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We would like to thank the Corporate Partners of ESSKA for their continuous support of our educational and scientific activities.

We would also like to acknowledge ESSKA supporters.

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

Want to become an ESSKA Corporate Partner? Please contact ESSKA’s Corporate Relations Manager Rik Bollaert bollaert.rik@esska.org

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

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

www.esska.org

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With more than 800 participants and 26 supporting companies, the first ever ESSKA Speciality Days was a tremendous experience and a great success! This NEW format aimed to be as innovative, interactive and dynamic as possible and we certainly achieved this! We fulfilled our goal of bringing together the four distinct programmes under one roof yet unifying them at key points during the day. This spirit of collaboration, knowledge sharing and networking formed the heart of the affectionately-named ‘Science Souk’, the location of the exhibition and the Hot Topic debates, which was the dynamic centre of action of the Speciality Days. Busy, dynamic and fun, it was the place to be!

We are proud to have created this new format and to have shaken up the way we communicate! We intend to keep this concept at the heart of all future Speciality Days and to continue to raise excellence in our field.

I would like to say a huge GRACIAS to all those who attended and made this event memorable and unforgettable.

We look ahead to the next big event on our calendars: ESSKA Congress in MILAN 2020 and mark your calendars for Speciality Days 2021 in Warsaw!

David Dejour
ESSKA President
A **HUGE Thank-You** to all those who worked so hard to make this first ESSKA Speciality Days such a great success. We would particularly like to thank:

### ESSKA SECTION Chairs

- James Calder
- Nanne Kort
- Giuseppe Milano
- Henrique Jones

A big thank-you to the Board of Reviewers who supported the abstract review process

### Statistics

- **132** ePosters
- **21** Exhibitors and Partners
- **238** Abstracts
- **123** Presentations
- **214** Speakers
- **5** Hot Topic Debates
- **800** Delegates
More pictures at [www.esska.org/gallery](http://www.esska.org/gallery)
ESSKA would like to sincerely thank Smith & Nephew for their support and participation in Specialty Days.

ESSKA would like to sincerely thank Zimmer Biomet for their support and participation in Specialty Days.

ESSKA would like to sincerely thank DePuy Synthes for their support and participation in Specialty Days.

ESSKA would like to sincerely thank Arthrex for their support and participation in Specialty Days.

ESSKA would like to sincerely thank Stryker for their support and participation in Specialty Days.

Hot Topic Debates

Rotator cuff repair: pro and cons of biological augmentation

Smith & Nephew

Use of Internal Brace

Arthrex

Attune TKR – Mechanical Alignment vs Anatomical Alignment

Subacromial spacer in the treatment of massive and irreparable rotator cuff tears: Scientific fact or fiction?

Stryker

Suture the meniscus? Yes or no?

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ESSKA would like to thank the following partners

Arthrex
DePuy Synthes
Smith+Nephew
Stryker
Zimmer Biomet
ESSKA would like to thank the following exhibitors for their participation in Specialty Days:

- Firstkind
- Game Ready
- Lima Corporate
- Mad-up
- Neoligaments
- Regen Lab
- Conmed
- Alphanorm
- Symbios Orthopédie
- Medacta International
- Episurf Medical
- PeekMed
- Inion
- Corin
- VirtaMed
Congratulations to our Scientific Award winners!

AFAS Top Scored Abstract
Ernst Orthner

EKA Top Scored Abstract
Lukas Moser

ESA Top Scored Abstract
Lucca Lacheta

ESMA Top Scored Abstract
Panagiotis Kouloumentas

AFAS Most Viewed E-poster
Apostolos Polyzos

EKA Most Viewed E-poster
Jure Serdar

ESA Most Viewed E-poster
Alexandra Pokorny-Olsen

ESMA Most Viewed E-poster
Vahdet Uçan
Congratulations to ESA for winning the overall prize of Best Section Performance!

SPECIALITY DAYS 2021
5 – 6 NOVEMBER
See you in Warsaw!

SAVE THE DATE!

5 – 6 November 2021 | See you in Warsaw!
I would like to sincerely thank all those involved in ESSKA’s First Speciality Days event that took place in Madrid on the 8-9 November. Daniel Haverkamp as the scientific chairman put a great AFAS Section programme together, providing ample time for discussion, and we succeeded in moving away from the usual lecture-based format to promote debate amongst our “experts” and the audience. Prof Alastair Younger flew in from Vancouver and delivered some great talks based on his wealth of experience. The “Hot-Topic” debate was held between Prof Bill Ribbans (UK) and Mike Butler (UK) in support of the routine use for the Internal Brace® for lateral ligament reconstruction pitched against Alastair Younger and myself. Alastair’s team was unanimously declared as the winner by me! (The audience were swayed in the direction of considering the brace more frequently in specific situations and therefore from a democratic point of view perhaps we lost…..!) It proved interesting to see how a didactic (black and white) approach to a complex problem may lead to those with very firmly held views recognising the other side’s point of view! This is something I would like to encourage in future meetings.

The following take home messages stood out from the meeting:

**Cartilage**
- Deal with instability at same time as OCL
- Larger lesions – AOTS can work well
- Tibial plafond lesions have variable outcome following microfracture
- Biologics – still not known (could some be detrimental?)

**Biologics**
- We need standardised reporting of constituents and outcomes from PRP/BMAc and perhaps this is something AOFAS and AFAS could collaborate on in the future

**Syndesmosis**
- Use the tools to make diagnosis
- CT to check reduction if screw fixation
- Reconstruction if late diagnosis
- Consider repair superficial deltoid (need evidence)

**Arthritis in sport**
- Excise osteophytes for ant impingement
- Fusions can work
- Ankle replacements?

Away from the scientific content it was a great occasion to catch up and socialise with friends and colleagues – Madrid is such a great venue for food and nightlife. It seemed a shame that it was interrupted so early on Friday and Saturday morning by some important lectures!

In addition to the main programme, we also held an AFAS board meeting and the members meeting in advance of the ESSKA congress that will take place in Milan in May 2020. Following proposals from members and then a vote, Chris Pearce has been announced as the next vice-chairman of AFAS to take over from Daniel Haverkamp as he takes up my position in May 2020. We have also put together a scientific programme for the ESSKA congress in Milan based upon the feedback and suggestions from AFAS members.

As to future education events, the “All About” ankle cadaveric meeting in Munich takes place in December and I will report on this in the next issue. A further cadaveric AFAS course has been agreed for 2020 and I will provide details on this in the new year. The Ankle Instability Group is holding an AFAS Members meeting in Asheville, USA in June 2020. Peter Mangone is hosting the meeting and will forward details to all members over the forthcoming months (picture and map of location below!).

The Achilles Tendon Study Group is organising a consensus and AFAS members meeting in 2021 in St Petersburg – the date is yet to be confirmed. However, Mike Carmont will relay this to you as soon as it is finalised. We plan to run it as a 3 day course from Wed-Fri.
The scientific programme started with imaging modalities and analysis techniques for the measurement of lower limb alignment, ranging from X-rays to CT and MRI. The debate on the controversial topic of anatomical/mechanical versus kinematic/individualised alignment in TKA followed. We still do not know what the best alignment method is for our patients; moreover, we still do not know if the newer alignment techniques result in superior patient outcomes compared to the classical mechanical alignment. The next focus of the meeting was alignment in a high tibial osteotomy and distal femur osteotomy, which included a combination of classical and new techniques and the addition of ligament reconstruction to HTO and patient-specific saw guides.

The afternoon symposia covered sagittal, coronal and axial alignment in the digital era, focusing on digital planning, classical and new techniques and the addition of ligament technique, the surgeon is still the most crucial factor in ensuring the best outcome for our patients; and finally, No!, there’s still no consensus about treating a massive cuff tear to avoid a re-tear. Indeed, the situation is even more confused when it comes to treating massive cuff tears remains a challenge. Higher re-tear rates and low functional results are still commonly reported in the literature after open or arthroscopic repairs. Up to now, this is one of the worst reverses for shoulder surgery. Dozens of surgical options have been reported, but there’s still no consensus about treating a massive cuff tear to avoid a re-tear. Indeed, the situation is even more confused when it comes to treating massive cuff tears.

Therefore, ESA felt that some focus on the problem was needed. And ESSKA’s Speciality Days seemed to be a perfect opportunity. A detailed programme was prepared. It started by defining massive cuff tear, then passed to biologic enhancement options, conservative as well as surgical strategies and rehabilitation in both scenarios, up to clarification of the demarcation line between joint preserving options and shoulder replacement, and finally concluded by understanding how to manage failure even after a reverse shoulder arthroplasty. Intense discussions after these sessions and case presentations made for a successful meeting. ESSKA’s Speciality Days allowed ESA to assemble the most experienced European shoulder surgeons in a stunning location. But what really made the difference was the active participation of ESA members. In his conclusive speech, Dr. Nuno Gomes pointed out that the contents of presentations and discussions were remarkable, especially taking into account the relevance of the issues addressed. A definitive conclusion on the best treatment modality in treating massive cuff tears probably cannot be drawn yet. However, ESSKA Speciality Days showed us a wide variety of viable surgical techniques, concluding that the best option is up to now probably related to patient’s functional demand and surgeon’s experience.

Many thanks go to our faculty and highlight speakers for their time and effort in making this first Speciality Days a memorable scientific event. Special thanks to our members and delegates who filled the largest auditorium in the congress centre from 7.15am and contributed to the lively discussions. We look forward to the 2021 edition in Warsaw.
From the beginning of time, athletes have strived to be stronger, faster and more skilled. But with the modern intensity of training, sports injuries (both acute and overloaded) have also become more frequent.

To combat our modern sports injuries, we have specialised sports medicine, orthopaedic surgery and physiotherapy, to provide athletes with diagnostics, surgery, rehabilitation and preventive services. Sports medicine might be said to have started with Galen (129AC-216AC), who was chief physician to a troop of gladiators maintained by the high priest of Asia [1], and urged everybody to take up sport: “take fresh air, get a good sleep, eat and drink properly, control emotions and empty bowels once a day!” and “no activity is exercise unless you become breathless”. But in Galen’s era the physician only got involved after there’d been an injury. By the time of Santorio Santorius (1561 to 1636) and Bernardino Ramazzini (1633 to 1714), sports medicine had developed techniques to promote health and fitness, and ensure the safety and well-being of participating athletes.

During ESSKA’s Speciality Days in Madrid, ESMA discussed ‘The Injured Athlete’, and how we could help him understand and treat his injuries, as well as to helping ‘The Healthy Athlete’ to prevent injuries, and make better use of the available technology. Muscle and Tendon injuries were addressed in some detail — they are the commonest sports injuries, nowadays — as well as meniscus controversies.

ESMA is also concerned with performing arts injuries, and what one might term “gestural” injuries. We were in Spain, where bullfighting is a cultural meme [2], was brought to the limelight by Hemingway’s novel ‘A Sun Also Rises’, and remains an attraction for travellers, despite the disputes between moral activists and die-hard bullfighting followers.

It therefore seemed appropriate to consider the injuries specific to bullfighting. And so, finally, to our highlight speaker: “Mr. Football Doctor”, Michel D Hooghe, and his round table about "Injured Athlete! From the field ...to the field, and retired players, what changes?" It was an easy, and embracing, classification should be of major concern to all sports medical teams. Injury experience for athletes, coaches and football doctors. The retired athlete and physical, psychological and social changes that we must understand and support.

Our thanks to everyone who contributed, both speakers and delegates, and who allowed us to show ESMA’s activities, our concerns, and our desire to improve sports medicine.

**REFERENCES**

As you know, at ESSKA we like to work hard and play hard. During the days of the Congress we work hard on our education; sharing knowledge with our peers, learning the latest techniques in our field and collecting tips and tricks to help us all in our everyday work and daily challenges.

And when the work is done, we play hard! At ESSKA we like to relax and have fun. The Congress offers multiple opportunities to catch up with old friends, meet new friends and of course to party! In fact, we take partying so seriously that we have even created a guide for you of how to party with us!

We are happy to share with you this short video to help make sure you get the best out of the party opportunities! 

[link to party video]

So, when the festive season draws to a close, we advise you to take some time to recharge your batteries and get ready to let your hair down at the legendary ESSKA Gala Dinner and Party! More details in the following pages!

See you at the Congress and on the dancefloor!
Fashion Meets Science

This year, we received a record-breaking number of abstract submissions! Almost 2000!

Did you know...

We are delighted to announce that the prestigious Presidential Guest Lecture in Milan will be delivered by Luigi Mazzola. Luigi Mazzola was born in Ferrara and graduated in mechanical engineering with a major in auto vehicles in the Turin polytechnic. His Formula 1 adventure started in Ferrari in the racing department in 1988 as a race engineer and concluded in 2009 as coordinating director of performance development.

Luigi Mazzola (Italy)
Presidential Guest Lecture 2020
Leadership from Ferrari F1 to the Operating Room

The Congress programme includes:

- **256 hours** of science and education
- **17** keynote lectures
- **33** ICLs
- **7** highlight lectures
- **92** symposia

Don’t miss our Courses...
Meet international experts from various fields.

1st ESSKA-ESMA Certificate Team Physician Course
7–8 May 2020 (09:00 – 18:00)

**COURSE SCHEDULE**
- **Module A**
  - Medical Emergencies on the Field
- **Module B**
  - What’s new and what to be aware about sports medicine I
- **Module C**
  - More frequent injuries I – diagnosis, treatment and return to sports
- **Module D**
  - What’s new and what to be aware about sports medicine II
- **Module E**
  - More frequent injuries II – diagnosis, treatment and return to sports

**Knowledge Evaluation Test**

**TRAINERS**
- External automatic defibrillation and advanced cardiovascular life support.
- Filipe Serralva António Marques and AMEF (Portuguese Football Team Physicians Association) emergency staff

**COURSE FEE**
- **400€**
  - ESSKA Congress Delegates
- **450€**
  - Non-Congress Delegates

Italian VAT of 22% is included in the prices.

**ORGANISERS**
- Henrique Jones (Portugal), Stefano Della Villa (Italy)

**FORMAT**
- Lecture Series and Practical Model Workshops

**BRIEFING WITH MICHAEL SCHUMACHER – F1 FERRARI TEAM**

Luigi Mazzola (Italy)
Presidential Guest Lecture 2020
Leadership from Ferrari F1 to the Operating Room

Don’t miss this fascinating and inspiring lecture on Thursday 7 May at 09.30 in the Gold Room

**TRAINERS**
- External automatic defibrillation and advanced cardiovascular life support.
- Filipe Serralva António Marques and AMEF (Portuguese Football Team Physicians Association) emergency staff

**COURSE FEE**
- **400€**
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**FORMAT**
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### Friday, 8 May 2020

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Thank you to the ESSKA 2020 CONGRESS SPONSORS

**Smith Nephew**

Do you want to learn more about sponsorship and exhibition opportunities at the Congress? Please click [here](link).
ESSKA Gala Dinner and Party
Friday, 8 May 2020
EAST END STUDIOS, VIA MECENATE, MILAN
A fabulous, glamorous and fashionable evening of fine food, music and ESSKARS!

Stefano Signoroni
We are delighted to announce that musical entertainment for the Gala Dinner and Party will be provided by Stefano Signoroni, a well known Italian singer, composer and musician who has collaborated with big International names such as Eros Ramazzotti and Toto.

How to party with ESSKA?
WATCH OUR STEP BY STEP GUIDE — PARTY WITH US!

Stefano Signoroni

Nominations for the ESSKARS at the Gala Dinner

The presentation of ESSKARS, the ESSKA Rewards for Service, will take place on Friday 8 May 2020, during the ESSKA Dinner and Party following our tradition established at the 2014 Congress.

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

The three categories are:

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

Members of ESSKA can nominate other members for the Most Dedicated Individual Member. Please consult our website for nominations.

Deadline: 15 January 2020
Final selection for all three categories is by secret voting of the Executive Board.

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

Information on the ESSKA Dinner and Party here.

19th ESSKA CONGRESS
6-9 May 2020
MiCo, Milan, Italy
We are delighted to announce that registration is now open for the third edition of the ESSKA Cycle for Science initiative!

This 6-day tour will start in Pisa on 30 April 2020 and end in Milan on 5 May 2020. The tour will take riders on an unforgettable journey through some of the most magical places in Northern Italy: Pisa, Volterra, Siena, San Gimignano, Florence, Bologna, Modena, Parma, Piacenza and of course the grand finale in Milan!

In addition to the wonderful cycling, participants will also have the opportunity to participate in evening symposia hosted by local experts.

Register Now

Connect with us:

esska2020@kit-group.org
www.esska-congress.org

1. Taking an Evening Passeggiata
   The passeggiata is a leisurely walk or stroll, taken in the evening for the purpose of socialising. It combines exercise, showing off your new outfit, enjoying a drink or gelato at the local bar, taking pleasure in a warm evening, and hanging out with your friends. This is how to enjoy life in one simple word.

2. Valuing Family Time
   Every Italian loves their nonna and any bambini in their family. Take a baby to Italy and it will be appreciated, have its little cheeks squeezed, and be passed around for cuddles.

3. Celebrating Beauty
   The beneficial aspect of celebrating beauty is that Italy is full of wonderful things to look at. The Renaissance churches have been immaculately preserved, and buildings and artworks all over Italy are some of the most ornate and breathtaking in the world. Italians built entire town centres out of marble and they really do make wonderful clothes. Thumbs up for a bit of beauty to enhance all of our cultural appreciation.

4. Eating a Mediterranean Diet
   A great deal of research on the Mediterranean diet has proven that it’s good for you – particularly eating plenty of tomatoes, olive oil, fresh fruit and veg, fresh fish, and a glug or two of decent red wine. In fact, it’s even been recognised by UNESCO as being representative of the ‘Intangible Cultural Heritage of Humanity’. Food is a key component of the Italian lifestyle, and it’s one of the main reasons we all love the country so much.

5. Talking, Talking, Talking
   Italians love to talk. We know that expressing your emotions instead of bottling them up is always better for your health, and the Italians have embraced that fact. Hop on board an Italian train, and you’ll find that whoever is sitting nearby will want to exchange a few words. The Italian lifestyle is all about enjoying the moment, and Italians’ love of talking is a good example of that.

Watch now: ESSKA Cycle for Science 2020 teaser
The ESSKA Foundation (EF) was established in 2013 under the aegis of the ‘Fondation de Luxembourg’ (FdL), with the aim of improving care and excellence in orthopaedics, especially in sports medicine and degenerative joint diseases in Europe, of improving musculoskeletal function, and enhancing the quality-of-life of patients. To achieve this, the EF supports ESSKA’s education, and our research projects (both national and international) in orthopaedics and sports medicine and surgery, with special emphasis on arthroscopy.

The EF is a corporate sheltered foundation under the FdL, a publicly recognized umbrella foundation by the Government of Luxembourg. The FdL was created in 2008, and currently shelters 71 foundations. Its role is to coordinate the EF, to steer the management committee, and to guarantee an administrative and financial monitoring according to the highest standards. This means that the EF gets public recognition and support as well as professional management. However, the FdL does not provide any fundraising assistance. The Management committee is composed of ESSKA Past-President, who chairs the Foundation, ESSKA Current President, ESSKA First Vice President, an external advisor (currently Mr Jeannot Krecké, former Minister of Economy and Sports of Luxembourg), as well as the director of the FdL, Mrs Tonika Hirdman.

From a technical point of view, the EF is a hybrid foundation. This means that it is partly an endowment foundation which is based on the principle that the revenue of the endowment can be used to fund specific projects. At the same time, it is also a so-called turnover foundation which allows it to receive external funds to support specific projects which have been previously acknowledged and which require to be steered by the management committee.
THE JOURNAL OF EXPERIMENTAL ORTHOPAEDICS

JEO
Journal of Experimental Orthopaedics (and Clinical Research)

The official open access journal of ESSKA

These past months as the Editor-in-Chief of the Journal of Experimental Orthopaedics (JEO) have been challenging but also rife with satisfactions: we received several manuscripts in a short timeframe and the most interesting ones, upon fulfilling our publication standards, can now be downloaded and shared by the scientific community. There are more manuscripts being evaluated by our reviewers or undergoing revision, which we are look forward to publishing. A special thank you to all the associate editors and the editorial board who have worked tirelessly to speed up the revision process.

I take this occasion to again stress on the fact that JEO has already changed its target: our focus on the pre-clinical science remains strong but me and my team are interested also in clinical research, concerning all fields of orthopaedics, as much as ESSKA’s official journal KSSTA. For these reasons, we have implemented a system that permits authors, whose manuscripts are not a fit for KSSTA’s scope, to submit their revised work directly to JEO skipping the first revision process. This strategy allows researchers to get their work peer-reviewed and published faster; this synergy between JEO and KSSTA has already given promising results and it will be strengthened.

In addition to papers submitted autonomously, I am glad to announce that we have invited some of the most important sport medicine experts to share their knowledge and their research with the journal; the positive feedback I received from them was amazing and confirms their true dedication towards our ESSKA community.

By the time you read this, the ESSKA Speciality Days in Madrid will be over and we will be preparing for the 2020 ESSKA Milan Congress, “tempus fugit” (time flies) the Romans used to say.

I will meet all of you in Milan where the definitive “shape” of JEO will be unveiled.
Surgery for two – the life of a pregnant surgeon

I was still operating whilst 39 weeks pregnant. We joked that the sound of arthroscopy fluid hitting the floor was my water breaking. It very well could have been. My healthy, beautiful daughter was born two days later. This was the second pregnancy where I operated until delivery, however, my first time as an attending surgeon. Several people thought I was crazy, and part of me agreed with them. My 17-year-old male patient and his family did not share that opinion. They were aware that he could be treated by another surgeon or postpone surgery, but they chose me. Another patient’s mother shared with me, “I hope your baby decides to wait long enough for you to be able to treat mine.” She did.

I am fortunate that both my pregnancies were uncomplicated. I did not experience the typical first trimester symptoms of morning sickness and was able to keep my pregnancies relatively private for some time. This is rare. Privacy is challenging for a pregnant orthopaedic surgeon. Rumors spread quickly when a female surgeon of childbearing age steps out of the room. In my experience, the sound of arthroscopy fluid hitting the floor was my water breaking. It could have been. My healthy, beautiful daughter was born two days later. This was the second pregnancy where I operated until delivery, however, it was my first time as an attending surgeon.

After working through the entire pregnancy, I became a mother for the second time. As an attending surgeon, I took a 12-week maternity leave to adjust to life with a new baby and her big sister. I am proud that during that time I also successfully prepared for, completed and passed the ABOS Part II exam. In my opinion, life does not get better. With balance, I have two of the most amazing and rewarding full-time jobs: Mother and Orthopaedic Surgeon.

During pregnancy, there are several extra precautions when using fluoroscopy, or even avoiding drinking a beer at social events. There were a few peers that became suspicious of my early pregnancy actions; though, none ever “outed” me and respected my desire to postpone any announcements until I was ready.

The Symposium was begun in 2001 by Professor Julian Dutka, Head of the S. Żeromski Memorial Hospital Department of Orthopaedic and Trauma Surgery, and has been repeated every two years. At each meeting the organizing committee tries to share some Polish history and culture. This year our guests were the Collegium Maius Jagiellonian University. The Jagiellonian is one of the oldest universities in Europe, established in 1364. Among its alumni are the astronomer Nicolaus Copernicus, the poet Wstawa Szymborska, the writer Stanislaw Lem, the King of Poland Jan III Sobieski, and Pope Karol Wojtyła.

On behalf of the Organising Committee of the 10th Symposium we would like to thank all the participants, lectures, members of the scientific committee and exhibitors for making the meeting a success. Thank you ESSKA-EKA for your valuable support!

We are looking forward to making the 11th Knee Arthroplasty International Symposium even more interesting. Hope to see everyone in Kraków in October 2021.
All About Knee Arthroplasty Course, by EKA

The European Knee Associates (EKA), a Section of ESSKA, has just had its first All About Knee Arthroplasty Course in St. Petersburg, Russia on 25-26 October 2019.

Thanks to a dedicated faculty and strong cooperation with our local colleagues from Vreden Research Institute under the leadership of Prof Tikhilov the course has become a success.

This really expands the geography of our arthroplasty courses and will be, we hope, the first of many.

Please, check regular announcements on EKA website.

WE THANK THE COURSE FACULTY FOR THEIR TREMENDOUS WORK:

DR MANNE KORT
EKA Chairman, Course Chairman
CortoClinics Schijndel, The Netherlands

PROF ROLAND BECKER
EKA Past Chairman
Klinikum Brandenburg Brandenburg, Germany

PROF THEOFILOS KARACHALIOS
Orthopaedic Surgeon
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DR RASHID TIKHILOV
Orthopaedic Surgeon
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DR NICKOLAY KORNILOV
Orthopaedic Surgeon
St Petersburg

DR PETR PREOBRAZENSKY
Orthopaedic Surgeon
St Petersburg

DR TARAS KULIABA
Orthopaedic Surgeon
St Petersburg

DR ALEX KARPUKHIN
Orthopaedic Surgeon
Chebosary

DR ALEXANDER SAREEV
Orthopaedic Surgeon
St Petersburg

DR ALEXEY FILL
Orthopaedic Surgeon
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DR DMITRIJ CHUGAEV
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Connectors are those that are able to combine people, places and concepts. If you add artistic creativity and boundless determination to this person you then describe Ejnar Eriksson, who was essential in the creation of ESSKA.

On a cloudy Spring day, in 2019, Sarper Gursu and myself flew to Stockholm to meet Ejnar Eriksson. The meeting had been carefully planned by Prof. Suzanne Werner, Ejnar’s loving wife. We all met at Arlanda airport, in a comfortable chamber, where Ejnar—seeming rather larger than life—read us his paper, “The History of ESKA-ESSKA, as seen through the eyes of its Founder”. This paper was already familiar, but it was just grand to hear it delivered by Ejnar, and then to ask him questions.

In those early years, according to Ejnar, the important Arthroscopy meetings were all American, so if a European surgeon wanted to learn about knee-surgery he had to travel to the States. Such meetings were expensive, so a European Society was needed, which could organize its own meetings and courses. After all, the science was already here.

In 1981, Ejnar was attending his annual meeting in Hawaii. In those days, the Pan-American round-the-world fares were cheaper than direct flights, and these flights happened to leave from Berlin. This was a lucky twist of fate, because Günther Bohm, the director of West Berlin’s new congress center, asked Ejnar—as President of FIMS—to hold a meeting there. Ejnar had to decline, because the FIMS meeting was already fixed. But the offer was renewed, and became the very first European Arthroscopy Meeting, when Ejnar and eleven others met to discuss the foundation of ESKA.

When we asked Ejnar what his criteria had been, in choosing these eleven colleagues, his said: “Arthroscopy was so new then... And all those guys mentioned here, they had been doing arthroscopic surgery, that’s why I picked them... I didn’t know some of them, but I knew they published about arthroscopic surgery, I’d heard them at meetings, I knew they were good scientists. So I picked them all, and I think I picked the right people”. Click here to hear Enjar in his own words.

The first ESKA Congress in Berlin in 1984 was attended by more than 800 people, and supported by West Berlin city. Ejnar was able to attract people from Eastern Europe and East Berlin. It was striking to hear how these Easterners arrived subway, despite the hard conditions, and the strictures of the Cold War. Ejnar had an anecdote about every one.

Ejnar lead KSSTA for 16 years, from 1993 to 2008. The idea of creating a journal for the Society dated from 1990, but could not be realized until 1993. We asked Ejnar whether what he’d have done differently about ESSKA? He was very decisive: “Nothing, absolutely nothing! ESSKA was very successful and it was one of the biggest achievements of my life!”

We relished Ejnar’s anecdotes about his long life. It was interesting that he’d received an excellent job-offer from Germany, after his retirement in 1995, but refused it because “he didn’t like the food”, and refused another from Alabama because “it was too far away”, but accepted an offer from Italy, because he’d held many arthroscopy courses there. His attempts to make downhill-skiing safer were just adorable. And his stylish royal ancestors, and Alfred Nobel’s affection for his grandmother, these had us all laughing.

In Ejnar’s words: “To make a long story short; ESSKA was an idea that a crazy Swedish guy had, and an idea that has proven to be much better than I ever thought. It’s the oldest orthopaedic society in Europe, it’s one of the biggest, and it’s one of the most successful. So it wasn’t such a bad idea... ESSKA came along, and put Europe on the map!”. How amazing, and how true!!
Arthroscopy Committee
Knee Collateral Ligaments Working Group (KCL)

The KCL keeps pushing its targets on the posterolateral corner of the knee. At the time of writing, our main event is 4 weeks ahead. This is the unique Posterolateral Corner of the Knee. Learn its secrets! course. This fully-booked course focuses in traditional as well as innovative surgical techniques. Six to seven surgical techniques will be performed by each participant. Standard open approaches, mini open techniques and fully arthroscopic PLC reconstructions all together. Also, some tips-and-tricks for wonderful anatomic dissections—and how to photograph them better—will be an extra. All these will be posted on ESSKA’s Academy, so everyone will access this priceless information!

Once our Expert Consensus has been published in KSSTA, it will be time for our World Survey, which was filled out by 1,000 surgeons from the 5 Continents. You will also see these results in KSSTA shortly.

The Journal of Experimental Research (JEO) will also soon publish some guidelines about the required graft length for each specific PLC reconstruction technique. Great to keep it in the pocket for your surgical planning!

For Milan 2020, an ICL and a symposium highlighting the main findings of the KCL will be offered. While the ICL will be summarized in ESSKA’s ICL book, we will also summarize the symposium in a freely distributed electronic booklet.

Committee Members 2018-2020 involved in the KCL Working Group
Chairman:
Pablo Gelber (Spain)

Members:
Karl-Heinz Frosch (Germany)
James Robinson (UK)
Brett Fritsch (Australia)
Manuel Leyes (Spain)
Bjorn Barenius (Sweden)
Nicolas Pujol (France)
Thomas Tischer (Germany)
Fabrizio Margheritini (Italy)

ESSKA’s first Advanced Methodological Course “All about clinical studies and publishing” in Luxembourg, in June 2019, was a success. ESSKA’s Basic Science Committee will now repeat the course every year in Luxembourg.

Surgeons should not only be able to use research, but also to do research. However, throughout Europe, there is a problem about in acquiring this skill, after medical training. Postgraduate opportunities for medical research vary enormously. Likewise, residency training is usually focused on clinical-competence, and research is not often encouraged.

Our Course hopes to:

- Train delegates in three Areas of Competence: General Competence, how to synthesize findings, and draw conclusions from those findings. Using Research, how to plan and carry out a literature search, and how to appraise research evidence. Finally, Doing Research, how to formulate a research question as a hypothesis, and how to gather and then analyse results.
- Train delegates to carry out research in their daily clinical practice, to improve patient care and therefore the quality of life of patients.
- Train delegates to plan and conduct a clinical study, to familiarize the regulatory guidelines, to interpret the data, as well as to explaining them by manuscript or lecture. The course offers a balanced programme of lectures and practical group sessions. Regardless of the delegates’ background or research experience, it provides an opportunity to engage with renowned speakers, as well as meeting peers from different backgrounds. Although the basic-course remains the same each year, we shall adapt the content to your needs, and we’ll add new features.

Please remember, when you register, to submit your proposal for clinical study! We shall select the best ideas, and develop them during the course. And we’ll offer free support to the winner, over a 2-year period!

So don’t hesitate to join for the next course, to be held in Luxembourg, 5-6 June 2020. We look forward to seeing you!
ESSKA Under 45 Meeting in Bucharest

ESSKA Under 45 Committee exists for collaboration between young European orthopaedists. In this spirit, under the umbrella of National Romanian Society of Orthopedics and Traumatology congress, which was held this year in Bucharest on 16-18 October, we organised an "ESSKA - Under 45 session" in which members of the U45 ESSKA committee met members of other similar societies (Portugal, Netherlands).

At this meeting we focused on sports trauma, with three members of our committee giving lectures on diagnostic and treatment of meniscus root tears (Thomas Tischer), anterior cruciate ligament primary repair (Sufian Ahmad) and meniscal repair (Octav Russu). Another two interesting presentations about return-to-sport after anterior cruciate reconstruction (The Netherlands) and avoiding retrograde drilling in anterior ligament reconstruction (Portugal) closed the session. Every author contribution will appear in the Congress book of abstracts.

We also had an informal meeting after the conference, to exchange experiences about how to collaborate on future publications, future projects and plan future meetings. We all agreed that hands-on courses are probably one of the most effective ways of training residents, and we need more of these courses.

The Hip Arthroscopy Committee (HAC) aims to provide a robust educational platform for members of ESSKA. As hip arthroscopy has become a specialty in Orthopaedic Surgery and Sports Traumatology, so has ESSKA’s interest grown. It is well known that hip arthroscopy and hip preservation surgery is quite challenging, but valuable for the symptomatic patient. In our committee meetings, we have developed a list of priorities. In order to achieve these ambitious goals we are pursuing several important projects.

First, we are involved with ESSKA’s Core Curriculum: trying to define basic and advanced competencies around the hip.

The Cambridge Hip Course, as hosted by Mr Khanduja was supported by ESSKA (as a patron). The mix of didactic teaching from world experts as well as cadaveric sessions helped learners consolidate knowledge. More of these types of educational experiences and opportunities will be developed by the HAC and are scheduled for the next year.

A wide HAC presence at international meetings is also planned, for example at the International Society for Hip Arthroscopy (ISHA) annual meeting an ISHA-ESSKA Hip Symposium is planned (Madrid 2019). This session will enable leading experts from ESSKA to present contemporary surgical techniques and innovative research to a global audience. The development of a partnership with ISHA will strongly benefit members of ESSKA now and into the future. More collaborations of this type are planned, for example, the biennial symposium with EFORT.

One of the benefits of being an ESSKA member is the opportunity to attend ESSKA biennial meeting. ESSKA next meeting, in Milan, promises to be a great learning and networking opportunity. This meeting will feature instructional course lectures from renowned speakers discussing concepts that range from basic to advanced, keynote lectures from opinion leaders, symposia on innovative topics about the hip.

For those who cannot travel but still have an appetite for knowledge, we have published some general topic articles in past ESSKA newsletters, and we are developing a comprehensive hip preservation textbook, and a special edition on hip preservation in an ESSKA affiliated journal in the near future. This printed material will be supplemented by electronic media, and HAC committee members are hard at work developing these projects. Please stay tuned for the finished products in the very near future.

Although budgets are not limitless, and there are challenges in getting all this done, the HAC is truly up to the task. We have received tremendous support from the leadership at ESSKA, and this energizes us. We believe that education and the exchange of ideas is the key to improving standards of care.

2018-2020 Members:

Chair Filippo Randelli (Italy)
Vice-Chair Vikas Khanduja (UK)
Past Chair Nicolas Bonin (France)
Femi Ayeni (Canada)
Ali Bajwa (UK)
Panayiotis Christofilopoulos (Switzerland)
Sverre Loken (Norway)
Christoph Gebhart (Austria)
Bent Lund (Denmark)
Nestor Zurita (Spain)
Oliver Marin-Pena (Spain)
Athanasis Papaavlouli (Greece)
Andre Sarmento (Portugal)
Matti Seppanen (Finland)
Dror Lindner (Israel).
This is one of the commonest questions asked of the many talented osteotomy surgeons around Europe and beyond. While in the last 25 years huge strides have been taken in this reinvigorated sub-specialism, very few queries will produce such a wide variance in response from such an erudite and skilled assembly of experts.

The indications for osteotomy around the knee have broadened and the planning for surgery has reached hitherto unprecedented levels of sophistication. We have embraced PACS annotation, 2-D and 3-D software applications, computed navigation and more recently patient specific instrumentation in our practices. Our better understanding of functional biomechanics at the patient level and the establishment of angle stable plate technology has laid the table with a plethora of desirable options in terms of robust instrumentation in our practices. Our better understanding of the evidence from a growing scientific base and a biological healing process raises more questions. Questions on clinical value and cost loom large in these days of health care budgets and rationing. It is therefore incumbent on us as experts to invest time and effort into answering the questions raised. The broad swathe of opinion suggests the use of void filler has a valid place in osteotomy surgery however large or small. There is a need to drill down on the advantages and disadvantages posed by void filling. There are many theoretically valid indications for the use of such materials. The routine use of graft materials is, however, unjustifiable to a health economy if there is absolutely no demonstrable benefit. This might for example specifically examine the benefit of regularly filling smaller gaps in routine surgery.

The ESSKA osteotomy committee is therefore committed to the forensic investigation of this subject and the provision of a consensus statement which better answers the question.

REFERENCES:
Education Committee Updates

ESSKA Fellowship programmes further the education, the training and the development of both young and experienced orthopaedic surgeons, by enabling them to visit ESSKA’s Accredited Teaching Centres throughout Europe.

This year, 2019, we received over 300 applications from 45 different countries for our various fellowships. The competition was fierce and we congratulate the successful Fellows. These programmes have already started and will be completed by April 2020.

We would like to thank the Education Committee for the difficult task of evaluating the applications!

Consult our [website](#) for information and application advice for all future fellowships.

The selected fellows are as follows:

**ESSKA-APKASS DJO Travelling Fellowship**  
Buru Gilbert Moatshe (Norway)  
Stefan Mogos (Romania)  
Vasileios Raoulis (Greece)

**ESSKA-APKASS SLARD Travelling Fellowship**  
Buru Gilbert Moatshe (Norway)  
Stefan Mogos (Romania)  
Vasileios Raoulis (Greece)  
Gustavo Aparicio (Spain)  
Berte Boe (Norway)

**ESSKA Arthrex Osteotomy Fellowship**  
Bojan Dojcinovic (Croatia)  
Philip Pastides (UK)

**ESSKA Arthrex Sports Medicine Fellowship**  
Andrea Redler (Italy)  
Riccardo Cristiani (Sweden)  
Pablo Carnero Martin de Soto (Spain)

**ESSKA Arthrex Stipendium for the European Arthroscopy Fellowship**  
Stefan Mogos (Romania)

**ESSKA S&N International Arthroscopy Fellowship**  
Murat Yesil (Turkey)  
Sukesh Rao Sankineani (India)  
Mirko Obradovic (Serbia)  
Dimitrios Flevas (Greece)  
Samer Amhaz-Escanlar (Spain)  
Dan Viorel Nistor (Romania)  
Steven Kyriacou (UK)  
Maximiliano Barahona (Chile)  
Gomez Caceres (Spain)

**ESSKA-Chelsea FC Sports Trauma Fellowship**  
Marko Ostojac (Bosnia and Herzegovina)  
Luca Pulici (Italy)

**ESSKA DePuy Knee Arthroscopy Fellowship**  
Oleg Adamovych (Ukraine)  
Federico Bozzi (Italy)  
Satish Babu (UK)  
Andrey Rublenko (Ukraine)

**ESSKA DePuy Shoulder Arthroscopy Fellowship**  
Przemyslaw Krakowski (Poland)  
Ion-Andrei Popescu (Romania)  
Parag Raval (UK)  
Costan Lucian (France)

**ESSKA-CZEA Joint Preservation Travelling Fellowship**  
Ravi Popat (UK)

**ESSKA-ESA Philippe Hardy Travelling Fellowship**  
Eduar Alentorn-Geli (Spain)  
Felix Dyrna (Germany)  
Cift Hakan (Turkey)

**ESSKA-AGA Joint Preservation Travelling Fellowship**  
Ravi Popat (UK)

**ESSKA-ESA Philippe Hardy Travelling Fellowship**  
Eduar Alentorn-Geli (Spain)  
Felix Dyrna (Germany)  
Cift Hakan (Turkey)

**ESSKA-ESA Philippe Hardy Travelling Fellowship**  
Eduar Alentorn-Geli (Spain)  
Felix Dyrna (Germany)  
Cift Hakan (Turkey)

**ESSKA Travelling Fellows Alumni**

A new ESSKA Project is our ESSKA Travelling Fellows Alumni. This will comprise all former travelling fellows: from ESSKA (to AOSSM, APKASS, SLARD) and from ESSKA-Sections’ Travelling Fellowships.

The ‘idea’ is to create a network of former fellows who will become future leaders of ESSKA.

And what better way, than to launch this project at the ESSKA Milan Congress 2020?

**When:** Thursday 7 May 2020 at 18.30 hrs  
**Where:** Milan Convention Centre (MiCo) ME09 – Foyer

The programme will start off with a Fellows’ Reception, where we shall listen to the experiences of visiting international fellows from AOSSM and APKASS, as well as ESSKA Sections’ Travelling Fellows.

Have you been an ESSKA Travelling Fellow?  
**Save the date** and connect with us on  
[f](#) and [LinkedIn](#) for further information.
ESSKA would like to thank its corporate partners and sponsors for supporting these 2019 educational programmes:

ESSKA S&N International Arthroscopy Fellowship
SmithNephew

ESSKA ARTHREX Osteotomy Fellowship
Arthrex

ESSKA ARTHREX Sports Medicine Fellowship
Arthrex

ESSKA-AFAS Pau Golano Research Fellowship
Arthrex

ESSKA-ALWIN JAGER Senior Fellowship
MJJS

ESSKA-Chelsea FC Sports Trauma Fellowship

ESSKA DePuy Shoulder Arthroscopy Fellowship
DePuySynthes

ESSKA DePuy Knee Arthroscopy Fellowship
DePuySynthes

ESSKA-EA European Hardy European Travelling Fellowship
Stryker

ESSKA-EKA European Knee Arthroplasty Travelling Fellowship
SmithNephew

ESSKA Accredited Teachers and Teaching Centres

The following ESSKA Teachers and Teaching Centres have fulfilled the criteria for ESSKA accreditation. For Information on becoming an ESSKA Teacher or Teaching Centre, see www.esska.org/Education

ESSKA Accredited Teachers

ARGENTINA
Jorge BATISTA
Centro artroscopico Jorge Batista

AUSTRIA
Philipp HEUBERER
Vienna shoulder & sports clinic
Michael LIEBENSTEINER
Medical University Innsbruck
Rolf Michael KRIFTER
Orthomedicum Graz – Joint Centre
Thomas MUELLNER
Evangelisches Krankenhaus Wien

CZECH REPUBLIC
Vojtech HAVLAS
Department of Orthopaedics and Traumatology 2nd Faculty of Medicine, Charles University in Prague

DENMARK
Michael Rindom KROGSGAARD
Section for Sportstraumatology M51, Bispebjerg Hospital
Martin LIND
Aarhus University Hospital, Div. Sportstraumatology
Martin RATHCKE
Bispebjerg Hospital Department of Orthopaedics
Section of Sportstraumatology

EGYPT
Nasef ABDELLATIF
University Cairo, Egypt

FINLAND
Timo JÄRVELÄ
Hospital Mehiläinen

FRANCE
Nicolas PUJOL
Hospital of Versailles Orthopedic Department, Le Chesnay
David DEJOUR
Lyon-Ortho-Clinic
Stephane GUILLO
Bordeaux Sports Clinic
Etienne CAVAIGNAC
Hopital Pierre Paul Riquet. Dpt de chirurgie orthopaedique
Nicolas BONIN
Lyon-Ortho-Clinic

GERMANY
Maurice BALKE
Sportsclinic Cologne, Department of Sportstrauumatology, Cologne Merheim Medical Center
Roland BECKER
Center of Orthopaedics and Traumatology
Medical School Brandenburg
Mike H. BAUMS
St. Elizabeth-Hospital Dorsten
Carl HAASPER
AMEOS Klinikum Seepark Geestland
Andreas IMHOF
Department of Orthopaedic Sports Medicine, Tech.
University of Munich, Munich
Sebastian KOPF
Center of Orthopaedics and Traumatology
Medical School Brandenburg
Hermann Otto MAYR
Department of Knee, Hip and Shoulder Surgery Schoen Clinic Munich Hartaching
Wolfgang NEBELUNG
Marianenkrankenhaus Dusseldorf - Kaiserswerth
Sven SCHEFFLER
Sporthaeadicium Berlin
Stefen SCHÖTER
BG Trauma Center Tubingen, Eberhard Karls University
Frank MARTETSCHLAGER
Deutsches Schulerzentrum

GREECE
Emmanouil ANTONOGIANNAKIS
Hygeia Hospital
Emmanouil BRILAKIS
Private Clinic / Hygeia hospital - 3rd Orthopaedic Department
Michael HANTES
University Hospital of Larisa
Nikolaos KOUKOULIAS
Agios Loukas
Andreas PANAGAPOULOS
University Hospital of Patras/Orthopaedic Clinic
Dimitrios TSOUKAS
MIOSMED Center
Christos YAANAKOPOULOS
IASO General Hospital
Michael IOSIFIDIS
OrthoBiology Surgery Centre
Andreas PANAGAPOULOS
University Hospital of Patras/Orthopaedic Clinic
Nikolaos KOUKOULIAS
Aristotle University of Thessaloniki
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ESSKA Courses

ESSKA’s Advanced Knee Arthroscopy Course held in Watford, UK

ESSKA’s Advanced Knee Arthroscopy Course - ALL about Meniscus took place on 17-18 October 2019 in Watford, UK. The faculty and attendees amounted to an impressive 15 nationalities! The topics included: how to optimise meniscus healing, non-traumatic meniscectomy, ESSKA degenerative and traumatic meniscus consensus, how to suture a ramp lesion, meniscal allografts, and over 7 hours of lab. time! As with all ESSKA courses, the faculty did an outstanding job in sharing their expertise, and ESSKA thanks them for their dedication and valuable time!

Romain Seil, Luxembourg (Co-Course Chairman); Roland Becker, Germany (Co-Course Chairman); Mustafa Karahan, Turkey; Joan C. Monllau, Spain; Sebastian Kopf, Germany; and Matthieu Ollivier, France.

ESSKA would like to thank our corporate partner SmithNephew for supporting this course.

Applications are now open for the below 2020 courses:

- 12-13 March ESSKA Advanced Shoulder Arthroscopy Course ALL about Instability & OTHER Glenohumeral Disorders Watford, UK
- 5-6 June ESSKA Advanced Methodology Course ALL about clinical studies and publishing Luxembourg
- 25-26 June ESSKA Advanced Shoulder Arthroscopy Course ALL about Rotator Cuff and OTHER Subacromial Disorders Cologne, Germany

To apply, go to: www.esska.org/Education/Courses

New ESSKA Books Available in 2020

ESSKA Instructional Course Lecture Book Milan 2020
M. Hirschmann, E. Kon, K. Samuelsson, M. Denti & D. Dejour
Shoulder Arthroscopy - Principles and Practice, 2nd edition
G. Milano, A. Grasso, R. Brzoska & L. Kovacic
Massive and Irreparable Rotator Cuff Tears
From Basic Science to Advanced Treatments
N. Gomes, L. Kovacic, F. Martetschläger & G. Milano
360° around Shoulder Instability
R. Brzoska, G. Milano, P. Randelli & L. Kovacic
Hip Preservation Surgery - Open, Arthroscopic, and Endoscopic Techniques
N. Bonin, F. Randelli & V. Khanduja
Patellofemoral Pain, Instability and Arthritis, 2nd edition
S. Zaffagnini, D. Dejour, E. Arendt, P. Sillanpää & F. Dirisamer

Risk Management and Medical Care in Sports
A Guide to Decision-Making
W. Krutsch, H. Mayr, V. Musahl, F. Delia Villa, P. Tschoi & H. Jones
Lateral Ankle Instability - An International Approach by the Ankle Instability Group
Basketball Sports Medicine and Science
L. Laver, B. Kocaoglu, J. Bytomski, B. Cole, A. Arundale & A. Amendola
ESSKA members can purchase all ESSKA books at a 25% discount by going to the ESSKA website.

2020 ESSKA Courses – Apply Now

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To apply, go to: www.esska.org/Education/Courses
Our FAQ page will provide many answers. If you still have questions you can contact us at membership@esska.org.

ESSKA European Allograft Initiative – a brief update

This newsletter would be incomplete without an update on this important project. The reason it’s only a short paragraph is that the Consensus Document is in the final stages of editing. Eleven Consensus Statements produced by the Steering group have been voted on, by a Rating-Group, according to the modified Delphi process, and have been agreed at the ESSKA’s Speciality Days in November. So the message is to watch out for the completed Consensus Paper, due for publication in the KSSTA journal – THE journal for such a relevant topic!

Current surgical preferences and practice patterns regarding primary ACL repair among ESSKA members

This survey assesses the current surgical preferences and current practice among ESSKA members regarding anterior cruciate ligament (ACL) treatment and specifically ACL repair. The main focus of this survey is to assess the indications for ACL repair, the current or future technique for ACL repair and rehabilitation following primary repair. The objective is to get a better understanding of the current practice patterns on primary ACL repair and identify the experience of ESSKA members on this technique.

Survey closes: 14 December 2019

Hip Arthroscopy Pain Management Survey

The purpose of this questionnaire is to survey hip arthroscopists, regarding current perioperative analgesia practices, with the goal of identifying trends and eventually establishing an expert consensus.

Survey closes: 31 January 2020

Recommendations for physical activity after primary total knee arthroplasty

An online web based questionnaire to be sent out to all ESSKA members. The purpose of the study is to find out which physical activities are recommended to patients after TKA surgery by their surgeons. In addition, the point of time in weeks after the surgery is evaluated for each individual sport activity. The aim of the study is to create a consensus on recommendations based on the results of the online survey.

Survey closes: 30 April 2020

Participate in the following surveys from ESSKA members:
More virtual training in Orthopedics and Sport Traumatology is needed

In the orthopedic world, the assessment of surgery—its quality—assessment—is becoming more and more important. Quality-of-surgery has been suffering because of economic-pressure, with less training for doctors, and less staff for hospitals. Basic training in surgical-skills is crucial for residency programmes. But a survey of 918 residents in France reported that 69.5% of them were incapable of performing arthroscopy without supervision. 40% of the respondents had done less than 5 arthroscopies. There is an urgent need for well-structured training programs for junior doctors throughout Europe, and programmes which use virtual-techniques. This idea is not new. It has long been used for training anaesthetists. Virtual training can be highly standardized and repeatable, and gives a better idea of a doctor’s performance, and his progress. Different virtual systems have been introduced in Sports Medicine, with fine training equipment for Orthopaedic Surgeons. One of them is VirtaMed®, a spin-off company from ETH Zürich, Switzerland, founded in 2007 to improve the quality of surgical-training especially. VirtaMed® simulators are very realistic, because they use the same instruments as an operating room (fig. 1). There are simulated articulations using arthroscopic instruments, combined with rubber models and high fidelity graphics. All this makes the entire training very realistic. The training programme has different modules of increasing difficulty. In diagnostic arthroscopy, all anatomical structures of the joint have to be visualized. The simulator records the time required for the diagnostic arthroscopy, and the precision of the surgeon's instruments inside the joint. A comparative study using the VirtaMed®-training tool has shown that during diagnostic arthroscopy time can be decreased from 185 to 115.9 sec, the camera path-length from 65.5. to 15.0cm. These are significant improvements. Contact with the cartilage, which during real arthroscopy means damage to the cartilage, is also deducted from the final score. When a definite score has been reached, the surgeon moves to the next task. Because of such practice, the surgeon will, eventually, perform arthroscopy on real patients in the same way, but with much more confidence, and without thinking how to move the scope or instruments during the procedure. Many studies have proven that virtual training is a highly effective tool for improving a resident’s ability in handling the camera and instruments in the knee, shoulder or hip [1, 3, 5]. Since 2014, ESSKA has run an annual basic arthroscopy course in Istanbul, combining lectures, motor-skill training using VirtaMed® simulators and, finally, arthroscopic surgery on specimens. References

REFERENCES:

What it is like to be a Travelling Fellow, and then a Travelling Fellowship’s Godfather

The most frequent phrase I’ve come across, in many fellowship reports, is the ‘once in a lifetime experience’. But I was extremely lucky to have a ‘twice in a lifetime experience’, the first in 2001 when I was selected as ESSKA’s Fellow for the ESSKA-AOSSM tour, and the second in 2019, when I had the honour to chair the group as ESSKA past president, again for the ESSKA-AOSSM tour.

My journey began in the year 2000 when I got the letter of acceptance as a travelling fellow to North America, from ESSKA’s then Educational Secretary Prof. PP Mariani from Rome. I could not believe that I would be allowed to meet in person with so many champions of our discipline, I only knew from the orthopaedic literature. Surgeons who have strongly influenced our field of medicine or given their name to a specific procedure or a clinical sign. So off we went, together with my co-fellows Patrick Dijan from Paris and Gianluca Camilliari from Rome, under the umbrella of our godfather Pierre Chambat from Lyon, the famous knee surgeon. In 2001, the program included the following visits: Columbus (Georgia) (fig. 1), Winston-Salem (North Carolina), Baltimore (Maryland), London (Ontario, Canada), Burlington (Vermont) (fig. 2), Salt Lake City (Utah), Vail (Colorado) for the meeting of the Herodocus Society and Keystone (Colorado) for the annual meeting of AOSSM.

But what was the world like in 2001? Three years before, Google was created and the ISS launched. In 2001, Knee arthroscopy did hardly exist. Nobody talked about the hip arthroscopy on specimens. Communication was done via phone, fax and e-mails only. The European Union had nearly global acceptance and the number of women in our specialty was very rare. Our specialty has evolved towards nearly global acceptance and the number of women in orthopaedic sports medicine – although still a minority – is slowly increasing. As a godfather, I was extremely happy to travel with a group of very talented surgeon scientists. My fellows were Simone Cerciello from Rome, Italy; Bars Kocaoglu from Istanbul, Turkey and Matt Ollivier from Marseille, France. This time, we visited Hershey, Baltimore, Annapolis, Boston for the annual AOSSM meeting. Eighteen years later, the so-called social media is everywhere. China has become a superpower. Global climate change has become an issue. Borders between countries are being strengthened again and security is becoming paramount. Our specialty has evolved towards nearly global acceptance and the number of women in orthopaedic sports medicine – although still a minority – is slowly increasing. As a godfather, I was extremely happy to travel with a group of very talented surgeon scientists. My fellows were Simone Cerciello from Rome, Italy; Bars Kocaoglu from Istanbul, Turkey and Matt Ollivier from Marseille, France. This time, we visited Hershey, Baltimore, Annapolis, Boston for the annual AOSSM meeting.

ROLAND BECKER
ESSKA 1st Vice-President

MUSTAFA KARAHAN
ESSKA Academy Editor
ACL injuries in terms of associated injuries has not been fully understood yet and we are struggling to reduce the secondary injury rate in youngsters and adolescents. Indication for or against surgery in many of the injuries and diseases we treat needs to be better understood as are their natural history and consequences in the long-term. But there’s one thing that remained identical in this 18-years period: the friendship and respect between our 2 scientific societies, our hosts’ tremendous implication to make the fellowship successful, the recognition and respect of our past leaders and the deep bond of friendship connecting us through our common profession. The similar experiences and challenges we all went through, be it during our medical and surgical education, in the daily work with our patients, the quest for excellence in our scientific work, and the leadership engagement with our community—these all create connections on which it is easy to build. These links do not depend on geographical frontiers, political or religious convictions. They are the glue of friendship and humanity which will always prevail. This is probably what the initiators of this outstanding experience, the late John Feagin and Werner Müller had in mind when they created the fellowship successful, the recognition and respect of our past leaders and the deep bond of friendship connecting us through our common profession. The similar experiences and challenges we all went through, be it during our medical and surgical education, in the daily work with our patients, the quest for excellence in our scientific work, and the leadership engagement with our community—these all create connections on which it is easy to build. These links do not depend on geographical frontiers, political or religious convictions. They are the glue of friendship and humanity which will always prevail. 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Although some of our techniques have evolved over these last 18 years, we are still struggling in getting the big picture of many of our diseases and procedures. Registries have been created over the last 10-15 years, but their implementation into daily practice is still incomplete. The complexity of ACL injuries in terms of associated injuries has not been
Hamstring reconstruction performed by Drs. Spindler and Dr. Saluan. Thereafter, we had a scientific meeting where our godfather, Prof. Romain Seil, presented his experience on Pediatric ACL. Dr. Ciercello - anatomical findings regarding Latarjet procedure, Dr. Kocaoglu - research projects on FAI, and Dr. Ollivier - studies on ACL and anterolateral reconstruction surgery (Picture 10). Our Cleveland visit ended with a dinner at Dr. Spindler’s home with all the Cleveland residents, fellows and seniors; and discussed the scientific works of the MOON team on ACL and Meniscus surgeries.

17-21 July 2019 - University of Tennessee
Campbell Clinic, Memphis, TN
We landed in Memphis on 17 July afternoon and were greeted by our hosts, Dr. Fred Azar and Dr. Quin Throckmorton. The next day, we headed to the surgery center (Germantown). At this outpatient facility, we observed arthroscopic ACL reconstruction surgeries from Dr. Fred Azar, as well as Shoulder arthroplasty surgeries from Dr. Quin Throckmorton at the Baptist Hospital Collierville (Picture 11). We also had the opportunity to visit Campbell’s clinic department of Orthopedics (Picture 12 & 13). After these wonderful surgeries, we had a scientific session. On 19 and 20 July, we had a sightseeing tour to Graceland, Sun Studio, Memphis Grizzlies basketball arena, and Pyramid. At night, we all had a dinner at Dr. Fred Azar’s house and watch a soccer game at 901FC game (soccer) at AutoZone Park.

24-28 July 2019 - University of Texas McGovern Medical School and Houston Methodist Hospital, Houston, TX
On 24 July we landed in Houston – the third largest city in the USA. After quick refreshments, we had a nice dinner with the whole orthopedic senior team. The next day the program started with a combined scientific session. It was an extraordinary occasion for knowledge sharing with a deep and fascinating discussion with the University of Texas and Houston Methodist Hospital staff. In the afternoon, we had tour to the NASA Johnson space center (Picture 19). The first day ended with a typical Texas dinner with the staff and the local fellows at the Armadillo restaurant. The next morning was dedicated to the OR with several interesting arthroscopic cases under the supervision of Drs. Harner, Lintner and their staff. The discussion on the indications and tips and tricks for different surgical techniques was interesting and stimulating. We toured the hospital facilities, which is one of the largest in the world. After a free afternoon we had a great time at Dr. Lowe’s house, including a delicious dinner. The last day we had the opportunity for a cadaver lab session (Picture 22).

Both the hosts and the ESSKA team had the opportunity to show some surgeries including tibial and femoral osteotomies, superior capsule reconstruction, open Latarjet, PCL reconstruction and ramp lesions repair. It was a really nice opportunity to focus on specific surgical procedures in a relaxed and friendly setting. We then moved to Dr. Hamner’s house, for a “barbecue style” lunch. Late afternoon, we had a European experience with our hosts - watching an MLS soccer match.

28-31 July 2019 - Hospital for Special Surgery, New York, NY
On 28 July, around noon we landed in New York and were picked up by our host Dr. Ranawat. The afternoon was a unique moment with “playground” basketball matches where the European team played against the Ranawat family team. It was a really friendly time, which ended with a nice dinner with Dr. Ranawat senior. It was a real honor to share moments and thoughts with such a legend of orthopedics. The next morning, we had a scientific session and a nice discussion with the HSS sports medicine team (Picture 25).

We had an outstanding tour of the HSS facilities, labs and ORs. It was impressive to see the deep and precise organization of the hospital, which is still ranked as no.1 in the USA. The afternoon was dedicated to OR observations with dozens of surgeries varying from shoulder arthroscopies, sport traumatology of the knee, and hip scopes. Each of the surgeons (Dr. Kelly, Dr. Strickland, Dr. Ranawat, Dr. Marx and Dr. O’Brien) were a real master in their area of interest, and really dominated all the aspects of such pathologies. In the evening we had with a nice walk in Manhattan and a delicious dinner in a NY restaurant with part of the HSS sports medicine team. The following day, we had a second scientific session and a really deep discussion on interesting topics such as osteotomies around the knee, and ramp and roots tears treatment. The rest of the morning and early afternoon were dedicated to the OR. Our hosts (Dr. Warren, Dr. Altchek, Dr. O’Brien, and Dr. MacGillivray) performed other cases related to sport traumatology impressing all of us with their incredible skills. The last evening of our fellowship was a real blockbuster with the Broadway show: Wicked. It was a real unique experience and the perfect end of such an incredible fellowship. Each one of us has brought back lots of new concepts related to our daily practice but additionally nice souvenirs and lots of new friends, with whom we can build-up strong connections and long-lasting friendships.

We all are thankful to ESSKA, AOSSM and DJO for this amazing “once in a lifetime experience”. As Dr. Jacques Menetrey told us during AOSSM Boston meeting, “There are three important events in our life: wife, child and travelling fellowship”. It is totally true!

ESSKA would like to thank DJO for supporting the scientific segments of this travelling fellowship.
ESSKA-Chelsea FC Sports Trauma Fellowship
7 April - 28 April 2019 – Cobham, United Kingdom

Fellow:
Graeme P. Hopper (UK)

I would like to thank everyone involved in the organization of this fantastic fellowship, in particular Paco Biosca (Chelsea FC Medical Director) and Jason Palmer (Chelsea FC Head Physiotherapist) but also the entire medical staff at Chelsea FC for making me feel part of the team and ESSKA for offering me the opportunity to participate in this unique fellowship.

Cobham Training Ground
During my fellowship, I lived in a comfortable flat which was only a 10-minute walk to the fantastic Cobham Training Ground where I spent the majority of my three weeks.

My time at the training ground was split between the first team, the academy and the women’s team. The academy and women’s medical team began their day with a meeting where they would discuss all of the injured players including their short-term and long-term plans. After the meeting I would observe the rehabilitation program for these injured players or attend the morning training sessions. The first team medical meeting would take place 90 minutes before the team trained and this was in the afternoon under the current manager which worked out well for me as I could attend most days. In addition, any injured players who were out on loan at other clubs would return for any periods of rehabilitation therefore I managed to observe their treatment.

This fellowship enabled me to increase my knowledge significantly regarding the rehabilitation processes in elite football. In particular, the importance of functional rehabilitation and the use of hydrotherapy and electrotherapy. As the team doctor for Kilmarnock FC and the Scotland Under 21s, I was also interested in the medications and equipment that the doctors used as well as the emergency action plans they had in place. In addition, I managed to have discussions with the sports science team and also find out about the data collection for the UEFA Elite Club Injury Study.

Moreover, I have a particular interest in the use of platelet rich plasma (PRP) therapy for football related injuries therefore I was glad to find out that there was a ‘PRP room’ at the training facility. It was interesting to observe the variety of injuries that PRP was used for and how effective it seemed to be. I would like to thank Paco Biosca for allowing me to observe his methods and also taking time to sit down with me and discuss his rationale and his experience of PRP in the many years he has worked in football.

Stamford Bridge
During my fellowship I managed to attend two Premier League matches when Chelsea entertained West Ham and Burnley. Additionally, I attended the Premier League 2 match when the Chelsea U23s played Arsenal. These games allowed me to experience the roles of the medical team on match days as well as experiencing the role of the tunnel doctor and having discussions with the ambulance crews and stretcher teams.

I was also extremely fortunate to be able to bring my family down on the train from Scotland to attend the UEFA Europa League Quarter Final against Slavia Prague which was a fantastic 4-3 victory for Chelsea. Chelsea went on to win this competition with a 4-1 victory against Arsenal in the final in Baku.

I was fortunate to be able to spend two days with Andy Williams, one day in the Fortius Surgical Centre and another at the Bupa Cromwell Hospital. I managed to observe a variety of operations including an ACL reconstruction using hamstrings with a lateral tendonsis, a revision ACL reconstruction, a meniscal ramp lesion repair, PCL repair and a posterolateral corner reconstruction. This also gave me an excellent opportunity to discuss future fellowship opportunities at the Fortius Clinic.

Football Medicine Meets the Universe of Sport
The fellowship tied in nicely with the Isokinetic Medical Group Conference, Football Medicine Meets the Universe of Sport, at Wembley Stadium. I was fortunate to be able to present my research work at this spectacular venue and attend so many fantastic talks from experts in the field of football medicine.

Finally, I would like to again thank Chelsea FC and ESSKA for enabling me to go on this exceptional fellowship where I have learned so many new skills and added to my knowledge for my future career in Orthopaedics and Sports Medicine.

Fortius Surgical Centre and Bupa Cromwell Hospital
It was a privilege to attend the Fortius Surgical Centre during my time in London to spend some time with two experts in the field of football medicine, James Calder and Andy Williams. My first visit was to the foot and ankle list with James Calder where I witnessed an ATFL repair, Achilles repair using the PARS jig and an ankle ORIF in a professional rugby player. It was also interesting to discuss the use of bone marrow aspirate concentrate (BMAC) in foot and ankle surgery.

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Listed below are all ESSKA Affiliated Societies, and a summary of the two newest:

LIROMS (Luxembourg Institute of Research in Orthopedics, Sports Medicine and Science) and RKA (Russian Association of Knee Joint Surgeons).

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

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

BOSNIA & HERZEGOVINA
AOTBiH - Association of Orthopedists and Traumatologists in Bosnia and Herzegovina (UOTBiH - Udruženje Ortopeda i Traumatologa u Bosni i Hercegovini)

BULGARIA
BOTA - Bulgarian Orthopaedic and Trauma Association

CROATIA
CSSTA - Croatian Society for Sports Traumatology and Arthroscopy

CZECH REPUBLIC
CSSTA - Czech Society for Sports Traumatology and Arthroscopy (SSSTA - Společnost pro Sportovní Traumatologii a Arthroskopii)

DENMARK
SAKS - Danish Society for Arthroscopic Surgery and Sports Traumatology (Dansk Selskab for Artroskopisk Kirurgi og Sportstrauamalogi)

ESTONIA
EASTS - Estonian Arthroscopy and Sports Trauma Society

FINLAND
Finnish Arthroscopy Association

FRANCE
SFA - French Arthroscopy Society
(Société Francophone d’Arthroscopie)
SFTS - French Society of Sports Traumatology
(Société Française de Traumatologie du Sport)

GERMANY
DKG - German Knee Society (Deutsche Kniegesellschaft)

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

GREECE
HAA - Hellenic Association of Arthroscopy, Knee Surgery and Sports Injuries
(EAE - Ελληνική Αρθροσκοπική Εταιρεία)

HUNGARY
MAT - Hungarian Arthroscopy Association
(Magyar Arthroszkópos Társaság)

ISRAEL
SKSIA - Israeli Society of Knee Surgery and Arthroscopy

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

LATVIA
LAKAS - Latvian Association of Knee Surgery, Arthroscopy and Sports Orthopedics

LITHUANIA
LASTA - Lithuania Arthroscopy and Sports Traumatology Association
(Lietuvos Arthroskopijos Chirurgų Asociacija)

LUXEMBOURG
LIROMS - Luxembourg Institute of Research in Orthopedics, Sports Medicine and Science

NORTH MACEDONIA
MAOT - Macedonian Association of Orthopaedics and Traumatology

NETHERLANDS
NVA - Dutch Arthroscopy Society
(Nederlandse Vereniging voor Arthroscoopie)

NORWAY
Norwegian Arthroscopy Association

POLAND
PTA - Polish Arthroscopic Society
(Polskie Towarzystwo Arthroskopowe)

PORTUGAL
SPAT - Portuguese Society of Arthroscopy and Sport Traumatology

PORTUGAL
SPOT - Portuguese Orthopaedic and Trauma Society (Knee Section)

ROMANIA
SRATS - Romanian Society of Arthroscopy and Sports Trauma
(Societatea Română de Arthroscopie și Traumatologie Sportivă)

RUSSIA
ASTAOR - Association of Sports Traumatology, Arthroscopists, Orthopaedic Surgeons and Rehabilitation Specialists
RAS - Russian Arthroscopic Society
RKA - Russian Association of Knee Joint Surgeons

SERBIA
SES - Shoulder and Elbow Society of Serbia

SLOVENIA
SSASST - Slovene Society for Arthroscopic Surgery and Sports Traumatology

SPAIN
AEA - Spanish Arthroscopy Association
(Asociación Española de Arthroscopia)
SEROD - Sociedad Española de Cirugía de Rodilla
SETRADE - Spanish Society for Sports Traumatology
(Sociedad Española de Traumatología del Deporte)

SWEDEN
SFAIM - Swedish Society of Sports Medicine
(Svensk Förening för Fysisk Aktivitet och Idrottsmedicin)

TURKEY
TUSYAD - Turkish Society of Sports Traumatology, Arthroscopy and Knee Surgery

UNITED KINGDOM
BASK - British Association for Surgery of the Knee
BOSTAA - British Orthopaedic Sports Trauma & Arthroscopy Association

UKRAINE
UAJASTKA - Ukrainian Association of Sports Traumatology, Knee Surgery and Arthroscopy

Affiliated Societies Corner

Over the last year, ESSKA welcomed several new national organisations as Affiliated Societies, bringing the total number to 42.
Luxembourg Institute of Research in Orthopedics, Sports Medicine and Science (LIROMS)

www.liroms.lu

The society was first established in 2005 as SLROMS (Société Luxembourgeoise de Recherche en Orthopédie et en Médecine du Sport) and in 2017 renamed to LIROMS (Luxembourg Institute of Research in Orthopedics, Sports Medicine and Science).

This not-for-profit association is based in Luxembourg with the purpose to promote clinical and basic research in orthopaedics and sports medicine.

The mission of LIROMS is to deliver scientific, economic and societal value for Luxembourg by performing research, studies and developments in the fields of sports medicine, sports science, sports surgery and sports rehabilitation.

The goal is to generate new knowledge of mechanisms, epidemiology, diagnostics and treatment of sports-related human injuries and diseases, health benefits of physical activity, as well as human performance across the lifespan and for all levels of sports practice.

The current President is Prof. Romain Seil.

Russian Association of Knee Joint Surgeons (RKA)
www.kneesurgery.ru

In July 2019, Nikolay Nikolaev, Alexey Karpukhin, Anatoly Ovsyanikin, Dmitry Korshunov, and Evgeny Paklin of the Chuvashia and Smolensk Regions, founded the Russian Association of Knee Joint Surgeons.

The main objectives of the society include:

- Improve the availability of professional education and training for doctors of knee surgery
- Improve the level of scientific medical research, involving Russian knee surgeons in international scientific research
- Enhance professional communications between knee surgery specialists in Russian and with foreign colleagues
- Assist and support the development of regional programmes for the development of traumatology and orthopaedics and their coordination

The current Chairman is Dr Alexey Karpukhin.

We are very proud to announce that, on July 25th, 2019, the two Italian Societies SIA and SIGASCOT joined forces. They have created a new body, which took the name SIAGASCOT. The new Italian Society of Arthroscopy, Knee, Upper Limb, Sport, Cartilage and Orthopaedic Technologies gathers heritage and experience from both societies.

The mission of SIAGASCOT is to promote education, innovation and communication in the national and international community of orthopaedists and of other professionals, who work in our field of interest.

SIAGASCOT aims to become a point of reference for all those people involved in joint surgery and sports medicine; starting their careers, and then improving their professional skill and their scientific knowledge. Theoretical and practical courses will promote education and research projects, under the supervision of leading experts. All this will confirm the role of SIAGASCOT amongst the most important of International Societies.

SIAGASCOT also wants to promote communication between individuals and groups, in Italy and abroad, through fellowships and exchange programmes, which will provide a solid network of scientific collaboration and friendship. There will be an Executive Board, with an annual Presidency, and a five-year leadership career (from 2nd Vice-President to 2nd Past-President), so that every decision will be the result of shared and long-term experience. The broad and direct involvement of our Italian membership will monitor the activities of the society.

SIAGASCOT hopes for that good mix of science and social-life, which has always characterized Italy throughout Europe and the world, and which you will see at ESSKA’s Congress in Milan on 6-9 May 2020! We are celebrating this successful merger between SIA and SIGASCOT and founding of brand-new SIAGASCOT at our 4th National Congress SIAGASCOT, which will be held in Rome on 24-26 September 2020, so be very welcome at our first meeting!

GIUSEPPE MILANO
SIAGASCOT President 2018-2020

ENRICO GERVASI
SIA President 2017-2019
Recent Events

SETRADE 13th Biennial Congress
25–26 April 2019 in Palma de Mallorca, Spain

"Sports injuries are usually due to overload. We are taking the body to the limit."

The Spanish Society of Sports Traumatology (SETRADE), held in April its 13th biennial congress with the participation of Dr. Michael Hantes, ESSKA General Secretary and together with other international experts: Dr. Laprade (USA), knee surgeon, Dr. Lizalituriere (Mexico City), hip arthroscopy specialist, Dr. Ramon Llul, stem cell specialist, Dr. Nyland (USA), rehabilitator, Dr. Carla Stecco (Italy), fascia specialist, Dr. Tencone (Italy), director of ISOKINETIC, etc.

At the national level, Dr. Mikel Sánchez, Dr. Juan D. Ayala, Dr. Pedro Guillien, Dr. Jordi Ardevol, among others, have attended.

The increase of physical injuries amongst elite athletes shows that something serious is happening in professional sport.

Recent statistics show that half of athletic injuries are the result of overloads, that is, of excessive training.

"The most frequent are injuries due to overload, that is, due to over-exertion. We are taking the body to the limit", explains Dr. Bartolomé Munar Pons, President of the Organizing Committee, during the official presentation of the Congress.

We believe that it has been a very relevant Congress from the scientific point of view and we invite all ESSKA members to attend our next Congress to be held in Malaga in May 2021.

Lyonesian Knee Surgery Days in Brazil
29–31 August 2019 in Rio de Janeiro, Brazil

The Lyonesian Knee Surgery Days in Brazil, from the 29th to the 31st of August, in Rio de Janeiro, was once again a great knee surgery event bringing together 604 participants, in three days of learning, improvement, debate and exchange-of-ideas between Brazil and France, as well as colleagues from countries like Germany, Portugal and Peru who came as speakers, and all the most experienced Brazilian knee surgeons. Among the enrolled, there were doctors also from Chile, Uruguay, Paraguay and French Guiana.

This IXth Lyonesian event gave a Review of Total Knee Arthroplasty, a topic that attracts attention due to the growth of knee prosthesis surgeries. A major highlight was the Edited Surgeries, an interactive activity which allowed participants to question and give their opinion about surgical steps.

Each module allowed discussion of the topics at the end, and this proved very useful for doctors in the audience. Not to mention the many extra activities, such as the pre-congress and the symposia, which were always packed. It was a great meeting!

36th Annual AGA Congress 2019 – 360° perspective on arthroscopy and joint surgery
12–14 September 2019 in Mannheim, Germany

It began on 11 September with the Cycling for Joints Tours (30, 70 and 110 km), with AGA’s Board and the Congress Presidents taking part. The three groups joined outside the city for the final stage, and they arrived safely – accompanied by three police motorbikes and two police cars – at the congress venue where they were greeted by fans and congress visitors.

Professor Hermann Mayr (Munich) was announced Honorary Member during the AGA Members Meeting, departing Board Members were acknowledged for their long-term work and dedication to AGA, and the new AGA President, Philipp Heuberer (Vienna), was elected.

The programme featured one hall with an impressive round 360° stage, enabling interaction through short introductions and extensive periods of discussion.

Another hall focused on live surgical videos. Guest societies, research sessions, AGA Students and AGA Residents sessions, as well as e-posters added to the programme.

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AGA also offered a half-day-programme for the public, on prevention of osteoarthritis and sports injuries. Here AGA’s new web portal „Understanding Arthroscopy” (www.arthroскопie-verstehen.de) was announced.

AGA is already looking forward to the next annual Congress to take place in Davos, Switzerland on 17-19 September 2020.
GOTS EXPERT MEETING: Prevention
19–22 September 2019 in Canach, Luxembourg

The 6th GOTS Expert meeting discussing the topic “Prevention of sports injuries” took place in Canach, Luxembourg from 19 to 22 September 2019. 30 physicians discussed in several groups important topics of the field of prevention like epidemiology of sports injuries, economy, methodology as well as the evidence of prevention of injuries of the knee, hip and ankle. In addition, future hot spots of scientific research, special aspects of prevention for children and teens as well as the implementation of prevention activities in specific sports disciplines were reviewed. As a result of the meeting, GOTS will publish the completed guidelines/recommendations for the prevention of sports injuries.

Besides the scientific work, different bicycle tours were offered to the historical centre of Schengen. In front of the monument of the Schengen agreement are the GOTS-president Romain Sel, Stefan Nehrer und Martin Engelhardt. At the border triangle of Luxembourg, France and Germany, the GOTS leadership symbolizes its active commitment to the European Union and the values it lives by: peace, freedom of speech and science freedom, and transnational cooperation - that’s also what GOTS stands for.

Arthroscopy Conference 2019
20 September 2019 in Klaipeda, Lithuania

The largest annual arthroscopic surgeons’ meeting in Klaipeda, Lithuania was held on 20 September 2019, with 150 participants from Lithuania, Latvia and Ukraine. The programme focused on knee and shoulder pathology. During the event, Markas Fiodorovas was elected as President of the Lithuanian Arthroscopy and Sports Traumatology Association (LASTA) for the next 2 years.

Special thanks are extended to ESSKA 1st Vice-President Jacques Menetrey and ESSKA-ESA Section Board member Emmanouil Antonogiannakis, who represented ESSKA at the event by sharing their experience, knowledge, and insight in their fields of specialisation.

The congress was also an opportunity to meet old friends and make new acquaintances, laying the groundwork for future scientific collaboration. We have had a tremendously positive feedback from the congress participants on the quality of the scientific presentations and the organisation of the congress.

14th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress
2–6 October 2018 in Antalya, Turkey

The 14th Turkish Sports Traumatology, Arthroscopy and Knee Surgery Congress, held in Antalya on 2-6 October 2018, was a great success with around 400 registered participants. The scientific agenda involved four halls, and covered 98 conferences, 39 panels, 15 training courses, 1 live surgery on cadaver and 97 oral presentations. This Congress was held under the presidency of Prof. Merter Özenci, and the honorary presidencies of Prof. Ramon Cugat and Prof. Semih Gür.

The biennial Arthroscopy symposium was organised in the scenic city of Visegrád. The members of the Hungarian Arthroscopy Association gathered for a 2-day meeting which had received ESSKA patronage. It was a honour for us to host the well-known Austrian scientist Dr Christian Hoser from Innsbruck. Dr Hoser gave three different talks on ACL reconstruction, anatomy and return to sport issues.

The scientific programme covered all major joints’ most interesting arthroscopic topic, several mini battles tried to convince the audience about optimal treatment methods, graft choice etc. The scientific programme included some economical issues as well: it was interesting to see how arthroscopic procedures are financed in different EE countries and what are the major differences.

In summary, thanks to the ESSKA patronage it was a high scientific level very useful symposium for the Hungarian arthroscopic surgeons.

Hungarian Arthroscopy Association’s Symposium
18–19 October 2019 in Visegrád, Hungary

The scientific agenda focused on summarizing latest operative techniques, the current state of knowledge and possible paths in the future treatment of joint pathologies. Over the course of three days 33 scientific sessions with more than 150 lectures and eight instructional course lectures took place.

On the day before the Congress all the die-hard athletes attended a basketball match with a guest player Professor Niek van Dijk. The other attractions on the coming up days were the music of mining brass band at the Welcome Reception and Gala Dinner in the Silesian Museum.

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From left to right: Dr Christian Hoser and András Tállay, President of the Hungarian Arthroscopy Association

Polish Arthroscopic Society Congress
24–26 October 2019 in Katowice, Poland

The 3rd Polish Arthroscopic Society Congress was held on 24-26 October 2019. The Society was established in 2015 and is the biggest organisation in Poland that brings together people interested in arthroscopic techniques. The Congress took place in Katowice, which is a heart of Silesia in southern Poland. ESSKA President David Depur lead the opening patellofemoral session along with Elizabeth Arendt, Petri Sillanpää and Lars Blond. More than 800 orthopedic surgeons, residents, physiotherapists and operating-theater attendants have gathered at the International Conference Center to talk about arthroscopy and joint preservation. The scientific agenda focused on summarizing latest operative techniques, the current state of knowledge and possible paths in the future treatment of joint pathologies. Over the course of three days 33 scientific sessions with more than 150 lectures and eight instructional course lectures took place.

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Forthcoming Events

**ESSKA COURSES & EVENTS**

- **ESSKA Master Arthroscopist Competition (Round 2)**
  - 6-7 March 2020 – Milan, Italy
- **ESSKA Master Arthroscopist Competition (Round 3)**
  - 5 May 2020 – Milan, Italy
- **ESSKA 19th Biennial Congress**
  - 6-9 May 2020 – Milan, Italy

**PATRONAGE EVENTS**

ESSKA offers patronage for courses, meetings and events that would be of interest to its members. Events through May 2020 which have received patronage include the following:

- **4th Athens Shoulder Course**
  - 5-8 February 2020 – Athens, Greece
- **5th Innsbrucker Instabilitätskurs**
  - 07-08 February 2020 – Innsbruck, Austria
- **3rd International Sonosurgery Symposium & Cadaver Lab (SETRADE)**
  - 07-08 February 2020 – Barcelona, Spain
- **Basel Elbow Course**
  - 14-15 February 2020 – Basel, Switzerland
- **IV International Meeting of Arthroscopic Surgery of Rodilla, Knee and Sports (Jicar 2020)**
  - 20-21 February 2020 – Malaga, Spain
- **2nd Edition – Rome Shoulder Course: Revision and Difficult Cases**
  - 21 February 2020 – Rome, Italy
- **Egyptian Arthroscopy Association (EGAA)**
- **8th International Congress**
  - 25-27 February 2020 – Cairo, Egypt
- **IOC World Conference – Prevention of Injury and Illness in Sport**
  - 12-14 March 2020 – Monaco

**11th Turkish National Congress of Shoulder and Elbow Surgery**
- 01-04 April 2020 – Antalya, Turkey

**SRATS Congress 2020**
- 02-04 April 2020 – Bucharest, Romania
- **6th International Knee Update 2020**
  - 02-05 April 2020 – Davos, Switzerland
- **Das degenerative Kniegelenk von der Umstellung bis zur Knieprothese**
  - 16-17 April 2020 – Innsbruck, Austria
- **Combined Orthopaedic Knee Societies 2020 Annual Meeting hosted by BASK**
  - 16-17 April 2020 – Oxford, United Kingdom
- **10th Symposium Shoulder and Elbow Society of Serbia**
  - 21-22 May 2020 – Belgrade, Serbia
- **Foot and ankle Arthroscopy Sports Traumatology course (FAST)**
  - 25-26 May 2020 – Amsterdam, The Netherlands
- **XIV-th Conference f BAAST, X-th International Symposium of BOTA**
  - 28-30 May 2020 – Varna, Bulgaria
- **SRATS Basic Knee Arthroscopy and Basic Knee Arthroplasty Course**
  - 29-31 May 2020 – Tg-Mures, Romania
- **6th Knee Arthroscopy and Arthroplasty International Course-Advance (SRATS)**
  - 29-31 May 2020 – Tg-Mures, Romania

**OTHER EVENTS - INTERNATIONAL**

- **SLARD Annual Meeting 2020**
  - 12-14 March 2020 – Viña del Mar, Chile
- **AAOS Annual Meeting**
  - 24-28 March 2020 – Orlando, Florida, USA
- **AANA Annual Meeting 2020**
  - 7-9 May 2020 – Grapevine, Texas, USA
3rd INTERNATIONAL SONOSURGERY SYMPOSIUM & CADAVER LAB
BARCELONA, SPAIN
February 7th-8th 2020
www.sonosurgerysymposium.com

Dutch Arthroscopic Society
6th Lustrum Congress
4&5 June 2020 - The Netherlands
For more information and registration, please go to www.scopie.org

Nederlandse Vereniging voor Arthroscopie

Dutch Arthroscopic Society
6th Lustrum Congress
4&5 June 2020 - The Netherlands
For more information and registration, please go to www.scopie.org
Did you Know?

ESSKA FULL MEMBERS CAN OPT TO SAVE THE PLANET
AND ONLY ACCESS THE KSSTA JOURNAL ONLINE.
NO MORE PAPER!

Sign-in & Save the Planet

Update the field “KSSTA delivery preference”
to “Save the planet – online access sufficient”
or send an email to membership@esska.org
with your name and the text
“I wish to save the planet – online access sufficient”
and we will update your preference.

ESSKA Membership:
IT'S TIME TO RENEW
Deadline: 31 December 2019

www.esska.org

Full Membership benefits* include:
• A monthly copy of, and online access to, the KSSTA journal
• Reduced registration fee for ESSKA’s Speciality Days and Biennial Congress
• Reduced registration fees for ESSKA events: workshops and courses
• 25% reduction on ESSKA publications
• Exclusive access to the premium content on ESSKA Academy, our online educational platform
• Access to various ESSKA educational and fellowship programmes
• The possibility to promote your survey to the ESSKA community
• ESSKA newsletter
• The right to vote at the General Meeting
• Serve on ESSKA committees, and apply for section membership.

Our membership fees are:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>1 year</th>
<th>2 years</th>
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<tr>
<td>Full Member</td>
<td>180€</td>
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<tr>
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<td>95€</td>
<td>170€</td>
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<tr>
<td>Basic &amp; Sports Scientist</td>
<td>95€</td>
<td>170€</td>
</tr>
</tbody>
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PAY FOR TWO YEARS AND SAVE MONEY!

Members of ESSKA’s Affiliated Societies can benefit from annual discounts:
• 20€ discount on the ESSKA Full membership fee
• 10€ discount on Resident membership fee

For any questions about your ESSKA membership, please contact the ESSKA office
at membership@esska.org or (+352) 4411-7015
Warmest thoughts and best wishes for a wonderful holiday and a happy New Year.

The ESSKA Executive Board and the ESSKA Office

www.esska.org

Keep up to date on what is going on at ESSKA by following us on Facebook, LinkedIn and Twitter, and subscribe to our YouTube channel to see the latest videos.

www.esska.org