT

MATTEO DENTI
ESSKA PRESIDENT

The 17th ESSKA Congress is just around the corner and Barcelona, the capital of Catalonia, is ready to welcome you! All the pieces of the puzzle have been fitted together to produce the most international and prestigious congress for arthroscopy, knee surgery and sport medicine...not just in Europe, but in the world. It will be the most interactive and biggest ESSKA meeting ever, with a fascinating scientific and social programme!

Be sure to catch the unique symposia, cross-fires, keynote-lectures, live-surgery demonstrations, instructional course-lectures and free-paper presentations. We’ve retained the same ESSKA format, because it’s been proven and successful for many years, but we’ve made it inter-digitated, so that topics can be approached from different angles, consecutively, but in the same room.

Over 30 European Affiliated Societies will participate in the debates, and their expert speakers will share their different countries’ and cultures’ points of view. ESSKA’s presence is now growing beyond the confines of Europe, and there’ll also be top surgeons and researchers from the US, Canada, Asia, Latin America, Africa and Oceania. This will make the meeting truly global.

You will also be able to attend special lectures by sport-specific associations like the Union of European Football Associations (UEFA) the Fédération Internationale de Football Association (FIFA), the European Handball Federation (EHF), winter-sports’ societies (SITEMSH and ISSS), among others.

There will be an Orthopaedic Sports Medicine Comprehensive Review Course — the place to watch our future leaders — a comprehensive Physiotherapist’s Programme, and the Cadaveric lab pre-courses. Several of these sessions will have a voting system using smart-phones to encourage your participation.

The complete programme is available here, WWW.ESSKA-CONGRESS.ORG/SCIENTIFIC-PROGRAMME, so you can prepare your personal schedule.

Ultimately, the congress is the place to catch up with old friends, and meet others who share your interest in sports medicine, orthopaedics and traumatology. And, of course, to spend some peaceful moments in the city of Gaudi, surrounded by hills and the Mediterranean Sea.

You still want to miss out on all these activities? Ok, but you’ll be responsible for this oversight! Such a chance, such an exciting meeting, doesn’t happen every day. And we shall certainly miss you...

The clock is ticking! Do join us for an unforgettable experience!

ROLAND BECKER
GINO KERKHOFFS
PABLO GELBER
CONGRESS SCIENTIFIC CHAIRMEN

17TH ESSKA CONGRESS
BARCELONA, 4-7 MAY 2016

Are you ready for this?

17TH ESSKA CONGRESS
SOCIAL PROGRAMME

ESSKA DINNER & PARTY
FRIDAY, 6 MAY 2016
20:30 - 01:00 H

We will start the evening with a drink on the terrace of the Museu Nacional d’Art de Catalunya (MNAC), overlooking the city of Barcelona. The party will be hosted in the spectacular Sala Oval inside the Museum – hold your breath when entering the room! Savour a taste of the best cuisine in town. The tenor Carlos Cosías, from Barcelona, will inspire you with his skills and his repertoire in opera music. Another exciting part of the evening will be the Award Ceremony of the “ESSKARS” - awards for service to our society. Join us for a memorable evening in Barcelona.

DEPARTURE BY BUS: 20:00 h from CCIB (Congress venue)
APERITIF: 20:30 h
DINNER: 21:15 - 01:00 h
RETURN BY BUS: From 00:30 - 01:15 h several buses to CCIB (Congress venue)
PRICE (per person): EUR 150
BOOKING: www.esska-congress.org/registration

ESSKARS AT THE GALA DINNER

The presentation of ESSKARS, the ESSKA Rewards for Service, will take place on Friday, 6 May, during the ESSKA Dinner and Party following our tradition established at the last 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.

Nominations were accepted throughout the preceding year, from the extended board, the committees, the sections and ESSKA members. Final selection 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.

TICKETS FOR ESSKA DINNER AND PARTY: www.esska-congress.org/esska-dinner-party

We hope you join us for this splendid ceremony!

Welcome Reception

WEDNESDAY, 4 MAY 2016
19:15 - 20:45 H

After participating in interesting sessions on the first day of the congress, you will probably look for the perfect social occasion to meet friends and colleagues. ESSKA’s WELCOME RECEPTION to be held at the top level of the Congress Centre will provide you with such an opportunity. Mingle and network with fellow congress visitors and enjoy a drink as well as typical Catalan and Spanish finger food.

VENUE: CCIB (Congress venue) top level
PRICE (per person): Free for registered delegates
BOOKING: www.esska-congress.org/registration
TOUR PROGRAMME

Bookings for these tours are available online during registration and they must be done before 3 April 2016. The minimum number for each tour is 20, and the maximum is 40.

FOR COMPLETE DETAILS AND RESERVATIONS GO TO WWW.ESSKA-CONGRESS.ORG/TOUR-PROGRAMME.

TOUR 1 - WEDNESDAY, 4 MAY 2016 (half day)
THE GOTHIC QUARTER AND THE RAMBLA
DEPARTURE: 09:30h from CCIB (Congress venue), meeting point is the registration desk
RETURN: 12:30h to CCIB (Congress venue)
PRICE (per person): EUR 20
INCLUDED IN THE PRICE: Bus, guide

TOUR 2 - WEDNESDAY, 4 MAY 2016 (half day)
MODERNISME IN THE OLD CITY
DEPARTURE: 09:30h from CCIB (Congress venue), meeting point is the registration desk
RETURN: 12:30h to CCIB (Congress venue)
PRICE (per person): EUR 55
INCLUDED IN THE PRICE: Bus, guide

TOUR 3 - THURSDAY, 5 MAY 2016 (half day)
MONTSERRAT, THE HOLY MOUNTAIN
DEPARTURE: 09:00h from CCIB (Congress venue), meeting point is the registration desk
RETURN: 14:00h to CCIB (Congress venue)
PRICE (per person): EUR 30
INCLUDED IN THE PRICE: Bus, guide

TOUR 4 - FRIDAY, 6 MAY 2016 (full day)
THE GAUDÍ TOUR
DEPARTURE: 09:30h from CCIB (Congress venue), meeting point is the registration desk
RETURN: 17:30h to CCIB (Congress venue)
PRICE (per person): EUR 100
INCLUDED IN THE PRICE: Bus, guide, ticket to Sagrada Familia and Park Güell, lunch

TOUR 5 - SATURDAY, 7 MAY 2016 (half day)
BARCELONA HIGHLIGHTS
DEPARTURE: 09:30h from CCIB (Congress venue), meeting point is the registration desk
RETURN: 13:30h to CCIB (Congress venue)
PRICE (per person): EUR 25
INCLUDED IN THE PRICE: Bus, guide

TOUR 6 - SATURDAY, 7 MAY 2016 (half day)
PICASSO MUSEUM AND GOTHIC QUARTER
DEPARTURE: 09:30h from CCIB (Congress venue), meeting point is the registration desk
RETURN: 12:00h to CCIB (Congress venue)
PRICE (per person): EUR 35
INCLUDED IN THE PRICE: Bus, guide, ticket to Picasso Museum
### Awards Presented During the 17th ESSKA Congress in Barcelona 2016

**Theo van Rens Best Paper Award**
- Sponsored by ESSKA Prize money: 3,000 EUR
- This award is given to the highest ranked scientific presentation. The five finalists have the privilege to present their work during the Star Paper Session at the ESSKA biannual meeting. The winner will be selected by a jury directly after the Star Paper Session.

**Porto Award for “Innovation in Arthroscopy”**
- Sponsored by Porto Prize money: 2,000 EUR
- ESSKA wishes to stimulate research in arthroscopy. This award recognises the excellence and innovation in arthroscopy. The Porto Award encourages practitioners to publicise their expertise.

**Alwin Jäger Best Video Award**
- Donated by the Alwin Jäger Foundation Prize money: 2,500 EUR
- This award is given to the best video on technical tricks and pearls. The selection of the best video will be performed by a jury based on the excellence of the submitted video. The prerequisite to participate is to be an ESSKA member.

**ESSKA Best Paper in Ligament and Biomechanics Award**
- Prize money: 2,000 USD
- The research donation will be made to the research facility of each award winner to support research to be conducted in his/her relevant field (the donation will not be paid to individual surgeons) and S&N will have no influence over the selection of the winning recipients.

**The Nicola’s Foundation Young Researcher Award (< 40Y)**
- Sponsored by The Nicola’s Foundation Prize money: 2,000 EUR
- This award is given to the best paper on knee surgery, sports traumatology or arthroscopy. Entrants must be under 40 years of age at the time of the award selection. The selection will be made by the ESSKA Scientific Committee.

**KSTA Best Paper Award**
- Sponsored by ESSKA Prize money: 1,000 EUR
- This award is given to the best paper published in the KSTA journal during the period 2014 – 2015. The winner will be selected by the editors of KSTA.

**Best Poster Award**
- Sponsored by ESSKA Prize money: 500 EUR each in five different categories
- This award is given to the best posters accepted and displayed at the congress. The five categories are: degenerative, ligaments, basic science, shoulder, and sports medicine. The winners will be selected on-site by the “Best Poster Jury” and announced at the congress.

**ESSKA Basic Scientist Travel Grant**
- Sponsored by ESSKA Grant: 500 EUR each for four scientists
- ESSKA supports basic scientists! ESSKA provides financial support for four selected basic scientists enabling them to attend the 17th ESSKA Congress. Selection will be made by a jury based on the excellence of the basic science abstracts. The presenting author, who needs to be an ESSKA member (or will become an ESSKA member), will receive up to EUR 500 to cover travel costs to attend the congress.

### National Society Award Winners Presentations at the ESSKA Congress

The four best abstracts of the National Society Award winners, selected by the Scientific Committee, will be presented during a special session on Wednesday, 4 May 2016, 10:30-11:00, in the plenary.

**Title** | **Speaker** | **City** | **Country** | **Date** | **Time** | **Room**
--- | --- | --- | --- | --- | --- | ---
Barakat | A | Local adherence method of mesenchymal stem cells autologous transplantation for degenerative restorative of articular cartilage: preclinical research and first clinical results | Beilisach D. | Linz | Wednesday 04/05/2016 | 10:30-11:00 | C
Sta | Individualised lateral tibial plateau: combined measurements of anterior and rotational laxity | Weusten C. | Luxembourg | Thursday 05/05/2016 | 10:30-11:00 | C
Wals | Roland Dual-Extraction, Failure after Arthroscopic Treatment for OCD of the Talus: a randomized, double-blind, multicenter trial | Bellingham M. | Amsterdam | Thursday 05/05/2016 | 10:30-11:00 | C
NAA | - Stem surgery trial for SLAP lesions of the shoulder | Schroeder C. | Oslo | Thursday 05/05/2016 | 10:30-11:00 | C

The Award Winning Abstracts from Other National Societies will be presented during the Congress as indicated below. Make sure you attend these truly interesting sessions and support your national society!
**ESSKA AFFILIATED SOCIETIES’ ROUNDTABLES**

This is a new format for ESSKA which should engage all of our Affiliated Societies. Our idea is to create interactive sessions with follow-up discussions. Each “Roundtable” will involve three or four societies, who will spend an hour discussing a specific topic, with one or two representatives from each Affiliated Society at the podium. A Moderator will guide and stimulate the discussion, and a voting system will actively involve the audience.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Room</th>
<th>Topic</th>
<th>Moderators</th>
<th>Affiliated Societies</th>
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</thead>
<tbody>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>04/05/2016</strong></td>
<td><strong>14:00 – 15:00 H</strong></td>
<td><strong>ARTHROSCOPY FOR DEGENERATIVE CARTILAGE LESIONS: TO DO OR TO AVOID?</strong></td>
<td><strong>Moderator</strong> DENTI M. (ITALY)</td>
<td><strong>Affiliated Societies</strong> BAKAST / NVA / ASTAOR / KNEE OF SPOT</td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>05/05/2016</strong></td>
<td><strong>10:30 – 11:30 H</strong></td>
<td><strong>HOW TO TREAT DEGENERATIVE MENISCAL LESION?</strong></td>
<td><strong>Moderator</strong> VERDONK P. (BELGIUM)</td>
<td><strong>Affiliated Societies</strong> UASTRA / SFTS / MAOT / SEROD</td>
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<td><strong>Wednesday</strong></td>
<td><strong>04/05/2016</strong></td>
<td><strong>15:00 – 16:30 H</strong></td>
<td><strong>HOW DO YOU TREAT OSTEOCHONDRAL LESIONS AT THE MEDIAL FEMORAL CONDYLE?</strong></td>
<td><strong>Moderator</strong> JANSSEN R. (THE NETHERLANDS)</td>
<td><strong>Affiliated Societies</strong> AGA / AEA / TUSYAD / SRATS</td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>05/05/2016</strong></td>
<td><strong>16:00 – 17:00 H</strong></td>
<td><strong>THE ROLE OF ARTHROSCOPY IN TREATMENT OF JOINT INFECTION</strong></td>
<td><strong>Moderator</strong> BAUER T. (FRANCE)</td>
<td><strong>Affiliated Societies</strong> EAE / BASR / SSSAS / NAA</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>04/05/2016</strong></td>
<td><strong>16:30 – 17:30 H</strong></td>
<td><strong>RECALLITANT PATELLAR TENDINOPATHY: CONSERVATIVE TREATMENT, OPEN SURGERY OR ARTHROSCOPIC SURGERY</strong></td>
<td><strong>Moderator</strong> DEJOUR D. (FRANCE)</td>
<td><strong>Affiliated Societies</strong> SAKS / ISSKA / LAAS</td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>05/05/2016</strong></td>
<td><strong>17:00 – 18:00 H</strong></td>
<td><strong>ANGLE OF FIXATION OF ACL GRAFT: PRESENT OR CASE BASED</strong></td>
<td><strong>Moderator</strong> ESPREGUEIRA-MENDES J. (PORTUGAL)</td>
<td><strong>Affiliated Societies</strong> GOTS / PSTS / FINNISH ARTHROS / CSSTA</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>04/05/2016</strong></td>
<td><strong>17:30 – 18:30 H</strong></td>
<td><strong>HOW TO TREAT SHOULD INSABILITY IN NON-CONTACT ATHLETES WITH GLENOID BONE LOSS</strong></td>
<td><strong>Moderator</strong> ARCE G. (ARGENTINA)</td>
<td><strong>Affiliated Societies</strong> SFS / RAS / PTA</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td><strong>06/05/2016</strong></td>
<td><strong>10:30 – 11:30 H</strong></td>
<td><strong>WHAT TRAINING IS REQUIRED PRIOR TO STARTING ARTHROSCOPY? DO WE NEED A TRAINING PROGRAMME?</strong></td>
<td><strong>Moderator</strong> KARAHAN M. (TURKEY)</td>
<td><strong>Affiliated Societies</strong> SFA / ROTA / SIA / AOTBIH</td>
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**ORTHOPAEDIC SPORTS MEDICINE COMPREHENSIVE REVIEW COURSE**

**FRIDAY, 6 MAY 2016 - 08:00-18:00H**

This Review Course is a comprehensive eight-hour session which covers all aspects of Sports Traumatology and Sports Medicine. The faculty is European and outstanding. If you participate, you will be completely “State of the art” for sports-related diseases and traumas.

During the morning lectures, presenters will describe the most common sports-related joint diseases, as follows:

- **Diagnosis & definition**
- **Epidemiology**
- **History/mechanism of injury**
- **Examination findings**
- **Imaging studies**
- **Management/treatment options**
- **Outcomes (specifically, return-to-sport)**
- **Final slide with three essential points**

During the afternoon, an evidence-based approach to Sports Pathologies will outline the “Best Practice” for Sports Medicine. Presenters will review the literature on controversial topics, and will describe the latest treatments.

**RETURN TO PLAY AFTER ACL RECONSTRUCTION**

**Moderator** SCHEFFLER S. (GERMANY)

**Affiliated Societies** DKG / SPAT / AORTA / SIGASOT

**FACTORs INFLuencing THE OUTCOME OF ACL RECONSTRUCTION**

**Moderator** DENTI M. (ITALY)

**Affiliated Societies** BAKAST / NVA / ASTAOR / KNEE OF SPOT

**RETURN TO PLAY AFTER ACL RECONSTRUCTION**

**Moderator** VERDONK P. (BELGIUM)

**Affiliated Societies** UASTRA / SFTS / MAOT / SEROD

**Dealing with ACL Re- Tears**

**Moderator** BAUER T. (FRANCE)

**Affiliated Societies** EAE / BASR / SSSAS / NAA

**RETURN TO PLAY AFTER ACL RECONSTRUCTION**

**Moderator** ESPREGUEIRA-MENDES J. (PORTUGAL)

**Affiliated Societies** GOTS / PSTS / FINNISH ARTHROS / CSSTA

**RETURN TO PLAY AFTER ACL RECONSTRUCTION**

**Moderator** KARAHAN M. (TURKEY)

**Affiliated Societies** SFA / ROTA / SIA / AOTBIH

TO REGISTER AND TO VIEW THE COMPLETE SCIENTIFIC PROGRAMME VISIT www.esska-congress.org

**REGISTRATION GO TO:** www.esska-congress.org

These cadaver-lab pre-courses, which will take place before the ESSKA Congress begins, have been planned for residents and surgeons with less than five years of clinical practise.

Each course will have 15 cadaver-stations using top-level arthroscopic equipment. Each station will have one experienced surgeon (in arthroscopic and open-surgery) and one assistant to help with technical questions and other problems. Only two attendees are allowed at each station, so the total number of attendees will be 30 each day.

The courses will be clearly structured and guided:

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

The participation fee is EUR 750 per course. Bus transfer, coffee and lunch, lab coat and gloves are included.

FOR MORE INFORMATION (THE COMPLETE PROGRAMME AND FACULTY LIST) AND FOR REGISTRATION GO TO: www.esska-congress.org
Thursday 15 May 2014, 15:30 to 16:30 h
Auditorium at the RAI Congress Centre Amsterdam, The Netherlands

ESSKA GENERAL ASSEMBLY 2014 – REPORT

1. WELCOME ADDRESS AND OPENING OF THE MEETING

In accordance with Art. 15, the ESSKA President, Professor Espregueira-Mendes, took the Chair and called the meeting to order and appointed Mrs Karen Baxter as Secretary. Mrs Baxter confirmed that the convening notice and agenda for the meeting had been issued in accordance with Art. 14, whereupon the Chair stated that the meeting could proceed to the business of the agenda. The Chairman requested that in accordance with Art. 15 the Main Board members select two tellers whereupon the Main Board nominated Jacques Menetrey and Romain Seil as tellers.

2. APPROVAL OF THE GENEVA GENERAL ASSEMBLY REPORT 2012

The minutes of the Geneva General Assembly in 2012 were unanimously approved.

3. PRESIDENT’S REPORT

The President presented to the General Assembly on the structure, viability and achievements of ESSKA during his presidency. He included the mission statement of ESSKA; the structure outlining sections and committees; memberships statistics; affiliated societies; ESSKA’s presence at other society’s meetings; the newsletter and membership statistics; affiliated societies; ESSKA’s history, requirements and status. The President presented to the General Assembly on the structure, history, requirements and status.

4. TREASURER’S REPORT

The Treasurer, Patrick Dijan, presented the financial statements for 2012-2013 which demonstrated ESSKA has achieved and further established a positive balance at year end 2013 and further developed a stable financial situation.

5. ACCOUNT AUDITOR

The member Auditor, Magnus Forssblad, presented his report. The General Assembly was asked to vote to approve the Financial Statements as presented. The vote concluded the Financial Statements of 2012-2013 were approved.

6. GENERAL SECRETARY’S REPORT

The General Secretary, Jacques Menetrey, gave an overview of the ESSKA membership figures and breakdown by European and non-European, by Continent and top 10 European countries. He reported that as of May 2014 ESSKA had 2,986 members (35% increase). He also reported on the new ESSKA website; how ESSKA’s basic science journal; creation of JEO - ESSKA’s basic science journal; overview of the ESSKA membership figures and breakdown by European and non-European, by Continent and top 10 European countries. He reported that as of May 2014 ESSKA had 2,986 members (35% increase).

7. EDUCATIONAL SECRETARY’S REPORT

The Educational Secretary, Pietro Randelli, gave a detailed report on ESSKA’s fellowship programme, teaching centres; books and DVDs; European Basic Arthroscopy Course; Orthopaedic Sports Medicine Review Course. He further reported on the new online educational platform - ESSKA Academy.

8. ESSKA SECTIONS’ REPORTS

Each ESSKA Section chairman presented a report:

| AFAS | C. Nieck van Dijk |
| EKA | Jean-Noël Argenson |
| ESA | Boris Poberaj |

9. KSSTA EDITOR-IN-CHIEF’S REPORT

The KSSTA Editor-in-Chief, Jon Kaslon, presented his report on the structure, purchase and growth of the journal. Also announced were the winner of best reviewer for 2013 and the three best papers for 2012-2013 and the date for the journal reviewer course.

10. JEO EDITOR-IN-CHIEF’S REPORT

The JEO Editor-in-Chief, Henning Madry, presented an overview of the new basic science journal of ESSKA (JEO) detailing the structure, history, requirements and status.

11. RECOGNITION OF ESSKA PAST PRESIDENTS AND ELECTION OF NEW LIFE AND HONORARY MEMBERS

The President and Vice-President recognised ESSKA past presidents and the President proposed and it was unanimously approved that Professor Daniel Fritschy be and is hereby appointed as a Life Member. The President further proposed and it was unanimously approved that Professor Fredric Fu be and is hereby appointed as an Honorary Member.

12. DISCHARGE OF EXISTING BOARD MEMBERS AND ELECTION OF NEW BOARD MEMBERS

The President thanked the following for their role within ESSKA from 2012 to 2014:

- Past President of ESSKA
  - Vice General Secretary
  - Treasurer
  - Chairman of ESA
  - Chairman of EFA

- Committees Chairman
  - Rainer Siebold (Arthroscopy)
  - Leonert Blankevoort (Basic Science)
  - Fredrik Almqvist (Cartilage)
  - Sébastien Lustig (Under 45)
  - Elvire Servien (Sports)

- Past President and Chairman of the Nominating Committee C. Nieck van Dijk presented the composition of the nominating committee for the selection of the board positions:
  - Chair: C. Nieck van Dijk
  - Members: Romain Seil

13. WELCOME ADDRESS BY THE NEW PRESIDENT

The incoming President, Matteo Denti, delivered his welcome address where he presented his views and goals for his upcoming presidency. In particular he highlighted our rapid expansion and our need to consolidate.

14. THE MEETING WAS ADJOURNED

JOÃO ESPREGUEIRA-MENDES 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.
I have had an interest in sports all my life, having competed as an athlete at county level as a sprinter, and at the same level as a golfer, so I understand the physical demands and mental pressures upon competitors. When I got into medicine I found that I could communicate easily with sportsmen who were my patients, because I shared and thus understood their psychology.

Most of my teachers in the early 70s told me arthroscopy was a “fad” and that it would not catch on as a lasting technique. I and others of my generation wanted to prove them wrong, so I went on the first knee arthroscopy course in the UK in 1979, and met David Dandy who was running it. Incidentally there were NO practical sessions then, it was all lectures! Then I practised with other European knee surgeons in the mid 80s (Jan Gillquist in Linköping, Henri Dejour in Lyon, Werner Müller in Basel, Marcel Lemaire and Vincent Chassaing in Paris and Rolf Jacob in Berne) and eventually set up the first knee arthroscopy courses at the Royal College of Surgeons in London in 1993.

Those of us who had some arthroscopic instruments, and the interest to use them, began experimenting on loose bodies and meniscal lesions, and later meniscal suture and ACL reconstruction. This was during my training, but it begun in earnest after 1986, when I was appointed a Consultant with my own practice.

From the late 70s I was doing knee arthroplasty, and over the decades we gradually learnt how to do it better, namely by understanding the importance of gap-balancing, rotation of femoral and tibial components, patella-tracking, etc.

The real jump in knowledge came in the 2000s, when companies realised the importance of the shape of prostheses, the importance of the design of instruments and the whole revision scenario. I started some research into knee kinematics with David Murray’s lab in Oxford and later with Andrew Amis at Imperial College, London, with whom I had earlier collaborated with in our ligament fixation work.
I did a definitive scientific project from 1979 to 1985, implanting prosthetic knee ligaments into animals as well as performing them in laboratories at the Westminster Hospital and Queen Mary College in London and the Royal National Orthopaedic hospital at Stanmore (my old lab and now headed by Professor Scales). That research enabled me to present the results around the world, thus attending major meetings and meeting all the main players in the field. I was exposed to and became "hooked" on knee surgery and that continued for the next 30 years.

**DO** CAN YOU TELL ME HOW YOU CAME TO ESSKA?

**NT** I attended the first ESSKA conference in Berlin in 1984 as an orthopaedic trainee with a small group from the UK, including Lordon Trickey from the Royal National Orthopaedic Hospital who at that time was ESSKA Vice-President. (He never served as President but had supervised my knee ligament project.) Over dinner at that conference he explained to me how important he felt it was to reach out and communicate with surgeons from other countries — particularly Europe as well as the United States, which was dominant at that time. It was a policy with which I agreed, and have tried to implement ever since.

**DO** HOW DID YOUR CAREER EVOLVE WITHIN ESSKA?

**NT** I was asked by David Dandy to meet the ESSKA Board when they visited London in 1997. At the last minute, David was unable to attend so I was met by Giancarlo Puddu, René Verdonk, Ejnar Eriksson and Carl Wirth who informed me that I was to be the local organiser of the 2000 ESSKA meeting in London. I started to work immediately and then reported regularly to the ESSKA Board, attending their meetings etc. I had various small roles within the society but delivered the London meeting as chairman of the scientific committee and local organiser. In 2000, I was elected 2nd V-P of ESSKA. I was very involved with the Journal of Bone and Joint Surgery (JBJS) and brought some of this knowledge to the society but delivered the London meeting as organiser. In 2000, I was elected 2nd V-P of ESSKA. I was very involved with the Journal of Bone and Joint Surgery (JBJS) and brought some of this knowledge to the society but delivered the London meeting as chairman of the scientific committee and local organiser. In 2000, I was elected 2nd V-P of ESSKA.

**DO** WHAT IS YOUR OPINION ON THE PLACE AND ROLE OF ESSKA IN THE WORLD OF SCIENTIFIC SOCIETIES?

**NT** I believe that ESSKA has come of age, not just as a European society but as an international society. It is second to none, representing European surgeons and is a world leader in terms of clinical and basic research and more recently teaching, especially in this Internet age. This takes the form of the biennial conference at which can be found the most innovative scientific programme about knee-related topics in the world. Unlike the AAOS and ISAKOS meetings, which at times can be rather static, with "dated" formats where the delegates are "taught," the ESSKA formats are usually more exciting and controversial, with opinion leaders from around the world going "toe-to-toe" with each other in genuine debate, in an attempt to extend the boundaries of "known" knowledge. These sessions, as well as those dealing with new technology, generate a massive interest, and act as a catalyst for both young and old in their next research projects, as well as updating their clinical practice.

**DO** HOW HAS ESSKA CHANGED SINCE YOU FIRST JOINED THE SOCIETY?

**NT** It has changed fundamentally in every way. At first, it was a friends' club for surgeons of different countries to discuss their research. A quasi-scientific way language was a big barrier with meetings simultaneously translated into four languages. The next generation of surgeons all speak English (how lucky for us who have it as our native tongue) which makes for a more fluent exchange of ideas. ESSKA now has much greater breadth, depth and professionalism, as well as branching out to include related disciplines such as basic-science, shoulder and ankle surgeons, physiotherapists and sports medicine doctors.

**DO** HOW DO YOU SEE THE FUTURE FOR ESSKA?

**NT** To keep at the forefront, ESSKA needs to continue with its strong visionary leadership which will provide the infrastructure to achieve both surgeons in training and those in practice (be that clinical or research) need to improve and keep up-to-date. ESSKA needs to be energetic, but keep in touch with its roots. It may need more full-time officers, but it must never rest on its laurels and say "job done." It has been a wonderful vehicle for those of us a great respect for fellow orthopaedic surgeons from other countries and the opportunity to engage and make a difference to our field and its future on the international stage at all levels.

**DO** IS DEGENERATIVE KNEE AN IMPORTANT ASPECT FOR ESSKA TO TEACH?

**NT** The practice in each country is important so we have to look at this: what is the practice of the members? Do they have both an arthroplasty and an arthroscopic practice or just one? ESSKA has to keep close to and listen to its roots. So sessions in parallel should probably continue for the moment.

**DO** HOW DO YOU FEEL ABOUT THE RELATIONSHIP BETWEEN THE INDUSTRY AND SCIENCE AND SCIENTIFIC SOCIETIES?

**NT** I feel that a relationship between all medical/ scientific societies and industry is essential, but that such a relationship should be both transparent and ethical. In this way it will be mutually beneficial.

**DO** WHAT ADVICE WOULD YOU GIVE TO YOUNG ORTHOPAEDIC SURGEONS TODAY WHO STILL HAVE TO START THEIR CAREER?

**NT** Orthopaedics today is a much larger field overall than when I started. The explosion in technology and options with bio-materials has continued exponentially. I would advise a good general training and then, if it is possible, to pick out a sub-speciality and do a fellowship with a world leader. I would join both national and international specialist societies, and obtain some solid clinical experience viz. do not attempt to run before you can walk. To be successful you must enjoy what you do and have a work/life balance that suits you. Most orthopaedic surgeons I know "work hard and play hard" and they also have a very healthy sense of humour. Perhaps that personality trait is a "sine qua non" for our specialty? My own daughter has just been appointed an orthopaedic consultant, so I feel it is time to pass on the baton.

**DO** IF YOU WERE TO GIVE ADVICE TO A YOUNG PROFESSIONAL ABOUT ORGANISING HIS WORKING WEEK, WHAT WOULD IT BE?

**NT** Every country has a different health system(s) so I cannot be didactic. I think it is important to make time for friends and family and also an outside interest or two, but when you are really busy professionally these can become squeezed very thin for a few years, and I know some surgeons who have paid a heavy price for concentrating too much on their work.

**DO** DO YOU HAVE PRIVATE PASSIONS, APART FROM YOUR PROFESSIONAL LIFE?

**NT** Yes, I collected wine for 40 years and am now rationalising my cellar. My wife and I do a lot of exercise every day (you can’t do that when you work). I bought a new guitar, play some music and also enjoy competitive bridge. We are planning regular trips abroad where you can “stop and smell the flowers”. I am very happy with this new life where I am “time rich and cash poor” compared to the old one!

**DO** WHAT ARE YOU DOING NOW?

**NT** I totally retired at the end of last September, I don’t do any medicine, no orthopaedics at all. I think that after 60 you are no better than you were before (I am 65) so you should plan to stop. It takes a while to get your head round it. I know a lot of surgeons do not agree with me. Surgeons have big egos (they have to do the job!) and it can be hard to give up the job and the kudos and influence that goes with it. I am happy in my skin and feel there is so much in the world to explore and enjoy that is not orthopaedics that if you delay then you will be either too old or ill to do it. I do miss the social part and all my friends, but you can’t live in the past, you have to move on.

**DO** ARE YOU GOING TO ESSKA MEETING?

**NT** Of course! I booked my flight to Barcelona before Christmas, ESSKA has been such a passion for me. So I will be there.

Thank you so much, Neil. It’s been a pleasure, talking with you.

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*Neil Thomas, European Association of Bone and Joint Implant Surgery.*
As surgeons, we are aware that surgical techniques and patient care are changing and we need to keep abreast of these changes. But how many of us make full use of the new technology, when it comes to this re-training?

Ours is a visual era, which increasingly teaches by image, rather than by word. We feel at home with tele-conferencing, tele-education, and online-forums. So a video archive has become an obvious method for education. The ESSKA Academy is such an archive — one among others with which it must compete — where surgeons can access multi-media productions made by other surgeons, and thereby access their knowledge and experience.

A professional recording of an operation should be excellent quality with the camera focusing on the core of the activity. But if the camera is hand-held by some junior, who may be distracted by what’s going on in the background, these images will be little better than a home-video.

To complement these images, you will also need a descriptive narrative, as well as the background sounds — the ambience — of the operating room. You need to make your viewers feel that they are themselves in the OR. By using a simple add-on, such as Google Glass (4), you can add these conversations between yourself and your associates during the course of surgery (5). With an appropriate head-mounted 3D camera system, live surgery can be recorded stereoscopically and broadcasted live over the Internet (5, 6).

Our profession is expected to “multi-task”, so don’t hesitate to ask your junior to help record your surgery. He will be learning as he helps you (7). If you don’t possess the sophisticated equipment we’ve been discussing, your smart phone will perform just as fine as a simple and cost-effective video recorder (8). But beware, he’ll probably develop quicker than you do, especially if you were brought up before the now ubiquitous video games! (9)

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ESSKA-AFAS SECTION

ESSKA-AFAS continues to be active. Our Ankle Instability Group had a well-attended congress in Seoul and held consensus meetings on chronic ankle instability (CAI) and imaging assessment, a cadaver course, and a discussion about an algorithm for surgical decision.

Then, in January 2016, we held an innovative two-day course in Barcelona, which successfully combined the theoretical and the practical (with cadaver) parts. It was entitled “State-of-the-art on ankle pathology and sports trauma” and was organised by Xavier Martin Oliva.

This May, ESSKA-AFAS will again be active at ESSKA’s biennial congress in Lisbon, presenting Instructional Course Lectures, Symposia, Live Surgery sessions and debates, as well as several lectures. We are now working hard, preparing for the 3rd International Congress on Cartilage Repair of the Ankle, which will take place in Lisbon, in April 2017. This will be a two-day congress focusing on the evolution of cartilage defects in the ankle as well as consensus meetings, lectures by an international faculty and free paper sessions.

ESSKA-AFAS Ankle Instability Group is also preparing for a congress in September 2017. This will be a consensus meeting combined with symposia on ankle instability. One section will present all the new arthroscopic techniques while the other will cover rehabilitation, in collaboration with the European Physiotherapy Society. Besides the organisation of congresses, ESSKA-AFAS also works in the field of research and education (books and fellowship).

EKA BASIC ARTHROPLASTY COURSE

The first EKA (European Knee Associates) Basic Arthroplasty Course was held in Istanbul from 26-27 November 2015. There were two days of intensive training with 45 participants and 12 instructors from Europe and the Middle East. The course included lectures, case discussions, saw-bone model demonstrations followed by a cadaver lab surgery. Our host was the Center for Advanced Surgical Education (CASE) facility of Acıbadem University in Istanbul. The participants had an opportunity to discuss basic cases and to learn from a very experienced faculty.

The course was followed by the closed meeting of EKA members, which dealt with various aspects of total knee arthroplasty and joint preservation surgery. This was a lively venue for discussions and a wonderful social interaction.

Progress on ongoing EKA projects and future directions were also discussed.

Just to reiterate, the four main goals of EKA are:

1. To advance knowledge of degenerative knee pathology and knee arthroplasty.
2. To provide an appropriate educational setting to improve knowledge and treatment of the arthritic knee.
3. To generally enhance education, research and treatment.
4. To ensure professional standards of patient care.

If you are interested in the degenerative knee pathology and not an EKA member yet please visit www.europeankeeanassociates.org to learn more and to join EKA.

ESSKA-EKA SECTION

BUSINESS REDISEIGN FOR OUTPATIENT JOINT ARTHROPLASTY

OJA CLIENT FLOWCHART KNEE- AND HIP ARTHROPLASTY

ABSTRACT

With the introduction of fast-track pathways and the positive results in terms of patient safety and efficacy, orthopaedic surgeons are becoming more convinced of the revolutionary changes towards outpatient surgery pathways. Beside the patient related factors (e.g. adequate pain protocol, PONV prevention, early discharge, early mobilisation, prevention of blood loss) and operative related factors (e.g. Patient Specific Instruments, Local Infiltration Analgesia, ceasing tourniquet, low-dose spinal anaesthesia), the complete arthroplasty process in itself is equally important (e.g. logistic factors, planned discharge, health economic issues). The first results of outpatient surgery for knee arthroplasty are very promising and more orthopaedic departments are performing outpatient surgery for their arthroplasty procedures. A change in the pre-, peri- and postoperative procedures is a complicated and complex process, in which a multi-disciplinary team is essential. Ongoing monitoring of the results is paramount to keep moving forward in optimising the pathway. All the stakeholders involved need to be convinced of these ‘new’ optimisations and should control the protocols, which eventually will lead to a change in the patients’ mindset and early discharge can be possible.

On the other hand, since outpatient surgery procedures are on the rise worldwide, literature on these pathways are limited.

The key question which leads to optimal safety and efficacy is: which patients are eligible for inclusion in the outpatient surgery pathway? Future research should focus on this question, not only the technical aspects of the knee and hip arthroplasty operation or optimisation of the current pathway protocols (pre-, peri- and postoperative), which are of major importance, needs to be examined but the complete package is the key factor towards successful outpatient joint arthroplasty.

A proactive attitude in the multi-disciplinary approach for the Outpatient Joint Arthroplasty is required with use of evidence-based protocols.

NANNE P. KORT
EKA VICE-CHAIRMAN
The daylong rejuvenated knee arthroplasty meeting (ESA) took place on 2-3 October 2015, at the NH Vittorio Veneto Hotel in Rome, Italy. This was the first official meeting of ESA after its foundation as an ESSKA section. The chairman of the meeting were Giuseppe Milano, Scientific Secretary of ESA, and Andrea Grasso.

The meeting provided an opportunity to study a controversial topic, the failures of shoulder surgery. All our sessions dealt with the management of surgical failures in different pathological conditions of the shoulder, such as: instability of the glenohumeral joint and of the acromio-clavicular joint, rotator cuff problems, and pathology of the long head of the biceps tendon, and glenohumeral osteoarthritis.

We especially dealt with the failures of anatomical and reverse shoulder arthroplasty. The current praxis for such failures was presented by 40 leading European shoulder experts. The meeting had a format of a “consensus meeting”, with invited lectures and panel discussion on challenging cases. A voting system made interaction with the audience possible during the sessions.

The social dinner was hosted by the chairmen at the Ca’faretta Terrace, on the top of the City Hall over the Campidoglio hill, from where the guests had a spectacular night view of ancient Rome.

The meeting was very successful, attended by more than 200 participants from Italy and other European countries. Over 20 companies supported the event and contributed to its success.


**BASIC SCIENCE RESEARCH COMMITTEE**

**HANDS-ON BASIC SCIENCE MENISCUS RESEARCH COURSE**

The Basic Science Research Committee (BSRC) organised a “Hands-on Basic Science Meniscus Research Course” during “The Meniscus-Porto 2016: Preserve the Future” Congress, on 4-6 February in Portugal. The course was held at the Headquarters of the European Institute of Excellence on Tissue Engineering and Regenerative Medicine, in Avepark-Guimarães, using the facilities of the 3B’s Research Group from Minho University. It was supported by Rui L. Reis, the institution’s Director and renowned scientist.

The course chairmen were Miguel Oliveira and Hélder Pereira. The local faculty of I. Fatih Cengiz, Sandra Pina, Raphael Canadas and Joana Silva-Correia was strengthened by Lior Laver from BSRC. The result was a dynamic and multi-disciplinary discussion and presentation on future perspectives for meniscus repair and replacement.

The course had 30 participants from eight countries. There was a very interesting argument between clinicians and researchers, which suggested a fruitful future co-operation between the two cadres, maybe even a formal Research Forum?

Hands-on-practise was provided for different Tissue Engineering techniques including physicochemical characterisation of bioceramics, biomaterials processing and characterisation, biomechanical analysis, micro-computed analysis, 3D printing and cell culture. Again, it was clearly demonstrated: there are clear benefits from bringing together clinicians, surgeons and basic science researchers, especially from different fields. By this means we can improve functions, and “preserve the future” of patients suffering from meniscal injuries. This was a fantastic prelude to the upcoming participation of BSRC in the book: “Surgery of the Meniscus”. This followed the success of the Biomechanics and Experimental Methods for Joint Research Course at Ulm University. These were very exciting and productive two years and it is now time to keep moving on with a deeper knowledge of the meniscus, for the advancement of science as well as the benefit of patients. I will be always grateful to all the members of this fantastic committee.

It was an honour and a pleasure to serve ESSKA.

HÉLDER PEREIRA

Basic Science Research Committee Chairman

**ESSKA SURGICAL COURSES**

ESSKA organised its 2nd Advanced Shoulder Arthroscopy Course, at the Surgical Skills Centre in York, UK, on 7-8 March, 2016. The course had 24 participants and the ESSKA Faculty provided thorough didactic and practical training on a wide range of interesting shoulder topics.

ESSKA would like to thank the following faculty: Michael Hantes, Mustafa Karahan, Giuseppe Milano, Pericles Papadopoulos, Olaf Lorbach, Frank Martetschläger, and Nuno Gomes for their invaluable time and contribution.

The Advanced Knee Arthroscopy Course will take place on 3-4 October 2016 in York, UK, and further details can be found on the ESSKA website.

The dates for the 2017 edition of the courses will soon be announced on the ESSKA website.

**ESSKA ADVANCED SHOULDER ARTHROSCOPY COURSE**

**ESSKA SURGICAL SKILLS COURSES HAVE BEEN SUPPORTED BY OUR CORPORATE PARTNER**

Smith & Nephew

**FELLOWSHIP COMMITTEE**

The ESSKA-AOSSM DJO International Travelling Fellowship 2016 runs from 14 April to 7 May 2016, and the group will be visiting Munich, Milan, Amsterdam, Luxembourg, Lyon, Paris, and finally ESSKA’s Congress in Barcelona.

This group comprises Brian D. Giordano, Daniel B. Whelan, Robert A. Creighton and Prof. Edward M. Wojtys as the Godfather.

The ESSKA-AOSSM DJO International Travelling Fellowship 2016 runs from 13 April to 7 May 2016, and the group will be visiting Istanbul, Larissa, Geneva, Porto, Bologna, Antwerp, and finally ESSKA’s Congress in Barcelona.

This group comprises Yuukazu Yonetani (Japan), Ying H. Hua (China), Karthik S. Murugappan (India) and Prof. Masahiro Kuwasaki (Japan) as the Godfather.

**ESSKA, AOSSM AND APKASS WOULD SINCERELY LIKE TO THANK OUR SPONSOR, DJO GLOBAL, FOR SUPPORTING THE SCIENTIFIC SEGMENTS OF THESE FELLOWSHIP PROGRAMMES.**

PIETRO RANDELLI

Education and Fellowship Committee Chairman
An International Elbow Course was held on 3-5 December 2015, under the patronage of ESSKA, SICSeG and ISAKOS, at the ECLO Teaching and Research Centre – St. Francis de Sales, housed in the Nicola’s Foundation in Arezzo (via A. Einstein, 12).

The faculty comprised Italian and European surgeons, members of ESSKA’s Elbow and Wrist Committee, and was chaired by Luigi A. Pederzini. The Italian surgeons were Renzo Angeloni (Florence), Paolo A. Arrigoni (Milan), Davide Blonna (Turin), Andrea Celli (Modena), Alessandra Colocas (Faenza), Felice Di Palma (Sassuolo), Maurizio Fontana (Faenza), Giuseppe Giannicola (Rome), Enrico Guerra (Bologna), Alessandro Maruelli (Bologna), Luigi A. Pederzini (Sassuolo), Giuseppe Poreclini (Cattolica), Roberto Rotini (Bologna) and Pier Luigi Toi (Turin).

The international faculty comprised Mehmet Demirtas (Turkey), Emilio Lopez Vidriero (Spain), Nuno Sevivas (Portugal), Roger Van Riet (Belgium) and Alexander Van Tongel (Belgium). The participants were from very different places such as Jordan, Russia, Egypt and South America. On December 3, the faculty held a whole-day closed meeting, using three elbow specimens. With the first, they studied how elbow instability developed after progressively cutting primary elbow stabilisers from medial to lateral. With the second, they studied the third, different patterns of instability development were studied. The faculty met the participants for dinner, which took place at a local restaurant in the centre of Arezzo.

The following day, the faculty gave various presentations covering important elbow topics from arthroscopic procedures, instability and prosthesis. After each section there was a cadaver lab where the participants could practise what they had learned. Two participants were allotted one workstation and had one faculty member as tutor. Everybody met again for dinner that evening and students and had the opportunity to get to know faculty members and to clarify any doubts about the cadaver lab.

On the last day, the course began with more presentations followed by a cadaver lab. These three days of intense research and discussions were very interesting and informative, and strong friendships were created. Overall, an important professional, cultural and social event. We are deeply thankful to the sponsor of the scientific segments of this course, ESSKA, SICSeG and ISAKOS, to our unbelievable hosts, and all the people who made this meeting possible.
**NEW SOCIETY ESTABLISHED IN POLAND**

The new and independent Polish Society of Arthroscopy was established in May 2015, following discussion between Polish specialists and those from abroad. What they had in mind, the 16 members of the Founding Committee, was an exchange of ideas and experiences, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific co-operation, and a scientific 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UPCOMING EVENTS

ESSKA EVENTS

17TH ESSKA CONGRESS
4-7 May 2016 – Barcelona, Spain
www.esska-congress.org

ESSKA ADVANCED KNEE ARTHROSCOPY COURSE
3-4 October 2016 – Yole, UK
www.esska.org/education/courses

PATRONAGE EVENTS

ESSKA GRANTS PATRONAGE FOR EVENTS, MEETINGS AND COURSES ORGANISED BY OTHER ASSOCIATIONS OR COMPANIES WHICH MERIT SUPPORT FROM ESSKA. LIST OF ALL PATRONAGE EVENTS WILL BE UPDATED TO 2016-17 AND A COMPLETE LIST WILL BE AVAILABLE ON THE ESSKA WEBSITE UNDER "MEETINGS".

RETURN TO PLAY - FOOTBALL MEDICINE STRATEGIES
9-11 April 2016 – London, UK
www.footballmedicinestrategies.com

10TH CONGRESS OF BULGARIAN ASSOCIATION OF ARTHROSCOPY AND SPORT TRAUMATOLOGY
18-19 April 2016 – Varna, Bulgaria
www.arthroskopiekurs-hannover.de/en

EUROPEAN BASIC ARTHROSCOPY COURSE
15-16 April 2016 – Istanbul, Turkey
www.footballmedicinestrategies.com

6TH NATIONAL CONGRESS SIGASCOT
26-30 September 2016 – Florence, Italy
www.sigascot.com

3RD BIRMINGHAM PATELLOFEMORAL MASTERCLASS
28-30 October 2016 - Birmingham, Great Britain
www.birminghampatfem.com

4TH HANOVER ARTHROSCOPY & ARTHROPLASTY COURSE
12-13 November 2016 - Hanover, Germany
www.arthroskopiekurs-hannover.de/en

13TH TURKISH SPORTS TRAUMATOLOGY, ARTHROSCOPY AND KNEE SURGERY CONGRESS
22-23 November 2016 – Istanbul, Turkey
www.tusyadistanbul2016.org

5TH ANNUAL CONGRESS OF THE BULGARIAN SOCIETY FOR SPORTS MEDICINE
30 November - 3 December 2016 – Sofia, Bulgaria
www.sportsmed.org

4TH THEORETICAL AND PRACTICAL COURSE ON PATELLOFEMORAL SURGERY COMBINED MEETING WITH IPSG
2-3 December 2016 – Rome, Italy
www.sigascot.com

OTHER EVENTS

17TH ANNUAL EFOFT CONGRESS 2016
1-3 June 2016 - Geneva, Switzerland
www.efoft.org

AIA COMBINED MEETING ARGENTINA 2016
1-4 June 2016 - Buenos Aires, Argentina
www.arthroscopia.com.ar

APKASS & 13TH IFOSSMA
9-11 June 2016 - Hong Kong, Macau
www.apkass.org/2016congress

AOSSM ANNUAL MEETING 2016
7-20 July 2016 – Colorado Springs, CO, USA
www.sportsmed.org

13TH ARTHROSCOPY WORLD CONGRESS
22-26 September 2016 – Sorrento, Italy
www.cartilage.org
Dear Colleagues,

I am pleased to invite you to the 13th TUSYAD (Turkish Society of Sports Traumatology, Arthroscopy and Knee Surgery) Congress to be organized between November 22nd – 26th 2016 in Istanbul. The Congress will be held at the Wyndham Grand İstanbul Levent Hotel.

TUSYAD Congresses, the first of which was organized in 1991 in Istanbul, have always received attention and appreciation of local and international participants thanks to the high level of their scientific content, invaluable contributions of reputable national and international scientists as well as social and cultural activities.

At this biennial Congress, we aim to gather our colleagues to discuss the latest professional and scientific developments, serving as a significant platform to attract the attention of almost a thousand colleagues with its rich scientific content. Sports trauma therapies, arthroscopic surgery, and details of knee surgery will be discussed in detail throughout the Congress; additional topics include arthroscopic surgery of the shoulder, elbow, hip, foot and ankle as well as regenerative cartilage procedures, which has been raising a considerable level of attention lately. During lunch breaks, we will be organizing workshops and satellite symposiums to discuss the latest technological developments with the contribution of representatives from pharmaceutical and orthopedics industries.

Besides the scientific content, we intend to provide you with a rich social program that will allow you to experience and familiarize yourselves with the cultural wealth of Istanbul with its rich heritage dating back thousands years. As the Congress Organizing Committee, we will be honored to host you in the unique atmosphere of Istanbul in November 2016.

Let’s meet where the continents meet.

Prof. Mehmet Aşık
Congress President
President of TUSYAD
ESSKA WAS PRESENT…

The 6th Balkan Congress of Arthroscopy, Sports Traumatology and Knee Surgery was held under ESSKA patronage, at Banja Luka, in the Republic of Srpska, Bosnia and Herzegovina on 1-3 October 2015. It was organised by the Association of Orthopaedists and Traumatologists in Bosnia and Herzegovina. Among other eminent arthroscopic surgeons, we were honoured by Christophe Hulet, the Chairman of ESSKA Arthroscopy Committee.

The congress was attended by more than 200 participants from 14 countries, which surprised and delighted us, for what was a regional event. There were 74 oral presentations with 12 invited lectures from the best arthroscopic surgeons in Europe. There were also 27 e-poster presentations, and two roundtables about shoulder and knee arthroscopy, where eminent surgeons exchanged their experiences and attitudes, so as to quell the doubts that still affect arthroscopy.

The Organising Committee was led by President Slavko Manojlović, and should be congratulated for its excellent organisation, its careful selection of topics, and the quality of the speakers.

CSTTA ANNUAL MEETING IN RIJEKA, CROATIA

The annual meeting of CSTTA took place on 16–17 October 2015. We organised an international cadaver course: ARTHRORI – arthroscopy course with experimental lab and shoulder session. Our Anatomy Department organised the course very well with an international faculty, including Angel Calvo, Chairman of ESSKA-ESA, and Roman Brzoska, Vice-Chairman of ESSKA-ESA.

There were 26 participants from Croatia, Slovenia, Portugal, Romania, Egypt and Saudi Arabia. International participants booked the course through ESSKA’s website. During the introduction, ESSKA was thanked for their support. After the introductory lectures, participants spent two days in the lab, practicing arthroscopic techniques on the shoulder. The course was deemed successful, and we had positive feedback from all participants.

CSSTA also held its plenary meeting where new members of the Board were elected for the next four-year period.

Roman Mihelic, CSTTA President

ESSKA NEWSLETTER MAY 2016

8th SCOTT Conference in Cartagena, Colombia

The 8th Congresso Internacional de Artroscopia y Traumatología Deportiva was held in Cartagena, under the patronage of the Colombian Society of Orthopaedic Surgery and Traumatology (SCCOT).

ESSKA and AOSSM were invited to participate in various fields, including ACL, patellofemoral, cartilage and shoulder instability. The debates between the North and South of America, and both with Europe, were really fruitful. There were many heated discussions.

SCCOT President Alfredo Moreno thanked ESSKA for its strong support.

PRESERVE THE KNEE JOINT! 3rd OSTEOTOMY CONGRESS IN LUXEMBOURG

The 3rd Luxembourg Osteotomy Congress took place under the direction of Dietrich Pape and Romain Seil on 27-28 November 2015.

The congress had a genial atmosphere, with more than 180 delegates from 36 countries, and 12 exhibiting companies. A high-class faculty focused on this specific orthopaedic field; reporting and presenting their latest findings. According to one of the leaders in the field, this event should now be considered the best conference on osteotomies in the world. The 4th edition will take place in 2017. See you in Luxembourg!

BASIC SCIENCE COURSE: BIOMECHANICS AND EXPERIMENTAL METHODS FOR JOINT RESEARCH INSTITUTE OF ORTHOPAEDIC RESEARCH AND BIOMECHANICS IN ULM, GERMANY

The 1st “Basic Biomechanics and Experimental Methods for Joint Research” was held in Ulm on 11-13 November 2015. This ESSKA course was also supported by the German Arthritis Foundation. The Chairman was Lutz Dürselen from the Basic Science Research Committee (BSRC). Besides sharing his considerable experience of bio-mechanical joint studies, he also proved to be an outstanding host.

The Organising Committee also included Camilla Halewood (Imperial College, London), Hélder Pereira (Minho University) from ESSKA-BSRC, and Niklaus Friederich from the Centre of Biomechanics & Calorimetry (Basel). The local faculty included...
The European Handball Federation (EHF) scientific and medical conference was held in Bucharest, Romania, on 13-14 November 2015. This was the 3rd such conference which concentrated on medical aspects of the game, and combining the scientific and practical approaches.

The scientific programme was organised by Lior Laver from Israel, and Jesper Bechke from Denmark, and supported by the EHF Competence Activity & Network (CAN) under Helmut Horitsch and his team.

The conference was organised with the close collaboration and patronage of ESSKA, which held a unique medical symposium on injury prevention, rehabilitation and return-to-sport in handball. The symposium was organised by Lior Laver from the ESSKA Basic Science Committee, and Romanin Steil (Luxembourg). ESSKA’s 1st Vice-President - both of them former handball players - and employed an excellent ESSKA faculty, with Philippe Landreau (France), Qatari, Pietro Speranzo (Italy), Giulian Luigi Consolo (Italy), Stefan Megos (Romania) and Jesper Bechke (Denmark).

Other notable sessions were an injury prevention-strategies session and one focusing on upper extremity pathology in handball – from basic science and biomechanical analysis to performance enhancement and return-to-sport issues, and also discussing issues such as GIRD and rotational profile analysis in handball, scapular kinematics, shoulder proprioception and upper extremity injury prevention.

The conference attracted participation from all over the world, including Japan and Argentina, as well as representatives from across Europe. Different disciplines within handball, such as beach handball, were well represented, and specific topics in women and youth handball were addressed.

Overall, the conference was a great success and, because of growing demand, a combined EHF-ESSKA symposium has been scheduled during ESSKA’s Barcelona congress. Helmut Horitsch, co-ordinator of the EHF-CAN emphasised: “It is our aim to turn scientific knowledge into usable practice”. The collaboration between ESSKA and the EHF was emphasised in the opening presentation by Lior Laver, entitled “The importance and merits of scientific collaborations in the handball world - it’s a team sport!” We look forward to our future meetings to strengthen this cooperation between ESSKA and EHF.

A great success for the society was the 4th annual meeting in Munich on 20-21 November 2015. The congress was organised by Rüdiger Gillhammer (Softhe, Robert Hube and Andreas Imhoff. Topics such as arthroplasty, fracture care, osteotomy, arthroscopy and revision surgery around the knee were dealt with in parallel sessions.

The current DKiG President is Karl-Heinz Frosch.

About 350 delegates enjoyed 39 presentations in high-quality scientific sessions with specialists from across Germany presenting their experiences. As special foreign guests Tom Minas (Boston, USA) and Simon Donell (Norfolk, UK) presented current concepts in arthroplasty and complex knee-injuries and highlighted the meeting.

The current DKiG President is Karl-Heinz Frosch.

• 18-19 November 2016: 5th Annual DKiG Congress in Hamburg, Germany

SOCIÉTÉ FRANCAISE D’ARTHROSCOPIE
IN GRENOBLE, FRANCE

The SFA meeting was held in Grenoble (9-12 December 2015) — the town of the 1968 Olympic Games. It was well attended with over 1,200 participants.

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The congress brought together speakers from 17 countries, from different continents. All together they shared and discussed research and insight on today’s hottest topics. Additionally, a conviction seemed to prevail, among all delegates, that it was indeed a great opportunity to discuss and to learn more and better on:

- Meniscus in the daily practice (meniscectomy, meniscal repair, degenerative meniscal lesions, meniscus and ACL tear, post meniscectomy syndrome).
- New trends: anatomy, posterior meniscus-synovial tears, root tears.
- Future trends: meniscal transplanted, meniscal scaffolds.
- There was also a complete afternoon devoted to cartilage (early osteoarthritic, treatment of focal cartilaginous lesions, osteochondritis...)

We highlight as well the basic science workshops at 3B’s Research Group (Biomaterials, Biodegradables and Biomimetis).

Moreover, 3B’s and Clinica do Dragão, Espreguix-Mendes Sports Centre - FIFA Medical Centre of Excellence (celebrating 90 years of services dedicated to orthopaedics) were honoured with those who wanted to visit their institutions. The organising committee sincerely wish to thank you all those who invested their time, knowledge and talent in order to keep people healthy! See you all in Bologna (2018) for the 4th International Meeting - The Meniscus. Preserve the future!

The presidential address highlighted how the events, notably skiing, have changed since 1968.

ESSKA was invited to a symposium on ACL and the return to sport.

SFAS Board decided also to expand the aspirations of the society by becoming the French Speaking Arthroscopy Society (Société Françophone d’Arthroscopie) following the presidential address. Welcome to our new President Nicolas Gravelaes (ESSKA U145 Committee Chairman)

THE MENISCONS MEETING 2016 IN PORTO, PORTUGAL

The third international meeting The Meniscus. Preserve the future! was successfully held in Porto between 4-6 February 2016, under ESSKA patronage, with more than 260 delegates (record number of attendees, from 40 countries) - www.the-meniscus.org. The two first editions were in Gent (2010) and Versailles (2013).

The promise was indeed fulfilled by our new President.
Register now!
www.esska-congress.org

17th ESSKA Congress
4 - 7 May 2016
Barcelona, Spain


PROGRAMME HIGHLIGHTS

- Speciality days of ESSKA Sections: AFAS, EKA and ESA
- Live surgical demonstrations
- 23 Instructional course lectures
- Highlight lectures
- Debates, interactive case discussions

SPECIALS

- Sports medicine day in co-operation with UEFA
- Pre-course (cadaver-lab): Shoulder & Knee
- Orthopaedic Sports Medicine Comprehensive Review Course (full day)
- PT programme plus workshops
- European resident programme

For programme and registration details please visit www.esska-congress.org

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Congress President
Joan C. Monllau (Spain)

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Roland Becker (Germany)
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