NEW DATE FOR THE 19TH ESSKA CONGRESS
11-14 MAY 2021 MILAN, ITALY
Special thanks

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

Presidents’ Editorial

Dear ESSKA Members, Dear Friends and Dear ESSKA Community,

As a not-for-profit medical association, ESSKA is naturally concerned by the current worldwide situation. We hope that you are safe and well at this challenging time. We would also like to extend our sympathies and express our solidarity with those of you who have been affected by the COVID-19 crisis.

Considering the current global health and economic situation, we have taken the decision to further postpone the ESSKA Congress to 11-14 May 2021 in Milan.

The primary reason for this decision is to protect the health and well-being of our delegates, partners, faculty and staff. We also want to respect and follow the current WHO advice and government information regarding travel and social distancing.

When “Science meets Fashion”, ESSKA Needs YOU to celebrate a new Start in Spring 2021 with happiness and a positive approach.

Mark your Calendar for a “Rendez-Vous” in Milan on 11-14 May 2021!

Sincerely and with best wishes.

The Congress website will be updated with all relevant information in the coming days.

If you have questions or concerns, please email: esska2020@kit-group.org
What’s new on the ESSKA Academy?
Check out the webcasts, e-posters and abstracts from the ESSKA Speciality Days 2019

www.academy.esska.org

NEW DATE!
11-14 May 2021
19th ESSKA CONGRESS
MiCo, Milan, Italy

The ESSKA Academy is an online peer-reviewed, unbiased educational platform, enabling members to improve their knowledge on sports-related injuries, arthroscopy and degenerative-joint diseases.
JOÃO ESPREGUEIRA-MENDES
ESSKA Past President

João, how did your career begin? And what led you to be a specialist in orthopaedic surgery?

I come from a family where my grandfather and my father were orthopaedic surgeons and so I think I was born with orthopaedics in my blood and, as long as I remember, I always thought of becoming an orthopaedic surgeon.

What was your reason to start doing arthroscopy?

I started working with my father very early, when I was still a medical student in 1982. At that time the arthroscopy was taking its first steps in Portugal. So, as my father didn’t do arthroscopy and I was a young man in training, it was only natural and strategic to dedicate myself to arthroscopic surgery, which promised to be a technique of the future.

Can you tell us your personal story in ESSKA?

In 2002, Karl Peter Benedetto came to Portugal to attend SPAT’s Congress (Portuguese Society of Sports Arthroscopy and Traumatology). At the meeting he mentioned that I would have the right profile for belonging to the ESSKA Board and represent Portugal, becoming the first member of the Board from the Iberian Peninsula. For several months I had no news and then suddenly I got a fax with an invitation to serve on the ESSKA Board as a treasurer.

I was stunned and radiant, and so I started my activity as ESSKA’s treasurer. One of my first initiatives as treasurer was to visit the office in Geneva where I was very well received by Daniel Fritschy who handed me the treasurer’s briefcase. At that time ESSKA didn’t have headquarters and it was based in a fiduciary which I then visited and saw no reference to ESSKA. I was greeted by Stephen Jacques who kindly placed a sign with the ESSKA name on a table and said: “This is the office, and we also have a dedicated telephone-line for ESSKA.” It is an interesting detail to picture and understand the difference today, and also to appreciate the fantastic progress of our society.

I was on the ESSKA Board during 14 years, where I experienced wonderful moments. During all these years I became friends with people from all over the world, who continue to be my friends, and I cherish it a lot.

You were President of ESSKA - tell me something about your experience...

During my presidency, I was fortunate to carry out some projects relevant to ESSKA, many of them thanks to the excellent work of my predecessors:

• Launch of the ESSKA Foundation in Luxembourg (under the umbrella of the prestigious Foundation de Luxembourg)
• Launch of the Journal of Experimental Orthopaedics (JEO)
• The purchase of the KSSTA Journal (it was Springer’s property)
• Launch of the ESSKA Academy
• Hiring the current Executive Director
• A new office in Luxembourg
• Organisation of the 2008 ESSKA Congress in Porto

What do you think about ESSKA’s role in the scientific societies’ world?

When I joined the society, ESSKA was the result of the individual efforts of a small group of members and its Board, with a very amateurish organisation and it is impressive and gratifying to observe the fantastic organisation it has become today. ESSKA is one of the most important societies in the world in medical education in Orthopaedics Sports Medicine. Its role is of enormous importance, working as an umbrella of all National European Societies, bringing them together so that Europe can present herself with one voice.

As an international player in education in Orthopaedics Sports Medicine, it should relate more and more closely and intensively with ISAKOS and other international societies, affirming its role as European leader in this mission.

What do you think about the future of ESSKA? Do you have any advice for current and future leadership or wishes for ESSKA?

ESSKA should continue its journey - respecting the DNA of the last 30 years but continuing to innovate. It will be important to choose leadership well, so there is a universal European representation and find dedicated and hardworking young people. I’m very optimistic about ESSKA’s future. It will continue to be the European star in Orthopaedics Sports Medicine providing great quality medical education to young orthopods from all over Europe.

ESSKA is doing a lot in educating the young. What else do you think is needed?

It would be interesting to involve even more the Eastern European countries, develop further e-learning and consensus guidelines in the treatment and guidance of patients with sports injuries. ESSKA should become a partner of the European political institutions so as to guide good medical practices and improve legislation that defines our activity. It would be interesting to contribute to the European curriculum in Orthopaedics Sports Medicine and define the criteria and the necessary and sufficient content for it.

What do you think about the relations between the industry and scientific societies?

The relationship between industry and scientific societies is currently unbalanced and poorly adjusted. Industry should conduct its medical education programmes with content and especially referral criteria overseen by an independent scientific body, without bias of showing its products. This would even increase credibility. It would be excellent if the future brings us a close relationship between industry and scientific societies allowing for joint, independent, impartial work with respect for ethical values and helping to train people with impartiality, quality and competence.
What advice would you give to our younger colleagues who just begin their careers?

A young person starting an orthopaedic career needs to reflect well on what he/she wants to do and what kind of career he/she desires. Only by knowing clearly where you want to go and where you can go, it is possible to make a good decision to fulfill professional dreams. You need to choose the best places for internships, fellowships, and a good decision to fulfill professional dreams. You need to know where you can go, and where you can go, it is possible to make a good decision to fulfill professional dreams. You need to choose the best places for internships, fellowships, and a good decision to fulfill professional dreams. You need to know where you can go, and where you can go, it is possible to make a good decision to fulfill professional dreams.

Do you have any hobbies?

My main hobby and top priority in life is, undoubtedly, my Family – I’m about to have the 6th grandchild! I am a tennis enthusiast and I practice Pilates. Whenever the weather permits, I love diving and submarine spearfishing. I am very interested in art, especially the Lusíada art. I study regularly the decorative arts of these centuries. I like to write, especially poetry.

The last question - what about your future plans, your career and dreams?

I look to my future as an educator: I would like to continue contributing to the training of young orthopods and to remain helping Clínica do Dragão research group. I have a great desire to devote much of my time to educating my grandchildren. I have the dream of contributing to the creation of the Museum of the Portuguese Discoveries with Lusíada art in Porto.

Thank you so much João. It has been a pleasure talking with you.

What is your profession?

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Stage 1: 6-7 December 2019, Milan, Italy

The first stage of the ESSKA Master Arthroscopist was exciting and a mystery to most (before the start of the competition)! This is the first time ESSKA organises such a competition on a European level. There were 24 candidates from over 15 countries and 10 ESSKA Faculty.

Day 1 started with the candidates being divided in two groups. Each group needed to complete 3 wet-lab activities which consisted of: diagnostic arthroscopy, medial and lateral meniscectomy, meniscal repair and ACL reconstruction, graft harvesting, different meniscal repair technique, etc., under careful evaluation of the ESSKA faculty. Furthermore, each group was evaluated through arthroscopic VIRTAMED simulators. Here, candidates were tested with many exercises ranging from basic to advanced.

Stage 2: Dates to be confirmed, Milan, Italy

This stage will see the 24 participants compete again in advanced theoretical and practical tests on knee specimens, together with case presentations and discussion. At the end, the best 6 will be elected for the final competition where the first ever ESSKA Master Arthroscopist will be named!

Stage 3: Dates to be confirmed, Milan, Italy

Two days of case presentations and discussions together with the candidates. Diagnoses will be announced, and the competition will finish with the best 6 candidates. This is the moment when the best 6 will be announced.

The first ever ESSKA Master Arthroscopist will be named! Stage 1: 6-7 December 2019, Milan, Italy

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Follow the competition on:

Facebook
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YouTube

READ WHAT THE PARTICIPANTS HAVE TO SAY:

“Knowledge has to be shared to have value”. That’s my title for our recent two days experience. It was a great honour meeting you all! Many thanks to Mr. Corrado and the whole faculty for their patience and their enthusiasm in teaching us! A huge thanks to all colleagues for our valuable opinion exchange! And of course you can’t learn without having fun! See you all in March! Take care.

Vasileios (Bill) Mitrousis (Greece)

Thanks to the faculty for your time and effort. It’s not taken for granted! I am really grateful for the opportunity to be part of such great event learning from legends and also together with so many nice residents from all over Europe.

Jana Felicita (Switzerland)

It was an extraordinary meeting. Nice to meet you all interesting people, sharing knowledge and improving skills! It was amazing! See you in March! Take care.

Davide Reale (Italy)

It was an amazing experience. meeting people, sharing knowledge, and improving skills! It was amazing! See you in March! Take care.

Zoi Kiourka (Greece)

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Jana Felicita (Switzerland)

It was a great pleasure to meet all of you! Thanks to the entire faculty for teaching us. It was hard work but also an amazing experience and big fun, see you in March!

Ewa Tramś (Poland)

ESSKA would like to thank the following faculty:

Corrado Bait (Project leader), Italy; Gonzalo Samitier, Spain; Paolo Ferrua, Italy; Koen Carl Lagae, Belgium; Pietro Randelli, Italy; Nicolas Pujol, France; Riccardo Compagnoni, Italy;

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A brand New Year and the beginning of a new decade “demands” a KSSTA update!

During the last 10 years, our journal has become one of the leading scientific journals in the field of knee surgery and arthroscopy and we, the Editors and the ESSKA Society, are happy about this. Our Impact Factor has been stable for a number of years, always above 3.0 with the current one at 3.149.

Our submissing volume, for the first time, decreased in 2019 by 2% compared to the previous year. The question arises if fewer submissions will be a future trend and if it is good or bad. Mostly good: quality rather than quantity.

KSSTA Strategic Meeting
We never rest on our laurels but always pursue paths to improve our journal. For this, ESSKA held a two-day KSSTA strategic meeting in Paris last September, which was attended by the ESSKA leadership, the new Editor-in-Chief of JEO, Stefano Zaffagnini, and our publisher Springer. We see that our journal is mainly focused on knee surgery, even more so with JEO growing. Our alignment with JEO is stronger than ever and this was one of the most important discussion points at the meeting.

We also discussed several new future opportunities for our journal, as well as a few limitations and their possible solutions. We have tried to focus our journal towards clinical research as much as possible and the close collaboration with JEO will enable us to do even better in this area in the future.

The ESSKA Board and KSSTA editors had during the last two years constituted a Task Force to formulate a strategic plan for KSSTA and to develop a sound long-term relationship between the two ESSKA journals.

Special Issues
Our January 2020 issue is a special theme issue on the Ankle, with a strong input from Barcelona, thanks to Mikel Dalmás-Pastor and Jordi Vega. Several beautiful anatomical studies feature among the papers included in this issue.

We also published a theme issue on the Acromio-Clavicular Joint, with Klaus Bak and Knut Beitzel as Guest Editors. We thank them for their uniring work in preparing this issue.

Currently, we are planning a broader theme issue on the Shoulder under the Guest Editorship of Giuseppe Milano, the ESA Chairman.

For March, we have a theme issue on the Meniscus, including an editorial and the new European Consensus statement, in the pipeline.

We are also planning three consensus papers on ACL treatment, return to sports, outcome and surgical versus non-surgical treatment.

ESSKA Milan Congress 2021
We are very much looking forward to the ESSKA Congress in Milan, now next year. As usual, our journal will be very active and visible. We invited everyone to come join us for good conversation, a few bites and drinks among friends at the KSSTA/JEO Reception. We will present the three best reviewers of 2018 and 2019 — all outstanding persons who have contributed strongly to our journal: Riccardo Compagnoni (Italy), Daniel Guenther (Germany) and Kanto Nagai (Japan).

On a happy note: ESSKA is now offering CME credits to our reviewers. We have been working on this for a long time and now finally have this much-desired result. Both journal reviewers will be able to request for credits starting with reviews completed since January 2020. We are working on making the request system automatic by integrating the feature in the Editorial Manager but until then please contact the editorial office with your requests.

Future
We promise that together with the KSSTA Editorial Office (Runeeet Rai and Simona Luparia), the ESSKA Board and the Executive Office, we will work for an even stronger journal, one that brings together scientific work carried out in Europe. Finally, we would like to thank all our authors and reviewers for their good collaboration in 2019.

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

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.
KSSTA and JEO Best Reviewers for 2019

We happily present the KSSTA Best Reviewers for 2019 and thank them for their excellent contribution and great work: Riccardo Compagnoni (Italy), Daniel Guenther (Germany) and Kanto Nagai (Japan).

Join us in congratulating the JEO Best Reviewers for 2019. We appreciate their outstanding work and contribution: Akhram Aldawoudy (Egypt), Luca Macchiarola (Italy), and Matthieu Ollivier (France).

As promised a few months ago, the scope of our journal has changed significantly, accommodating more clinical studies without neglecting its original focus.

Hopefully, you are enjoying reading the numerous excellent papers that are being sent in by researchers from across the globe. We would like to thank these scientists for their contribution and passion as without them all our efforts would have been in vain. It is noteworthy, in my opinion, that JEO has seen an increase in paper submission during 2019. We have also already reviewed and accepted several manuscripts in 2020, which leads me to believe that our previous submission record will be surpassed and that we will grow year after year.

To achieve this, ESSKA has been offering various waivers and discounts on the publishing fee as we firmly believe that every researcher should have the possibility to publish in JEO. We have had great responses to our ESSKA Specialty Days delegates’ discount as well as for the free publication gift vouchers offered during the New Year. We will be offering similar schemes during our ESSKA Congress in Milan, so be sure to attend the Congress and check all our current offers here.

Another good news is that we have speeded up the review process, as required by a young online journal. We are currently working on a new website and aim to broaden JEO’s social media presence by promoting the most interesting and innovative studies.

Finally, a result with which I am remarkably proud is that many eminent scientists have been invited to share their experience in our journal, publishing innovative studies and expert opinions on hot topics that we agree on together, month by month. My personal thanks to these friends for their time and efforts.

You will be able to enjoy reading some of these innovative papers collected together in a Special issue; but plenty of other such papers will be published online during the year. We look forward to your proposals to make the journal even more contemporary to suit our young ESSKA members.

In conclusion, we are happy with the work done so far but, at the same time, we are looking forward to seeing how good it is going to get with every new manuscript submitted to JEO.

Journal of Experimental Orthopaedics (JEO)

Want to apply for ESSKA’s fellowships programmes?

Applications are now open for the 2020 fellowships and first deadline is 2 June 2020.

NEW Annual ESSKA-Pittsburgh Partnership Fellowship
1 January 2021 - 31 December 2021

APPLY NOW!

APPLY NOW!

ESSKA NEWSLETTER | 03 . 20
Creativity and Hard Work; the Two Main Pillars of ESSKA

This article is the third in a series of three which consider ESSKA’s historical foundations, through the eyes of Werner Müller.

I visited Werner Mueller in his hometown, lovely Basel, in February 2019 with my colleague Sarper Gürsu. He picked us up at the airport in his modest car and we arrived in his house where his loving wife, Ursula, was already waiting for us with some snacks and drinks. The Werner family lives in a lovely house on a green hill, in Riehen, Basel. It has a beautiful view and one can see Switzerland and France at once from the terrace of their house.

We started with some special questions from the President David Dejour and Werner replied to all of them openheartedly. When speaking about ESSKA’s birth he was so humble saying that “I emphasise all the time that the real founding spirit and the real founder was Ejnar Eriksson”.

He told every detail of the meeting in Berlin which led to ESSKA’s establishment and how he was involved in this process.

Being a living legend of knee surgery, Werner told us unique stories about the history of knee surgery, important figures such as Olivier, Trillat, Henri Dejour, Chapchal, Van Rens, Hermans and many others. He also told us about his relations with The Lyon School. It was an unforgettable honor for him to be invited to Les Journées Olivier in Lyon.

It was quite interesting to see how ESSKA was founded with a passionate spirit and despite many difficulties. In the very early days they didn’t even have a secretary but never gave up and managed forming the society. One could easily understand that, as the founders, they had very good intentions, but they could not imagine that ESSKA would be as successful as it is today. Werner was proud to be a founder of ESSKA – the first orthopaedic specialty society in Europe.

Werner also told us the story of his nickname – “Gelenk” Müller. He was named so after the release of his famous book Das Knie (The Knee) which was published many times in different languages. The story of this book was also very interesting. It took Werner years to prepare it and it was obvious that if his wife Ursula was not there to help, we would probably not have Das Knie (The Knee) in our libraries.

We were fortunate and honoured to receive a lecture on ACL in his study room - such a special and private lecture. After the interview of more than four hours Werner showed us his countless awards and some other memorable items in the basement of his house. Among them there was a table which was once used in the first ESSKA office!

In the evening, Werner took us for a walk in the historical city centre of Basel. The river, the old cathedral and the old school he also attended as a child – all this was fascinating. The visit ended with a lovely dinner and Werner was very kind to give us a ride back to the hotel.

Despite his incredible career and being the very first President of ESSKA, Werner as always was as humble and caring as one can believe! It was an unforgettable day with a real pioneer of ESSKA. Thank you for this, Werner and Ursula!
AFAS has some great events coming up in 2020.

In addition to the record number of Instructional Course Lectures accepted by the Scientific Committee there are many interactive sessions, once again with ample time left for debate and hard-questioning of the panel of experts rather than purely didactic lecturing. We also had the greatest number of free papers accepted for podium presentation enabling many "young-blood" scientific surgeons and physiotherapists to present their new work for scrutiny and debate. This is the next generation that I and my successor, Daniel Haverkamp, wish to promote. There are many social events for us to meet up more informally and the AGM will be held during the Congress where I would value your input to develop our future educational plans.

We had a very successful "All about the hind foot" course in the cadaveric lab in Munich in December - once again this was very much an interactive course aimed at ensuring that we learn new techniques from each other rather than just "going by the book". We have secured a further cadaveric Arthroscopic course in December 2020 in which we intend to focus on intermediate levels of arthroscopy and ligament/tendon and sports injuries such as Lisfranc disruption. This is aimed at those finishing Residency and those within the first three years of consultancy.

The Ankle Instability Group (AIG) have a meeting in Asheville, USA in June 2020 organised but the AIG chairman Peter Mangone. Mike Carmont, chairman of the Achilles Tendon Study Group is organising a consensus meeting followed by a 2-day instructional course meeting in St Petersburg and confirmation of the date for this will become available soon.

For anyone travelling to the AAOS in Orlando, USA please let me know so that hopefully we can meet up - we are running a Biologics in ankle ligament injury session and AFAS members who would like to become involved are more than welcome to join us.

ASTAO Congress in Moscow, Russia
21-22 November 2019
ESSKA-ESMA was an important partner of the ASTAO Sports Medicine International Congress held in Moscow. It was a very interesting meeting from scientific and social point of view with Andrey Korolev (ESMA Ambassador) as a fantastic host. ESSKA President David Dejour and ESMA Chairman Henrique Jones were among the invited speakers, as well as ESMA members: Gian Luigi Canata, Angelina Lukaszenko and Jose Huylebroeck.

PolMuLTS Congress in Lotz, Poland
12-14 December 2019
The ESMA Chairman was one of the invited speakers at the II International Symposium of the Polish Muscles, Ligaments and Tendons Society (PolMuLTS) titled: “Soft tissue overuse injuries and stress fractures in sport”, which took place on December 12-14, 2019 at the Ambassador Premium Hotel in Lodz, Poland. Marek Krochmalski, President of PolMuLTS, was the Chairman of Organising Committee and honoured the ESMA Chairman, Henrique Jones, as Honorary Member.

XIV SPAT Congress in Braga, Portugal
28-29 November 2019
ESSKA, represented by ESMA Chairman Henrique Jones, ESSKA President David Dejour and Board members Jacques Menetrey, Juan C. Monllau and Jón Karlsson honoured the XIV Congress of the Portuguese Society of Arthroscopy and Sports Trauma. David Dejour, Juan C. Monllau and Jón Karlsson received honorary membership of SPAT. Jacques Menetrey was already an Honorary Member of SPAT.
Knee osteoarthritis and professional football: Some considerations to remember!

Osteoarthritis after football

Osteoarthritis is a common finding among former football players with numbers well above the normal population. Traumatic injuries and abnormal loads significantly predispose football players to knee arthropathy.

Introduction

Osteoarthritis (OA) often occurs at a relatively early age in adult life, in certain sports such as football, rugby, racket sports and track and field sports especially when performed under high level. Joint overuse, even without notable trauma, is likely the main mechanism of OA in these sports, depending on the type of sport, level and duration of practice (1). Irregular or sudden impacts, heavy load application on the dominant weight-bearing lower limb and the pre-existing state of the joint including the quality of life after retirement of former professional sportsmen followed up. The incidence of hip and knee arthritis and of knee arthroplasty at an mean age of 59 years. However, besides mechanical load, and external factors, which football activity implies there is also evidence that biological and biochemical changes occur in the knee of top-level football players such as increase in MMP level in the synovial fluid for instance (2).

Low magnitude Cyclic Tension Force (CTF), whether high or low frequency, did not cause the gene expression of cartilage degradation factors, suggesting that this CTF magnitude causes only minor changes in the cartilage matrix. However high magnitude and frequency CTF caused the gene expression of IL-1 and MPP-9, followed by increases in the production of MMP-2 and -9 proteins, suggesting that excessive and continuous cyclic mechanical stress induces the production of IL-1 and MPP-9, resulting in cartilage degradation (9, 8).

Importance of the injury during football’s career

Today’s surgical techniques and devices are advanced and capable of restoring the joint to a certain extent (mostly ligaments, and meniscus, surgery). However, it wasn’t always like that in the past and a restituto ad integrum is still very difficult to achieve. Professional football players, who return to play after serious injuries, perform with compromised joints regarding biological, biochemical and mechanical aspects. Incomplete rehabilitation and the pressure to return to play after an injury clearly put the athlete at an even higher risk of joint degeneration (Fig. 3).

Prevention

Previous injuries mean … prevention for life. This means that young professional footballers with knee injuries during their career have a significantly higher risk for early osteoarthrosis and should be the targeted group for secondary prevention programs. How might it impact clinical practice in the future? During last years of a footballer’s career, and after retirement, the optimal physical condition could justly (a common finding in these cases) more destruction but less pain and functional disability although the prevalence of knee pain by age reached its peak 10–15 years earlier in ex-football players compared to males in the general population (9, 10).

Clinical experience indicates the importance of some modifiable risk factors in knee osteoarthrosis — factors such as being overweight, better management of injuries (through self-education), early treatment approach, appropriate rehabilitation before return to play.

How can we reduce the incidence of footballer’s knee arthritis?

Surveillance and prevention are the main tools to deal with knee arthritis progression in footballers and adequate programmes should be implemented in elite football, during their careers as a preventive measure, contemplating (20).

1. Early recognition and suppression of joint catabolic inflammation

2. Individual risk factors and injury management including kinesiophobia support, internal communication and physical therapy.

3. Predictive genomics, DNA profiling

4. Longitudinal prevention strategies since childhood (preventive exercises) including cartilage therapeutically support

5. Improved surgical management, biological support and structure respect

6. Strict rehabilitation and respect for return to play guidelines

Conclusion

The knee risk for professional football players is very high and significantly greater than for the general population (21). These findings suggest that professional football players should be provided with health surveillance during their playing career and after retirement too.

REFERENCES

ESSKA Core Curriculum Project

Project aims and summary
In 2016, ESSKA’s leadership produced a strategic plan for its future scientific education. At its heart was a competency-based Core Curriculum, which should regulate all our future activities, resources and priorities. Similar core curricula have been produced at an international level to ensure standards and training in many healthcare disciplines, and they have been robustly and successfully enforced. ESSKA intends, likewise, to delineate our core treatment competencies, at an appropriate level for ESSKA members (those who are practising within ESSKA’s area of expertise).

The Core Competency model and format
ESSKA’s Board established a Working Group for 2018-2019, whose first task was to produce a Competency Model. They divided competencies by Anatomical-Region, by Condition, and by Procedures (whether surgical or non-surgical). Consider the example below, for treatment of meniscus injuries and patella tendon ruptures.

The Working Group structure
The Working Group was structured as follows:
- Project chair - ESSKA Educational Secretary, Martin Lind
- Medical education consultant - Michael Ross
- Administrators – ESSKA Executive Director, Zhanna Kovalchuk, ESSKA Educational Projects Manager, Joseph Ramesh

The chosen methodology
We decided to use the ‘expert-group method’ for creating content. Expert groups were selected, which covered ESSKA’s seven anatomic areas. They were selected from ESSKA Sections and Committees, and each included a representative from the ESSKA Board. These expert groups were to produce their own specific subspecialty curricula to be discussed and revised by a consensus meeting attended by all the expert groups. This would produce a draft curriculum, which would be evaluated by ESSKA membership, in two ways: by grading the various competencies for their relevance; and by deciding, in each case, upon a ‘desirable’ level of competence. By this means, the Core Curriculum will reflect both the expert groups and ESSKA membership.

The Expert-Groups
- Shoulder subgroup (Tom Ludvigsen, Emmanuel Antonogiannakis, Giuseppe Milano, Mustafa Karahan)
- Elbow & Wrist subgroup (Raul Barco, Michel van den Bekerom, Paulo Arrigoni)
- Hip & Groin subgroup (Bent Lund, Nicolas Bonin, Filippo Randelli)
- Knee Artroscopy subgroup (Vincenzo Condelli, Marco Bonomo, Roman Sell, Martin Lind)
- Degenerative Knee subgroup (Sufian Ahmad, Simon Donell, Roland Becker)
- Foot & Ankle subgroup (Daniel Haverkamp, Ákos Kynsburg, Thomas Bauer, Hélder Pereira)
- Sports Medicine subgroup (Henrique Jones, Mike Carmont, Werner Krutsch, Jacques Menetrey)

How the curriculum was developed
Summer of 2018.
Expert groups were set up, and each expert group began to ponder their own specialism, and competencies (based upon conditions and procedures). This was followed by online meetings with the education consultant, to clarify aims, to discuss any questions or issues, and generally to agree upon a modus operandi.

Autumn of 2018.
Each expert group now drafted its own core curriculum, for its own specialism. These were shared and discussed with the rest of his group and the education consultant, to produce a draft set of competencies, for each expert group.

November 2018 in Athens.
At a consensus meeting the different expert groups’ curricula were discussed in detail, including their overlaps and inconsistencies, and were then combined into a single complete draft curriculum. Between December 2018 and February 2019. An online questionnaire was then produced, and piloted with the Working Group, and after modification it was presented to ESSKA’s Membership, as an online survey, which examined each competency in its turn, for its relevance and importance.

May-June 2019.
The Core Curriculum survey was completed.

August to December 2019.
The survey findings were analysed by the Education Consultant and the Working Groups, who decided upon alterations and thresholds essential, very important and important competencies. A final draft of the Core Curriculum was then approved ESSKA Board in December 2019.

After approval, the curriculum and more detailed data will be written-up for scientific publication by KSSTA and JEO, and officially presented at a special session during the ESSKA congress in Milan on the 7 May 2020.
It is expected that the ESSKA competency Core Curriculum will give direction and strength to all of ESSKA’s educational activities, and that, in future, all ESSKA courses and ESSKA fellowships will knowingly fulfills the various aspects we have identified. The Core Curriculum will be the cornerstone for the further development of ESSKA educational activities.

Below is a sub section of the curriculum for knee surgery shown as an example of the ESSKA core curriculum.

### ESSKA Courses

In December 2019, in Munich (Germany), ESSKA organised two last hands-on surgical-skills courses of the year.

**ESSKA Advanced Ankle Arthroscopy Course**
- **ALL about Hindfoot Sporting Injuries**
- **9-10 December 2019**
  - Faculty – James Calder (Course Chairman), Daniel Haverkamp, Hélder Pereira, Jurij Staic, Mike Carmont & Pietro Spennacchio

**ESSKA Advanced Knee Arthroscopy Course**
- **ALL about ACL**
- **10-11 December 2019**
  - Faculty – David Dejour (Course Chairman), Jacques Menetre, Etienne Cavaignac, Michael Liebensteiner, Berte Bøe & Steven Claes

For the two courses combined, there were 48 attendees from over 20 different countries, and both courses topics were covered in depth. There were lively discussions during lab time and after the lectures, which made for a time well spent, and productive. The faculty did an outstanding job by sharing their expertise, and ESSKA would like to thank them for their dedication and valuable time!

ESSKA would like to thank **Arthrex** for supporting these two courses.
Become an ESSKA Teacher!

Are you ready to pass on your knowledge and your wisdom? Pass it to the next generation, as your legacy? Then become an accredited ESSKA Teacher! Visit www.esska.org/page/Teachers for further information.

Become an ESSKA Accredited Teaching Centre!

Your hospital or institution can become an ESSKA Accredited Teaching Centre! Visit www.esska.org/page/TeachingCentres to check the conditions and to apply.

Patellofemoral Instability Committee Update

Second mid-term meeting of the new Patellofemoral Instability Committee, established in 2018 was held 4 October 2019 in Helsinki, Finland. Our goal is to increase and spread the knowledge about patellofemoral disorders. In Helsinki, hosted by Petri Sillanpää, the group worked to achieve consensus on key issues related to patellofemoral joint. Each member was responsible for certain questions and controversies, such as physical examination, radiographic imaging methods, indications for surgical procedures and surgical techniques, a few to mention. The goal of the meeting was to produce ESSKA-certified guidelines on management of patellofemoral instability patients, especially in regards of the variety of symptoms, clinical and radiological findings as well as surgical interventions. The Patellofemoral Instability Committee will publish the results of this consensus meeting during this year.

From left to right: Ramazan Akmese, Florian Dintsamer, Marie Askenberger, Petri Sillanpää, Peter Balcarek, Lars Blond and Jacek Walawski
Combination of hip block with MR-arthrography

ATHANASIOS PAPAVASILIOU
Orthopaedic Surgeon
ESSKA Hip Committee, Interbalkan European Medical Centre, Thessaloniki and Hygeia Hospital, Thessaloniki, Greece

STERGIOS PAPASTERGIOU
Director, Department of Orthopaedics and Sports Injuries Unit, Agios Pavlos’ General Hospital, NHS, Thessaloniki, Greece

Introduction
Better understanding of the nonarthritic hip along with improved imaging and instrumentation, has led to an exponential increase of arthroscopic hip surgery making it arguably one of the fastest-growing fields within orthopaedics.

The differential diagnosis of pain around the hip is broad and complex, caused by pathologies of the intra- or extra-articular compartment of the hip joint, the lumbar spine and the pelvic organs. The difficulty in the diagnosis arises from the fact that the relevant history is not always consistent or specific. Mechanical symptoms are not always reported and pain can vary in quality and distribution in a wide anatomical distribution including the groin, lower back, lateral hip or even the knee. To complicate matters further, physical examination has been proven to be a poor indicator in determining the source of hip pain (3). In fact, reactive pain/physiotherapy examination even in the hands of expert patients who did not receive pain relief from a preoperative IA injection (28, 29). In our experience the correlation of positive injection response with positive MRI findings to the injection as documented on the pain scale, was not reached in all cases when compared to a post-operative one at the 12-month follow-up. This suggests that a diagnosis of FAI morphology based solely on the results of IA pathology but it is not predictive of surgical response to the injection of the hip as a source of a patient’s symptoms but it makes it less likely and it beheaves the investigator to evaluate other major coexistent extrarticular pathology cases and even though it did not reach statistical significance, the female gender. Clinical and imaging findings are unreliable predictors of surgical outcome.

The indication IA injection and MRA was taken following medical history, clinical assessment, and initial imaging to act as the next logical step, following failed conservative treatment, is to offer hip arthroscopy. If there is a break-down in this chain, we should look for other causes of pain. Overall, the important separation is to be able to distinguish symptoms of intra-articular or extra-articular source. An important tool to aid this distinction is selective injections. A positive intra-articular (IA) injection can support a diagnosis of hip joint pathology and make both the physician and the patient more confident about proceeding with arthroscopic surgery (26-28). Overall, Byrd and Jones found response to IA injection to have 90% accuracy, when comparing it with arthroscopic findings (3). The frequent coexistent extra-articular pathology should not alter the interpretation of the relief achieved from IA injection (21). A negative response to the injection does not rule out the hip as a source of a patient’s symptoms but it makes it less likely and it beheaves the investigator to evaluate other possible contributors. However, this does not preclude the use of IA diagnostic injection with positive intra-articular MRA findings. All hip arthroscopies were performed by a single orthopedic surgeon with 12 years of experience performing hip arthroscopy. Central and peripheral compartment arthroscopy was performed on each patient, and evaluation of the labrum, cartilage, ligamentum teres, synovium, and joint space were documented.

Diagnostic Algorithm
If history, clinical examination and imaging are in agreement, the indication for IA injection with positive intra-articular MRA images was labral tears (n=36-including 3 paralabral cyst), FAI morphology (n=24) and chondral damage including early chondral delamination (n=2). In our experience the correlation of positive injection response with positive MRI findings to the injection as documented on the pain scale, was not reached in all cases when compared to a post-operative one at the 12-month follow-up. This suggests that a diagnosis of FAI morphology based solely on the results of IA pathology but it is not predictive of surgical response to the injection of the hip as a source of a patient’s symptoms but it makes it less likely and it beheaves the investigator to evaluate other major coexistent extrarticular pathology cases and even though it did not reach statistical significance, the female gender. Clinical and imaging findings are unreliable predictors of surgical outcome.

Results – Discussion
Between 2014 and 2017, 53 cases were evaluated by a combination of IA injection/MRA from which 42 underwent hip arthroscopy. Average age on examination was 27 with 56% being females. Surgical indications included (a) failed conservative management, (b) positive physical examination findings when compared to the injection, (c) minimal OA, and (d) significant pain relief from IA injection. Diagnostic hip injections provide substantial pain relief for the indication of hip pain relief achieved by the IA injection as documented on the pain scale, was not matched in all cases when compared to a post-operative one at the 12-month follow-up. This suggests that a diagnosis of FAI morphology based solely on the results of IA pathology but it is not predictive of surgical response to the injection of the hip as a source of a patient’s symptoms but it makes it less likely and it beheaves the investigator to evaluate other possible contributors. However, this does not preclude the use of IA diagnostic injection with positive intra-articular MRA findings. All hip arthroscopies were performed by a single orthopedic surgeon with 12 years of experience performing hip arthroscopy. Central and peripheral compartment arthroscopy was performed on each patient, and evaluation of the labrum, cartilage, ligamentum teres, synovium, and joint space were documented.

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Participate in one of the below surveys:

**ESSKA Newsletter Survey**
For nearly two years now, the ESSKA newsletter has been published electronically on a quarterly basis, and is available in a PDF format that you can download, as well as a user-friendly on-line version. ESSKA is interested in knowing what you think of it. It only takes 2-3 minutes and your feedback would be greatly appreciated!

Survey closes: 20 April 2020

**Recommendations for physical activity after primary total knee arthroplasty**
The purpose of the study is to find out which physical activities are recommended to patients after TKA surgery. 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

**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: 30 June 2020

**Do you have Questions about ESSKA Membership?**
Our newly designed FAQ page will provide many answers. If you still have questions you can contact us at membership@esska.org

**Are you an ESSKA member and carrying out a survey?**
If yes, then ESSKA offers you the opportunity to post a request for survey participation on our website. Details and guidelines are available on the ESSKA website.
The next day we started with a straightforward HTO. We discussed a lot especially on combined procedures, and had a small scientific meeting in Steffen Schroeter’s office. Unfortunately, we had to leave at midday to get our flight to Luxembourg.

Luxembourg
Hosts: Prof. Dr. Romain Seil & Prof. Dr. Dietrich Pape

After some travel issues and lost luggage on the first of all flights we arrived in Luxembourg and enjoyed dinner in the historic town center. The next day Romain Seil picked us up in the morning and transferred us to the Clinic d’Eich. We attended two cases of HTO and had a lot of discussion on recent techniques and indications. Romain Seil showed us the very impressive setup they have for assessing patients with sports injuries in pre- and postoperative setting, and also showed us the ESSKA headquarters with all the beautiful people working there and organising ESSKA.

In the evening we visited the old town of Luxembourg and had dinner at the historic Brasserie Mansfeld with some team members.

The next day we enjoyed a very nice scientific meeting at the Clinic d’Eich. Romain Seil presented us his perspective of osteotomies around the knee, and showed some impressive cases, especially on multidimensional osteotomies. Dietrich Pape presented us the key points in surgical technique and the 10 most common mistakes that one can make in HTO. Arnaud Diffo Kaze gave us an impression on his impressive and fundamental work on mechanical properties of osteotomies and different fixation techniques and plates (e.g. finite elements analysis).

In the afternoon we went to the Centre Hospitalier de Luxembourg attending the ESSKA Advanced Methodological Course on scientific working, which was perfectly organised by Caroline Mouton. We enjoyed a number of interesting lectures by outstanding speakers, and had a lot of time to discuss with other participants from all over Europe. In the evening we had dinner together with all course participants and speakers in a very friendly atmosphere. After the end of the course at midday of the next day, Romain Seil took us to the airport. Via Paris and Amsterdam we travelled to Newcastle.

North Cumbria, United Kingdom
Hosts: Dr. Matt Dawson & Dr. David Elson

We arrived at Newcastle airport on Saturday evening and on our way to the hotel in Penrith we enjoyed a spontaneous and passionate 1.5 hours instructional course on recent British politics and especially Brexit by our taxi driver. The next day was Sunday, allowing some leisure time and sports in the brilliant surrounding of Northern England.

Matt Dawson and his wife Jo met us for dinner at our hotel, and we had a really nice evening. He picked us up the next day and took us back to Newcastle to join David Elson for some osteotomy cases. On the way back with daylight he showed us some impressive landscapes off the main road, and we visited the Hadrian’s Wall. Furthermore, Matt Dawson gave us a somewhat different perspective on the issues we discussed two nights before in the other direction.

David Elson had some interesting cases, e.g. lateral opening tibial osteotomy, and a combined distal femoral osteotomy together with ACL reconstruction. After a very interesting day we enjoyed the afternoon sun with local beers down at the river Tyne. In the evening we enjoyed a scientific session together with first class Indian dinner in a nice restaurant in
Newcastle. Matt Dawson presented his technique and mid-term results of HTO with an intramedullary nail.

The next day we went to Carlisle Hospital and attended a double level osteotomy with tibial slope change by Matt Dawson. In the afternoon we joined David Elson in Newcastle again, attending his outpatient clinic and discussing a lot on the cases there.

In the evening we were invited to Matt Dawson’s home, and had a very nice dinner together with his family and their dog.

Hannover, Germany

Hosts: Prof. Dr. Philipp Lobenhoffer & Dr. Kristian Kley

The next day we were transferred to the DRK Clementinenhaus, another hospital in Hannover where our hosts perform surgical procedures. Beside two total knee replacements and some unicompartmental replacements (one following HTO) a couple of osteotomy cases were scheduled, including a double level osteotomy for a valgus malalignment. After a dozen knee surgeries from 8 am to 2pm we enjoyed a free afternoon with our hosts in the city of Hannover.

In the evening and the next day, after two weeks of focusing on osteotomies, we finally had the chance to attend the Reverse Shoulder Arthroplasty Course organized by Jens Agneskirchner from Hannover, which took place at that time.

After two weeks of travelling, meeting interesting and lovely people, learning a lot on osteotomies and other surgical procedures, enjoying great hospitality all over Europe and really understanding what ESSKA is about... we went home happy to our families and kids.

Thanks to all our hosts for their wonderful hospitality and thanks to ESSKA for making this possible. Thanks to all from ESSKA who perfectly organised this fellowship.

Fellows:
Amy Garner (UK)
Riccardo Compagnoni (Italy)
David Stelzeneder (Austria)

The ESSKA-EKA fellowship was an incredible trip around Europe that took place from 20 October to 9 November 2019. We spent 20 days in beautiful cities, learning from some of Europe’s best knee surgeons and their colleagues. Scientific discussions were plentiful and each city afforded us the opportunity to present our own research, with fruitful discussions that will, inevitably lead to new and exciting future collaborations.

One of the unique features of Europe is the breadth of culture and throughout our travels we learnt that this diversity extends to the field of surgery, with significant variation in practice, philosophy and way of life witnessed across the seven countries we visited. We are enormously grateful to our hosts for making our fellowship truly unforgettable and share here a few of the most memorable experiences.

Athens, Greece – 20-23 October 2019

Hosts: Dr Nikolaos Roidis and Dr Kostas Veltsistas

The first stop of the fellowship took us to the beautiful city of Athens. We were hosted by Dr Nikolaos Roidis and Dr Kostas Veltsistas who generously showed us the very best of the city. In theatre we enjoyed seeing the use of assistive technologies in Total Knee Arthroplasty (TKA) with particular attention to the Stryker MAKO robotic arm and the Knee Align®2 system which led to interesting discussions about patient-driven desire to benefit from the alignment accuracy delivered by such devices. We heard from Dr Roidis regarding their hospital’s “fast track” approach to arthroplasty, with the majority of patients discharged the day after surgery and benefiting from personalised clinician-delivered care in their own homes.

We also learnt about continuous adductor canal blockade for post-operative pain relief, reducing opiate requirements and enhancing the speed of recovery. Finally, we enjoyed a fascinating talk about the role of cooled high frequency ablation of the geniculate nerves for chronic unexplained pain following TKA and its potential role in those unfit for major surgery. We had a wonderful time experiencing the culture and beauty of Athens.
Milan, Italy – 23-27 October 2019
Host: Dr Bruno Violante
From Athens we travelled to the beautiful city of Milano. We were hosted by Dr Bruno Violante who made a tremendous effort to generously show us the very best of the city.

We spent two enjoyable days in theatre with Dr Violante and his team and saw a number of TKAs utilising a variety of implant designs, a medial unicondylar arthroplasty (UKA) and anterior cruciate ligament (ACL) repair. We debated the pros and cons of partial vs TKA and the role of osteotomy in joint preservation, we discussed infection prevention techniques and the role of bilateral surgery in appropriate patients. Dr Violante took time to discuss the technical aspects of kinematic alignment as well as his anticipation that custom-built implants will become more mainstream over the next few years as they aim to integrate this into their new hospital, which is currently under construction. It was fascinating to learn more of the surgical training schemes in Italy as they differ quite significantly from other European countries.

We undertook a sawbone workshop using the MAKO to perform a medial bicompartmental Arthroplasty. The social programme included a traditional Tyrolean evening with live music, dancing and of course, Lederhosen.

Bern, Switzerland – 30 October - 03 November 2019
Host: Dr Philipp Henle and Dr Frank Klenke
From Innsbruck we travelled to Bern. We were hosted by Dr Philipp Henle from Klinik Sonnenhof and saw a variety of knee procedures including UKA, primary and revision TKA and arthrodesis following infection. We also spent time in the operating theatre with Dr Frank Klenke at the Inselspital. We enjoyed a trip up the Jungfraujoch to the “Top of Europe”. Our naturally competitive spirit resulted in the throwing of a few snowballs – certainly a contrast to the warmth we’d enjoyed in Greece and Italy.

Innsbruck, Austria – 27-30 October 2019
Host: Prof. Michael Liebensteiner
Two flights later and we found ourselves in the beautiful Austrian mountains hosted by Professor Michael Liebensteiner in Innsbruck, which proved to be a tremendous success with a fantastic scientific programme matched by a well-organised and busy social programme – we left exhausted but delighted by all we had seen and experienced. During the scientific meeting we were thrilled to hear from doctors in the host department who presented their research, creating a real sense of exchange of ideas.

Bad Rappenau, Germany – 03-05 November 2019
Host: Prof. Michael Clarius
From Bern we travelled to Germany to Bad Rappenau where we were hosted by Prof. Clarius and his exceptionally well-organised team. We had wonderful debates of TKA vs UKA and it was inspirational to visit a centre with the philosophy “why not a UKA”, reflected in their high rates of UKA and excellent post-operative satisfaction. Bad Rappenau is a leader in the world of Rapid Recovery and is implementing new patient-centred post-operative rehabilitation strategies, taking advantage of online technology to empower patients to drive their own recovery. A wonderful visit to Heidelberg concluded our stay in Germany.

Bruges & Antwerp, Belgium – 05-07.11.2019
Host: Prof. Peter Verdonk
From Bad Rappenau we travelled to Belgium, with our first stop being in the beautiful city of Bruges. We spent time with Dr Peter Vandekerckhove and saw revision ACL reconstruction and primary TKA. The following day we travelled to Antwerp with Prof. Peter Verdonk stopping for a meeting of the Belgian Knee Society (BKS). We presented our work on patient specific instrumentation (Riccardo), functional and biomechanical outcomes of combined partial knee Arthroplasty (Amy) and Metal on Metal hip Arthroplasty (David) and heard presentations from BKS members on Cruciate-Retaining Vs Posterior Stabilised TKA, medial pivot, cruciate substituting and bicruciate- retaining TKA implant designs. It was a wonderful evening of networking and science. The following day we spent time in theatre with Professor Verdonk in Antwerp where we saw TKA, high-tibial osteotomy and ACL reconstruction.

In total, we spent 20 wonderful days touring Europe and benefiting from a wealth of expertise and knowledge. Practice differs significantly across Europe and it was fantastic to have the opportunity to see different philosophies and hear of the scientific work being undertaken by EKA members. We are very grateful to all involved in the organisation of our fellowship and our hosts for their generosity and kindness.

ESSKA would like to thank sponsors of the scientific part of this fellowship:

Madrid, Spain – 08-09 November 2019
Our final stop was in Madrid for the ESSKA Specialty Days. We enjoyed the debates on mechanical vs. anatomic vs. kinematic alignment, orthopaedics in a digital age and were thrilled to have the opportunity to present our video diary of the fellowship.
ESSKA-ESA Philippe Hardy European Travelling Fellowship 2019

Fellows:
Hakan Turan Çift (Turkey)
Felix Dyrna (Germany)
Eduard Alentorn-Geli (Spain)

Host Centres:
1. Oslo University Hospital, Oslo, Norway
2. ATOS Klinik, Munich, Germany
3. Istituto Ortopedico Galeazzi, Milano, Italy
4. Hygeia Hospital, Athens, Greece
5. Acibadem, Bezmialem, Haydarpasa S. A. E. A. Hospitals, Istanbul, Turkey

The ESSKA-ESA Philippe Hardy European Travelling Fellowship was an excellent experience and opportunity to learn many tips and tricks for the diagnosis and treatment of simple and complex shoulder disorders. It gave us also the chance to create a strong, European-based network in the field of the shoulder joint by visiting five top-ranked shoulder centers across five different countries involving many shoulder surgeons. The total number of surgical procedures for the 13 working days was 45, from which 40 were shoulder.

20-23 October 2019
Oslo University Hospital, Oslo, Norway
Hosts: Tom Ludvigsen, Sverre Løken, Ragnhild Stoen, Berte Baey, Lars Engebretsen
Our first stop was at Oslo University. We were gladly surprised by the warm weather but, more importantly, warm and friendly people. The Oslo visit was very complete, with interesting cases of sternoclavicular joint reconstruction, Bankart and bony Bankart repair, and rotator cuff repairs. Also, we had very interesting meetings on the selected topics and talks from the Faculty presenting interesting cases they recently treated. At the end of our stay, we had a tour at the Olympic Committee facilities located at the Sports Sciences School.

23-27 October 2019
ATOS Klinik, Munich, Germany
Hosts: Frank Martetschläger, Mark Tauber, Peter Habermeyer
Munich is a wonderful city with a wonderful clinic. ATOS is a high-volume service were we saw a lot of surgical procedures including Bankart repair, open Latarjet procedure, reverse and total shoulder arthroplasty, rotator cuff repair and arthroscopic distal clavicle excision. There were surgeries taking place simultaneously in two rooms - very efficient. We enjoyed a great place and a great city, with its variety of delicious food and drinks.

27-30 October 2019
Istituto Ortopedico Galeazzi, Milano, Italy
Hosts: Ettore Taverna, Carlo Perfetti, Vicenzo Guarrella
Milano was a great experience as well. We saw reverse shoulder arthroplasty, bone block and rotator cuff cases. On a different note, we attended a conference given by Dr. Laura De Girolamo on regenerative medicine, and got the chance to visit the ReGaln lab. We couldn’t do without a great Italian food and walk around Milano city.

3-7 November 2019
Hygeia Hospital, Athens, Greece
Hosts: Manos Antonogiannakis, Manos Brilakis, Ioannis Chiotis, Anastasios Deligeorgis
Athens was our next stop. We landed and went straight away to a welcome dinner with awesome food organized by our Greek hosts. The experience at Hygeia Hospital was outstanding - witnessing rotator cuff repairs, capsular releases, and distal clavicle excisions. The service was very well organized and the rotation involved also outpatient clinic, case presentations and case discussions. The city of Athens is ideal for tourism and great food. We visited the Acropolis and its Museum, and walked around the old city after intense time in Hygeia Hospital.

3-7 November 2019
Acibadem, Bezmialem, Haydarpasa S. A. E. A. Hospitals, Istanbul, Turkey
Hosts: Mustafa Karahan, Baris Kocaoglu, Kerem Bilssel, Umut Akgun
Our last stop was the impressive city of Istanbul. It was a great experience because the fellowship was very well organized and involved a wide variety of hospitals, clinic and University settings. We began by visiting the private hospital of Acibadem, and were impressed by its facilities and resources. We then saw the public health system by visiting Bezmialem University Hospital. Overall, it was a valuable surgical experience with reverse shoulder arthroplasty, rotator cuff repairs, Bankart repairs, tendon transfers, and acromioclavicular joint stabilization. Also, this was a rich social and cultural experience, because we visited the great mosques and Grand Bazaar and, of course, enjoyed Turkish cuisine.
The awesome, life-changing, incredible, highly-recommendable experience of the ESSKA-ESA Philippe Hardy European Travelling Fellowship finished in Madrid at the ESSKA Speciality Days. This was the best opportunity to share our experience with the ESA Section members and attendees of the meeting. It all continued with the creation of a lifelong scientific and friendly network.

ESSKA-ESA would sincerely like to thank Zimmer Biomet and Stryker for supporting the scientific segments of the travelling fellowship.

ESSKA recently welcomed a new national organisation as an Affiliated Society, bringing the total to 42.

**Association for Sports Traumatology and Arthroscopic surgery of Serbia (ASTAS)**

(Asocijacija za Sportsku Traumatologiju i Arthroскопсku hirurgiju Srbije)

Founded in October 2012, the Association for Sports Traumatology and Arthroscopic surgery of Serbia (ASTAS) now has more than 300 members from Serbia and surrounding countries. Among them are orthopaedic surgeons, physiatrists, rheumatologists, sports medicine specialists and others whose field of work and study intersects with the society’s goals and efforts.

The primary goal of ASTAS is to educate doctors of various specialties in the field of sports traumatology, arthroscopic surgery, osteoporosis and other diseases of the musculoskeletal system. During the past seven years ASTAS has organised courses in basic and advanced arthroscopic surgery and sports traumatology, numerous national and regional symposia on osteoporosis and regenerative medicine, and several international and regional congresses.

The society has six sections:
- Knee section
- Hip section
- Ankle and foot section
- Elbow and shoulder section
- Osteoporosis section
- Sports medicine section

The current President is Dr Vaso Kecojević.

**Finnish Arthroscopy and Knee Association (FAKA)**

Under the umbrella of Finnish Orthopedic Society, our Arthroscopic Association (FAA), founded in 2008, has been united with our Knee Society and an updated ESSKA affiliated society “Finnish Arthroscopy and Knee Association (FAKA)” has been formed. Dr. Petri Sillanpää was elected as the society President. Ari Itälä - as vice-President. Raine Silvonen serves as a Secretary and the remaining board members are Timo Jarvelä, Mikko Kirjavainen, Tommi Kääriäinen, Jan Lindahl, Heikki Nurmi, Jukka Ristinemi (former President of the Knee Society) and Matti Seppänen.

More information about the society is available here: [www.polviyhdistys.fi](http://www.polviyhdistys.fi). We look forward to cooperation with ESSKA and its other affiliated societies!

The current President is Dr Petri Sillanpää.
Recently, there has been created the **Biological Therapies Study Group (GRESTBI)** in SETRADE. The SETRADE journal. The conclusions of this survey will be published in their therapeutic arsenal and the high satisfaction with the high percentage of them incorporate these therapies in the daily exercise of each professional.

So far, 82 colleagues have responded and we report that the increase of these responses continue to rise. In this context, the SETRADE Board of Directors met to analyze the results in muscular, tendon and degenerative pathology.

**Therapies.**

**Creation of the "Biological Therapies Study Group" (GRESTBI) in SETRADE**

Recently, there has been created the Biological Therapies Study Group (GRESTBI) in Sports Traumatology within the Spanish Society of Sports Traumatology SETRADE, with Dr. Juan Ayala Mejias as Chairman and Dr. Pedro Bernáldez Dominguez as coordinating Board member. Thirty eight professionals got together with the purpose of analyzing the new trends and protocols in biological therapies applied to sports and regenerative medicine, as well as analyzing the results in muscular, tendon and degenerative pathology.

**Goals:**
1. Group experts in the field of Sports Traumatology who apply Biological Therapies as a treatment for sports injuries.
2. Update the current scientific evidence in the area of knowledge and its results in the different pathologies.
3. Analyze the different work protocols performed by professionals in Spain (quantity, sessions, activation, with or without leukocytes, etc.).
4. Try to define by consensus the main pathologies where to use Biological Therapies and develop Protocols as recommendations.
5. Analyze the degree of application with the use of Ultrasound to perform Ecgoguided Therapies
6. Proposal and participation in research projects in the application of Regenerative Therapies (Platelet Rich Plasma, Stem Cells, etc)
7. Organization, participation and dissemination of scientific sessions, seminars, monographic courses, publications and consensus documents and dissemination of the studies of its members.
8. Establish relevant relationships with national and international scientific organizations interested in Biological Therapies.

**First steps:**
One of the first activities has been the creation of a national survey with 23 questions about the experience and therapies in the daily exercise of each professional. So far, 82 colleagues have responded and we report that the high percentage of them incorporate these therapies in their therapeutic arsenal and the high satisfaction with the results. The conclusions of this survey will be published in the SETRADE journal.

If you are interested in joining the Study Group please contact us at secretaria@setrade.org

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**SETRADE President Juan Ayala attends the ESSKA Specialty Days 2019 in Madrid**

Dr. Juan D. Ayala, President of SETRADE attended the ESSKA Specialty Days in November 2019 along with other prominent members of the Society including Jordi Puigdellívol, Isabel Guillén and Tomás Fernández Jaen. During the two-day event, SETRADE was also present in the exhibition area, informing the attendees about the next scientific activities of SETRADE: 3rd International Sonosurgery Symposium & Cadaver Lab (Barcelona, 7-8 February 2020) and III National Days from SETRADE (Pamplona, 12 June 2020) that will focus on the Handball sport.

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**Draw of a 3rd International Sonosurgery Symposium & Cadaver Lab Registration**

All attendees at this event were able to participate in the raffle for a free registration to the 3rd International Sonosurgery Symposium & Cadaver Lab. On 9 November at 12:30 hrs at the SETRADE stand at the ESSKA Specialty Days 2019, the draw was made. Dr Ayala drew a ballot with the name of Dr Roy Gigi from Tel Aviv (Israel), winner of the scholarship. In reserve would be the second ballot with the name of Jocelio Campos of Barcelona (Spain).

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**Contributions of the MSK Ecography in Traumatology: Clinical Diagnosis, Ecgoguided Therapies and Eco-Assisted Surgeries**

On 29-30 November 2019, an interesting course sponsored by the Spanish Society of Sports Traumatology was held at the College of Physicians of Seville (Spain), entitled: “Contributions of MSK Ultrasound in Traumatology: Clinical Diagnosis, Ecgoguided Therapies and Eco-Surgeries – Assisted”, directed by the partner and member of the current SETRADE Board of Directors, Pedro Bernáldez Dominguez.

The first day was more general and practical with introductory lectures on Sonoanatomy and Sonopathology, as well as the use made by ultrasound other specialties other than Traumatology, to end the afternoon with an interesting Practical workshop with 12 Echographs and 3D phantoms where we practice in humans (Sonoanatomy) as well as punctures and Ecgoguided Techniques.

The second day, we have recognized specialists from the national scene who have been incorporating Ecos-MSK into their daily practice for many years treating multiple pathologies both in consultation (Ecgoguided Therapies), the second table, and in the Operating Room (Eco-assisted Surgery) in the third and last table.

Different SETRADE partners of recognised national prestige participated as speakers at the course.

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**New from GOTS: Master of Science (M. Sc.) in Sports Medicine Starting on 20 April 2020**

In the German speaking area a specialization in sports medicine during the residency is not available.

In cooperation with the GOTS the Danube University Krems established an innovative interdisciplinary master study programme (five semesters in part-time) for physicians. This complex professional training using newest scientific standards allows a competent medical treatment of athletes of all performance levels. For more information please go to www.donau-uni.ac.at
Forthcoming Events

ESSKA CONGRESS

ESSKA 19th Biennial Congress
11-14 May 2021 – Milan, Italy

PATRONAGE EVENTS

ESSKA offers patronage for courses, meetings and events that would be of interest to its members. Note: Please check the event websites as changes are always possible due to COVID-19 pandemic. Events through July 2020 which have received patronage include the following:

- VII International Congress Sport Traumatology 'The Battle'
  15 May 2020 – Castrocaro Terme, Italy

- 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 Conference of BAAST, X International Symposium of BOTA
  28-30 May 2020 – Varna, Bulgaria

- NVA 30th Annual Congress
  4-5 June 2020 – Noordwijk, The Netherlands

- 5th B&B Knee Course
  5-6 June 2020 – Kathmandu, Nepal

- 35th Annual Congress of GOTS
  18-19 June 2020 – Berlin, Germany

- Nice Shoulder Course – The Digitized Shoulder
  9-11 July 2020 – Nice, France

- Advanced Course on Shoulder Innovation Trends in Surgery
  10-11 July 2020 – Lisbon, Portugal

OTHER EVENTS - INTERNATIONAL

- APKASS Annual Congress
  9-11 July 2020 – Pattaya, Thailand

- AOSSM Annual Meeting
  9-12 July 2020 – Seattle, WA, USA
Netherlands Vereniging
van Arthroscopie

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

37th AGA Congress
17 - 19 September 2020, Davos/Switzerland
OPTIONS IN CONSERVATIVE AND SURGICAL TREATMENT

TOPICS
• Pre-arthrotic and arthrotic - when to choose which treatment?
• Imaging methods - standards and new developments
• Surgical vs conservative treatment - what’s new?

CONGRESS CHAIRMEN
Peter Koch, MD (Winterthur/Switzerland)
Tomas Buchhorn, MD (Shaumburg/Germany)
Markus Scheibel, MD (Zurich/Switzerland and Berlin/Germany)

ORGANISER, INFORMATION AND REGISTRATION
aga@intercongress.de
www.aga-online.ch

Reconstruction of tendon ruptures - individual treatment counts?
Sports and joint instability - when to treat conservatively, when to do surgery?
The surgeon as patient - personal experience after arthroscopic treatment!

LOCAL HOST
Peter Jan Holzach, MD (Davos and Zurich/Switzerland)

41st ANNUAL MEETING
Rome
Palazzo dei Congressi
24th-26th September 2020

CONGRESS CHAIRMEN
Giuseppe Milano
Enrico Gervasi

SCIENTIFIC CHAIRMEN
Corrado Bait
Fabrizio Margheritini
Giacomo Zanon

SIAGASCOT PRESIDENTS
Giuseppe Milano
Enrico Arnaldi

ORGANIZING SECRETARIAT
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In 2010, the first edition of “The Meniscus” was held in Ghent (Belgium) under the lead of René Verdonk and Philippe Beaufils. It was the first congress which was exclusively devoted to the meniscus. Its goal was to share international expertise in order to concentrate and update the knowledge on this small but important piece of human tissue. Although meniscus surgery was extremely frequent, science around the meniscus, its injuries or lesions and related surgical procedures was underrepresented at meetings and even in the scientific literature. Hence, it deserved to be promoted and the sub-title of the congress “From Cradle to Rocker” reflected this desire to cover all related topics, from basic research to clinical practice.

The spirit of the first congress was reinforced during the following editions: Versailles in 2013, Porto in 2016 and Bologna in 2019. It was growing each time and its success led us to organise it on a biennial rhythm. Therefore, the upcoming congress will be held early 2021.

Because of the big activity around the meniscus among European surgeons and scientists, we wanted this congress to be a forum of ideas illustrating the quality of surgical and research teams from our continent. As there is no progress without stimulation and emulation, we have always intended to confront our ideas by inviting world-renowned teams from America or Asia. The heart of Europe, however, remains the DNA of “The Meniscus”, so it was only natural that we should get closer to and start an active collaboration with ESSKA. That’s also one of the reasons why we chose Luxembourg under the lead of Romain Seil and his team as the next congress location. As home of the headquarters of many Institutions of the European Community and of ESSKA, Luxembourg is a very strong symbol and the ideal place to represent the spirit of Europe.

The next edition of “The Meniscus” will not only be a continuity of the previous congresses, but many innovations will be proposed to the delegates. Japan and the United States will be the international guest countries. Many of the new features will be in line with the strategic policy of ESSKA: a forum of new ideas and strong science, an opening to the public with a general public session, education of young surgeons with a free-of-charge pre-day which will be specifically intended for them, free paper and poster sessions to allow young and experienced scientists sharing their newest data on meniscus science and surgery.

We look forward to welcoming you in Luxembourg.

Philippe Beaufils and René Verdonk
(congress founders)

Romain Seil, Henning Madry, Dietrich Pape
(congress chairmen)

Jan Cabri, Aad Dhillander, Caroline Mouton, Nicolas Pujol, Cécile Toanen, Peter Verdonk
(scientific committee)
Recent Events

4th FORTE Summer School 2019
8-12 July 2019 in Milan, Italy

With continuous support of ESSKA, the commitment of other major European National Subspecialty Societies and European National Societies, the 2019 FORTE Summer School was successfully held at Humanitas University Milan (Italy) last year in July. The combination of 108 residents and young orthopaedic trainees from 18 different European countries and a faculty of 37 experts made the 4th edition yet another success for the Federation of Orthopaedic and Trauma Trainees in Europe (FORTE). The key features of this event are the supreme scientific content and the high level organisation developed by the FORTE Scientific Committee in regards to the UEMS/EBOT curriculum. Summer School provides rich educational moments in a laid-back environment with renowned specialists, including informal training, opportunities for discussions on the basis of instructional cases, as well as simulators. An array of controversial topics in all three field of knee surgery were presented and discussed. In addition to various scientific sessions, current surgical techniques were presented in practical video sessions by experienced surgeons.

The 9th annual meeting of the German Knee Society will take place on 27-28 November 2020 in Cologne.

The German Knee Society (DKG) held its 8th annual congress on 22 and 23 November 2019. More than 500 participants were welcomed in the Radisson Blu Hotel in Hamburg by the congress Presidents Prof. Mirco Herbst and Prof. Georg Matziolis. Following the motto “between high-tech and tradition” new developments in knee surgery as well traditional basic science as dedicated anatomy of the knee have been highlighted during this meeting. According to the multidisciplinary interpretation of the German knee society, current topics in the field of sports traumatology, joint replacement and traumatology of the knee were presented and discussed. In addition to various scientific sessions, current surgical techniques were presented in practical video sessions by experienced surgeons. Controversial topics in all three field of knee surgery were discussed in pro and cons sessions with impressive dedication of the participants. Especially for the young generation of doctors and students a parallel theoretical and practical program has been organized including paper presentation of the young scientists. The 9th annual meeting of the German Knee Society will take place on 27-28 November 2020 in Cologne.

8th Annual Congress of the German Knee Society 2019
22-23 November 2019 in Hamburg, Germany

The 5th FORTE Summer School will take place in the beautiful city of Athens, Greece on 24-28 August 2020.

Be a part of the FORTE Summer School experience! For further information visit forteortho.org or contact your FORTE National Representative!

The 8th Annual Congress of the German Knee Society 2019 continues to grow from strength to strength with an increasing number of events and a dramatic increase in membership. It is currently led by president Fares Haddad with vice president Desiré Kader and honorary secretary Carlos Cobiella. The quality and quantity of the educational materials offered continues to increase and the highlight of this year was the BOSTAA annual meeting which was held at the new venue, the Westminster Great Hall in the height of Westminster and across the road from Westminster Abbey, on 27 November 2019.

The day focussed on overuse injuries. The nature of BOSTAA is to be multidisciplinary and cross-cutting and eminent speakers discussed overuse injuries in a regional fashion with highlights including an outstanding presentation from Professor Mike Loosemore on the realities of managing adolescent sporting ambition and a superb presentation from DR Noel Pollock on the management of overuse injuries in elite track and field athletes.

The 2020 meeting will take place in the same venue on 26 November 2020 and ESSKA colleagues are welcome to submit free papers and to attend to experience the breadth and depth of sports and arthroscopy surgery and allied specialties in the UK.

BOSTAA Annual Meeting
27 November 2019 in London, UK

The British Orthopaedic Sports Trauma and Arthroscopy Association (BOSTAA) founded in 1994, which mission relies in promoting Arthroscopy and Sports Traumatology is the biggest society in Portugal in this field, with more than 400 active members and increasing.

SPAT Congress
28-29 November 2019 in Altice Forum de Braga, Portugal

The Portuguese Arthroscopy and Sports Trauma Society (SPAT) founded in 1994, which mission relies in promoting Arthroscopy and Sports Traumatology is the biggest society in Portugal in this field, with more than 400 active members and increasing.

The next SPAT congress will be in 2021 and we welcome ESSKA’s scientific support and invite all “ESSKA family” to join us.

In the upcoming ESSKA Congress in Milan, SPAT will be proudly active and represented by SPAT Board and members!
The 5th European Basic Arthroscopy Course (EBAC) was held in Istanbul Acıbadem Mehmet Ali Aydinlar University - Center of Advanced Simulation and Education (CASE) laboratories on 29-30 November 2019. The course was organised under the patronage of ESSKA and supported by six European National Associations including SIAGASCOT (Italian), SFA (French), EAE (Greek), AGA (German speaking nations), NVA (Dutch), and TUSYAD (Turkish). Mustafa Karahan, ESSKA Board Member and ESSKA Academy Editor, was the Chairman and Ismail Turkmen was the General Secretary of the course. Roland Becker, the 2nd Vice-President of ESSKA (Germany), Johannes Barth (France), Lorenzo Moratti (Italy), Michael Iosifidis (Greece) and Wybren Vander War (Netherlands) were among the international faculty as presenters. Local faculty consisted of 34 orthopaedic surgeons specialized in arthroscopic surgery, most of them ESSKA members. The course hosted 43 attendees from Hong Kong to Portugal, 20 different nations in total.

The target group of the course was the orthopaedic surgeons or residents who wanted to learn the basics of the knee and shoulder arthroscopy. It is critical to consider alternative methods of raising the standard of education on arthroscopic skills. The most important skills necessary to perform arthroscopic surgery such as hand-eye coordination, triangulation and the ability to work in 3 dimensions while watching a 2-dimensional screen are skills that can be trained using a simulation exercise with cadavers and digital simulation. This can lead to improved accuracy, reduced number of errors, reduced number of unnecessary movements and reduced operation time.

The subject of the second day was shoulder arthroscopy. In the morning, portal placement, diagnostic shoulder arthroscopy, subacromial bursectomy and acromioplasty were performed on the cadavers. Rotator cuff repair was shown on the Alex shoulder models and intra-articular object capture within the shoulder joint was performed on the virtual shoulder simulator. An interactive lecture on radiological imaging of shoulder and knee joints was given in a different hall. In the second half of the day, surgical video presentations were delivered by ESSKA members about basic arthroscopic procedures such as meniscus repair, ACL reconstruction, rotator cuff repair, and bankart repair.

The course had a great success, and positive feedback was obtained from the post-course evaluations. The performance on knee simulator, catching intraarticular objects in a minute was also found to be increased, which was very pleasing. While the mean number of the caught objects was 1.8± 1.1 at the beginning of the course, it was found to be increased to 3.1± 1.3 at the end (p <.001). Statistically significant improvements have also been obtained for the other motor skill tests. The mean number of mistakes for Auto Scoring Mirror Trozer Test decreased from 11.53± 13.1 to 2.4± 4.8 (p <.001). In similar, the mean number of mistakes for Two-arm Coordinating Test decreased from 10.5 ± 3.2 to 8.1 ± 3.4 (p <.001). While the attendees finished the Grooved Pegboard test in 90 ± 27 seconds at the beginning of the course, the mean duration of the second day was 72 ± 23 seconds (p <.001). The majority of the participants rated the quality of the course as ‘useful’ or ‘extremely useful’ and would recommend this course to a colleague.

The 6th EBAC course will be held on 4-5 December 2020. We will be honored to host the participants and the faculty in Istanbul.