



ASPETAR  
**JOINT RESTORATION**  
CONFERENCE

Knee Cartilage Injuries in Sports

16th - 18th December 2021

AGENDA

## Target Audience:

Physicians, Nurses, Allied Health Practitioners (Radiologists, Podiatrists and Physiotherapists only), Others (Physical Coaches, Sports Scientists)

**Activity code:** HGI-03-P92  
**Venue:** Torch Ballroom (16-17/12/2021)  
**Time:** 08:30am - 04:45pm

**Venue:** SSTC, Rehab Area, Podiatry Aspetar (18/12/2021)  
**Time:** 09:00am - 02:00pm

## Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Explain the epidemiology, extent of the problem in athletic population and long-term impact
2. Discuss pathophysiology, anatomy, clinical and radiological diagnosis and treatment algorithms
3. Discuss indications for conservative treatment, conversion to surgery and proper rehab strategies
4. Discuss all surgical techniques with special focus in Technical tips, immediate results and mid and long-term outcomes
5. Outline the best evidenced practice in measuring the outcome and designing surgical treatment and rehabilitation
6. Develop skills by using hands-on and interactive learning with the Faculty

## DHP Accreditation Statement:

The HGI-03-P92: This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP-AS) and is approved for a maximum of 17.5 hours.



Date	Topic	Speaker	Session Learning Objectives By the end of this session, participants will be able to:
<b>Day 1- December 16</b>			
7:30-8:30	REGISTRATION   BREAKFAST		
8:30-8:45	WELCOME ADDRESS		
8:45-9:45	<b>Introduction - "Is there a problem?"</b> <ul style="list-style-type: none"><li>• Epidemiology</li><li>• The Natural History of Cartilage Injury</li><li>• Do we know the outcome?</li><li>• The Athlete's Perspective</li></ul> Q & A (10)	<ul style="list-style-type: none"><li>• Roald Bahr</li><li>• Khalid Al-Khelaifi</li><li>• Elisaveta Kon</li><li>• Andrew Massey</li></ul>	<ul style="list-style-type: none"><li>• To recognize the incidence and prevalence of cartilage injuries in the athletic population.</li><li>• To describe the clinical natural history of cartilage injuries.</li><li>• To compare the outcomes between neglected cartilage injuries and cartilage repair and restoration techniques.</li></ul>

9:45-10:30	<b>Diagnosis and Treatment Algorithm</b> <ul style="list-style-type: none"> <li>• Pearls of Cartilage Injury</li> <li>• MRI Diagnosis - Cases</li> <li>• Evidence that Supports Treatment Q &amp; A (10)</li> </ul>	<ul style="list-style-type: none"> <li>• Emmanuel Papakostas</li> <li>• Eduardo Yamashiro</li> <li>• Alan Getgood</li> </ul>	<ul style="list-style-type: none"> <li>• To recognize cartilage injuries clinical symptoms.</li> <li>• To identify cartilage lesions in magnetic resonance imaging.</li> <li>• To summarize key points in the treatment decision-making of cartilage injuries.</li> </ul>
<b>10:30-11:00 BREAK</b>			
11:00-11:20	<ul style="list-style-type: none"> <li>• “The Ideal Patient” Q &amp; A (10)</li> </ul>	<ul style="list-style-type: none"> <li>• Peter Verdonk</li> </ul>	<ul style="list-style-type: none"> <li>• To summarize the ideal characteristics of candidates for cartilage repair and restoration.</li> </ul>
11:20-12:00	<b>Non-Surgical Strategies: When and What</b> <ul style="list-style-type: none"> <li>• “When Surgery is not an Option”</li> <li>• Set the Rehab Pathway Q &amp; A (15)</li> </ul>	<ul style="list-style-type: none"> <li>• Ian Beasley</li> <li>• Martina Jakob</li> </ul>	<ul style="list-style-type: none"> <li>• To explain the role of rehabilitation and orthobiologics in the treatment of cartilage injuries</li> </ul>
12:00-12:20	<ul style="list-style-type: none"> <li>• Regulatory, Social and Economic Issues of Cell Therapies Q &amp; A (10)</li> </ul>	<ul style="list-style-type: none"> <li>• Daniel Saris</li> </ul>	<ul style="list-style-type: none"> <li>• To illustrate the different socioeconomic factors intervening in the implementation of cartilage conservative and surgical treatment.</li> </ul>
<b>12:20-13:30 LUNCH</b>			
13:30-14:30	<b>Orthobiologics - Minimal Invasive Approach</b> <ul style="list-style-type: none"> <li>• Platelet Rich Plasma</li> <li>• MSCs from Bone Marrow Aspirate Concentrate</li> <li>• MSCs from Stromal Vascular Fraction</li> <li>• MSCs after Expansion Q &amp; A (10)</li> </ul>	<ul style="list-style-type: none"> <li>• Miguel Khoury</li> <li>• Fabio Sciarretta</li> <li>• Konrad Slynarski</li> <li>• Miguel Khoury</li> </ul>	<ul style="list-style-type: none"> <li>• To appraise the variety of orthobiologics products and derivatives in the treatment of cartilage injuries and osteoarthritis.</li> <li>• To contrast the benefits, disadvantages, and implementation of the different orthobiologics treatment options.</li> </ul>
<b>14:30-14:45 BREAK</b>			

14:45-16:00	<b>The Knee as an Organ - the Role of Other Structures</b> <ul style="list-style-type: none"> <li>• The Cartilage Surgeon</li> <li>• Do we need the Meniscus?</li> <li>• The Unstable Knee</li> <li>• When to go for the Bone</li> </ul> Q & A (15')	<ul style="list-style-type: none"> <li>• Bashir Zikria</li> <li>• Peter Verdonk</li> <li>• Stefano Zaffagnini</li> <li>• Romain Seil (Virtual)</li> </ul>	<ul style="list-style-type: none"> <li>• To describe the new competencies for training cartilage surgeons.</li> <li>• To explain the role of menisci and stability in cartilage homeostasis.</li> <li>• To illustrate the role of osteotomies in the preservation of joint cartilage</li> </ul>
16:00-16:45	<b>The ASPETAR Way</b> <ul style="list-style-type: none"> <li>• Aspetar History</li> <li>• Ankle</li> <li>• Foot</li> <li>• Center of Excellence</li> </ul>	<ul style="list-style-type: none"> <li>• Khalid Al-Khelaifi</li> <li>• Pieter D' Hooghe</li> <li>• Bruno Olory</li> <li>• Emmanuel Papakostas</li> </ul>	<ul style="list-style-type: none"> <li>• To summarize Aspetar Hospital's history, vision, mission, and goals.</li> <li>• To illustrate Aspetar's Joint preservation treatment algorithm and procedures</li> </ul>
16:45-17:00	<ul style="list-style-type: none"> <li>• My Knee Experience Q &amp; A (10)</li> </ul>	<ul style="list-style-type: none"> <li>• TBD</li> </ul>	<ul style="list-style-type: none"> <li>• To present the social and psychologic stress of knee injury in an athlete's career</li> </ul>

## Day 2 - December 17

8:30-10:15	<b>SURGICAL TREATMENT WITH LIVE DEMONSTRATION PART A (interaction between presenters and audience)</b> <ul style="list-style-type: none"> <li>• Arthroscopic Evaluation and Debridement</li> <li>• Bone Marrow Stimulation</li> <li>• Autologous Matrix Induced Chondrogenesis</li> <li>• Osteochondral Autologous Transfer</li> </ul>	<ul style="list-style-type: none"> <li>• Emmanuel Papakostas</li> <li>• Bruno Olory</li> <li>• Emmanuel Papakostas</li> <li>• Khalid Al-Khelaifi</li> </ul>	<ul style="list-style-type: none"> <li>• To illustrate main palliative and reparative cartilage procedures.</li> </ul>
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## 10:15-10:45 BREAK

10:45-12:45	<b>SURGICAL TREATMENT WITH LIVE DEMONSTRATION PART B (interaction between presenters and audience)</b> <ul style="list-style-type: none"> <li>• Allograft</li> <li>• Biological Implants</li> <li>• One Stage with Chondrocytes, CartiONE</li> <li>• One stage without Chondrocytes</li> <li>• ACI (All Generation)</li> </ul>	<ul style="list-style-type: none"> <li>• Bashir Zikria</li> <li>• Stefano Zaffagnini</li> <li>• Konrad Slynarski</li> <li>• Fabio Sciarretta</li> <li>• Elizaveta Kon</li> </ul>	<ul style="list-style-type: none"> <li>• To illustrate main restorative cartilage procedures.</li> <li>• To recognize the role of cell-based therapies in the treatment of cartilage injuries.</li> <li>• To explain the potential of cell-based therapies in the treatment and future research of cartilage lesions</li> </ul>
12:45-13:00	<b>Quiz for Participants</b>		
<b>13:00-13:45 LUNCH</b>			
13:45-14:15	<b>Postoperative Rehab</b> <ul style="list-style-type: none"> <li>• Building the Program, Aspetar Rehab</li> <li>• The Role of Podiatry Q &amp; A (5)</li> </ul>	<ul style="list-style-type: none"> <li>• Kostas Epameinontidis</li> <li>• Ken Van Alsenoy</li> </ul>	<ul style="list-style-type: none"> <li>• To appraise the role of the physiotherapist and podiatrist in the management of cartilage injuries.</li> </ul>
14:15-14:35	<ul style="list-style-type: none"> <li>• What to do in the Professional Athlete- (Virtual)</li> </ul>	<ul style="list-style-type: none"> <li>• Brian Cole</li> </ul>	<ul style="list-style-type: none"> <li>• To prioritize the different factors prevailing in the decision-making of cartilage treatment in the professional athlete.</li> </ul>
14:35-15:30	<b>Measuring the Result</b> <ul style="list-style-type: none"> <li>• How do you Grade your Repair</li> <li>• Second Look Arthroscopy - Nanoscope</li> <li>• How close we are to hyaline cartilage</li> <li>• Can we detect differences in Biomechanics Lab? Q &amp; A (5)</li> </ul>	<ul style="list-style-type: none"> <li>• Javier Arnaiz</li> <li>• Khalid Al Khelaifi</li> <li>• Laura De Girolamo (Virtual)</li> <li>• Argyro Kotsifaki</li> </ul>	<ul style="list-style-type: none"> <li>• To summarize the different tools available for cartilage treatment outcome evaluation.</li> <li>• To compare the characteristics and mechanical properties of hyaline cartilage, hyaline-like, and fibrocartilage tissue.</li> </ul>

15:30-16:15	<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>• The Role of Knee Muscle Envelope in Knee Joint Homeostasis</li> <li>• Prevention Strategies: Are There Any?</li> <li>• Physical Conditioning During Rehabilitation: A Powerful Tool for Prevention</li> </ul> <p>Q &amp; A (10)</p>	<ul style="list-style-type: none"> <li>• Rod Whiteley</li> <li>• Alan Getgood</li> <li>• Evi Sidiropoulou</li> </ul>	<ul style="list-style-type: none"> <li>• To describe the prevention strategies of cartilage injuries and osteoarthritis.</li> <li>• To explain the role of physical activity and muscle strengthening in the prevention of cartilage injuries.</li> </ul>
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### Day 3 - December 18

09:00-14:00	<p><b>WORKSHOP A: SURGICAL SKILLS COURSE (SURGICAL TRAINING CENTER)</b>  “Creating The Defect”  Mxs / Nanofxs/ Drilling Membranes / AMIC OATS  BMAC Aspiration and Preparation  SVF Liposuction and Preparation  Meniscal Repair / Substitute / Transplantation  Osteotomies (HTO, Biplanar, TTT)  Meet The Expert ONE On ONE: How I Treat Small - Medium - Big Lesions  (4 Best in Quiz with 4 Guests)</p>	<ul style="list-style-type: none"> <li>• Emmanuel Papakostas,</li> <li>• Bashir Zikria,</li> <li>• Khalid Al-Khelaifi,</li> <li>• Bruno Olory,</li> <li>• Pieter D'Hooghe,</li> <li>• Fabio Sciarretta,</li> <li>• Konrad Slynarski ,</li> <li>• Elizaveta Kon,</li> <li>• Miguel Khoury</li> <li>• Peter Verdonk,</li> <li>• Stefano Zaffagnini,</li> <li>• Daniel Saris, Alan Getgood</li> </ul>	<ul style="list-style-type: none"> <li>• To introduce the basic knowledge on how to treat cartilage injuries</li> <li>• To familiarize participants with the full spectrum of techniques used for addressing cartilage pathology</li> <li>• To understand the importance of meniscal preservation and alignment correction</li> </ul>
09:00-14:00	<p><b>WORKSHOP B: REHAB COURSE (REHAB - ONFIELD - PODIATRY)</b></p> <ul style="list-style-type: none"> <li>• Closed - Open kinetic chain exercises</li> <li>• BFR</li> <li>• Hydro</li> <li>• AlterG</li> <li>• Progressive exercise Loading - On field</li> <li>• Podiatry</li> </ul>	<ul style="list-style-type: none"> <li>• Rod Whiteley,</li> <li>• Martina Jakob,</li> <li>• Kostas Epameinontidis,</li> <li>• Ken Van Alsenoy,</li> <li>• Evi Sidiropoulou,</li> <li>• Abdullah Itani,</li> <li>• Hassen Soltani</li> </ul>	<ul style="list-style-type: none"> <li>• To practically expose participants in the basic and advanced non-surgical treatment of cartilage lesions in athletes</li> <li>• To introduce the basic knowledge of podiatric assessment and advise</li> </ul>

### 14:00-14:30 CLOSING CEREMONY

## Scientific Planning Committee:

*Emmanouil Papakostas - Orthopedic Surgeon / SPC Chair, Khalid Al Khelaifi - Orthopedic Surgeon / Co-Chair, Marco Cardinale-Sports Scientist, Marine Al Hammud - Medical Consultant, Ibrahim Al Hussein - Director of Nursing, Ken Van Alsenoy - Head of Podiatry, Liesel Geertsema - Sports Medicine Physician, Javier Arnaiz - Chief of Radiology, Konstantinos Epameinontidis - Physical Therapist, Evlambia Sidiropoulou - Strength & Conditioning Coach, Khloud Sebak - CPD Coordinator*

***The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.***

*Overall time: 1070 min, Interactive session: 410 min (%38)*

Orthopaedic & Sports Medicine Hospital

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