



#### Scientific Chairman

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Chairman, Department of Orthopaedic  
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#### Course location

**Gran Hotel Elba Estepona &  
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Carretera Estepona - Cádiz :153  
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#### Registration fee

129,- €

#### Course faculty

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Hospital Asepeyo Sant Cugat,  
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**Raúl Barco**  
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**Ramón Cugat**  
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Porto, Portugal

**José Huylebroek**  
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Hospital, Brussels, Belgium

**Jón Karlsson**  
Department of Orthopaedics  
Sahlgrenska University  
Hospital, Mölndal, Sweden

**Andrey Korolev**  
European Clinic of Sports  
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Moscow, Russia

**Emilio López-Vidriero**  
ISMEC - International Sports  
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**Eduardo Mauri**  
Sports Medicine  
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Catholic University of Rome,  
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**Lluís Til-Perez**  
Orthopedics & Sports  
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**Stephan Vogt**  
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## Invitation

15th medi European  
Sports Orthopaedics  
Symposium

April 5 - 8, 2018  
Estepona, Spain

medi. I feel better.

## Invitation

Dear Colleagues,

We cordially invite you to attend the 15th medi European Sports Orthopaedics Symposium in Estepona, Spain on 5 - 8 April 2018. This meeting provides a unique and exciting opportunity for the exchange of knowledge and serves as a diverse and unique opportunity for attendees to share, discuss and learn the latest advancements in sports orthopaedics.

We will present a variety of new prophylactic, therapeutic and surgical technique information, allowing attendees to expand their knowledge and enhance their surgical skills. We created a diverse and unique program featuring a wide array of interdisciplinary presentations by international experts in arthroscopy, knee and shoulder surgery and sports medicine.

I would like to offer a special thank you to all faculty members and the medi company, who is organizing this meeting. I am sure that we will have a fantastic scientific program.

We look forward to seeing you in Estepona. With its subtropical-mediterranean climate, the Málaga region is an ideal backdrop for a variety of social activities.



**Scientific Chairman**  
Andreas B. Imhoff,  
Chairman, Department of  
Orthopaedic Sportsmedicine,  
Technical University Hospital  
Klinikum rechts der Isar,  
Munich, Germany

## Program

Thursday, 5 April 2018		
16:00-17:00	Welcome drink	
17:00-17:05	Opening	Imhoff / Hones
17:05-17:20	Introduction and product update medi	Klaus Hones
17:20-17:30	Presentation of the faculty	Andreas Imhoff
<b>Football I: ACL and Meniscus</b> Moderator: Karlsson / Imhoff		
17:30-17:45	Strategy for meniscal lesions in sports	João Espregueira-Mendes
17:45-18:00	Do ligaments heal faster in athletes?	José Hylebroek
18:00-18:15	Regenerative medicine in elite sport athletes, myths and facts.	Lluís Til-Perez
18:15-18:30	PRP in football athletes	Ramón Cugat
18:30-18:45	Use of PRP in ACL: technical tips and evidence	Emilio López-Vidriero
18:45-19:10	Discussion	
19:10-19:30	Coffee break	
<b>Football II: ACL and PCL</b> Moderator: Wilson / Imhoff		
19:30-19:45	ACL repair in children 3 year results	Adrian Wilson
19:45-20:00	ACL reconstruction in high risk patients	Knut Beitzel
20:00-20:15	Return to play after a muscle injury in FC Barcelona (hamstring and rectus injuries)	Jordi Puigdemívol
20:15-20:30	Bone morphology: a risk for ACL injury?	João Espregueira-Mendes
20:30-20:45	PCL practical management of orthosis: acute, in season, postsurgical	Emilio López-Vidriero

## Program

20:45-21:00	UEFA / FIFA: screening of football players pre-transfer and post	José Hylebroek
21:00-21:30	Discussion	
21:30	Dinner	
Friday, 6 April 2018		
<b>Shoulder I</b> Moderator: Milano / Beitzel		
09:00-09:15	The 5 keys to treat the athlete's shoulder	Andreas Imhoff
09:15-09:30	AC joint instability - current anatomic techniques to best restore its 3-D function	Knut Beitzel
09:30-09:45	SLAP: tenotomy, tenodesis or repair. Influence of age and sport on surgical indication	Jordi Ardèvol
09:45-10:00	Multidirectional instability of the shoulder: current concepts	Giuseppe Milano
10:00-10:15	Posterior dislocation: how we can manage it?	Jordi Ardèvol
10:15-11:00	Discussion	
11:00-11:30	Coffee break	
<b>PCL / Multiligament / Osteotomy</b> Moderator: Wilson / Imhoff		
11:30-11:45	Multiligament knee reconstructions	Giuseppe Milano
11:45-12:00	Clinical and imaging evaluation of PCL and multiligament injuries of the knee	João Espregueira-Mendes
12:00-12:15	PCL injury classification and single-bundle reconstruction	Andrey Korolev
12:15-12:30	Osteotomy - complex osteotomy and managing the slope	Adrian Wilson
12:30-12:45	Osteotomies around the knee	Andreas Imhoff
12:45-13:00	Cartilage treatment - state of the art 2018	Stephan Vogt
13:00-13:30	Discussion	

## Program

14:00-15:00	Lunch break	
<b>Workshop – new products</b> Moderator: Klaus Hones		
15:00-16:00	Knee and shoulder braces	Wilson / Ardèvol / Alvarez Díaz / Mauri
16:00-16:30	Coffee break	
<b>Elbow</b> Moderator: Siebenlist / López-Vidriero		
16:30-16:45	Epicondylitis: new insights	Sebastian Siebenlist
16:45-17:00	Snapping triceps in athletes: from diagnosis to treatment	Emilio López-Vidriero
17:00-17:15	Medial elbow pain in the throwing athletic	Raúl Barco
17:15-17:30	Elbow instability / elbow dislocation	Sebastian Siebenlist
17:30-17:45	Difficult elbow fractures: how to deal with them	Raúl Barco
<b>Publication / How to get a research question to a published paper?</b> Moderator: Karlsson / Imhoff		
17:45-18:00	Research idea / study protocol	Andreas Imhoff
18:00-18:15	Select a journal	Stephan Vogt
18:15-18:30	The manuscript	Jón Karlsson
18:30-19:00	Panel discussion	Course faculty
21:00	Dinner	

## Program

Saturday, 7 April 2018		
<b>Ankle</b> Moderator: Van Dijk / Imhoff		
09:00-09:15	Treatment of chondral defects using a new biological matrix	Ramón Cugat
09:15-09:30	Foot and ankle injuries / surgery. What has changed during the last 30 years. Have we moved forwards?	Jón Karlsson
09:30-09:45	The role of alignment in the ankle	Niek Van Dijk
09:45-10:00	Treatment of cartilage and osteochondral injuries in the ankle	Jón Karlsson
10:00-10:15	Peroneal tendon ruptures: consensus statement	Niek Van Dijk
10:15-11:00	Discussion	
11:00-11:30	Coffee break	
<b>Shoulder II</b> Moderator: Imhoff / Willems		
11:30-11:45	Bone defects in shoulder instability: how to measure, how to treat	Jaap Willems
11:45-12:00	Recurrent shoulder instability – bankart repair vs. Iatarjet	Sebastian Siebenlist
12:00-12:15	Subscapularis repair	Andreas Imhoff
12:15-12:30	Cuff ruptures: when to operate? The best evidence in 2018	Jaap Willems
12:30-12:45	Management of massive and irreparable rotator cuff tears	Giuseppe Milano
12:45-13:00	SCR - a promising biologic option for irreparable cuff tears	Knut Beitzel
13:00-14:00	Discussion	
14:00-15:00	Lunch break	
20:00-22:00	Farewell dinner	
Sunday, 8 April 2018		
Departure		