

6th FORTE SUMMER SCHOOL



24-28 Athens
July 2023 Greece

Scientific Programme

The Go-To Orthopaedics and Trauma Review Course

National and European Board Exam Preparation

All High-Yield Exam Topics Are Included

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Panayiotis Megaloikonomos

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Welcome to FORTE Summer School

Dear colleagues and friends,

I am thrilled to introduce you to the sixth edition of FORTE Summer School; the unique learning experience that has gradually become essential for every Orthopaedic and Trauma (O&T) trainee in Europe. FORTE Summer School is an ideal opportunity for you to attend a high-end review course that not only brings together the most renowned O&T experts, but also gives you the chance to connect and exchange ideas with colleagues from all over Europe.

FORTE Summer School is proudly celebrating its sixth edition, after accomplishing remarkable success during the previous years. It is a must-attend course for those that want to advance in depth their knowledge or prepare for their National Exams or the EBOT Exam. We have created a dynamic learning environment that will both challenge and inspire you.

We are offering two training options for standard-level and higher-level trainees. As such, two different courses in two separate conference rooms will run in parallel. In one room the **Comprehensive Review Course (CRC)** will be available for those who want to enhance their knowledge by attending a general review course. In the second room, the **Exam Preparation Course (EPC)** will be available for those who are eager for a more interactive training experience. The EPC course can be very productive for everybody, but is excellent for more advanced trainees. In this course, you can test your level of knowledge and improve your clinical thinking, discussing with the faculty different clinical scenarios.

Our faculty is highly experienced, including **60 elite international experts** and EBOT examiners. All subspecialty topics will be covered and all high-yield exam topics will be discussed. A plethora of high-quality comprehensive lectures and structured case presentations will be the tools to achieve our training goals. Keynote Lectures by pioneering surgeons are also included to stimulate further your enthusiasm. We are convinced that we will offer you a high-end learning experience, combined with a pleasant social program in the beautiful city of Athens.

My warmest regards,

Panayiotis D. Megaloikonomos, MD
2023 FORTE Summer School Chair

MONDAY, July 24	TUESDAY, July 25	WEDNESDAY, July 26	THURSDAY, July 27	FRIDAY, July 28
Inaugural Lecture 2023-2024 EFORT President CRC Shoulder & Elbow EPC Shoulder & Elbow COFFEE BREAK COFFEE BREAK CRC Tumours EPC Shoulder & Elbow LUNCH BREAK LUNCH BREAK	Keynote Lecture 2023-2024 EFORT President CRC Paediatrics EPC Paediatrics COFFEE BREAK COFFEE BREAK CRC Paediatrics EPC Paediatrics LUNCH BREAK LUNCH BREAK	Keynote Lecture JISAKOS Editor-in-Chief CRC Foot & Ankle EPC Adult Recon Knee COFFEE BREAK COFFEE BREAK CRC Adult Recon Hip EPC Foot & Ankle LUNCH BREAK LUNCH BREAK	Keynote Lecture 2018-2020 ESSKA President CRC Sports Knee EPC Sports Knee COFFEE BREAK COFFEE BREAK CRC Sports Knee EPC Sports Knee LUNCH BREAK LUNCH BREAK	Keynote Lecture TBA HAOST Honorary Speaker CRC Hand & Wrist EPC Basic Science COFFEE BREAK COFFEE BREAK CRC Basic Science EPC Hand & Wrist COFFEE BREAK COFFEE BREAK
Keynote Lecture ASES President CRC Shoulder & Elbow EPC Tumours Welcome Reception	Keynote Lecture JBJS Editor-in-Chief CRC Trauma EPC Trauma Traditional Dinner	Keynote Lecture 2022-2024 ESSKA President CRC Adult Recon Knee EPC Adult Recon Hip Downtown Souvlaki	Keynote Lecture SICOT Vice President CRC Spine EPC Spine Athenian Riviera Dinner	Closing Lecture 2022-2023 EFORT President End of Summer School

CRC = Comprehensive Review Course // EPC = Exam Preparation Course



Shoulder & Elbow

David Limb (UK)
Thierry Begué (FR)
Pericles Papadopoulos (GR)
Konstantinos Ditsios (GR)
Olga Savvidou (GR)
Zinon Kokkalis (GR)
Dimitrios Koulalis (GR)
Georgios Panagopoulos (GR)
Vasileios Psychogios (GR)
Peter MacDonald (CA)

Musculoskeletal Oncology

Panayiotis Papagelopoulos (GR)
Andreas Mavrogenis (GR)
Vasilios Kontogeorgakos (GR)

Paediatric Orthopaedics

Federico Canavese (FR)
Nanni Allington (BE)
Catharina Chiari (AT)
Christos Zambakides (GR)
Muharrem Inan (TR)

Trauma

Peter Giannoudis (UK)
James Powell (CA)
Nikolaos Kanakaris (UK)
Stamatios Papadakis (GR)
Minos Tyllianakis (GR)

Sports Knee

David Dejour (FR)
Roland Becker (DE)
Stefan Nehrer (AT)
Michael Hantes (GR)
Panayiotis Megaloikononimos (GR)
Evgenia Papadakou (GR)
Dimitrios Koulalis (GR)
Konstantinos Kateros (GR)

Foot & Ankle

Niek van Dijk (NL)
Ioannis Giannakopoulos (DE)
Athanasios Badekas (GR)
Alexandros Eleftheropoulos (GR)

Adult Reconstruction

Eleftherios Tsiridis (GR)
John Antoniou (CA)
Vikas Khanduja (UK)
James Powell (CA)
Theofilos Karachalios (GR)
Roland Becker (DE)
Rob Nelissen (NL)
George Macheras (GR)
Lazaros Poultsides (GR)
Panayiotis Megaloikononimos (GR)
Anastasios Georgoulis (GR)
Dimitrios Mastrokalos (GR)

Spine

Marco Teli (IT)
Spyros Pneumaticos (GR)
Odysseas Paxinos (GR)
Vasilis Igoumenou (DE)
Evangelos Christodoulou (DE)
Panayiotis Diaremes (DE)

Hand & Wrist

Panayotis Soucacos (GR)
Pierluigi Tos (IT)
Charalampos Ntinopoulos (GR)
Zoe Dailiana (GR)

Basic Science

Enrique Gómez-Barrena (ES)
Andreas Tanos (CY)
Dinko Vidovic (HR)
Marko Ostojic (BIH)
Dimitrios Flevas (GR)
Marc Swiontkowski (USA)

Programme

Day 1 July 24

Shoulder & Elbow // Musculoskeletal Oncology

8:00–8:30 Registrations

8:30–8:45 Welcome Address

Panayiotis Megaloikonomos (GR), Course Chair
Marko Ostojic (BIH), FORTE President
Zoe Dailiana (GR), HAOST President
Theofilos Karachalios (GR), EFORT Vice President

8:45–9:00 Inaugural Lecture

Meeting the Challenge of Professional Examinations

David Limb (UK), EFORT President 2023–2024

Shoulder & Elbow I

Room 1 – Comprehensive Review Course

Moderators:

David Limb (UK), **Pericles Papadopoulos** (GR)

Room 2 – Exam Preparation Course

Moderators:

Thierry Bégué (FR), **Konstantinos Ditsios** (GR)

09:00 Clavicle Fractures
Olga Savvidou (GR)

09:15 AC Joint Injuries
Olga Savvidou (GR)

09:30 Scapula and Glenoid Fractures
Zinon Kokkalis (GR)

09:45 Proximal Humerus Fractures
David Limb (UK)

10:00 Principles of Shoulder Arthroscopy:
Technical Tips
Zinon Kokkalis (GR)

09:00 Cases of Elbow Instability
Konstantinos Ditsios (GR)

09:15 Discussion about Elbow
Arthroscopy and Arthroplasty
Konstantinos Ditsios (GR)

09:30 Cases of Forearm Fractures
Thierry Bégué (FR)

09:45 Cases of Radial Head Fractures
Georgios Panagopoulos (GR)

10:00 Cases of Distal Humerus Fractures
Georgios Panagopoulos (GR)



10:15 Rotator Cuff Pathology:
Assessment and Treatment
Algorithm
Dimitrios Koulalis (GR)

10:30 Long Head of Biceps Pathology
and SLAP Lesions
Pericles Papadopoulos (GR)

10:45 Shoulder Instability:
Assessment and Treatment
Algorithm
Pericles Papadopoulos (GR)

11:00 Hemi-, Total, Reverse Shoulder
Arthroplasty: Indications
and Techniques
David Limb (UK)

11:15 DISCUSSION 

10:15 Cases of Humerus Fractures and
Non-Unions
Thierry Bégué (FR)

10:30 Cases of Clavicle Fractures
Olga Savvidou (GR)

10:45 Cases of Scapula and
Glenoid Fractures
Zinon Kokkalis (GR)

11:00 Cases of Rotator Cuff Pathology:
Discussion about Assessment
and Treatment
Dimitrios Koulalis (GR)

11:15 DISCUSSION 

11:30 COFFEE BREAK 

Musculoskeletal Oncology

Room 1 - Comprehensive Review Course

Moderators:

Andreas Mavrogenis (GR),
Vasileios Kontogeorgakos (GR)

- 11:45** Musculoskeletal Tumours: Diagnosis, Approach and Treatment Principles
Andreas Mavrogenis (GR)
- 12:00** Soft Tissue Tumours (benign and malignant)
Vasileios Kontogeorgakos (GR)
- 12:15** Benign Bone Tumours
Panayiotis Papagelopoulos (GR)
- 12:30** Malignant Bone Tumours
Panayiotis Papagelopoulos (GR)
- 12:45** Metastatic Bone Disease
Andreas Mavrogenis (GR)

13:00 DISCUSSION 

Shoulder & Elbow II

Room 2 - Exam Preparation Course

Moderators:

David Limb (UK), **Pericles Papadopoulos** (GR)

- 11:45** Cases of Proximal Humerus Fractures
David Limb (UK)
- 12:00** Case Discussion about Hemi-, Total, Reverse Shoulder Arthroplasty
David Limb (UK)
- 12:15** Cases of Shoulder Arthroscopy: Discussion about Techniques
Zinon Kokkalis (GR)
- 12:30** Cases of Shoulder Instability
Pericles Papadopoulos (GR)
- 12:45** Discussion about Long Head of Biceps and SLAP Lesions with Cases
Pericles Papadopoulos (GR)

13:00 DISCUSSION 

13:15 LUNCH BREAK 



14:15-14:45 KEYNOTE LECTURE

Bone Loss in Shoulder Instability

Peter MacDonald (CA),

American Shoulder and Elbow Surgeons (ASES) President

Shoulder & Elbow II

Room 1 - Comprehensive Review Course

Moderators:

Thierry Bégué (FR), **Olga Savvidou** (GR)

14:45 Fractures of the Humeral Shaft and of Humeral Shaft Non-Unions
Thierry Bégué (FR)

15:00 Radial Head Fractures
Georgios Panagopoulos (GR)

15:15 Distal Humerus Fractures
Vasileios Psychogios (GR)

15:30 Fractures of the Forearm
Thierry Bégué (FR)

15:45 Assessment and Treatment of Elbow Instabilities
Konstantinos Ditsios (GR)

16:00 Indications of Elbow Arthroscopy and Arthroplasty
Konstantinos Ditsios (GR)

16:15 ADJOURN 

Musculoskeletal Oncology

Room 2 - Exam Preparation Course

Moderators:

Panayiotis Papagelopoulos (GR),
Vasileios Kontogeorgakos (GR)

14:45 Case-Discussion about MSK Tumours: Diagnosis and Treatment
Andreas Mavrogenis (GR)

15:00 Cases of Soft Tissue Tumours (benign and malignant)
Vasileios Kontogeorgakos (GR)

15:15 Cases of Benign Bone Tumours
Panayiotis Papagelopoulos (GR)

15:30 Cases of Malignant Bone Tumours
Panayiotis Papagelopoulos (GR)

15:45 Cases of Metastatic Bone Disease
Andreas Mavrogenis (GR)

16:00 ADJOURN 

Programme

Day 2 July 25

Paediatrics // Pelvis & Lower Extremity Trauma

Paediatrics I

Room 1 - Comprehensive Review Course

Moderators:

Federico Canavese (FR), Catharina Chiari (AT)

- 09:00** Growth Plate Biology, Fracture Classification and Treatment Principles in Children
Nanni Allington (BE)
- 09:15** Proximal and Humerus Shaft Fractures
Federico Canavese (FR)
- 09:30** Elbow and Forearm Fractures
Christos Zambakides (GR)
- 09:45** Wrist and Hand Fractures
Muharrem Inan (TR)
- 10:00** Tibia and Ankle Fractures
Federico Canavese (FR)
- 10:15** Pelvis, Femur and Knee Fractures
Catharina Chiari (AT)

10:30 DISCUSSION 

Room 2 - Exam Preparation Course

Moderators:

**Christos Zambakides (GR), Muharrem Inan (TR),
Nanni Allington (BE)**

- 09:00** Cases of Clubfoot and Pes Planovalgus
Christos Zambakides (GR)
- 09:15** Cases of Cerebral Palsy with Common Hip and Foot Problems
Muharrem Inan (TR)
- 09:30** Cases of SCFE and Legg-Calvé-Perthes Disease
Catharina Chiari (AT)
- 09:45** Cases of DDH
Nanni Allington (BE)
- 10:00** Cases of Common Upper Extremity Disorders: Brachial Plexus Palsy, Syndactily and other Congenital Malformations
Muharrem Inan (TR)
- 10:15** Discussion about Growth Plate Biology, Fracture Classification and Treatment Principles in Children
Nanni Allington (BE)

11:30 DISCUSSION 

10:45 COFFEE BREAK 



Paediatrics II

Room 1 - Comprehensive Review Course

Moderators:

**Christos Zambakides (GR), Muharrem Inan (TR),
Nanni Allington (BE)**

11:00 Cerebral Palsy: Common Hip and Foot Problems
Muharrem Inan (TR)

11:15 Clubfoot and Pes Planovalgus
Christos Zambakides (GR)

11:30 DDH: Screening, Diagnosis and Treatment Principles
Nanni Allington (BE)

11:45 SCFE and Legg-Calvé-Perthes Disease: Diagnosis and Treatment Principles
Catharina Chiari (AT)

12:00 Common Upper Extremity Disorders: Brachial Plexus Palsy, Syndactily and other Congenital Malformations
Muharrem Inan (TR)

12:15 DISCUSSION 

Room 2 - Exam Preparation Course

Moderators:

Federico Canavese (FR), Catharina Chiari (AT)

11:00 Cases of Tibia and Ankle Fractures
Federico Canavese (FR)

11:15 Cases of Proximal and Humerus Shaft Fractures
Federico Canavese (FR)

11:30 Cases of Pelvis, Femur and Knee Fractures
Catharina Chiari (AT)

11:45 Cases of Wrist and Hand Fractures
Muharrem Inan (TR)

12:00 Cases of Elbow and Forearm Fractures
Christos Zambakides (GR)

12:15 DISCUSSION 

12:30 LUNCH BREAK 

13:15-13:45 ORTHO OLYMPICS
Round I

13:45-14:00 SATELLITE LECTURE
Osgenic Presentation

14:00-14:30 KEYNOTE LECTURE
How to Get your Research Published in High Impact Journals
Marc Swiontkowski (USA), JBJS Editor-in-Chief

Pelvis & Lower Extremity Trauma I

Room 1 - Comprehensive Review Course

Moderators:

Peter Giannoudis (UK), James Powell (CA)

14:30 Fractures of the Acetabulum
Peter Giannoudis (UK)

14:45 Femoral Neck Fractures
James Powell (CA)

15:00 Pertrochanteric Fractures
Stamatios Papadakis (GR)

15:15 The Mangled Extremity
Peter Giannoudis (UK)

15:30 DISCUSSION 

Room 2 - Exam Preparation Course

Moderators:

Nikolaos Kanakaris (UK), Minos Tyllianakis (GR)

14:30 Cases of Pelvic Ring Injuries
Nikolaos Kanakaris (UK)

14:45 Cases of Fractures of the Distal Femur
Minos Tyllianakis (GR)

15:00 Cases of Fractures of the Proximal Tibia
Minos Tyllianakis (GR)

15:15 Cases of Femoral and Tibial Non-Unions
Nikolaos Kanakaris (UK)

15:30 DISCUSSION 

Pelvis & Lower Extremity Trauma II

Room 1 - Comprehensive Review Course

Moderators:

Minos Tyllianakis (GR), Nikolaos Kanakaris (UK)

15:45 Pelvic Ring Injuries
Nikolaos Kanakaris (GR)

16:00 Fractures of the Distal Femur
Minos Tyllianakis (GR)

16:15 Fractures of the Proximal Tibia
Minos Tyllianakis (GR)

16:30 Management of Femoral and Tibial Non-Unions
Nikolaos Kanakaris (UK)

16:45 ADJOURN 

Room 2 - Exam Preparation Course

Moderators:

Peter Giannoudis (UK), James Powell (CA)

15:45 Cases of Fractures of the Acetabulum
Peter Giannoudis (UK)

16:00 Cases of Femoral Neck Fractures
James Powell (CA)

16:15 Cases of Pertrochanteric Fractures
Stamatios Papadakis (GR)

16:30 Discussion about the Mangled Extremity with Cases
Peter Giannoudis (UK)

16:45 ADJOURN 



Programme

Day 3 July 26

Foot & Ankle // Adult Reconstruction

9:00-9:30 KEYNOTE LECTURE
The Latest is Always the Greatest
Niek van Dijk (NL), JISAKOS Editor-in-Chief

Foot & Ankle

Room 1 - Comprehensive Review Course

Moderators:

Athanasios Badekas (GR)
Giannis Giannakopoulos (DE)

09:30 Ankle Arthroplasty vs Ankle Arthrodesis
Ioannis Giannakopoulos (DE)

09:45 Ankle Instability
Niek van Dijk (NL)

10:00 Flatfoot and Cavus Foot
Alexandros Eleftheropoulos (GR)

10:15 Hallux Valgus & Hallux Rigidus
Athanasios Badekas (GR)

10:30 Ankle Fractures
Niek van Dijk (NL)

10:45 Midfoot Injuries
Alexandros Eleftheropoulos (GR)

11:00 Hindfoot Fractures
Ioannis Giannakopoulos (DE)

11:15 DISCUSSION 

Adult Reconstruction I

Room 2 - Exam Preparation Course

Moderators:

Theofilos Karachalios (GR), **Rob Nelissen** (NL)

09:30 Cases of Primary TKAs - Discussion about Surgical Pearls and Pitfalls
Dimitris Mastrokalos (GR)

09:45 Cases of Painful TKAs
Roland Becker (DE)

10:00 Cases of TKA Infection: Discussion about Assessment and Treatment
Rob Nelissen (NL)

10:15 Midflexion Instability: Discussion with Cases
Theofilos Karachalios (GR)

10:30 Cases of TKA Revision
Theofilos Karachalios (GR)

10:45 Cases of TKA Periprosthetic Fractures
Rob Nelissen (NL)

11:00 Cases of THA Periprosthetic Fractures
Theofilos Karachalios (GR)

11:15 DISCUSSION 

11:30 COFFEE BREAK 

Adult Reconstruction I

Room 1 - Comprehensive Review Course

Moderators:

George Macheras (GR), Lazaros Poultides (GR)

- 11:45** Hip Preserving Surgery: Arthroscopic Procedures
Lazaros Poultides (GR)
- 12:00** Hip Preserving Surgery: Open Procedures
James Powell (CA)
- 12:15** Primary THA - Implant Selection and Preoperative Planning
Lazaros Poultides (GR)
- 12:30** Primary THA - Stability, Surgical Pearls and Pitfalls
Eleftherios Tsiridis (GR)
- 12:45** Dual Mobility Caps in THA
Panayiotis Megaloikonomos (GR)
- 13:00** Infected THA
James Powell (CA)
- 13:15** Revision THA - Managing the Acetabular Defects
Eleftherios Tsiridis (GR)
- 13:30** Revision THA - Managing the Femoral Defects
George Macheras (GR)

13:45 DISCUSSION 

Foot & Ankle

Room 2 - Exam Preparation Course

Moderators:

Niek van Dijk (NL), Athanasios Badekas (GR)

- 11:45** Discussion about Ankle Arthroplasty and Arthrodesis
Ioannis Giannakopoulos (DE)
- 12:00** Discussion about Ankle Instability
Niek van Dijk (NL)
- 12:15** Cases of Flatfoot and Cavus Foot
Alexandros Eleftheropoulos (GR)
- 12:30** Cases of Hallux Valgus & Hallux Rigidus
Athanasios Badekas (GR)
- 12:45** Cases of Ankle Fractures
Niek van Dijk (NL)
- 13:00** Cases of Midfoot Injuries
Alexandros Eleftheropoulos (GR)
- 13:15** Cases of Hindfoot Fractures
Ioannis Giannakopoulos (DE)
- 13:30** Tips and Techniques in Foot & Ankle Arthroscopy. Discussion with Cases
Niek van Dijk (NL)

13:45 DISCUSSION 

14:00 LUNCH BREAK 



15:00-15:15 KEYNOTE LECTURE

Modern Concepts in Knee Arthroplasty – Hype or Future?

Roland Becker (DE), ESSKA President 2022-2024

Adult Reconstruction II

Room 1 - Comprehensive Review Course

Moderators:

Roland Becker (DE), Stefan Nehrer (AT)

Room 2 - Exam Preparation Course

Moderators:

Eleftherios Tsiridis (GR), James Powell (CA)

15:15 Unicompartmental Knee Arthroplasty
Anastasios Georgoulis (GR)

15:30 Primary TKA - Surgical Pearls and Pitfalls
Dimitris Mastrokalos (GR)

15:45 The Painful TKA
Roland Becker (DE)

16:00 TKA Infection: Assessment and Treatment Approach
Rob Nelissen (NL)

16:15 Principles of TKA Revision
Theofilos Karachalios (GR)

16:30 TKA Periprosthetic Fractures
Rob Nelissen (NL)

16:45 THA Periprosthetic Fractures
Theofilos Karachalios (GR)

15:15 Cases of Hip Preserving Surgery Discussing Arthroscopic Procedures
Lazaros Poultides (GR)

15:30 Cases of Hip Preserving Surgery Discussing Open Procedures
James Powell (CA)

15:45 Primary THA – Discussion about Implant Selection and Preoperative Planning
Lazaros Poultides (GR)

16:00 Primary THA – Case Discussion about Surgical Pearls and Pitfalls
Eleftherios Tsiridis (GR)

16:15 Cases of Infected THAs
James Powell (CA)

16:30 Revision THA - Cases of Acetabular Management
Eleftherios Tsiridis (GR)

16:45 Revision THA - Cases of Femoral Management
George Macheras (GR)

17:00 LECTURE Avoiding Instability with the Posterior Approach

John Antoniou (CA)

17:15 ADJOURN 

17:15 ADJOURN 

Programme

Day 4 July 27

Knee Sports // Spine

9:00-9:30 KEYNOTE LECTURE

From Acute to Chronic Patellofemoral Dislocation

David Dejour (FR), ESSKA Past President

Knee Sports I

Room 1 - Comprehensive Review Course

Moderators:

Konstantinos Kateros (GR), Evgenia Papadakou (GR)

09:30 Clinical Important Laxities:
How to Assess
Dimitrios Koulalis (GR)

09:45 Meniscal Repair of Bucket Handle
Lesions, Ramp Lesions,
and Root Tears
Roland Becker (DE)

10:00 Primary ACL Reconstruction:
Surgical Pearls and Pitfalls
Panayiotis Megaloikonomos (GR)

10:15 Graft Choice in ACLR.
Where Are We Today?
Roland Becker (DE)

10:30 ACL Revision. How to Avoid Failure?
David Dejour (FR)

10:45 DISCUSSION 

Room 2 - Exam Preparation Course

Moderators:

Michael Hantes (GR), Stefan Nehrer (AT)

09:30 Cases of Patellofemoral Instability
David Dejour (FR)

09:45 Discussion about Lateral
Augmentation Procedures in
ACL Reconstruction
Michael Hantes (GR)

10:00 Cases of Multiligament Knee Injuries
Michael Hantes (GR)

10:15 Cases of Cartilage Lesions:
Discussion about Assessment
and Treatment Options
Stefan Nehrer (AT)

10:30 Cases of Osteotomies Around the Knee
Stefan Nehrer (AT)

10:45 DISCUSSION 

11:00 COFFEE BREAK 



Knee Sports II

Room 1 - Comprehensive Review Course

Moderators:

Michael Hantes (GR), Stefan Nehrer (AT)

11:15 Lateral Augmentation Procedures in ACL Reconstruction
Michael Hantes (GR)

11:30 Principles and Management of Multiligament Knee Injuries
Michael Hantes (GR)

11:45 Cartilage Lesions: Assessment and Treatment Options
Stefan Nehrer (AT)

12:00 Osteotomies Around the Knee
Stefan Nehrer (AT)

12:15 DISCUSSION 

Room 2 - Exam Preparation Course

Moderators:

David Dejour (FR), Roland Becker (DE)

11:15 Cases of Clinical Important Laxities
Dimitrios Koulalis (GR)

11:30 Cases of Meniscal Repair of Bucket Handle Lesions, Ramp Lesions, and Root Tears
Roland Becker (DE)

11:45 Cases of Primary ACL Reconstruction: Discussion about Techniques
Roland Becker (DE)

12:00 Discussion about ACL Revision: How to Avoid Failure
David Dejour (FR)

12:15 DISCUSSION 

12:30 LUNCH BREAK 

13:15 - 13:45 KEYNOTE LECTURE
All You Want to Know About Femoroacetabular Impingement
Vikas Khanduja (UK), SICOT Vice President

Spine I

Room 1 - Comprehensive Review Course

Moderators:

Marco Teli (IT), Spyros Pneumatics (GR)

13:45 Adolescent Idiopathic Scoliosis
Marco Teli (IT)

14:00 Adult Spinal Deformity
Spyros Pneumatics (GR)

14:15 Metastatic Epidural Spinal Cord Compression
Spyros Pneumatics (GR)

14:30 Spondylodiscitis (Pyogenic and Tuberculous)
Marco Teli (IT)

14:45 Spondylolisthesis
Vasileios Igoumenou (DE)

15:00 DISCUSSION 

Room 2 - Exam Preparation Course

Moderators:

Odysseas Paxinos (GR), Evangelos Christodoulou (DE)

13:45 Cases of Degenerative Disc Disease and Lumbar Spinal Stenosis
Odysseas Paxinos (GR)

14:00 Cases of Disc Herniation - Cauda Equina Syndrome
Odysseas Paxinos (GR)

14:15 Cases of Spinal Cord Injury
Panayiotis Diaremes (DE)

14:30 Cases of Cervical Spine Trauma
Panayiotis Diaremes (DE)

14:45 Cases of Thoracolumbar Trauma
Evangelos Christodoulou (DE)

15:00 DISCUSSION 

15:15 COFFEE BREAK 



Spine II

Room 1 - Comprehensive Review Course

Moderators:

Odysseas Paxinos (GR), **Panayiotis Diaremes** (DE)

15:30 Degenerative Disc Disease and Lumbar Spinal Stenosis
Odysseas Paxinos (GR)

15:45 Disc Herniation - Cauda Equina Syndrome
Odysseas Paxinos (GR)

16:00 Cervical Myelopathy – Radiculopathy
Evangelos Christodoulou (DE)

16:15 Spinal Cord Injury
Panayiotis Diaremes (DE)

16:30 Cervical Spine Trauma
Panayiotis Diaremes (DE)

16:45 Thoracolumbar Trauma
Evangelos Christodoulou (DE)

17:00 ADJOURN 

Room 2 - Exam Preparation Course

Moderators:

Spyros Pneumaticos (GR), **Marco Teli** (IT)

15:30 Cases of Cervical Myelopathy - Radiculopathy
Evangelos Christodoulou (DE)

15:45 Cases of Adolescent Idiopathic Scoliosis
Marco Teli (IT)

16:00 Cases of Adult Spinal Deformity
Spyros Pneumaticos (GR)

16:15 Cases of Metastatic Epidural Spinal Cord Compression
Spyros Pneumaticos (GR)

16:30 Cases of Spondylodiscitis (Pyogenic and Tuberculous)
Marco Teli (IT)

16:45 Cases of Spondylolisthesis
Vasileios Igoumenou (DE)

17:00 ADJOURN 

Programme

Day 5 July 28

Hand & Wrist // Basic Science

9:00-9:30 KEYNOTE LECTURE

Maps & Medicine: Cartography and Medical Historical Accounts

Panayotis Soucacos (GR), HAOST Honorary Speaker

Hand & Wrist

Room 1 - Comprehensive Review Course

Moderators:

Zoe Dailiana (GR), **Pierluigi Tos** (IT)

09:30 Distal Radius and Scaphoid Fractures
Zoe Dailiana (GR)

09:45 Perilunate Injuries
Charalampos Ntinopoulos (GR)

10:00 Wrist Pathology (Biomechanics, Instability, Arthritis, Post-Traumatic Conditions)
Charalampos Ntinopoulos (GR)

10:15 Fractures & Dislocations of the Metacarpal and Phalanges
Zoe Dailiana (GR)

10:30 Extensor and Flexor Tendon Injuries (Acute and Chronic)
Pierluigi Tos (IT)

10:45 Acute Nerve Injuries and Compression Neuropathies
Pierluigi Tos (IT)

Basic Science

Room 2 - Exam Preparation Course

Moderators:

Enrique Gómez-Barrena (ES),
Panayiotis Megaloikonomos (GR)

09:30 Investigations in Orthopaedics Case Discussion
Andreas Tanos (CY)

09:45 Cases of Orthopaedic Infections. Discussion about Bacteriae, Antibiotics and Infection Control
Enrique Gómez-Barrena (ES)

10:00 Discussion about Interpreting Evidence and Implementing Change
Enrique Gómez-Barrena (ES)

10:15 Case Discussion about Fracture Healing and Principles of Fixation
Dinko Vidovic (HR)

10:30 Discussion about Orthopaedic Implants, Biomechanics and Biomaterials
Andreas Tanos (CY)



10:45 Discussion about Tribology, Wear and Corrosion
Marko Ostojic (BIH)

11:00 DISCUSSION 

11:00 DISCUSSION 

11:15 COFFEE BREAK 

Basic Science

Room 1 - Comprehensive Review Course

Moderators:

Dimitrios Flevas (GR),
Vasileios Igoumenou (DE)

11:30 Investigations in Orthopaedics
Andreas Tanos (CY)

11:45 Orthopaedic Implants
Biomechanics and Biomaterials
Andreas Tanos (CY)

12:00 Fracture Healing and Principles
of Fixation
Dinko Vidovic (HR)

12:15 Tendon, Ligament, and Nerve
Healing and Repair
Marko Ostojic (BIH)

12:30 Tribology, Wear and Corrosion
Marko Ostojic (BIH)

12:45 Orthopaedic Infections: Bacteriae,
Antibiotics and Infection Control
Enrique Gómez-Barrena (ES)

Hand & Wrist

Room 2 - Exam Preparation Course

Moderators:

Zoe Dailiana (GR), **Pierluigi Tos** (IT)

11:30 Cases of Distal Radius and
Scaphoid Fractures
Zoe Dailiana (GR)

11:45 Cases of Perilunate Injuries
Charalampos Ntinopoulos (GR)

12:00 Wrist Pathology Cases
Charalampos Ntinopoulos (GR)

12:15 Cases of Fractures & Dislocations
of the Metacarpal and Phalanges
Zoe Dailiana (GR)

12:30 Cases of Extensor and Flexor
Tendon Injuries
(Acute and Chronic)
Pierluigi Tos (IT)

12:45 Cases of Nerve Injuries and
Compression Neuropathies
Pierluigi Tos (IT)

Basic Science

Hand & Wrist

13:00 Interpreting Evidence and
Implementing Change
Enrique Gómez-Barrena (ES)

13:15 - 13:45 ORTHO OLYMPICS
Round II

13:45 - 14:15 CLOSING LECTURE

**Do we Need Assessment in O&T Training?
The European Experience with EBOT**

Enrique Gómez-Barrena (ES), EFORT President 2022-2023



Faculty Index

Nanni Allington Belgium	<i>UEMS O&T Section President</i>
John Antoniou Canada	<i>Canadian Orthopaedic Association Past President</i>
Athanasios Badekas Greece	<i>2022 HAOST President</i>
Roland Becker Germany	<i>2022-2024 ESSKA President</i>
Thierry Bégué France	<i>Vice-Chair EFORT EduCom</i>
Federico Canavese France	<i>EPOS Secretary General</i>
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Dimitrios Flevas Greece	<i>HAOST Delegate</i>
Anastasios Georgoulis Greece	<i>HAOST Delegate</i>
Ioannis Giannakopoulos Germany	<i>Genesis Society President</i>
Peter Giannoudis United Kingdom	<i>Injury Editor-in-Chief</i>
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Spyros Pneumaticos Greece	<i>EUROSPINE Delegate</i>
Lazaros Poultsides Greece	<i>EHS Delegate</i>



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Dinko Vidovic Croatia	<i>Croatian Orthopaedic Society Delegate</i>
Christos Zambakides Greece	<i>EPOS Delegate</i>

General Information



The City

A unique combination of the old and the new, set up against a spectacular Mediterranean landscape, Athens inspires its visitors, leaving its mark in their hearts and minds. Surrounded by a lining of stunning seas and mountains, this city is filled with gems just waiting to be discovered. Each year, more and more travelers are choosing Athens for leisure and business all year round. Athens offers a variety of things to see and do, under favorable weather conditions. Athens is an ideal congress destination, combining state-of-the-art infrastructure, excellent conference facilities and easy access from all over the world with world-class cultural attractions, diverse entertainment, and natural beauty.



THE VENUE: Royal Olympic Hotel

28-34 Athanasiou Diakou Str.
117 43, Athens, Greece

Tel.: +30 210 92.88.400 Web: www.royalolympic.com



Our participants and faculty will be hosted at the premises of Royal Olympic Hotel, Athens. It is a modern and elegant conference hotel, situated in the heart of historical Athens; in front of the Temple of Zeus and the National Garden. The facilities of the hotel and its breathtaking view promise a unique and memorable visit.

Conveniently located in close proximity to Athens Metro (red line) and various modes of public transportation, Royal Olympic Hotel provides excellent accessibility to famous cultural landmarks, bustling commercial streets, and historic sites.

The conference rooms of the Royal Olympic Hotel (ground floor) will host Summer School courses, ensuring convenience for both our participants and faculty.

ALL AROUND

Just 35km. from Athens International Airport | **Just 250m.** from Metro Station "Akropoli" (red line)

Just 1 stop from Syntagma Square (red line) | **Just 280m.** from the Acropolis Museum

Just 4min. walk to Plaka, the historical neighborhood of Athens





The airport: The award-winning Athens International Airport, Eleftherios Venizelos, serves 83 international destinations. The city center and the hotel is just 27 km from the airport; 45 minutes by car or 55 minutes using Athens Metro (lines 2 & 3).



Transportation: Network includes buses, pollution-free trolleys, trams, and a revamped electric railway system that connects to the metro lines. Taxis can be used, which are inexpensive considering the European standards.

At Athens Airport you can find a wide variety of options regarding ground transportation:

Bus: There are 4 bus lines which connect the airport to the city centre. One single ticket costs 9€. For more information about the bus lines and routes, you may visit <http://www.oasa.gr>.

Taxi: Taxis in Athens are yellow and they are queuing up outside Exit 3 of the Arrivals level. The taxi fare is flat at 60€ (64\$) during the daytime (05:00 am – 00:00 am) and 70€ (75\$) during the night shift, while the total journey to Athens city center lasts 35-40 minutes under normal traffic conditions. You may use the Free Now App or Uber App instead; but be informed that they often order normal yellow taxis.


Train: Athens International Airport is connected via suburban rail to Athens Central Railway Station (Larissis Station), Port of Piraeus and Kiato.

Metro: You can also take Athens Metro Line 3 (blue line) at the Airport's Railway Station, which departs every 35 minutes towards the city centre. The trip lasts approximately 50 minutes. Upon reaching Metro Station "Syntagma", change to metro line 2 (red line) heading towards "Elliniko". Hop off at the next station - "Akropoli". From Metro Station "Akropoli" the Hotel is 100m away, walking along Ath. Diakou Street. One single ticket costs 9€. For more information, you may visit the official site of the www.aia.gr.




Athens Metro Map




 **Weather:** Athens is an ideal year-round destination with comfortable and favorable climate conditions for travel and sightseeing. Rainfall is minimal and the summers (June through August) are dry and hot with temperatures ranging, from 78° to 94°F or 20° to 34°C.


 **Currency:** Greece uses Euro (€).


 **Time:** Greece is GMT+2.

 **Shopping Hours:** Malls and large retailers Monday-Friday. 9:00-21:00; small shops Monday, Wednesday 9:00 to 15:30; Tuesday, Thursday and Friday, 9:00 to 20:30; Saturday 9:00 to 15:30.

 **ATMs:** They are widely available in Greece for Master or Visa cardholders.


 **Banks:** Banks are open from Monday to Thursday, 8:00-14:30 hours and on Friday, 8:00-14:00 hours; on Saturdays and Sundays they are closed. Central branches of some banks may be found open until 20.00 daily and from 10.00 to 16.30 on Saturdays. For further details while in Athens please consult your hotel concierge.

 **Credit cards:** All major credit cards are accepted in almost all hotels, shops, and restaurants. Stickers in the front windows will advise you which cards are accepted.

 **Electricity:** Electricity is 220 V/50 Hz. Plugs are the standard continental (DIN) type with two round pins.

 **Emergency Numbers:**

• Emergency.....	112
• Ambulance.....	166
• Fire Department.....	199
• Police.....	100
• Coast Guard.....	108
• Tourist Police.....	171

 **Language:** Greek is the official language. Most Greeks speak English as a foreign language.



SOCIAL EVENTS



Monday, 24 July 2023 (18:00): Diversity Summit

Orthopaedics and Traumatology is still less diverse than other medical specialties. To empower the increasing number of women in orthopaedics throughout Europe an informal, friendly forum will be held after Monday lectures; co-organized with Swiss Female Orthopaedics. We invite you to this joint reception at the **Ground Floor of Royal Olympic Hotel** to discuss diversity in our field.

Dress code: *Casual Chic*



Monday, 24 July 2023 (20:00): Welcome Reception

All Summer School participants and faculty are cordially invited to enjoy a panoramic view of Athens from the **Rooftop of Royal Olympic Hotel (6th floor)** at a special welcome gala.

Dress code: *Casual Chic*



Tuesday, 25 July 2023 (20:00): Traditional Dinner

On Tuesday, we will have dinner at "**Abibayio**". Hospitable with the feel of an old traditional coffee shop, Abibayio is situated in the historic area of Thissio, under the gaze of the Acropolis. A favorite place of food lovers since 1997, it promises a great taste experience.

Dress code: *Casual*



Wednesday 26 July 2023 (20:30): Souvlaki Experience

On Wednesday, we will meet downtown to taste the famous **Greek Souvlaki**. Established in 1879, "**Bairaktaris**" is no less than a staple souvlaki joint, right at the heart of Monastiraki Square. Do it like a local!

Dress code: *Casual*



Thursday 27 July 2023 (20:00): Athenian Riviera Dinner - Farewell by the Sea

Join us on Thursday evening as we venture beyond the city to savor the ambiance of the Athenian Riviera and relish a delightful dinner at the esteemed "**Panorama**" Restaurant while basking in the awe-inspiring beauty of the sunset.

Dress code: *Casual Chic*



Join us at the

6th FORTE Summer School

Scan to register!



Venue: Royal Olympic Hotel
28-34 Athanasiou Diakou Str.
117 43, Athens, Greece
Tel.: +30 210 92.88.400
Web: www.royalolympic.com

ORGANIZING SOCIETY

Federation of Orthopaedic & Trauma Trainees in Europe
Web: www.forteortho.org
Email: info@forteortho.org



PROFESSIONAL CONGRESS ORGANIZER

Professional Congress Organizer (PCO)
Tel: +30 210 366 8800
Web: www.afea.gr
Email: congress@afea.gr



Member of



SECRETARIAT OPERATING HOURS

Monday 24 July	08:00-16:30
Tuesday 25 July	08:30-17:00
Wednesday 26 July	08:30-17:00
Thursday 27 July	08:30-17:15
Friday 28 July	08:30-14:00



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1. Ethicon: STRATAFIX™ Knotless Tissue Control Device Claims Matrix: 060056-170214 EMEA. Data on File. 2. Moran ME, Marsh C, Perrotti M. Bidirectional barbed sutured knotless running anastomosis v classic Van Velthoven in a model system. *J Endourol*. 2007;21(10):1175-1177. 3. Rodheaver GT, Pineros-Fernandez A, Sakopek LS, et al. Barbed sutures for wound closure: in vivo wound security, tissue compatibility and cosmesis measurements. In: Transactions from the 30th Annual Meeting of the Society for Biomaterials, Mount Laurel, NJ, 2005; p. 232. 4. Vakil JJ, O'Reilly MP, Sutter EG, Mears SC, Belkoff SM, Khanuja HS. Knee arthroscopy repair with a continuous barbed suture: a biomechanical study. *J Arthroplasty*. 2011;26(5):710-713. 5. Ethicon: 100326296: Time Zero Tissue Holding - Competitive Claims Comparisons for STRATAFIX™ Knotless Tissue Control Devices vs Various Products. 2015. Data on File.

Please always refer to the Instructions for Use / Package Insert that come with the device for the most current and complete instructions.

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