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

ESSKA WENT TO SCOTLAND

ESSKA POSTCONGRESS NEWSLETTER
I am delighted to speak to you as ESSKA’s new President.

ESSKA as a growing society has a need to be structured like any large company, even if its purpose is definitely that of a not-for-profit organisation.

The priority of our Society’s development is how to lead growth and how to take it in the right direction. The best course of action is to commission an external audit and to try to find which strategic orientations will allow us to find and understand new trends and develop them to satisfy our members. Commercial business organisations are used to these challenges. The models they are using are numerous and efficient and one of them is called a SWOT analysis (strengths-weaknesses-opportunities-threats).

In 2010 ESSKA took this direction with its first “Strategic Meeting” where a SWOT was conducted by a professional external consultant. This initiative changed in a very effective way the objectives ESSKA had. It was also a mindset change for the leadership of ESSKA because for the first time we were using not our “medical knowledge and skills” but a business model.

ESSKA is like a huge machine. We are tapping into the enthusiasms and the spasmodic energies of many people. We have the Board, and Sections and Committees. We have Editorial Boards for KSSTA and JEO, and their associated editors and reviewers. We have Programme Chairs for our Congress, and a Scientific Committee. We have ESSKA Teachers, and ESSKA Teaching Centres, and ESSKA Faculty, all of them willing to share their knowledge through meetings, courses, and publications. There are so many people! But all of them are trying—in their many different ways—to make our society better.

To organise and manage this huge working machine we have a headquarters staff who are totally dedicated to the success of our Society. They have the professionalism in some areas that we, doctors, do not have. This complementarity is definitely the key to success and also the key to make some ideas (we all have some terrific ideas!) become real. The gap between ideas and reality is often huge.

ESSKA holds a Strategic Meeting every two years, at the beginning of the presidential mandate. This meeting sets the direction for the Society. The last one was successful in producing the plan for the next four to six years. We will, therefore, continue to consolidate the projects of our current strategic plan. It has three main points:

The first is Publishing Strategy and development. We aim at consolidating KSSTA, one of the top ten journals in orthopedic medicine, by adding a partnership programme with some national societies; we will work on enhancing the JEO which needs more visibility in the field of basic sciences. ESSKA provides numerous books and the coordination will be more organized to allow some homogeneity with the Sections, Committees and also with other scientific societies to avoid any unnecessary overlapping. Finally, the decision to launch a third journal has been taken and the scope, the name and the model are being worked on.

The second target is the Core Curriculum. The diversity of Europe is a strength and a weakness. We face some difficulties agreeing what should be mandatory education for a young orthopaedic surgeon.

ESSKA has recently launched a series of ‘All About…’ Courses. Their aim is to bring all participants ‘up to speed’, within a specific field and within two days. If a participant completes the full set of courses —knee, shoulder, ankle, hip, elbow and wrist— he/she will have reached a required standard, a sort of unofficial certification.

These courses will also be made available to our members, through ESSKA’s Academy.

This is another advantage of ESSKA membership: whether you are a ‘young thruster’ and eager to learn, or an ‘old-hand’ who needs to update your knowledge, it is all there for you, and online.

To compliment the technical aspect, as provided by the cadaver courses, we shall be adding a theoretical aspect. We are proud of having gone this far, but eventually we will need to go further: an efficient and practical certification is probably the only way to guarantee quality-of-treatment.

Finally, the last target will be improving our Leadership.

Our target will be to improve ourselves, as leaders. We have to be trained to lead. Only then can we make best use of our splendid and energetic volunteers, who are the real strength of ESSKA. We do this, as doctors, with our own patients. It is an intuitive skill we develop, through long practice. But to serve ESSKA properly, we need to invest some time and money. During September’s Strategic Meeting, the ESSKA leadership shall attend a special training programme by one of the world’s leading business schools, Lausanne’s IMD (International Institute for Management Development). This should make us better able to serve the ESSKA Community.

These are our plans, and we hope this will give you something to work for, something to engage your energies and feel yourself part of the ESSKA Family.

Thank you to YOU “ESSKA members” for the trust you have kindly granted me for these two years to come.
This year the ESSKA Congress was held in Glasgow, Scotland. As we all know, ESSKA has grown significantly and no longer relies only on the work of enthusiasts and volunteers: today, ESSKA is a large and very professional organisation, and we started planning this year’s Congress several years ago with the goal of making it the best ever. Other people will be the judges of whether we succeeded but we definitely worked hard.

Who are we? First of all: Romain Seil, the ESSKA President, who put so much time and effort before and during the Congress. Always available, solving every problem and answering every question – and there were many questions along the road. Then Jenny Ennis, who did so much work. When the ESSKA Board decided to employ one person to be responsible for Congress, Jenny was the one chosen. And she did it all and she did it well. She was on top of every detail, including food and clothes (kils). Of course, she was not alone, as she closely collaborated with the ESSKA Board and ESSKA Office. Zhanna Kovalchuk and her staff at the office really did a superb job before and during the Congress. Always available and always ready to answer questions quickly and effectively.

Glasgow is a nice place, though of course we were a bit worried about the weather. And we did have some typical Glasgow weather: rain, storm and cold, but not often all at the same time, so we were happy. Umbrellas were very useful, not least due to the fact that the Congress was held in two buildings and sometimes we had to walk outside to change rooms. But, we had no complaints, really. It looked like everyone enjoyed Glasgow. Even the Gala Dinner in the Marquee was held in high spirits.

We had four days of excellent science and here we need to thank the Scientific Programme Chairs for their excellent work composing the programme. The team was led by Gino Kerkhoffs from Amsterdam and his allies were Michael Hirschmann and Fares Haddad. An excellent team who did excellent work. The scientific programme covered almost 180 hours of education this time, almost 20 hours more than last time in Barcelona (which we all thought had been the best ever and was impossible to beat). So, there is a challenge for the next team of scientific chairs to produce an even better programme – impossible, but you never know, of course. We also listened to an excellent group of highlight speakers, such as John Bartlett, Lars Engebretsen, Philipp Lobenhoffer, Roger Emery, Marc Safran and Jan Ekstrand.

We received a record number of abstracts (over 1,600) and free paper sessions were very well attended. The e-posters were also very successful. And the Congress was very well attended, with 3,230 delegates taking part. The programme included science from early morning (ICLs starting at 7:30) until late afternoon (with some programme points ending at around 18:00) and at times we had nine parallel sessions (possibly too many?). It is hard to imagine that the programme could be stretched further. We had speakers from almost 100 countries, indicating that ESSKA is not only strong in Europe but a major world-wide force as well. We had many, many scientific highlights, possibly too many to be able to point out one more than another. For me personally, the highlight lecture about inspiring young researchers by Lars Engebretsen was the top session, his message being that if you just work hard and work honestly, you can get anywhere you want. I had the great privilege to be Congress President and I was very happy with the strong sense of collaboration and the good team spirit. Not only was it hard work but a lot of fun too. Wearing a kilt was certainly new to me. All together, the ESSKA Congress in Glasgow was a wonderful new experience in my life, and I am very grateful to all those who worked together to make a success. Finally, I would especially like to thank Katrin Volkland and her staff at Intercongress for their professional work in making this Congress a success.
SUMMARY OF SUCCESS

By Gino Kerkhoffs — 18th ESSKA Congress Scientific Chairman

A number of collaborations where celebrated with symposia or highlight lectures, including the ESSKA-IOC hamstring injury prevention symposium, the ESSKA-European Handball Federation symposium on handball injuries, the ESSKA-ICRS symposia on treatment of cartilage lesions of the ankle and the knee, and many others.

All joints were well represented in the programme by the ESSKA sections and associates; it was interesting to see that there was a definite return to osteotomies in the treatment of malalignment issues in all joints.

Sessions were well attended throughout the Congress. Live surgical demonstrations are always hard for the teams to produce but the surgeons as well as the moderators did an excellent job in preparing well and entertaining the audience as professionals.

The debates also had a great impact, being an ideal platform for discussion of different points of view, by delegates and ESSKA affiliated societies, on well selected and prepared cases; thank you again to all the moderators!

And whilst I am now resting from all our efforts to make the ESSKA Glasgow Congress into a success, I am smiling and enjoying the beautiful ICL book that provided very comprehensive feedback on all the knowledge shared during the 26 ICL sessions, poster sessions, lunch-breakout sessions, highlight lectures, presidential and social lectures together with all the free papers and keynote symposia and debates which made the Glasgow Congress such a great scientific memory.

Good luck Michael and all the scientific team in Milano! Very best wishes, on behalf of the Scientific Team 2018.

ESSKA’S 18TH BIENNIAL CONGRESS IN GLASGOW: BEST OF EUROPE!

By Romain Seil — ESSKA President 2016-2018

Dear ESSKA members, Congress delegates and friends of ESSKA,

What a fantastic meeting we had in Glasgow! It started off with a warm welcome for the participants of the Cycle for Science, an initiative where 40 participants gathered for a four-day cycling trip through Scotland, as well as two very successful pre-courses on shoulder and knee surgery. During the week, we reached the second-best attendance of an ESSKA meeting ever, with more than 3,230 Congress delegates from 88 countries and 430 industry representatives. The sessions were well attended; the rooms were often fully packed. Delegates’ registration worked fine, with a daily e-mail alert being sent to Congress attendees which was very helpful for them to obtain CME credits. The scientific quality of the 180 hours of lectures was outstanding, showing Europe at its best, with an additional noteworthy contribution from the global community. The local support of Scottish and UK institutions and associations was really strong and well received. On top of this, several memorable social events with a very Scottish flavour were held: Judy Murray gave an outstanding lecture – if not to say a lesson of life – on her story as a tennis coach; the Glasgow Science Centre welcomed the delegates for the Welcome Reception; the Scottish surgical legacy was displayed at the Royal College of Physicians and Surgeons, Glasgow, for the Presidents’ Reception; and the pinnacle was reached at the Riverside Museum for the Gala Dinner and party with a concert of the Scottish cult band, Red Hot Chilli Pipers. The 2018 ESSKARS (ESSKA reward for service awards) were attributed to Laura de Girolamo in the category of The Most Dedicated Individual ESSKA Member, to the Basic Science Committee in the category of The Most Active ESSKA Working Team, and to the Polish Arthroscopy Society (PTA)in the category of The Most Valuable Affiliated or Partner Society. For the first time in ESSKA’s history, a charity partner was successfully associated to the Congress with Nobel Peace Prize-awarded NGO, Humanity & Inclusion (better known under their former name Handicap International).

In addition to this, several milestones in the evolution of the society were achieved: one of – if not the first – international registries in orthopaedics on paediatric ACL injuries was launched under the umbrella of ESSKA; the signing of the future collaboration between the French and German-speaking arthroscopy societies with ESSKA’s clinical journal Knee Surgery, Sports Traumatology and Arthroscopy (KSSTA) was a historical moment; the ESSKA European Allograft Initiative – which bears the goal to grant better access of musculoskeletal allograft tissues to all European citizens — was launched; and the Meniscus Consensus Initiative which sets European standards in meniscus surgery was pursued. Besides this, many working groups came together to plan their future activities. In summary, the ESSKA Congress once again generated an incredible moment of enthusiasm and collaborative European spirit with the final goal of improving the quality of life of our patients, helping them to be mobile and active.
THANK YOU TO MONSIEUR PAST PRESIDENT

By David Dejour — ESSKA President 2018-2020

Two years of presidency and 16 years of your life dedicated to ESSKA! You have had a fantastic career in our society and are one of the people who have raised the level of this scientific society enormously.

From an amateur player in the ’80s and ’90s, ESSKA has become a high-level pro player in the fields of science, research and education. You have had a high impact on these changes. In the last two years, ESSKA has gained new committees (hip, osteotomy, patellofemoral), as well as two huge projects, with the Allograft initiative and the Paediatric ACL Monitoring Initiative. This latter project, of which you are one of the leaders, makes concrete your passion for paediatric ACL in Europe. But we have also seen two European “consensus” documents on degenerative and traumatic meniscus, with two upcoming articles published all over Europe in several languages. This is the “essence meme” of ESSKA, building consensual projects and making people work together in the same way. This is probably why the satisfaction benchmark of our members reaches 90% for ESSKA, while the average is close to 74%.

You have pushed for a core curriculum; momentum is growing and it will become a reality in the very near future.

Finally, Glasgow was the town where you finished your mandate with an outstanding meeting. It was highly scientific, highly friendly. We saw some personal touches in your kilt choice, and you offered us an outstanding presidential lecture.

We will keep in mind your great leadership. You have been a great captain, like in a handball team, and you brought kindness, an ability to listen to others, and were able to make people happy and work with efficiency and productivity. Your Board, the staff, the members, and the ESSKA community want to say UNGRANDMERCII!!! The future stays open for you because we still have many projects to continue in which you are still involved and where we still need you!!

You are a true friend: a faithful friend, honest, with no conflict of interest in any field and this is definitely one of the highest qualities required for that position.

Monsieur Romain Sell, thank you for the dedication, time and energy you have given to ESSKA.

THANK YOU TO INTERCONGRESS

By Jenny Ennis — ESSKA Meetings Manager

Thank you Intercongress!

The ESSKA leadership, ESSKA office and ESSKA community would like to extend a huge thank you to the Intercongress team for their outstanding and tireless service to ESSKA as the Congress core PCO. The Intercongress team, under the expert management of Katrin Volkland since 2006, are very well known and appreciated by many of you. You will recognise, as does ESSKA, Intercongress’ consistent efforts over the years to help grow the ESSKA Congress into the highly professional and top class event that it is today.

Intercongress first collaborated with ESSKA in 1996 on occasion of the Budapest Congress which counted 1005 delegates and 70 exhibiting companies. As you will see from the Congress statistics on the next page, the Congress has somewhat expanded since then!

A sincere thank you to the whole of the Intercongress team and in particular to Katrin Volkland, Silke Melzer and Maria Romero.

Katrin Volkland
Silke Melzer
Maria Romero
FACTS & FIGURES

Congress visitors ................................................................. 3,230
Speakers ................................................................. 1,130
Countries ................................................................. 88
Number of sessions ...................................................... 274
Scientific sessions duration in hours ......................... 180
Free Papers ................................................................. 319
E-Posters ................................................................. 783
Abstracts submitted .......................................................... 1,683
Unique Congress app users ........................................ 1,622
Industry representatives ............................................... 430
Exhibiting companies ................................................... 68
Company lunch workshops .............................................. 18
Surgical videos included in the e-terminals ...................... 45
Total ePoster submitted .................................................. 697
Total ePoster and Video viewed on the 15 screens on-site ........ 8,726

Most attended online session
10 May 2018, 7:30 hrs
Osteotomy, the Surgical details you want to know — Romain Seil (Luxembourg)

Most viewed E-poster
Trochleoplasty: deepening of the trochlear groove without damaging the cartilage and reconstruction of the medial patello-femoral ligament with quadriceps tendon — Juan Ignacio Erquicia (Spain)

CYCLE FOR SCIENCE TOURS SCOTLAND

By Niek van Dijk — CFS Founder

The overall aim of CFS is to raise money for the ESSKA Foundation in order to support research in Orthopaedic Sports Medicine. This year, 36 cyclists from 18 countries and five continents cycled the hills of Scotland and enjoyed the beautiful countryside. It was a fantastic experience. There were symposia during the tour which were highly appreciated by all participants. At the end of the tour, the ESSKA Congress Sceptre was handed to Congress President Jón Karlsson to open the Congress.

We are already looking forward to 2020 when CFS will connect Glasgow to Milan. After a possible visit to the Vatican, we will cycle through Tuscany and along the Apennines.

Enjoy the ride:
www.youtube.com/watch?v=qmZloYuiv-A
ESSKA HIGHLIGHT LECTURES

By Jón Karlsson — 18th ESSKA Congress President and Romain Seil — ESSKA President 2016-2018

Amongst the most important and most popular programme items during the ESSKA Congress are the Highlight Lectures.

The Highlight Lectures were started in 2006 and have grown more important at every Congress. Highlight Lecturers are chosen by the ESSKA Board, and should be well known in their field and give a broad message, related to the ESSKA mission.

This year we were happy to invite the following speakers:

John Bartlett, Lars Engebretsen, Philipp Lobenhoffer, Marc Safran, Fares Haddad, Jan Ekstrand and Roger Emery

We started with John Bartlett, a long-time friend from Melbourne, Australia, who gave the invited Ejnar Eriksson Lecture this year. John has been around for a long time and is much respected both in Australia and worldwide. His lecture was about times he shared with Ejnar over a period of 50 years. He also mentioned the great effort Ejnar made during the early years of ESSKA, when he at the same time was President of FIMS and was able to travel and send a strong message around the world about the importance of mini-invasive surgical techniques. Ejnar was also a pioneer of documentation and the use of 16 mm films in his lectures. During the 1980s he was way ahead of anyone else in his lectures and his documentation technique; PowerPoint had not been invented but Ejnar was even better, 30-40 years ago.

John Bartlett then lectured about the evolution of knee replacements: something that is often the end-stage of a successful and long sports career. Today, uni-compartmental and total knee replacements are safe procedures and their long life has been very well documented. But, not all patients who have undergone knee replacement surgery are fully pain free and happy, indicating that there is more to be accomplished in terms of research and prosthetic design.

There is, in many cases, a stage before knee replacements are needed. This is when the knee can be salvaged through osteotomy. Philipp Lobenhoffer from Hanover, Germany, is one of the great masters of osteotomy and has moved the art of osteotomy forward, with an understanding of when to perform tibia or femur osteotomy, and when lateral or medial. His lecture gave a new insight into the art of osteotomy. Many people are pain-free for 10-15 years, even though the degenerative disease still exists in the knee. Disease progress is slow and people can continue to be active in sports keeping their own knee. Today more and more knee surgeons agree that osteotomy should be the primary choice before a knee replacement is performed.

Lars Engebretsen from Oslo, Norway, is a former ESSKA President and currently the Head of IOC’s medical affairs. He is probably one of the most experienced orthopaedic surgeons in the world today. He gave an inspiring lecture directed to the younger generation about motivation, how to get things done and how to collaborate. His message was clear: if you want to accomplish something, just work hard and be dedicated and you will make it. His lecture was an inspiration to all of us. He has shown that with hard and honest work you can move mountains and can get everything you want.

Football is the largest sport in the world, getting bigger and bigger and more popular year by year. Jan Ekstrand has worked in the field of football medicine since the 1970s. He has been the caretaking team physician of the Swedish national team on two occasions over the years, but what he has done most is to make us aware of prevention of sports injuries. His PhD thesis at the beginning of the 1980s was the first large publication about how to prevent sport/football injuries. His work has had paramount importance and today we know that it is possible to prevent the majority of all ankle injuries and between 50-80% of all cruciate ligament injuries. This last category is often career-ending and may lead to osteoarthritis and long-term suffering. During the last 15 years Jan has worked together with UEFA in a study comprising the top clubs (Champions League) in Europe, with the aim of reducing the number and severity of injuries. And he has succeeded well.

Marc Safran, from Stanford, USA is the current ISAKOS President and is a top-level surgeon, taking care of Stanford’s young generation of basketball players. He is also a pioneer of hip arthroscopy, a new and innovative technique, that has evolved considerably over the last 10-15 years. Marc’s highlight lecture was related to the current and future status of hip arthroscopy; where are we today, what is the future and are the technical innovations quicker that the science behind them? Hip arthroscopy is certainly very useful in many cases, but scientific information is still not sufficient. As of today, we only have one randomized study showing that hip arthroscopy is a better treatment than physiotherapy alone. But, more and stronger studies are coming. We need to listen well and we need to understand what is needed and what is possible.

We need strong science and we need to follow the scientific information given. The case of hip arthroscopy is an important one.

Fares Haddad from London, UK, was the Scientific Congress Co-chair representing the UK. He gave the “Frank Horan lecture” which was specifically introduced in Glasgow to give a tribute to this orthopaedic surgeon and pioneer of British sports medicine who passed away in 2015. As current editor of the Bone and Joint Journal, Fares made a strong point on scientific quality work which is threatened by the increasing economic pressure on orthopaedic surgeons, the decreasing support for education and research in our medical field, as well as the growing competition in research by other medical specialities. He nicely pointed out some common mistakes in orthopaedic publishing as well as knowledge gaps in orthopaedic surgeons’ scientific education.

Roger Emery from London, UK, is a pillar of British shoulder surgery and former president of SECEC. Roger gave an outstanding lecture on shoulder arthroplasty and resurfacing arthroplasty, with a special focus on repetitive loading conditions. He showed some pioneer biomechanical work pointing out the fragility of the bone–implant interface in the shoulder bones and gave an overview of the knowledge gaps in this particular field.
PRESIDENTIAL GUEST LECTURE: JUDY MURRAY – LESSONS FOR LIFE!

By Jenny Ennis — ESSKA Meetings Manager

We were honoured to welcome Judy Murray to the ESSKA Congress to give the Presidential guest lecture on Wednesday 9 May 2018.

Ms Murray gave a fascinating and entertaining lecture on her life as a tennis player in Scotland, as a coach, about her work on profile-raising women and girls in tennis in Scotland and the UK and, most poignantly, her life as a mother raising her two sons, supporting them through thick and thin to get to the top of their sport and recounting all the sacrifices she made along the way. Her speech was punctuated with many humorous stories of creative solutions she had to find to keep two growing and energetic boys entertained and motivated despite limited finances and limiting Scottish weather, of sibling rivalry between her two sons and of the family’s incredible road to Grand Slam, Olympic and Davis Cup victory.

As sports injury specialists, the ESSKA delegates were undoubtedly fascinated to hear how Andy Murray has dealt with injury in the past and how Ms Murray has supported her son through these difficult and challenging times. I am sure there would be many ESSKA members who could lend a hand if the Murray family ever need more surgeons, physios or sports traumatologists!

A big thank you to Judy Murray for her inspirational and entertaining lecture.

ESSKA CADAVER-LAB PRE-COURSES

By Pablo Gelber — ESSKA Arthroscopy Committee Co-Chairman

We had great success with the second edition of the much-praised cadaveric lab on knee and shoulder arthroscopy surgery which was held at Glasgow University, two days before the ESSKA Congress!

This year, eight fully-equipped ConMed arthroscopic stations were used by 32 young surgeons from all over the world. Once again, the structured programme, in which several specific arthroscopic exercises were performed over a fixed time-frame proved to be an excellent and successful format to improve the attendees’ skills. The high level of the faculty made this pre-course one of the best arthroscopic cadaveric labs ever performed.

We are already planning the next pre-course in Milano 2020! Keep a note in your diaries to register for these essential courses! They are usually fully-booked even six months ahead of the ESSKA Congress! We hope to see you next time!
PHYSICAL THERAPY PROGRAMME

By Suzanne Werner — PT Organising Team

In Glasgow 2018 a Physical Therapy (PT) Programme was part of the ESSKA Congress for the seventh time in a row. The first PT programme was in Innsbruck 2006 and the reason for deciding to include a separate programme for physiotherapists was that after orthopaedic surgery most patients need physical therapy and many patients require rehabilitation for a long period of time. This means that there is a close connection between orthopaedic surgery and physical therapy. Furthermore, sports physical therapy research has increased tremendously during the last decade. The most demanding patients are the athletes, whose desire is to return to sport as soon as possible after injury. Therefore, the sport physical therapist needs to choose the best exercises and the correct training concept to get the athlete back to sport without jeopardising his/her injury.

The PT programme in Glasgow offered a variety of different areas where a lot of research had been performed during the years within sports orthopaedic rehabilitation. Injuries to muscles and tendons, shoulder injuries and knee injuries are examples where sports physical therapy research has resulted in successful outcome, while research about hip problems in athletes still is in a relatively early phase. Injury prevention has become one of the most important issues within sports physical therapy. An injury does not only physically influence the injured body part but also often the whole individual from a psychological point of view. News about the way of improving injury prevention by adding external focus of attention was presented. We learned that males and females differ somewhat in this aspect and need different feedback modes for learning a correct movement pattern, which is very important for a successful clinical outcome.

The PT programme that consisted of podium presentations, key note lectures, mini-battles and workshops attracted a lot of participants, not only physical therapists but also orthopaedic surgeons.

All presentations were based on as well new high scientific quality research irrespective of type of presentation.

REVIEW COURSE

By Martin Lind — ESSKA Educational Secretary

The ESSKA Congress Review Course was a one-day comprehensive course in all aspects of sports medicine covering upper and lower extremity, traumatic and overuse conditions and their management, as well as sports related head and spine injuries. The course consisted of lectures covering the major conditions in sports medicine.

Each lecture was followed by case examples in which questions and answers were incorporated giving interaction with the participants as well as repetition of the key aspects of condition management.

The topic were:
- Shoulder instability
- Shoulder: cuff lesions, tendons and cartilage
- Upper extremity nerve entrapments
- Elbow
- Wrist/hand
- Hip/groin
- Knee: cartilage, meniscus and patella
- Knee ligaments
- Foot/ankle
- Muscle injuries
- Tendinopathies
- Spine injuries
- Head injuries

Forty Congress delegates participated in the 2018 ESSKA review course.

INAUGURAL CHARITY PARTNERSHIP

By Jenny Ennis — ESSKA Meetings Manager

For the first time in its history, ESSKA appointed a charity partner for its Congress and was delighted to collaborate with Humanity and Inclusion, also known as Handicap International (HI).

During the Congress, Aleema Shivji, Executive Director of Humanity & Inclusion UK explained the importance and relevance of this partnership: “ESSKA and HI have a common goal – keeping people mobile and active. Humanity & Inclusion’s activities are in line with ESSKA’s vision. In fact, one of the corner stones of Humanity & Inclusion is to restore people’s mobility through rehabilitation and sports and to help people with disabilities regain their place in society by participating in sports.

Restoring mobility through sports is one of ESSKA’s core principles and as such, these two organisations share important common goals albeit working at the two ends of the social spectrum.”

ESSKA’s partnership with Humanity & Inclusion within the framework of the Congress was to highlight what the organisation does in terms of physical rehabilitation and social inclusion as well as to help raise funds to support such projects. This partnership is expected to continue in future years and the whole ESSKA community looks forward to building on the solid foundations that have been laid by the initiators of this partnership—ESSKA Past President Romain Seil and Handicap International Luxembourg President Pierre Delandmeter.

If you would like to find out more about Handicap International or how you can donate, please visit: https://humanity-inclusion.org.uk or email Kim Peltier (k.peltier@hi.org)
AWARDS GIVEN DURING THE 18TH ESSKA CONGRESS

Alwin Jäger Best Video Award
Petri Sillanpää (Finland)
Sponsored by

KSSTA Jón Karlsson Award
Elmar Herbst
Sufian Ahmad
Sponsored by

Porto Award for Innovation in Arthroscopy
Cathrine Aga (Norway)
Sponsored by the City of Porto

Best Paper in Ligament and Biomechanics
Christoph Kittl (Germany)& Maria Tuca (Italy)
Supported by

JEIO Young Researcher Award in Basic Science
Jagadeesh Kumar Venkatesan (Germany)

JEIO Best Paper Winner
Benjamin B. Rothrauff, Puya-on Numパ saisai, Brian B. Lauro, Peter G. Alexander, Richard E. Debski, Volker Musahl, Rocky S. Tuan (USA)

The following awards are sponsored by

Theo van Rens Best Paper Award
Finn Johannsen (Denmark)

Best Poster Award in Category Ankle/Foot
Youchi Yasui (Japan)

Best Poster Award in Category Knee Degenerative
Andreas M. Seitz (Germany)

Best Poster Award in Category Knee ACL
Thomas Poudencou (France)

Best Poster Award in Category Knee Meniscus
Joon Ho Wang (United States of America)

Best Poster Award in Category Knee PCL/MCL/LCL
Christoph Kittl (Germany)

Best Poster Award in Category Hip/Groin
Christian Dippmann (Denmark)

Best Poster Award in Category Muscle/Tendon
Alekksandra Królowska (Poland)

Best Poster Award in Category Shoulder
Derek van Deurzen (Netherlands)

Best Poster Award in Category Elbow/Wrist
Rens Bexkens (Netherlands)

Best Poster Award in Category Cartilage
Etienne Cavaignac (France)

Best Poster Award in Category Cartilage
Rodolfo Morales-Avalos (Mexico)

Young Researcher Award in Clinical Science
Mikel Reilingh (Netherlands)

ESSKA Basic Scientist Travel Grant
Ran Atzmon (Israel)
Cécile Toanen (France)
Daniel Guas (USA)
Rodolfo Morales-Avalos (Mexico)

KSSTA Best Paper Winners
Lennart Hovelius and Hans Rahme (Sweden)

KSSTA Best Paper Winners
Joris Radboud Lansdala, Tanguy Mouton, Daniel Charles Wascher, Guillaume Demeuy, Sebastian Lustig, Philippe Neyret & Elvire Servien (France)
EXHIBITION IN THE PINK

By Zhanna Kovalchuk — ESSKA Executive Director and Rik Bollaert — Corporate Relations Manager

The Trade-Exhibition is integral to Congress. It’s the place where Congress visitors - whether they are surgeons or scientists or physiotherapists - can learn what is available for their work. And it’s the place where the companies can display their latest products. It is also a place to network, simply to stop by for a chat and a coffee.

This year it really was “in the pink”, as they say south of Scotland. We doubt anybody will forget that splendid carpet! The opening hours slotted nicely with the scientific programme, and the catering booths were nicely placed. In fact, everything was efficient, and in its place. This is what we have been hearing from the exhibitors.

As for us, we were delighted to have the leading companies of the supply-chain, as it serves the orthopaedic industry. We had companies from many countries including Great Britain and the US, from Germany and France and Italy, and farther afield from China and India and South Korea. They covered everything from pain-relief to virtual-surgery, from wound-care to arthroscopy and joint-management. In fact, all the services and products that our industry needs and relies upon. They were all there!

To be precise: there were 68 exhibitors, from 15 countries worldwide, on a pink-carpet of 1,500 sqm.

We are very grateful to our Diamond partners

Smith & Nephew
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... to our Gold Sponsor

Zimmer Biomet

... our Bronze sponsors

ConMed
DePuy Synthes
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... and our PT partner

DJO Global

We thank our sponsors, all the companies for attending, and we look forward to seeing you all again in Milan, in 2020!

SOCIAL PROGRAMME

By Jenny Ennis — ESSKA Meetings Manager

“All work and no play makes Jack a dull boy” is an English proverb that highlights the importance of socialising and fun and is certainly a proverb that ESSKA believes in!

Aside from the world-class scientific programme, the ESSKA Congress is famous for its social programme which gives delegates, guests and partners the opportunity to meet old friends, forge new friendships and spend time sharing knowledge and networking, all of which are essential elements of a successful Congress.

During the Congress in Glasgow there was a rich and varied social programme ensuring that all participants had the chance to join in several social events that were organised both for large groups of delegates and also for other specialised groups. These events included the Welcome Reception at the Science Centre (more to follow), the ESSKA Foundation Dinner and the Fellows’ reception at the Village Hotel and, of course, the grand finale of the week – the ESSKA Dinner and party (more to follow).

The ESSKA Board hosted the Travelling Fellows Reception on Thursday evening at the village hotel. This amicable event was attended by all 2016-2018 ESSKA travelling fellows and their hosts, as well as the fellowship sponsors and supporters. The travelling fellows are part of ESSKA’s longstanding history of outstanding educational opportunities for its members and the reception was a lively event enjoyed by all.

In addition to the above-mentioned events, partners and special guests also had the chance to enjoy tours in Glasgow and trips into the Scottish countryside, including tasting a few ‘drams’ of whisky to heighten their experience and appreciation of the local culture.

Networking is a core value of ESSKA and a key element of the Congress. As such, we were delighted to see so many people enjoying the social events that were organised, consolidating existing friendships and links and creating new ones.
Following the interesting and entertaining Presidential Guest Lecture delivered by Judy Murray, delegates and guests braved the Scottish ‘summer’ weather to walk over the iconic Bells Bridge to the Glasgow Science Centre. The rain certainly didn’t dampen the high spirits and the enchanting sound of the bagpiper leading the way added to the authentic Scottish atmosphere!

The Glasgow Science Centre is a fascinating museum hosting 3 floors of science-based exhibitions, many of which are interactive. The ESSKA delegates certainly enjoyed getting hands on with the exhibits in between enjoying the fine Scottish canapés and bespoke ESSKA rimini pink and blue cocktails!

A huge thank you to the Rt. Hon Lord Provost of Glasgow for hosting the reception.

The Prestigious Royal College of Physicians and Surgeons of Glasgow was the stunning venue for the Presidents’ Reception that took place on 9 May.

Romain Seil, Jón Karlsson and their families welcomed their special guests to this historic Institution for an evening of fun, networking and education in the format of an informative lecture from the College’s historian Ross McGregor.

The guests spent the evening in the very place where 150 years ago, Joseph Lister, a Fellow of the College, gave his first public lecture on his theory of antiseptic surgery.

The College archives contain the record of this historic meeting and many other treasures, all of which were available for guests to visit during the evening.
The ESSKA Congress Dinner and Party is always a highlight of the social programme and 2018 was no exception. Held at the beautiful Riverside Museum, one of Scotland’s most popular attractions, attendees were able to peruse the wonderful historic transport collections at their leisure prior to the dinner, while enjoying welcome drinks and live music.

The dinner itself featured the ESSKA Awards – the ESSKARS – which contained all the glitz and suspense associated with the Oscars, complimented with energy and wit by the ESSKA President, Romain Seil, and by Congress President, Jón Karlsson. Congratulations go to the very worthy winners – Laura de Girolamo, the Basic Science Committee and Polish Arthroscopy Society!

The dinner always contains a very special and important moment for ESSKA – the passing of the presidency from the existing President to the President-elect. Romain Seil passed the presidential chain to David Dejour, to the strains of Coldplay’s ‘Adventure of a Lifetime’. In his speech, David recognised the enormous contribution that Romain Seil has made to ESSKA and his gifts to Romain reflected the thoughtfulness and creativity that will surely be a trademark of David’s presidency. The dinner came to a loud and enthusiastic end with the arrival of the Red Hot Chilli Pipers – and they were red hot: a very special treat for everyone in attendance.

The After-Party showed that ESSKA likes to have fun. And there was a lot of fun. To coin the Las Vegas saying: “What happens in Glasgow stays in Glasgow”.

We have big plans for the Congress dinner in Milan in 2020. See you there!
PHOTOGALLERY

Have a look at the ESSKA Library on www.esska.org
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SECTIONS/COMMITTEE MEETINGS IN GLASGOW

By Anna Hansen Rak — ESSKA Office Manager/Sections and Committees

The Glasgow Congress was a busy period for the ESSKA Sections and Committees with change in their leadership, discussions about new projects and active involvement in the scientific programme of the meeting.

All new committee members, committee chairpersons as well as the Sections Board Members were invited to attend the Sections and Committees Orientation Meeting on Tuesday, 8 May. The meeting, run by the ESSKA Board, gave more details about ESSKA’s structure, its functions and initiatives, its history as well as a brief presentation on the Sections’ and Committees’ rules and regulations.

Chairpersons of ESSKA’s subgroups for 2018-2020:

Sections
AFAS — James Calder (UK)
ESA — Giuseppe Milano (Italy)
EKA — Nanne Kort (The Netherlands)
ESMA — Henrique Jones (Portugal)

Scientific Committees
Arthroscopy — Vincenzo Condello (Italy) and Pablo Gelber (Spain)
Basic Science — Laura de Girolamo (Italy)
Cartilage — Peter Angele (Germany)
Elbow and Wrist — Paolo Anrigoni (Italy)
Hip Arthroscopy — Filippo Randelli (Italy)
Osteotomy — Ronald van Heerwaarden (The Netherlands)
Patellofemoral Instability — Petri Sillanpää (Finland)
Under 45 (U45) — Octav Russu (Romania)

All committees organised their first meeting at the Congress where they were able to discuss plans and projects with their group’s new leader. These projects were later presented at the ESSKA Board Meeting on Saturday, 12 May. The main role of the committees remains to be the stimulation of scientific activity and guiding its passage “through the shoals of unreason” as well as helping to spread specialist knowledge and provide a forum where specialists can present their work to their peers.

During the Glasgow meeting, each Section held a Board Meeting and a Members’ Meeting which were all well-attended. There was also time for fun and networking at the Sections Boards’ dinners and Sections Members’ reception, held after the members’ assemblies.

The scientific programme of the Congress witnessed the active involvement of all Sections and Committees.

Next on the agenda is ESSKA’s Strategic and Leadership Meeting, two days of intense activity — both physical and intellectual — where ESSKA’s future plans will be put under the microscope.
Here are forthcoming events which have been granted ESSKA grants patronage for events, meetings and courses, which are organised by other associations or companies, but which we consider merit our support. A complete list is available on ESSKA’s website, under ‘Events’.

**ESSKA EVENTS**

**ESSKA Speciality Days 2019**

NEW

8-9 November 2019 – Madrid, Spain
www.esska-specialitydays.org

19th ESSKA Congress
6-9 May 2020 - Milan, Italy
www.esska-congress.org

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**PATRONAGE EVENTS**

XXIII CONGRESO LATINOAMERICANO DE HOMBRO Y CODO, IV CONGRESO INTERNACIONAL Y VII JORNADA DE ARROSTOSCOPIA ABAMED 2018 Y XXI JORNADA JULIANA DE ORTOPEDEMIA Y TRAUMATOLOGIA
18-20 July 2018 - La Paz, Bolivia
www.slahoc.org

Second International Consensus (ICM) on Musculoskeletal Infection
25-27 July 2018 - Pittsburgh, PA, USA
www.icm2018.squarespace.com

5th International Joint Preservation Congress
06-07 September 2018 - Warsaw, Poland
www.jointpreservation.pl

2nd Lisbon Foot and Ankle Clinical Biomechanics Course
8-9 September 2018 – Lisbon, Portugal
www.peetornozelo.pt

Ankle & Foot Congress (ASTAOR, ESSKA-AFAS & RUSFAS)
13-14 September 2018 - Moscow, Russia
www.astaor.ru

35th AGA Congress
13-15 September 2018 - Linz, Austria
www.aga-kongress.info

18th Journées Lyonnaises de Chirurgie du Genou
20-22 September 2018 - Lyon, France
www.lyon-knee-Congress.com

Current Concepts: Arthroscopy
27-28 September 2018 - Klaipeda, Lithuania
www.arthroscopy.lt

2nd Congress of AOTBIH
27-29 September 2018 - Mostar, Bosnia and Herzegovina
www.uotbih.ba

1st International Postgraduate Course on Arthroscopy / 15th Congress of the Hungarian Arthroscopy Association
27-29 September 2018 - Balatonalmádi, Hungary
www.asszisztencia.hu/artro

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

7th National SIGASCOT Congress
03-05 October 2018 - Bologna, Italy
www.sigascot.com

National Conference of Romanian Society of Orthopaedics and Trauma
03-05 October 2018 – Sibiu, Romania
www.eventsdesign.ro/sorot/

Genou ligamentaire - de la structure à la fonction
05 October 2018 - Geneva, Switzerland

11º Curso Intensivo Arthroscopico Rodilla y Tobillo CAJB 2018
11-13 October 2018 - Rosário, Argentina
www.cajb.com.ar

Amsterdam Foot and Ankle Course in Shanghai
24-26 October 2018 - Shanghai, China
www.shanghaifootandankle.com

4th Symposium on Hip Preservation Treatments: Arthroscopy, Minimally-Invasive Surgery, Physiotherapy
26-27 October 2018 - Pabianice, Poland
www.biodro.org

Patellofemoral Masterclass
01-03 November 2018 - Birmingham, UK
www.pattemmasterclass.co.uk

2nd Jornadas Nacionales SETRADE
08-09 November 2018 - Vitoria Gasteiz, Spain
www.setrade.org

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

EASTS Orthopaedic Sports Medicine Speciality Day
14-16 November 2018 - Viljandi, Estonia
www.folk.ee/en/
FORTHCOMING EVENTS

International Congress Medicine of Handball (ICMH 2018)
16-17 November 2018 - Crétell, France
www.icmh.com

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

International Table Tennis Congress - linking practice and science
23-25 November 2018 – Luxembourg, Luxembourg
www.tt-congress.lu

V Intensive Arthroscopy Course for Orthopaedic Residents
29-30 November 2018 - Barcelona, Spain
www.ciarcbn.com

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

ICRS Focus Meeting - I am Not Ready for Metal
13-14 December 2018 - Milan, Italy
www.cartilage.org/icrs-focus-meeting-milan

Shoulder Arthroscopy to Arthroplasty Symposium
14-15 December 2018 - Ljubljana, Slovenia
www.saa2018.si

SIGASCOT 3rd Course on: Knee Osteotomy
15 December 2018 - Naples, Italy
www.sigascot.com

5th ICRS Summit
17-18 January 2019 - San Diego, CA, USA
www.cartilage.org/sandiego/

II NO CONSENSUS LISBON KNEE MEETING
18 January 2019 - Lisbon, Portugal
www.saudecuf.pt/academia-cut/

The Meniscus Congress
31 January - 02 February 2019 - Bologna, Italy
www.the-meniscus.org

Paris International Shoulder Course (PISC) 2019
14-16 February 2019 - Paris, France
www.paris-shoulder-course.com

OTHER EVENTS

Congreso Argentina 2018: XV Congreso Internacional de la Asociación Argentina de Arthroscopia
04-07 September 2018 - Buenos Aires, Argentina
www.artroscopia.com.ar

3rd ICRS World Series
07-09 February 2019 - São Paulo, Brazil
www.cartilage.org

ESSKA POSTCONGRESS NEWSLETTER
18TH ESSKA CONGRESS — GLASGOW

Board
David Dejour (France) – President
Jacques Monod (Switzerland) – 1st Vice-President
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Romain Siff (Luxembourg) – Past President
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Giuseppe Milano (Italy) – ESSKA Chairmen
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Vincenzo Condello (Italy) and Pablo Gelber (Spain) – Arthroscopy
Laura de Girolamo (Italy) – Basic Science
Peter Angello (Germany) – Cartilage
Paolo Arrigoni (Italy) – Elbow and Wrist
Filippo Randelli (Italy) – Hip Arthroscopy
Roland Becker (Germany) – Membership and Nominating
Romain Siff (Luxembourg) – Nominating
Ronald van Heerwaarden (The Netherlands) – Osteotomy
Petri Gillanpää (Finland) – Patellofemoral Instability
Octav Russu (Romania) – Linder 45

2018 Congress President
Jon Karlsson (Sweden)

2018 Congress Scientific Chairmen
Gino M. Kerkhoffs (The Netherlands)
Fares S. Haddad (UK)
Michael T. Hirschmann (Switzerland)

18th ESSKA CONGRESS
9–12 May 2018
Glasgow, UK
19th ESSKA CONGRESS
6-9 May 2020
MiCo, Milan, Italy

ESSKA PRESIDENT
David Dejour (France)

CONGRESS PRESIDENT
Matteo Denti (Italy/Switzerland)

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www.esska-congress.org