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PRESIDENT’S EDITORIAL

2017 will be a year of anniversaries. It is 35 years since ESSKA was founded in 1982, and 25 years since ESSKA became ESSKA in 1992, not to mention the 25th anniversary of ESSTTA.

In all this we celebrate the ideas and vision of our founding fathers, when they created our society and our clinical science journal back in 1982 and 1992 (see separate article by Matteo Denti in this issue).

From the beginning, our credo was ESSKA’s first choice is excellence. This has been documented through a study we did in cooperation with Dr Olufemi Ayeni from McMaster University, Canada in. Dr Ayeni and his team looked at the quality of abstracts of the ESSKA congresses over the last decade. They showed an increasing scientific quality, and this confirms the efforts of our congress and leadership to get better at every meeting. It shows that ESSKA is on the right track!

But in another study (as yet un-published, but covering the five years after the 2008 and 2010 congresses) they demonstrate a publication rate of less than 50% of presented free-papers. This is similar to comparable congresses, but suggests that we need to stimulate publishing in our field.

A recent survey (conducted by our basic science committee, and covering all ESSKA members) can be understood in this sense. It tried to identify our members’ needs in terms of scientific education and publishing, so as to create a larger evidence-base for our profession. You will be given the answers of the survey in the coming months.

ESSKA’s main message is surgery. It is therefore a great pleasure to see the positive evolution of our surgical skills course programmes. Under the academic leadership of our 1st Vice-President David Dejour and his task force composed of Profs. Michael Hautes, Mustafa Karahan, and Martin Lind, we succeeded dramatically, and increased the number of high-end surgical skills courses organised by ESSKA, in collaboration with several of our industry partners, and in many European countries.

Our services are also increasingly busy. They have many activities and, thanks to the support from our staff, their work is increasingly structured which is essential for long-term success. The autumn of 2017 promises to be busy, with many open-meetings in various venues: AFAS in Boudour (21-22.9), ESKA in Krakow (5-7.10), EKA in Berlin (31-14.10) and ESSKA in Munich (3-4.11). We shall supply the details, so please mark your calendars.

We officially launched pre-preparations for the Glasgow 2028 meeting, in August last year. Our staff convened in Scotland, together with the scientific chairman Profs. Gino Kerkhoffs, Michael Hirschmann and Fares Haddad, our local partners and Intercongress. I can promise that Glasgow 2018 will be a fantastic Congress and that it will exceed expectations. Scotland is a wonderful country and Glasgow is a city which has a rich and dramatic past, an industrial heritage, but is now creating a post-industrial and knowledge-based economy.

For the first time in ESSKA’s history, we decided to choose a charity partner for our congress. We formed an agreement with Handicap International, a non-profit association born in 1982 after the Cambodian Red Khmer killings.

Handicap International work alongside people with disabilities and vulnerable populations, bearing witness to their essential needs, their dignity and fundamental rights, and acting to improve their living conditions (www.handicap-international.org).

One of their original goals was to restore people’s mobility. As such, this organisation is similar to ours, with the difference that we operate at the two extremities of a similar spectrum. We will work to ensure that Handicap International gains visibility amongst our peers, and hopefully generate some funds for their humanitarian programmes.
In terms of publications, lots of improvements will be expected in our book publishing program. With 13 books published over the last six years, this has evolved substantially and will continue (several books are in production for Glasgow). You have certainly noticed the intense and ever-increasing activity of the ESSKA Academy with high-quality work under the scientific leadership of Mustafa Karahan and Sebastian Kopf. This year, we will also start the first series of ESSKA Webinars to reach out to our many international members. More information on this subject will follow soon.

This brings us to our ‘new baby’, the JEO, which starts to be recognised in the scientific world. I would like to thank Prof. Henning Madry and his editorial team to get this up and running. Without the support of so many ESSKA members and the backbone of our strong society, this would not have been possible.

I am also very happy and proud to see the positive evolution of our flagship journal KSSTA under the leadership of Prof. Jan Karlsson. Early in 2017 we published the Surgical Management of Degenerative Meniscus Lesions: the 2016 ESSKA Meniscus Consensus. This was the result of a three-year collaborative effort which cost ESSKA significant personal and financial resources. I hope that similar initiatives will follow under the umbrella of ESSKA, and using a similar methodology. This would harmonise our clinical work in Europe, using evidence-based practice criteria.

The initiative showed how difficult it is to reach a European consensus, but that the team managed to do so, was a tribute to the leadership of Prof. Philippe Beaufils and Roland Becker. They taught us that nothing is impossible. ESSKA should be proud of this achievement.

In November last year, our staff launched ESSKA’s new website, as well as “YOUR MEMBERSHIP”, our new membership management system. This is much more than a simple homepage: many possibilities are linked to it, like membership payments, members’ database handling facilities, fellowship application tools and much more. A special credit should be given to our staff for the great job they did over the last months. Their dedication and increasing specialisation has brought ESSKA to a higher level.

On a more personal note, I wanted to let you know how much I have appreciated this first year of my presidency. I’ve had so many nice encounters across our fantastic continent, where I was able to represent ESSKA. It is a pleasure to see that ESSKA gets such recognition, and at so many meetings of our affiliated societies. The impact our society has all over Europe is incredible, and the feedback we get is extremely positive. This is something we must be constantly aware of and cherish like a treasure over the coming years.

In this sense, we do have a role as European ambassadors. I realised this at two of my invitations of 2016. One was Romania, where we were shown how politics can negatively affect medicine, and what our colleagues did to overcome the shadows of the past. I would invite you to read the KSSTA article by Prof. Ioan Christian Stoica on. In my second meeting, the presence of the ESSKA president was taken as an important political message, in support of colleagues who share our common values of democracy and humanism. This was a country where you could speak freely in the recent past. This was a real step back in comparison to what I saw in Romania some months before. These two examples show us how fast things can change, and that we need constantly to fight for our values.

Once again, let me thank you all for your work for the society, and your commitment to keep ESSKA’s flame burning – for another 35 years!

ROMAIN SEIL
ESSKA PRESIDENT

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... Think Arthrex
THE ESSKA SECOND VICE-PRESIDENT

All ESSKA members are invited to make nominations for the 2018-2020 2nd Vice-President.

The ESSKA Nominating Committee is responsible for designating a new 2nd Vice-President from amongst the names suggested to them.

The chosen candidate will be appointed by the General Assembly, during the Glasgow Congress in May 2018.

PROCEDURE

Every ordinary ESSKA member has the right to nominate himself, or to nominate another ESSKA ordinary members.

DEADLINE FOR THE APPLICATION AND/OR PROPOSALS OF NAMES: 1 SEPTEMBER 2017

Please address all proposals to ESSKA office, reference: 2nd Vice-President nomination.

ESSKA Executive Office
76, rue d’Eich L-1460 Luxembourg
E-mail: info@esska.org
Fax: (+352) 4411 – 7678

Or use the online form available at www.esska.org/About Us/ESSKA Nominations

MATTEO DENTI
ESSKA Past President and ESSKA Nominating Committee Chairman

THE ESSKA NOMINATING COMMITTEE

The Nominating Committee is responsible for designating a new 2nd Vice-President at each General Assembly. The Nominating Committee is chaired by the ESSKA Past President, Matteo Denti, and comprises the ESSKA 2nd Vice-President, Jacques Menetrey, and two other candidates selected by the Past President and the 2nd Vice-President from the submitted nominations.

PROCEDURE

Every ordinary ESSKA member has the right to nominate himself, or to nominate other ordinary ESSKA members to serve on the Nominating Committee.

DEADLINE FOR THE APPLICATION AND/OR PROPOSALS OF NAMES: 1 SEPTEMBER 2017

Please address all proposals to ESSKA office, reference: Nominating Committee proposal.

ESSKA Executive Office
76, rue d’Eich L-1460 Luxembourg
E-mail: info@esska.org
Fax: (+352) 4411 – 7678

Or use the online form available at www.esska.org/About Us/ESSKA Nominations

MATTEO DENTI
ESSKA Past President and ESSKA Nominating Committee Chairman

PROPOSALS FOR

Maybe there was a reason why the ESSKA Board asked me to celebrate ESKA’s 35th birthday, and ESSKA’s 25th.

I seem to be ‘the youngest of the old’, these days. This is how I have always felt amongst these Titans, these almost legends of orthopaedic surgery. They are the ones who impressed me, inspiring my passion for this fine profession of ours.

In 1984 I was just a young resident but, even then, I was drawn to knee surgery, to sports traumatology, and to arthroscopic surgery. I attended the first few courses in the new discipline, and learned to use what now appear such rudimentary instruments.

Then I went to Berlin, to attend the first ESSKA congress, as ESSKA was called back then.

Let me step back, however, and begin at the beginning.

In 1981 Professor Ejnar Eriksson - let us call him ‘Ejnar’, in the affection of our spirit of Ejnar and Werner... - contacted me, to announce that West Berlin would support it. This was the germ of an idea.

In the following weeks Ejnar contacted a number of knee surgeons that he knew, and together they mulled the idea over. There was Lorden Trickey in England, Theo Van Rens in Holland, Haru Henche in the FDR, Kurt Franke in East Berlin (then in GDR), Jørgen Lauritzen in Denmark, Jean-Yves Dupont in France, Peter Hertel in West Berlin, and Werner Müller in Switzerland, amongst others.

Eventually they all got together, in 1982, and decided to found ESKA.

Werner Müller - let us call him ‘Werner’ - was their first President, Lorden Trickey was their first Vice-President, Ejnar was Secretary, and Peter Hertel was Treasurer.

The immediate fruit of this was ESKA’s Berlin Congress in 1984, the very first in our history. This was how ESSKA began to take shape and become a reality. We have two godfathers, Ejnar Eriksson and Werner Müller, to whom we owe so much.

Next year we find ourselves in wild and beautiful Scotland, and always with the spirit of Ejnar and Werner...

Happy birthday ESKA and ESSKA!
My home, and my life’s mentor!

MATTEO DENTI
ESSKA President 2014-2016

ESSKA ANNIVERSARY

ESSKA BOARD MEMBER AND COMMITTEE NOMINATIONS

Happy Birthday!!
35 years of ESKA (1982), and 25 years of ESSKA (1992)

Ejnar and Mrs. Bjorn

EJSK a inaugural Congress in Berlin, 1982

ESSKA President 2014-2016

ESSKA NEWSLETTER MAY 2017

ESSKA NEWSLETTER MAY 2017

ESSKA NEWSLETTER MAY 2017
Dear all,

It is a great privilege to have been appointed the ESSKA Congress President for Glasgow. This is both a great honour and a responsibility. The ESSKA President and I pledge to do our utmost to prepare the Congress to the highest standard and in close cooperation with the Scientific Chairmen and the Scientific Programme Committee we commit to producing a programme of exceptional quality.

Programme points of great interest include the highlight lectures from Roger Emery, John Bartlett (Ejnar Eriksson Lecture), Philipp Lobenhoffer, Jan Ekstrand, Lars Enggebretsen, Marc Safran and others. In addition to this there will be the core programme elements including ICLs, Symposia, free papers, a knee and a shoulder pre-course. The Scientific Committee is working hard under the leadership of Gino Kerkhoffs, Michael Hirschmann and Fares Haddad. We are planning a new style of ICLs and more interactive sessions and discussions throughout the Congress. We are all convinced that this is the right path to walk.

The Congress isn’t all about hard work of course – we have some fantastic social events lined up and a strong Scottish theme running throughout the week. The Opening Reception will be hosted at the world class Science Centre and the Gala Dinner will be held at the wonderful Riverside Museum. In addition to this, we will have the honour to host the President’s Reception at the Royal College of Physicians and Surgeons of Glasgow, the home of Lister himself. We are planning a new style of ICLs and more interactive sessions and discussions throughout the Congress. We are all convinced that this is the right path to walk.

New for 2018 is a family flavour to the Congress – for the first time, we will have the honour to host the President’s Reception at the Royal College of Physicians and Surgeons of Glasgow, the home of Lister himself. We are planning a new style of ICLs and more interactive sessions and discussions throughout the Congress. We are all convinced that this is the right path to walk.

Glasgow is a fascinating, vibrant city rich in history, culture and academic excellence. In 2016 it was voted as the World’s friendliest city by Rough Guide readers. You will soon discover why! Once the Congress sessions are over, make sure to dedicate some time to enjoy the sights, sounds, tastes and rhythms of this fantastic city. Scotland as a whole is an intriguing and beautiful country with many spectacular places to visit, all within easy reach of Glasgow. We are planning a new style of ICLs and more interactive sessions and discussions throughout the Congress. We are all convinced that this is the right path to walk.

A reminder of some key dates: registration will open in August 2017, the abstract submission deadline is 1 October 2017 and the awards submission deadline is 15 December 2017. All information is regularly updated on the Congress website and is included in the monthly newsletters. WWW.ESSKA-CONGRESS.ORG

We look forward to seeing you, your colleagues and families in Glasgow and working together to produce the best ESSKA Congress yet!

JON KARLSSON ESSKA Congress President

ROMAIN SEIL ESSKA President

As we get closer to 2018 and the ESSKA Glasgow congress programme develops, the UK is really beginning to get excited and is looking forward to the arrival of our meeting on its shores.

The team in Glasgow is already invigorating the local community and linking up some celebrities to contribute, getting allied health professionals such as nurses and physiotherapists involved and helping us to organise the pre-course workshops. Huge thanks go to Dominic Meek, Sanjeev Patil and Panoes Thomas who have very much led the way.

There is great support for ESSKA in the UK from BOTA and BASK. Both societies have been helping to raise the profile of ESSKA and the ESSKA meeting and the British Orthopaedic Association is now following suit and has given ESSKA a prime time symposium on osteotomies at the annual meeting in Liverpool in September 2017. That should be very well attended and shows the level of interest that is already out there.

There are of course many UK surgeons who have very much led the way.

We are looking forward to the arrival of Liverpool in September 2017, the London Knee meeting on 3 October 2017, the BOSTA annual meeting on 6 December 2017 in London, and throughout the UK in more regional meetings.

The UK contingent is very pleased to contribute ICLs and symposia, and many are already planning their chapters and their presentations. We expect the UK sports and orthopaedic community to submit a large number of abstracts which should hopefully further enhance the quality of the meeting and the ultimate outputs.

As an added bonus, we are also looking forward to the first Frank Horan lecture which will commemorate Frank’s wonderful contributions to sport’s orthopaedics in the UK and worldwide.
As the current Editor-in-Chief of the KSSTA Journal and the 2018 ESSKA Congress President, Jón dedicates much of his personal time to ESSKA. Here is his story:

**WHAT LED YOU TO SPECIALISE IN ORTHOPAEDIC SURGERY?**

JM

That was more or less a coincidence. I graduated from medical school in Iceland in 1978, and worked in Reykjavik for several years, mostly in traumatology. I moved to Sweden in 1981, to the Sahlgrenska University Hospital in Gothenburg. I've worked at the same hospital ever since, except for a year-and-a-half's surgical training in the '80s. At the beginning, I'd decided to be a general practitioner (GP), but things changed. I really liked the trauma department in Iceland; it was exciting, there were vibrant people, and we did good work. Now Iceland is a small country, and for surgical training, you must travel abroad, with Sweden or the USA being the most common. One of my senior consultants had trained in Gothenburg, and he offered me to speak with his old Sahlgrenska friends, and find me a place. And so it happened.

**WHAT WERE THE MOST IMPORTANT STEPS IN YOUR ORTHOPAEDIC CAREER?**

JM

Moving to the Sahlgrenska University Hospital was obviously an important step. I specialised in general orthopaedics, including joint replacements, during the early '80s, and became an authorised specialist in orthopaedics in 1986. Another important stage was defending my PhD thesis in 1989. My thesis concerned the treatment of ‘Chronic ligamentous instability of the Ankle Joint’. It was a clinical, radiological and experimental study. My mentor was Lars Peterson; he is now 81 years old and still doing surgery with me. We developed a method to reconstruct the lateral ligaments, using the remnants of the torn ligaments in patients with chronic problems. This method (based on the pioneer work of Lennart Broström) is still used worldwide. The difference was that Broström's method was a repair, whilst my method is a reconstruction. Today, as we know, reconstructive methods tend to be arthroscopic, and I’m happy to work with some of the most prominent people in the field. These new arthroscopic methods were well described in a KSSTA special issue of April 2016, deriving from ESSKA's Congress in Barcelona. The issue was called “There is no simple Ankle Sprain”.

JM

And for a hobby, what do you do?

JK

I have two main hobbies. First of all, my four grandchildren; three girls and a boy. Wonderful children, and I prioritise to find the time to do fun things with them. Two of them live very close to me, and they really enrich my life. I hope I enrich their lives somewhat as well. Second hobby: I am the caretaker-physician for a football club in Gothenburg. I have been with the club since 1984, many, many years, and longer than anyone else. IFK Göteborg is a

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**Your Profession**

Orthopaedic surgeon, clinician or scientist, sports medicine physician, physiotherapist or sports radiologist

**Your Congress 2018**

Best clinical practice in arthroscopic joint surgery, knee surgery and sports traumatology with special focus on the translational science in these fields

**Your Contribution**

Submit your work for oral or poster presentation ➟ Deadline: 1 October 2017

Submit your work for one of ESSKA’s Awards ➟ Deadline: 15 December 2017

**Your Faculty**

John Bartlett, Jan Ekstrand, Roger Emery, Lars Engebretsen, Philipp Lobenhoffe, Marc Safran

**For Information**

www.esska-congress.org

**Organiser & Contact**

Intercongress GmbH

eskka@intercongress.de

**ESSKA President**

Romain Seil (Luxembourg)

**Congress President**

Jón Karlsson (Sweden)

**Scientific Chairmen**

Gino M. Kerkhoffs (The Netherlands)

Fares S. Haddad (UK)

Michael T. Hirschmann (Switzerland)
Another coincidence. My football team needed a new team-physician in 1984, and one of my orthopaedic colleagues, Leif Svärd, began to work with them. After a few months, he felt that it was too much, so he asked me to lend a hand. Leif is still with the club, although much less, as he is now retired. He has worked as Team Physician for the English and Swedish national football teams. We worked together for many years and we share many good memories.

WHAT ADVICE WOULD YOU GIVE YOUNG ORTHOPAEDIC SURGEONS TODAY WHO ARE STARTING THEIR CAREERS?

JÖN

This is not easy for me, as so much of my own career followed from fortuitous circumstance. What I did was to ‘follow my heart’, and do what I felt was best for others and myself. This worked well for me. If this is a good policy for others, I really don’t know. Time will tell. Today, I have the fortune to work with one of the most skilled young surgeons I have ever seen, Kristian Samuelsson. I am sure he will be one of the leaders in the future. I have known him for 17 years now, since I operated on his ACL injury, and he was a patient in one of our studies. One piece of advice I’d give is that you should base your work on science and experience (you should not forget the past).

IF YOU WERE TO ADVISE A YOUNG PROFESSIONAL ABOUT ORGANISING HIS WORKING WEEK, WHAT WOULD YOU SAY? HOW DO YOU BALANCE ORGANISATION, AND HOW MUCH TIME DO YOU DEDICATE TO TEACHING, TO YOUR CLINIC, AND HOW MUCH TO RESEARCH?

JÖN

Difficult question, because my week is an ‘organised chaos’, but it works for me. I do everything at the same time; between surgeries I can respond to e-mails and review two manuscripts, for instance. I have full days of surgery (today I almost have a full day of surgery, but I still have to catch up). He did the pioneer work, which was not easy. He laid the foundations, which we use.

In 2008, the journal received 400 submissions per year. We published 90 pages per month and had an Impact Factor of 1.2. Today, these numbers are 1,600 submissions per year, 325 pages published every month and the Impact Factor is above 3.0. This places the journal in the Top-10 category in both Orthopaedics and Sports Science! We are very proud of this, but we’d like to do even better.

WHAT DO YOU SEE ESSKA EVOLVING IN THE NEXT 10 YEARS?

JÖN

We must also find time for recreation, exercise, and for fun. ESSKA will be even stronger today than I would guess a major force in education in Europe and worldwide as well. We have a very strong leadership today with Romain Seil as the current president. The central office is very strong and efficient, and co-ordinates ESSKA activities extremely well. I would guess that the biennial congress will be much the same, but we shall see more “in-between” activities, and the Sections will be much stronger, and a natural force in the ESSKA work. I foresee a new scientific journal alongside KSSTA. There will be changes, of course, but the journal will be different and more rapid and efficient than today, and the Internet will be more central in our lives. I know that ESSKA is strong today, but the ESSKA of tomorrow will be even stronger.
KSSTA TURNS 25

Our prestigious and much-loved journal celebrated its silver anniversary in Heidelberg which will be continued during our Glasgow Congress for all to take part in.

KSSTA ASSOCIATE EDITOR RAINER SIEBOLD SHARES A LAUGH WITH ANNETTE ALBRECHT FROM SPRINGER AND KSSTA ASSOCIATE EDITOR NINNI SERNERT (R) AND HENNING MADRY RAISE THEIR GLASSES TO ROLAND BECKER’S SPEECH.

ROMAIN SEIL PRESENTS JON KARLSSON WITH THE “HOMO LIBRE” STATUETTE MADE OUT OF KSSTA JOURNALS.

KSSTA WEB EDITOR SEBASTIAN KOPF WITH MICHAEL HIRSCHMANN AT THE DINNER.

ESSKA PRESIDENT ROMAIN SEIL WITH GABRIELE SCHRODER FROM SPRINGER.

ROMAIN SEIL, JON KARLSSON, ROLAND BECKER, RUNEETA RAJ AND EJNAR ERIKSSON WITH THE “KSSTA-COVER” CAKE.

THE DREAM TEAM
We – the Editors – of KSSTA are happy to report that the journal is in good health. The journal’s 25th anniversary was celebrated at our publisher Springer’s headquarters in Heidelberg at the end of March. But, of course, we shall share this moment with our readers during the upcoming biennial ESSKA congress in Glasgow. We are looking forward to meeting all of you again.

The past year has been successful and the journal is doing well. The Impact Factor is now in the 3+ category for the second time in a row and we are eagerly waiting for the new (2016) Impact Factor, to be made public this June. We hope to stay in the Top-10 journals in the field of Orthopaedics and Sports Medicine.

During last year we slightly changed the content of the journal. In this manner, we are able to reject manuscripts with limited scientific information and news value right away — what we call Rapid Reject. This process seems to be fair to the authors as it avoids a lengthy review process, and they can work on their manuscript right away. Interestingly, we have very few complaints about this process. We have also moved the journal in the direction of... “The Clinical Journal of ESSKA” — which means that laboratory studies are now seldom accepted for publication. We acknowledge the collaboration with Journal of Experimental Orthopaedics (JEO).

A completely new (and improved) website will be launched soon. The KSSTA App has been upgraded and works well. As usual, we received a huge number of manuscripts in 2016, almost 1,600. A new record every year! This is both good and bad, because we are forced to reject a great number of manuscripts and, (because we don’t reject as many as we would have to) our backlog is still around one year, which is too long. We have slightly raised the bar for acceptance, and use ‘rapid reject’ more frequently, and hope that during 2017 we shall be able to reduce the backlog.

We would like to acknowledge the people who do the “silent work” for the journal and do not get nearly as much credit as they deserve: the reviewers. Without the reviewers the journal would not work. Many reviewers do outstanding work and we acknowledged this by moving them upwards to the Editorial Board.

We also honour three people as “Reviewers of the Year”. This is always a difficult selection, as we have so many good reviewers. This year (2016) our Reviewers of the Year were: NOBUO ADACHI (Japan), GUNNAR KNUTSEN (Norway) and REHA TANDOGAN (Turkey). What will happen during 2017, other than improving our web service? Several interesting publications are in the pipeline. We have already published on Hip Instability, related to arthroscopic surgery, and in an April Theme issue on Antero-lateral rotatory instability of the knee. A group of European surgeons under the leadership of Philippe Beaufils has worked on a European Consensus on meniscus surgery, a much-needed document. This study was published in February, accompanied by an Editorial, to emphasize the importance of this topic. During the coming year we shall publish more consensus papers in the journal, because they are important and help improve ESSKA’s European collaboration and mission.

Some of your remarks were expected and some showed the way forward:

- 55% of the respondents were between 30 – 45 years
- 30% were between 45 – 60 years
- 15% were over 60 years
- 5% were practising orthopedic surgeons without additional titles
- Only 15% prefer to learn by viewing, but more than half prefer to learn through hands-on training
- 30% regularly record their operations
- Almost half produce videos, but need urging to post them online
- Almost 40% hoping for help from the Academy, on how to make a video
- Only half regularly watches videos, even those which are industry based
- The most popular videos are those that reveal “tips-and-tricks” from the experts
- The most popular length of a video is 8 minutes

Interest in the ESSKA Academy is growing more than we expected. We are trying to update the ESSKA Community with regular announcements. Please do watch the videos underlined either by ourselves or a prominent surgeon.

ESSKA Courses are increasing in number, and each course will be published by the ESSKA Academy with its recommended reading/viewing material and lectures.

With the full support of the ESSKA Board we are working very hard to maintain ESSKAs online educational platform for you.

Keep visiting!

MUSTAFA KARAHAN
ESSKA Academy Editor

SEBASTIAN KOPF
ESSKA Academy Vice-Editor
ESSKA-AFAS SECTION

2017 PROMISES TO BE DYNAMIC FOR ESSKA-AFAS.

In May we have a Closed Consensus Meeting, in London, on Peroneal Tendon Disorders. The results of this meeting will be published on our website which is also being re-vamped this year.

In September we have another important activity, an Open Meeting on Ankle Instability, organised by ESSKA-AFAS’s Ankle instability group. The venue is Bordeaux. More information can be found on www.afasaigankle.com.

An important part of our educational programme is the annual ESSKA-AFAS Pau Golano Research Fellowship. This year the grant is awarded to Francesc Malagelada, who will start the fellowship in April 2017, under James Calder.

Also part of our educational programme is an ESSKA-AFAS Advanced Ankle Arthroscopy Course which will be organized in Munich on 27-28 November. The course is designed to provide certified orthopaedic surgeons thorough, didactic and practical training in challenging disorders of the ankle from renowned ESSKA-AFAS Faculty using state of the art surgical facilities.

The ESSKA-AFAS numbers are growing. We always welcome new members. A section like ours can always use active and enthusiastic foot and ankle surgeons, who are willing to contribute to better research and education, and to expand the knowledge of foot and ankle pathology.

DANIEL HAVERKAMP
ESSKA-AFAS General Secretary

A NEW ESSKA-AFAS MICROSITE IS NOW LIVE! GO TO
WWW.ESSKA-AFAS.ORG
AND CHECK IT OUT!
Arthritis in the CIS, and its hospital was one of four such centres for end-stage osteoarthritis. It is the biggest centre in Russia, a prosperous and growing city on the river Volga, 700 km east of Moscow. There was also a visit by Mikhail Ignatyev, the Head of the Republic of Chuvashia.

Cheboksary is the capital of the Republic of Chuvashia, a prosperous and growing city. It is the biggest centre in Russia for joint arthroplasty, performing about 7,000 arthroplasties each year. It is one of four such centres for end-stage osteoarthritis in the CIS, and its hospital was completely designed and built by German contractors, so it's indistinguishable from Western facilities. The operating rooms provide excellent conditions, and overall the hospital is very well-organised, with a welcoming atmosphere.

Knee arthroplasty surgeons from all over Russia attended the two-day course, and were welcomed by Prof. Nikolay Nikolaev, the Hospital Director and a former Minister of Health. There was also a visit by Mikhail Ignatyev, the Head of the Republic.

There were presentations about component-design and surgical-approaches, interspersed with lively discussion. Prof. Becker and Dr Kort performed a total knee arthroplasty followed by an open discussion with the audience. Dr Kort also described his rapid recovery programme for patients after knee arthroplasty which was well-accepted by the attendees.

A dinner was organised on Friday night and all the faculty had to propose a toast, an old custom in Cheboksary.

**Program**

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**Speaker**

- R. van Heerwaarden
- TBA
- P. Indelli | T. Pfitzner | M. Hirshmann | N. Kornelev
- G. Matziolis | F. Catani | H. Windhagen | …
- R. Becker | N. Kort | M. Rudert | S. Kohl
- E. Thienpont | W. Fitz | M. Lind
- TBA
- A. Chen | S. Donell | M. Hirshmann

**Venue**

Hotel Meliá Berlin | Friedrichstrasse 103 | 10117 Berlin

**Organization**

Roland Becker, Brandenburg | Germany
Michael Hirschmann, Basel | Switzerland
Nanne Kort, Sittard-Geleen | The Netherlands
Ronald J. van Heerwaarden, Ullingen | The Netherlands
ESSKA-ESA SECTION

In the upcoming months, we’ll focus our attention on three issues. In the field of research, during our last ESA board meeting, we launched a project for the treatment and classification of damage to the acromioclavicular joint.

We have established a Scientific group of ESA, which will deal with recommendations about treating acute and chronic pathologies of this joint. We’d like to present the results at ESSKA Glasgow Congress.

We also intend to cooperate more with the Basic Science Committee and Sports Medicine Section (ESMA). Together, we shall consider innovative technology as it affects daily surgery, and especially the new materials which enable augmentation of tendons and ligaments of the shoulder.

Currently we are planning to establish an international Research group, which will bring together the experience of practitioners, surgeons and biotechnology scientists. The first working meeting of this research group will take place during the Biennial ESA meeting in October. Everyone interested is invited. We need you to cooperate in this field, and we encourage you to contact our Section!

We also invite you to participate in ESSKA’s cadaver courses, taking advantage of ESA’s experienced teachers. Sharing experience and exchanging views during such meetings is an excellent means to knowledge.

Our calendar, with full details of courses, is available on our new website: www.esa.esska.org.

ROMAN BRZÓSKA
ESSKA-ESA CHAIRMAN

A NEW ESSKA-ESA MICROSITE IS NOW LIVE! GO TO WWW.ESA.ESSKA.ORG AND CHECK IT OUT!
**ESSKA-ESMA SECTION**

ESSKA’s newest Section, European Sports Medicine Associates (ESMA), is launching its first projects and events.

**Our main topics will be:**
- the ‘prevention of traumatic and over-use injuries’,
- ‘back-to-sports strategies, after injuries’,
- the ‘improvement of diagnostics and treatment in athletes’

These topics will be dealt with by scientific projects, scientific symposia and other means.

All groups within ESMA now have their ‘ambassadors’ who are experts for specific sports and also act as points-of-contact for our various projects.

Apart from popular team-sports like football, handball and basketball, ESMA also covers athletics, martial-arts, dancing, swimming, winter-sports like skiing, and also motor-sports. Our approach is to improve the health aspects of popular sports, but also to deal with the smaller and more specialised sports, and their peculiar prevention requirements.

We are planning a second ESMA book, for 2018, on the subject ‘Back-to-sports after injuries’ which will cover all aspects of the process for different sports.

**ESMA ACTIVITIES**

The IOC World Conference Prevention of Injury & Illness in Sports in 2017 in Monaco was the first event for ESMA. It focused on modern injury prevention strategies in winter sports like ski alpine or team sports like handball and football.

**ESMA’S 1ST OPEN MEETING WILL TAKE PLACE IN MUNICH 3-4 NOVEMBER 2017**

The provisional title is: Stop Sports Injuries & Back to Sports. More information is available on www.esma-conference.org

**ESMA BOARD 2016-2018:**

- **Chairman:** Hermann Mayr (Germany)
- **Deputy Chairman:** Karl-Peter Benedetto (Austria)
- **Secretary:** Mirco Herbrand (Germany)
- **Member of Financial Committee:** Henrique Jose Jones (Portugal)

**ESMA MEMBERSHIP**

We invite you to join our section!

ESMA hopes to attract orthopaedic-surgeons, sports physicians, sports scientists, physical therapists and others who wish to improve and exchange their knowledge of sports medicine and the medical care of athletes, through specific studies, lectures, and educational projects.

The annual ESMA membership fee is EUR 50 for ESSKA members. For more information about ESMA go to the new website: WWW.ESMA.ESMA.ORG.

**STOP SPORTS INJURIES – BACK TO SPORTS**

3-4 November 2017 Munich, Germany

**Preliminary Scientific Programme**

**Friday, 3 November 2017**

10:30-12:00 – Health aspects of sports
- Chair: Karl-Peter Benedetto, Hermann Mayr
- Keynote lecture: Common aspects of health in sports (Jose Henrique Jones)
  - Football (Stefano Della Villa)
  - Triathlon (Caspar Grim)
  - Cycling (Jacques Minardevy)
  - Dancing (Patricia Thomas)
  - Alpine Ski (Rupert Hörterer)
  - Tennis (Emilio Lopez Vidriero)
  - Athletics (Emmanuel Papacosta)
  - Discussion

13:30-15:30 – Stop sports injuries – Prevention in sports
- Chair: Roman Seif, Jacques Minardevy
- Keynote lecture: STOP Sports Injuries Program – Keeping kids in the Game for Life
  - Daryl C. Osbahr
  - Therapy of overuse syndroms
    - Faculty: Michael Carmont, José Huylebroek, Hubert Hörterer, José Henrique Jones,
    - Winston Rose, Marco Pellegrini
  - Osteochondral repair in athletes (Peter Angele)
  - Symposium Cartilage and Muscle
    - Chair: Daniel Wirtz, Maximilian Hecker, Joscha Haas, Reiner Hecke
    - Therapies of muscle injuries
      - anniversary (Peter Uebelacker)

17:00-19:00 – Therapy of sports injuries
- Keynote lecture: Management of severe sports accidents (Karl-Peter Benedetto)
  - Round table: Sideline Management of Sports Injuries
    - Moderator: Stefan Della Villa
    - Faculty: Michael Carmont, José Huylebroek, Hubert Hörterer, Jose Henrique Jones,
      - Breakfast (Stefano Della Villa)
      - Lunch (Caspar Grim)
      - Dinner (Jacques Minardevy)
      - Conference (Patricia Thomas)
      - Tennis (Michael Carmon)
      - Alps Ski (Rupert Hörterer)
      - Rugby (Michael Carmont)
      - Alpine Ski (Rupert Hörterer)
      - Discussion

**Saturday, 4 November 2017**

09:00-10:30 – Back to sports 1
- Chair: Werner Krutsch, José Huylebroek, Roman Bruzkus
- Keynote lecture: Evidence in back to sports in football (Stefano Della Villa)
  - Football (Jose Henrique Jones)
  - Back to Football with Osgood-Schlatter Disease (Angelina Lukaszenko)
  - Competitive Sports (Hetzel Hoffmann)
  - Alpine Ski (Karlheinz Waibel)
  - Handball (Roman Seif)
  - Sport specific and mental aspects in back to sports (Harriette Wanner)
  - Discussion

11:00-12:30 – Back to sports 2
- Chair: Mirco Herbrand, José Henrique Jones
  - Rugby (Michael Carmont)
  - Athletics (Emilio Lopez Vidriero)
  - Alpine Ski (Karlheinz Waibel)
  - Tennis (Radu Prejbeanu)
  - Skiing (Caspar Grim)
  - Aspects of IOC (Martin Engelhardt)
  - After Shoulder injury (Andreas Inthoff)
  - After Ankle injury (Niek van Dijk)
  - Discussion

13:30-15:30 – Stop sports injuries – Prevention in sports
- Chair: Roman Seif, Jacques Minardevy
- Keynote lecture: STOP Sports Injuries Program – Keeping kids in the Game for Life
  - Daryl C. Osbahr
  - Therapy of overuse syndroms
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    - Chair: Daniel Wirtz, Maximilian Hecker, Joscha Haas, Reiner Hecke
    - Therapies of muscle injuries
      - anniversary (Peter Uebelacker)

I N F O R M A T I O N

Organised by
Hermann Mayr (Germany)
Mirco Herbrand (Germany)
Werner Krutsch (Germany)

Venue & Accommodation
Holiday Inn Munich – City Centre
Hochstraße 3, 81669 Munich, Germany

Registration
Please register online at www.esma-conference.org
30 June 2017 Deadline early registration
30 September 2017 Deadline regular registration
1 October 2017 Beginning late registration

Fiscal organiser, congress and exhibition management
Intercongress GmbH
Wilhelmstr. 7, 65185 Wiesbaden, Germany
esma-conference@intercongress.de
www.intercongress.de

**ESSKA NEWSLETTER MAY 2017**

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**ESMA NEWSLETTER MAY 2017**
EUROPEAN ALLOGRAFT INITIATIVE STAYS ALIVE

In the last newsletter, we described the European Allograft Initiative.

This time we can review our progress. We are preparing a technology assessment report on Allografts in Reconstructive Surgery, as well as clinical review papers for a themed edition of BKSTA, and a summary of the present role and status of allografts.

It has to be recognised that, for much of Europe, Allograft tissue is scarce, as is the information we’d need to allocate it correctly.

Our initiative will cover Ligaments, Osteochondral Allografts and Meniscal grafts, predominantly in the knee but also in other joints where appropriate.

The goals of the Initiative are:

• to establish the cost-effectiveness of allografts treatment— a Technology Assessment Report
• to increase clinical evidence, for the efficacy of allograft tissue— a Technology Assessment Report
• to define indications and contra-indications for the clinical use of allografts
• to provide the basic science for the processing, and the mechanical and biological aspects of allograft tissue
• to define indications and contra-indications for the clinical use of allograft tissue, based on current data and cost effectiveness
• to increase clinical evidence, for the efficacy of allograft tissue
• to establish the cost-effectiveness of allografts treatment— a Technology Assessment Report

Review papers are being produced for several areas of allografts use, including OCD, failed cartilage-repair, meniscal deficiency, ligament reconstruction (primary, revision and complex), shoulder reconstruction, osteotomy, and for foot/ankle and hip reconstruction.

A key aspect is our Technology Assessment Report, which will define and evaluate the cost-effectiveness of allografts for pathologies, taking into account the national variations of health care. Warwick Evidence (UK), who have extensive experience in this area, and provide assessments for NICE (they published a comprehensive appraisal on ACI for NICE in Feb 2017, see reference below) have been commissioned by ESSKA to undertake a scoping exercise.

This will determine the requirements of the work, including the volume and complexity of the literature, and also locate possible sources of external funding.

In February 2018 a summit meeting will assemble the data for a presentation to ESSKA, and for later publication.

As we mentioned in our last report, this is an ambitious project. It will be hard work but it remains viable with involvement from many parts of ESSKA and the ESSKA Foundation. The benefits are likely to be huge, for surgeons and patients alike.

Reference:
https://www.journalslibrary.nihr.ac.uk/hta/hta21060/#/abstract

TIM SPALDING
Arthroscopy Committee Chairman

PETER VERDONK
Cartilage Committee Chairman

THE BASIC SCIENCE COMMITTEE IS FORGING AHEAD WITH ENTHUSIASM!

We are contributing to JEO with two comprehensive reviews about tendinopathy, a contentious topic that deserves more attention from the scientific community.

We have also begun three booklets on Best Practice: how to conduct clinical trials and basic science trials, and how to present data in the most effective way. Both Committee members and external experts will participate in this project.

The aim is to provide friendly pocket-size booklets for all ESSKA members who wish to improve their scientific praxis. As is our mission, we are providing support and reference for several ESSKA activities. In particular, we have been involved in ESSKA’s European Allograft Initiative. This ambitious project under the leadership of the Arthroscopy and Cartilage Committees hopes to further the use of allografts by demonstrating their scientific and economical utility. The Basic Science Committee’s contribution will be the biological and mechanical aspects of allografts.

We shall also be present at the ESSKA-ESA Open meeting in October in Poland, covering the basic science aspects related to the techniques for anterior instability treatment.

As a tradition the Basic Science Committee will also be playing our part in the Joint Biomechanics Course, Ulm (Germany) on 26-28th July 2017. Last but not least we are still working on the 2nd edition of the “Hands-On Cartilage Lab Course”, in cooperation with the Cartilage Committee, more details soon.

As you can see, many things are in the air, but we are still open to new ideas and projects. Please share yours with us; anything that might benefit from ESSKA’s support!

Reference:
https://www.journalslibrary.nihr.ac.uk/hta/hta21060/#/abstract

LAURA DE GIROLAMO
Basic Science Committee Chairwoman

EDUCATION COMMITTEE

During 2017 we shall be offering many ESSKA Advanced Surgical Courses for shoulder, knee and ankle procedures.

Qualified ESSKA members can attend for a fixed fee of 500 EUR which covers transport, accommodation, and tuition. Please apply through the ESSKA website under Education / Courses.

In this briefing, we also present the updated ESSKA book programme and the list of successful candidates for ESSKA’s Fellowships.

ESSKA BOOKS

1. Knots in Arthroscopy - Open and Arthroscopic Techniques
2. Instructional Course Lecture 2018
3. The Achilles Tendon – An Atlas of Surgical Procedures
4. Lateral Ankle Instability: An International Approach by the Ankle Instability Group
5. Management of Failed Shoulder Surgery
6. Understanding Biceps Pathology Study
7. Return to Play in Football: an Evidence-Based Approach
8. Back to Sport
9. Handball Sports Medicine Book

LIST OF ESSKA FELLOWS WHO HAVE UNDERGONE A SELECTION PROCESS AND ALLOCATED ESSKA GRANTS UNTIL NOW:

ALWIN JÄGER SENIOR FELLOWSHIP
Mike H Baum (Germany)
Alexandra Dimitrakopoulos (Greece)
Aashish Galati (UK)
Marcin Domalski (Poland)
Satish Kutty (UK)

ESSKA ARTHREX OSTEOTOMY FELLOWSHIP
Miha Violevsca (Romania)
Akash Patel (UK)

AKASH PATEL (UK)
ALESSANDRA DI RICCARDO (Italy)
Aashish Galati (UK)
Alexandra Dimitrakopoulos (Greece)
Aashish Patel (UK)
Mike Baum (Germany)
Marcin Domalski (Poland)
Satish Kutty (UK)

Tim Spalding (UK)
Laura de Girolo (UK)
Peter Verdonk (The Netherlands)
Tim Spalding (UK)
Laura de Girolo (UK)
Peter Verdonk (The Netherlands)
ESSKA SURGICAL-SKILLS COURSES – 2017

ESSKA IS ORGANISING EIGHT ADVANCED SURGICAL SKILLS COURSES COVERING SHOULDER, KNEE AND ANKLE SPECIALITIES.

WHY SHOULD YOU APPLY?
• Instruction from ESSKA’s renowned experts
• Reduced registration fee - upon selection
• ESSKA travel, accommodation and meals grant
• Select airport transfers
• Invitation to the course official dinner

ADVANCED SHOULDER ARTHROSCOPY COURSES
12-13 June: Verona, Italy - ALL about Instability and OTHER Gleno-humeral Disorders
13-14 June: Verona, Italy - ALL about Rotator Cuff and OTHER Subacromial Disorders
29-30 June: Watford, UK - Advanced Shoulder Course

ADVANCED KNEE ARTHROSCOPY COURSES
5-6 October: Watford, UK - Advanced Knee Course
28-29 November: Munich, Germany - ALL about ACL
11-12 December: Rotterdam, Netherlands - ALL about Meniscus
12-13 December: Rotterdam, Netherlands - ALL about Postero-medial and Postero-lateral Laxities

ADVANCED ANKLE ARTHROSCOPY COURSE
27-28 November: Munich, Germany - Advanced Ankle Course

Further information:
www.esska.org/education/courses

PLICATE EACH COURSE LIMITED TO 24 PLACES

THESE COURSES ARE BEING SUPPORTED BY OUR CORPORATE PARTNERS

ESSKA NEWSLETTER MAY 2017

ELBOW AND WRIST COMMITTEE

The E&W committee was founded in 2014 and has been working hard on all aspects of Elbow & Wrist pathology.

On 22 - 24 June 2017, in Arezzo (ICLO), we shall be running a “Super Elbow Course”. We have tried to be innovative in this closed meeting by interweaving teaching and research. We shall cover all the aspects of elbow surgery, with modules on basic and advanced Arthroscopy, Trauma, Instability and Total Elbow Replacement. In a parallel room, there will be three cadaveric studies, supervised by one of our committee members.

Arezzo is an ancient Italian city, with a dedicated facility for practical anatomic dissections and surgical-training on specimens. The centre is an ideally equipped space, for improving your surgical experience and practical skills. We really hope to see many of you in Arezzo!

The committee is also working on videos for the ESSKA Academy. Hakran Turan from Turkey is the lead for this project.

We are also planning a webinar on Stiff Elbow. Topics to be covered are the pathogenesis of stiff elbow, the arthroscopic and open-surgery procedures, and rehabilitation-after-surgery. The presenters will be Enrica Gara, Michel van den Bekerom, Kilian Wegmann and Raul Barco. You should not miss this opportunity to familiarize yourself with stiff elbow! Please check the ESSKA website for details.

Finally, the committee is working on the use of virtual reality in teaching of arthroscopy of the elbow.

OSTEOTOMY COMMITTEE

In its first half year, the Osteotomy committee has found its place within ESSKA’s structure, and has created strong bonds with ESSKA-EKA Section, as well connecting with other ESSKA committees and organisations outside ESSKA involved in joint-preserving knee-treatments.

A very successful ICL session on osteotomies was held in Barcelona, and videos of representative lectures are now available on the ESSKA Academy.

Sessions on innovations of osteotomies have been organised for EKA’s Open Meeting in October in Berlin.

For ESSKA’s Glasgow Congress we are preparing no less than two ICL sessions on osteotomies together with the Scientific Programme Committee.

The present project of the Osteotomy Committee is a European-wide database on osteotomies. Recently, the Osteotomy Committee joined the European Allograft Initiative. In this initiative we contribute to the Basic Science Committee, the Arthroscopy Committee and the Cartilage Committee (all of ESSKA) and outline the use of allografts in osteotomy surgery.

Finally, in June the 1st ESSKA Arthrex Osteotomy Fellowship will be staged, enabling two selected travelling fellows to visit four European osteotomy expert centres in Munich in Germany, Mill in Holland, Lyon in France and Basingstoke in England.

DENISE EYGENDAAL
Elbow & Wrist Committee Chairman

RONALD VAN HEERWAARDEN
Osteotomy Committee Chairman
HIP ARTHROSCOPY COMMITTEE

HOW TO BEST LEARN HIP ARTHROSCOPY: THE 1ST CAMBRIDGE-ESSKA HIP ARTHROSCOPY COURSE

Corresponding Author
Vikas Khanduja
MA (Cantab), MRCS (G), MSc, FRCS, FRCS (Orth)
Consultant Orthopaedic Surgeon
Addenbrooke’s – Cambridge University Hospital
Cambridge, UK

A structured surgical training programme is the key to training surgeons for achieving competence. Although the traditional model of apprentice-based training is still valid in the modern era, there has been gradual shift over the last few years towards competency-based training. Moreover, the number of hours spent in the operating theatre has diminished significantly. To progress in the technical art of arthroscopy of the hip and to become a safe and competent arthroscopist, it is almost mandatory to undergo a period of specialist fellowship training and have a mentor to support in the initial period of practice. Furthermore, one may consider the following avenues to acquire further skills and enhance knowledge (Fig 1):

1. Virtual Reality Simulation enables trainees to practice surgical skills in a risk-free environment and help them overcome the initial part of the learning curve outside of the operating room. A number of studies have validated arthroscopy simulator training by showing correlation between a surgeon's experience and their performance.

2. Cadaveric Surgical Training provides a ‘real feel’ of surgery so that a skill or a complex procedure could be learnt without affecting patient safety. It has been shown to be superior to virtual reality simulator training alone, in the case of knee arthroscopy, leading to a significantly faster progression to skill acquisition with cadaveric training.

3. Educational meetings provide the surgeon the benefit of meeting up with their peers and discussing ideas, tips and tricks, advances in techniques and also any possible complications that one may have experienced.

THE CAMBRIDGE-ESSKA HIP COURSE COMBINED ALL THESE THREE ASPECTS IN 2 DAYS:

Day 1 consisted of Basic Hip Arthroscopy and Day 2 mainly dealt with Advanced Hip Arthroscopic techniques. Delegates benefited from close supervision with a high faculty to trainee ratio. Each day consisted of a series of short lectures followed by wet lab training session. Every participant was also given the opportunity to practice his or her arthroscopic skills on the new Simbionix Arthro Mentor™ (Simbionix Ltd, Airport City, Israel) hip arthroscopy simulator to assess his or her progress. The first day concluded with the course dinner, held at a venue in the centre of Cambridge, allowing an informal gathering so that the faculty and participants could get to know each other. The participants also had the opportunity to explore the city of Cambridge at night.

The participants had the opportunity to choose the position (lateral or supine) they wished to practice on the cadaver. This allowed the trainer to tailor the learning experience to suit their needs, with ample opportunity to seek technical advice and obtain feedback and tips on the chosen position. The course concluded following an excellent talk on Regenerative strategies of the hip.

COURSE FACULTY
Mr Vikas Khanduja, Consultant Orthopaedic Surgeon from Cambridge & ESSKA Hip Committee Member, convened the course along with the support of an expert faculty from UK and Europe. The faculty from UK included Mr Tony Andrade - Reading, Prof Andrew McCashie - Cambridge, Prof Tim Board - Wrexington & Mr Ajay Malayia - Newcastle. The European faculty included Prof. Emmanuel Audenaert - Belgium, Dr Willaume Guicherd - France and two ESSKA Hip Committee members Dr Bent Lund - Denmark and Dr Christoph Gerbert - Austria. The course was organised with the kind and generous support of the Smith & Nephew Medical Education team.

SUMMARY
This course was very well organised, well priced, and targeted towards a senior trainee or a newly appointed Consultant with a special interest in hip surgery. The participants were exposed to simulation training and wet lab facilities under excellent guidance with experts in the field on cadavers to get first hand experience of hip arthroscopy and explore the lovely city of Cambridge. This course is highly recommended for anyone interested in young adult hip surgery.

ACKNOWLEDGEMENTS
The author would like to acknowledge the support of all the members of Faculty on the course without whom this would not have been possible. The author would also like to acknowledge the support from Simbionix, Smith & Nephew, ESSKA and all the staff members at the ECSTC in the smooth running of the course.

The U45 Committee is preparing a special edition for the JOJO Journal.

This special issue will cover the following areas:
1. ACL: Biological approaches to ligament healing, Biomechanical study on femoral extracortical fixation devices, ligamentous repair frontiers in the athlete, ACL injury in children...
2. MENISCUS: Meniscus frontiers in the athlete, Partial meniscectomy and meniscal-repair for treating complex lesions in young patients: a useful salvage procedure...
3. SHOULDER: Treatment of anterior instability in the young athlete, Timing of rotator-cuff healing, Treatment of Long head of biceps-shoulder instability in the high-demanding athlete...
4. CARTILAGE: Cartilage repair frontiers in the athlete, Long-term outcomes of OCD in the athlete, Early osteoarthritis and sports, Cuneiform bone plasty and AMIC, AMIC for large defects in the tibial plateau...

The U45 Committee is also involved in the FORTE Summer School which is intended to help European trainees during any stage of their progression through residency to obtain the EBOT Exam.

Last year, Katja Tecklenburg represented ESSKA in many conferences about knee pathology. This year, Bobby Anand will represent the U45 committee, teaching European students in August.

In December 2016, the U45 committee was present at the SFA congress in Paris. Sebastian Kopf participated in a conference about the meniscus consensus project of the ESSKA, with Nicolas Graveleau as the president of the SFA, and Johannes Barth and Nicolas Pujol as the scientific secretaries. A special session for residents was organised, and the residents of the AOA were invited.

In 2017, we will organise an ESSKA U45 closed meeting at the SFA congress in Marseille, and several of our committee members will also be involved in the scientific programme.

NICOLAS PUJOL
Under 45 Committee Chairman
Some changes in the ESSKA team: Anna Hansen Rak has been promoted Office Manager. Such an appointment has been in the making for some time because of the office’s increased workload. It was just a matter of finding the right person for the job. As those who have come into contact with Anna will already know, she is very efficient and reliable. Congratulations, Anna!

As you know, ESSKA has introduced a new Membership Management System. We are now launching one of its features, a thorough ‘make-over’ for our sections’ websites. APAS and EKA websites have been revamped, and ESA and ESMA websites are now in place. They should make it easier for you to converse amongst yourselves.

As always, we are keeping busy on your behalf. For instance, we are taking the first steps on a major project which will engage us over the next few months. As you can see, we are not resting on our laurels.

Finally, I’d just mention that it’s now a year before our Congress in Glasgow, which promises to be a Scotfest of kilts and tartans and haggis and sporranrs. (I shall include a glossary of terms, in our next newsletter, so you have a sporting chance of understanding Glaswegian taxi-drivers!)
EUROPEAN MENISCUS CONSENSUS – HOW TO TREAT THE DEGENERATIVE MENISCUS LESION

Numerous level 1 studies on the treatment of degenerative meniscus lesions have been published. Recently, however, the usefulness of arthroscopy has been called into question. Health authorities began to think again about reimbursing arthroscopic treatment, at least for degenerative meniscus lesions. At this point ESSKA decided to work on a European Consensus about treatment of meniscus lesions (in daily practice).

The project started under Philippe Beaufils and Roland Becker, at the end of 2014. The idea was to analyse these Level 1 studies, and also studies with lower level of evidence, and the experiences of European traumatologists and orthopedists in the world’s top medical centers for arthroscopy. The project was divided into three parts: the treatment of the degenerative meniscus lesions; of acute meniscus tears; and the preferences of physiotherapy in acute or degenerative meniscus lesions.

We consider ESSKA’s Meniscus Consensus Paper to be a very good example – a paradigm indeed – of the work of an international society. How useful it can be, both for Europe and for individual countries.

Level 1 studies are very important but they may, or may not often, reflect our patients in our daily practise. For that reason, consensus statements are very important and of clinical relevance, simply because of their critical analysis.

We would like to thank, on behalf of all participants; Sebastian Kopf, Matthieu Ollivier, Martin Englund, Peter Verdonk, Romain Seil and the entire ESSKA office for their tremendous work in this project.

The next step will be the consensus of the treatment of acute meniscus tears.
ESSKA IS PLEASED TO ANNOUNCE THAT THE 2020 ESSKA CONGRESS WILL BE HELD IN

6-9 MAY 2020

AT THE MICO MILAN CONVENTION CENTRE

MARK YOUR CALENDAR NOW!

UPCOMING EVENTS

ESSKA EVENTS

ESSKA-AFAS CLOSED MEETING: PERONEAL TENDON DISORDERS
19-20 May 2017 – Istanbul, Turkey
www.afas-congress.org

ESSKA-ESA 2ND OPEN MEETING: 360° AROUND SHOULDER INSTABILITY
5-7 October 2017 – Krakow, Poland
www.esa2017.pl

ESSKA-EKA OPEN MEETING: INNOVATION IN DEGENERATIVE KNEE SURGERY
13-14 October 2017 – Berlin, Germany
www.degenerative-knee.org

ESSKA-ESMA 1ST OPEN MEETING: STOP SPORTS INJURIES – BACK TO SPORTS
3-4 November 2017 – Munich, Germany
www.esma-conference.org

PATRONAGE EVENTS

ESSKA GRANTS PATRONAGE FOR EVENTS, MEETINGS AND COURSES ORGANIZED BY OTHER ASSOCIATIONS OR COMPANIES WHICH MERIT SUPPORT FROM ESSKA. BELOW ARE UPCOMING EVENTS WHICH ESSKA GRANTS PATRONAGE. A COMPLETE LIST IS AVAILABLE ON THE ESSKA WEBSITE UNDER EVENTS.

7TH CONGRESS OF THE HELLENIC ASSOCIATION OF ARTHROSCOPY, KNEE SURGERY & SPORTS INJURY
03-06 May 2017 - Thessaloniki, Greece
www.easa2017.gr

CURRENT CONCEPTS: KNEE AND SHOULDER REVISION SURGERY
11 - 12 May 2017 – Modena, Italy
www.siga-cot.com

XXV INTERNATIONAL CONFERENCE ON SPORTS REHABILITATION AND TRAUMATOLOGY THE FUTURE OF FOOTBALL MEDICINE
13 - 15 May 2017 - Barcelona, Spain
www.footballmedicinestrategies.com

3-ARTHROSCOPIC COURSE
17 - 20 May 2017 - Tango-Mures, Romania
www.umftgm.ro

5TH JOINT AEA-SEROD CONGRESS
17 - 19 May 2017 – Alicante, Spain
www.serioc.org

BAKAST CONGRES "ARTHROSCOPIC AND MINIMALLY INVASIVE SURGERY OF THE SHOULDER JOINT" 19 May 2017 – Minsk, Republic of Belarus

7TH MEETING OF SHOULDER AND ELBOW SOCIETY OF SERBIA
19 May 2017 – Belgrade, Serbia

INTERNATIONAL CONFERENCE AT BASKETBALL SCIENCE
19 -20 May 2017 - Istanbul, Turkey
www.isakos.org

IACES 2017 (INTERNATIONAL ADVANCED COURSE ON ELBOW SURGERY)
25 - 27 May 2017 – Madrid, Spain
www.iaces2017.com

INTERNATIONAL SUPER ELBOW COURSE – ESSKA ELBOW AND WRIST COMMITTEE COURSE
22 - 24 June 2017 – Azezoo, Italy
www.lsto.eu

32ND ANNUAL MEETING OF GOTS
22 - 24 June 2017 – Belgium
www.gots-kongress.org

ARTHROSCOPY & ARTHROPLASTY UTRECHT 2017
03 - 07 July 2017 – Utrecht, The Netherlands
www.uuchlcts.org

ITALIAN SHOULDER COURSE: LATISSIMUS DORSI TRANSFER
07-08 July 2017 – Negar and Verona, Italy
www.lsto.eu

17TH AMSTERDAM FOOT AND ANKLE COURSE
12 - 13 July 2017 - Amsterdam, The Netherlands
www.ankleplatform.com

3RD ADVANCED FOOT AND ANKLE COURSE
13 - 14 July 2017 – Amsterdam, The Netherlands
www.ankleplatform.com

FORTHE ORTHOPEDIC SUMMER SCHOOL 2017
28 August – 05 September 2017 – Porto, Portugal
www.forte-orthopaedics.com

VIÑA JORNADA LYONESA NO BRASIL – ACL
31 August - 02 September 2017 – Goiania - GO, Brazil
www.anaes.org.br

34TH AGA CONGRESS
03-06 May 2017 – Thessaloniki, Greece
www.agacongress2017.gr

4TH INTERNATIONAL SYMPOSIUM – KNEE ARTHROPLASTY
06-07 October 2017 - Krakow, Poland
www.totalknee.eu

GIOJON KNEE SPORTS MEETING 2017
19 - 20 October 2017 – Gijon, Spain
www.cjab.com.ar

CSSTA ANNUAL MEETING
21 October 2017 – Zagreb, Croatia

10TH BARCELONA FOOT AND ANKLE MASTER COURSE
02 - 03 October 2017 – Barcelona, Spain
www.cjab.com.ar

WATCH & TRY
09 - 11 November 2017 – Rome, Italy
www.siga-cot.com

INTERNATIONAL CONSENSUS MEETING ON CARTILAGE REPAIR OF THE ANKLE
17 - 18 November 2017 – Pittsburgh, PA, USA

XIII SPAT CONGRESS
08 November - 01 December 2017
Funchal - Madeira, Portugal
www.spat.pt

BOSTAA ANNUAL MEETING
06 December 2017 – London, UK
www.bostax.ac.uk

SFA ANNUAL CONGRESS
06 - 09 December 2017 – Marseille, France
www.sfafrance.org

EFTOR ANNUAL CONGRESS
01 May - 02 June 2017 – Vienna, Austria
www.eftor.org

ISAKOS 11TH BIENNAL CONGRESS
04 - 08 June 2017 – Shanghai, China
www.isakos.org

AOSSM ANNUAL MEETING
22 - 23 September 2017 – Porto, Portugal
www.jornadasassadesatlantica.com

10TH INTENSIVE ARTHROSCOPIC KNEE AND ANKLE COURSE CARDOZO UNIVERSITY
05 - 07 October 2017 – Rosario, Argentina
www.cajb.com.ar

EFORT ANNUAL CONGRESS
01 May - 02 June 2017 – Vienna, Austria
www.eftor.org

ISAKOS 11TH BIENNAL CONGRESS
04 - 08 June 2017 – Shanghai, China
www.isakos.org

ASSM ANNUAL MEETING
01 - 03 July 2017 – Toronto, Canada
www.sportsmed.org
40th Joint AEA-SEROD Congress
17, 18 and 19 de mayo de 2017
Sede: Auditorio de la Diputación de Alicante

XXV Congresso de la Asociación Española de Artroscopia (AEA)
XXVI Congreso de la Sociedad Española de la Rodilla (SEROD)
XXVI Curso de Enfermería en Artroscopia y Rodilla

Sociedade Portuguesa de Artroscopia e Traumatologia desportiva
NOVEMBER 30TH & DECEMBER 1ST

SPAT CONGRESS 2017
Revision surgery and complex cases in sports medicine
12-14 October 2017
Palazzo Mauro De Andrè - Ravenna

President: Giancarlo Panibelli, Stefano Boschi

www.spat.pt | facebook.com/spat.pt

XXIII CONGRESSO NAZIONALE SIA
12-14 October 2017
Palazzo Mauro De Andrè - Ravenna

President: Giancarlo Panibelli, Stefano Boschi

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ACL, ALL; PCL & MPFL. What’s new?
Osteoarthrosis and meniscal injury
Shoulder instability
Femoroacetabular impingement
Ankle instability and chondral lesions

Sports trauma rare injuries
Physiotherapists’ session
Nurses’ session
Free Papers

Deadline for submission 31st of August 2017

www.siaonline.it

Revision surgery and complex cases in sports medicine

www.siaonline.it

Revision surgery and complex cases in sports medicine

www.siaonline.it

Revision surgery and complex cases in sports medicine

www.siaonline.it
The 4th Joint AEA-SEROD Congress was held in Bilbao on 9-11 November 2016. As before, participants were able to enjoy lectures, instructional courses, round-tables, debates upon controversial subjects, symposia, and surgery demonstrations upon specimens/cadavers. There were also practical workshops for residents and young specialists and space was allocated to Nursing Associations.

In all this the Organising Committee aimed for a high scientific-level, by engaging the most pertinent national and international speakers.

The Congress featured João Espregueira-Mendes, ESSKA’s Past President, with his Keynote Lecture on the surgical treatment of cartilage lesions of the knee. Prof. Espregueira-Mendes was also designated an Honorary Member of the Spanish Knee Society (SEROD). ESSKA General Secretary Pietro Randelli also participated by giving a presentation on shoulder instability.

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TUSYAD’S 13TH CONGRESS IN ISTANBUL, TURKEY

The 13th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress took place in Istanbul on 22-26 November 2016. There were more than 700 registered participants. TUSYAD takes the lead in arthroscopic surgery in Turkey and organizes meetings every two years.

A total of 153 papers were presented, 72 of which were free papers, and the rest e-poster presentations. All abstracts were published in the Orthopaedic Journal of Sports Medicine, the official journal of TUSYAD. The programme also included 59 conferences, 27 panels, 11 training courses, 9 debates and 2 video panels, in 3 halls simultaneously. The Congress also hosted a half-day shared programme with sports medicine physicians and physiotherapists.

Esska’s President Romain Seil, ESSKA-AFAS’s Past Chairman Niek van Dijk, and ISAKOS’s President Philippe Neyret all made contributions, along with 16 other well-known international speakers.

Let’s meet in 2018 autumn in Antalya, for the 14th TUSYAD Congress!

MEHMET ASIK, M.D.
President of the 2016 Istanbul Congress

SFA CONGRESS IN PARIS, FRANCE

The SFA Congress, held this year in Paris from 30 November to 3 December, was a fantastic event!

More than 1400 attendees from 32 countries shared their passion about arthroscopy and sports medicine.

Nicolas Graveloe, President of the SFA and past chairman
of the ESSKA U45 Committee, brought dynamism to the society, which is now the “French speaking” society of arthroscopy.

The scientific programme was chaired by two ESSKA U45 members, Johannes Barth and Nicolas Pujol, with a special highlight on “good indications for the good patient”.

The ESSKA Session dealt with ESSKA’s consensus project, the meniscus steering group, under Philippe Beaullifs and Roland Becker.

ESSKA board representatives were in charge of many conferences that largely contributed to the success of the meeting. The cooperation between ESSKA and SFA is a long history and will become stronger in the future, for sure!

ESSKA was present

1st Scandinavian Congress in Handball Medicine

The 1st Scandinavian Congress in Handball Medicine was held during the Women’s Handball Euro Final (17-18 December 2016) in Gothenburg, Sweden. It was organised under the joint patronage of the Swedish Handball Federation (SHF), the European Handball Federation (EHF) and the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA).

The main theme was shoulder and knee injuries, and there were 16 invited speakers. ESSKA President Romain Seil presented a talk on knee-injuries in skeletally-immature players, and ESSKA-ESMA Ambassador: Handball, Lior Laver, discussed the role of arthroscopic surgery. Finally, a project for improving the medical support in handball was started, and some observations are presented in a paper published in the KSSTA journal titled “ESSKA helps making a change: the example of handball medicine” [1]

MARKUS WALDEN
Congress Scientific Committee Chairman

ESSKA was present

FOOT AND ANKLE SPORTS MEDICINE ADVANCED COURSE IN BRAGA, PORTUGAL

ESSKA-AFAS was present, with important scientific support, at the “Foot and Ankle Sports Medicine Advanced Course: Arthroscopic and MIS approach” (2nd Edition) at Minho University, in Portugal. This practical cadaver course took place on 9 – 10 December 2016, under Hélder Pereira (ESSKA-AFAS Chairman) and Bruno Pereira.

ESSKA-AFAS had also contributed, significantly, to the first such course, and its popularity ensured that this one was fully-booked. There were 20 attending surgeons from Europe, and also Asia and South America. These courses aim to provide practical insight and guidelines for the most frequent Foot and Ankle injuries in Sports Medicine, employing top-level cadaver instruction. Leading experts ensure the most up-to-date approach.

ESSKA’s presence at this event resulted in new members, once the participants realized our commitment to education, and to the highest level.

We look forward to the next (3rd) edition.

INTERNATIONAL CONGRESS: MEDICINE OF HANDBALL IN PARIS, FRANCE

Handball has been evolving as a sport for over 20 years. But has medicine been able to keep pace with this progression? Answering this question was the aim of this first international congress, as organised by the French Handball Federation at the French Sport House, Paris on 20-21 January 2017.

More than 200 participants, from Europe and North America and the Middle East, attended seven symposia that tried to answer specific questions about the specific management of concussion, the biomechanics of Knee Trauma, and assessing the risk of LCA rupture in team sports generally, and specifically the painful or unstable shoulder of the handball player.

Professors Romain Seil and Jocelyn Faubert, and Doctors Philippe Landreau, Lior Laver and Nicolas Graveleau were among the main speakers invited by Dr Gérard Juin, Chairman of the Scientific Committee.

ESSKA was present

1st CAMBRIDGE-ESSKA HIP ARTHROSCOPY COURSE IN CAMBRIDGE, UK

The 1st Cambridge ESSKA Hip Course was held on the 24 - 25 of January 2017 at the Evelyn Cambridge Surgical Training Centre (ECSTC), Melbourne, UK http://www.cambridgesurgicaltraining.co.uk. The course aims to bring both simulation and cadaver training together to help delegates learn hip arthroscopy. The ECSTC is a state of the art training lab with cadaveric facilities for surgical training in both minimally invasive and open surgical procedure.

The centre is located about 15 miles from the centre of Cambridge and has the license to host a wet lab with 10 operating stations with fully integrated audio-visual equipment, lights and operating microscopes that training can be provided in an environment closely reflecting the operating theatre.

4th PATELLA INTERNATIONAL 2017 IN LINZ AND INNSBRUCK, AUSTRIA

This was held at the Ars Electronica Center in Linz, on 27-28 January 2017. It was fully-booked, with participants from 20 nations. On 9-10 February the associated Practical Cadaver Lab was held at Innsbruck Anatomy.
The faculty were international, and the organisers were Priv. Doz. Dr René El Attal and Dr. Florian Dirisamer.

**DAY 1:** anatomy, biomechanics and diagnostics of the patello-femoral joint were discussed, and all aspects of patello-femoral pain and instability. The highlights were Dr. Petri Sillanpää and Prof. Christian Fink, who revealed their personal techniques for MPFL reconstruction. There were lively discussions, but also controversial opinions, for example on arthroscopic trochleo-plasty (impressively presented by Lars Blond). Prof. David Dejour gave excellent lectures on indications for surgery in patello-femoral pain, as well as his experience with trochleo-plasty.

**BKAM17 IN BARCELONA, SPAIN**

BKAM17, the Barcelona Knee Association Meeting, was held at the NH Constanza Hotel in Barcelona on 1-3 February 2017. It represented from a joining of forces, between BKM (Barcelona Knee Meeting) and ECG (Barcelona Knee Seminar).

BKAM17 was innovative in its approach, and moved away from the usual lengthy presentations and the repetitive round of lectures.

The programme was based on short speeches and discussions, with new technologies being incorporated throughout, such as live broadcast surgery, and an 8:00 to 17:00 schedule for a sustainable day. And all this in an agile, flexible structure.

The motto for 2017 was: “What to do when things go wrong”. We dealt with failures in patellar instability surgery, in meniscal surgery, in ACL surgery, in osteotomies and prosthesis surgery. In each case we surveyed the causes of surgical-failure, and dealt with responses and protocols.

ESSKA was represented at BKAM’s Congress by its President Romain Seil, the 1st Vice President David Dejour, the Vice General Secretary Joan C. Monllau, and the ESSKA-AFAS Chairman Helder Pereira.

**3RD PARIS INTERNATIONAL SHOULDER COURSE IN PARIS, FRANCE**

This third edition in February 2017 showed a significant increase in attendance, with 516 participants from 64 different countries. The “Paris Course” is now an inescapable event for anyone interested in Shoulder Replacement, and has become the world’s largest assembly on the subject.

Our principal goal remains the same: to offer all levels - from junior trainees to accepted experts - a range of practical information about new techniques and ideas. Our final goal is to treat patients better.

We prepared a scientific programme with up-to-date information about long-term results, as well as the latest innovations on shoulder prosthetic arthroplasties. This course was yours, with interactive sessions and workshops. It was also a great occasion to network with colleagues from all over the world. Prof. Pietro Randelli was the outstanding faculty member of the course.

The 4th edition, the next course, will be February 2019!

**5TH ANNUAL EGAA CONFERENCE IN CAIRO, EGYPT**

The Egyptian Arthroscopy Association organised its 5th annual Congress on 21-24 February 2017; The attendance was excellent, with about 550 delegates, most of whom were qualified above a Master’s Degree in Orthopaedic surgery.

We had three eminent professors from Germany; Prof. Imhoff presented three lectures for shoulder sessions, and we also had a professor of physio rehabilitation.

The ESSKA-ESA Chairman Roman Brzóska gave two excellent lectures in another shoulder symposium.

ESSKA’s Vice General Secretary Joan C. Monllau lectured on knee osteotomy and new ACL techniques.

We had an excellent session for foot and ankle, presented by three professors from Spain, USA and Egypt. Hip arthroscopy was covered by professors from Belgium, Spain and Egypt.

There were ten workshops on shoulder; knee and ankle, and arthroscopic surgery was done.

In conclusion this co-operation with ESSKA was a great step forward for EGAA, and we hope for their company every year.

**AAOS 2017 IN SAN DIEGO, CA, USA**

An ESSKA delegation attended AAOS 2017, in San Diego, USA. The delegation comprised Matteo Denti, David Dejour, Michael Hante, Nanna Kort, and our Executive Director Zhanna Kovalchuk.

ESSKA was proud to present some European scientific material, and to promote our Glasgow Congress.

We had fruitful exchanges with AOSSM’s leadership and, as a result, there will be new ESSKA-AOSSM sessions at Glasgow 2018. ESSKA-EKA, with Nanne Kort, signed a partnership with AAHKS, which now will be the guest society in EKA’s Berlin 2017 meeting in on 13-14 October. And ESSKA-EKA will be the guest society at AAHKS’s 2020 meeting. ESSKA has also been invited together with AOSSM, to Buenos Aires next year, for the Argentinean Arthroscopy Association’s meeting.

Overall, it was less relaxing than the picture suggests, but ESSKA has increased its international links.
Patient-specific treatment concepts form the basis of the new generation of knee ligament reconstruction techniques. The following structures can be treated using reconstruction or repair, supported by InternalBrace™:

- Anterolateral ligament
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  - Revisions
- Long-term clinical results

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