1 February (Thursday)

8:30 - 12:00 **Visit to Biograft Tissue Bank (Optional)**

- 08:30 - 09:00 **Bus Transport from Radisson to Biograft**
- 09:15 - 09:30 **Welcome Presentation of the Tissue Bank**
- 10:15 - 11:15 **Lunch**
- 11:15 - 12:00 **Return to INR Surgical Skills Course**

12:00 - 13:30 **Registration & Welcome Coffee**

13:30 - 14:45 **Session 1 - Basic Science in Cartilage Repair**
Moderator: Ibarra Clemente (MX)

- 15 Min **Introduction & Course Overview**
  Ibarra Clemente (MX)
- 15 Min **Understanding the Complexity of Cartilage Anatomy & Biomechanics**
  Brittberg Mats (SE)
- 15 Min **Which is the Appropriate Technique to Treat a Chondral Lesion: Make a Decision according the Age, Level of Activity & Imaging Assessment**
  Erggelet Christoph (CH)
- 15 Min **Pre-Clinical Models for Cartilage Repair: Live Demonstration**
  Masri Maria (MX)
- 15 Min **Q&A / Discussion**

14:45 - 16:00 **Session 2 - Follow-Up of Repaired Articular Cartilage: Image & Rehabilitation**
Moderator: Zaslav Kenneth (US)

- 15 Min **Cartilage Imaging: Tools to Evaluate the Quality of the Repair Tissue**
  Ibarra Clemente (MX)
- 15 Min **Barriers of Cartilage Restoration**
  Olivos Meza Anell (MX)
- 15 Min **Post-Operative Care of Cartilage Repair: When Return to Daily Activities & Sports**
  Minas Tom (US)
- 15 Min **Treatment Algorithms for Cartilage Repair**
  Ibarra Clemente (MX)
- 15 Min **Q&A / Discussion**

16:00 - 16:45 **Coffee Break / Exhibition**

16:45 - 18:15 **Session 3: Joint Stability & Reducing the Joint Surface Loading - Osteotomies**
Moderator: Erggelet Christoph (CH)

15 min	**The Role of Stability in Cartilage Repair Treatment: ACL Reconstruction** *Rodeo Scott (US)*
15 min	**Distal Femoral Osteotomies** *Erggelet Christoph (CH)*
15 min	**High Tibial Osteotomies** *Nehrer Stefan (AT)*
15 min	**High Tibial Osteotomy Versus Robotic-Guided Unicompartmental Arthroplasty, which one is best?** *Suarez Ahedo Carlos (MX)*
15 min	**Combined Procedures: Osteotomy, ACL Reconstruction & Cartilage Repair Techniques** *Krych Aaron (US)*
15 Min	**Q&A / Discussion**

18:30 - 21:30 **Welcome Reception - Antigua Hacienda Tlalpan**

2 February (Friday)

8:30 - 10:00 **Session 4: The Chondroprotective Effect of the Meniscus**
Moderator: Rodeo Scott (US)

15 Min	**The Role of the Meniscus in Articular Cartilage Treatment** *Rodeo Scott (US)*
15 Min	**When should we repair the Meniscus & which are the available Techniques?** *Krych Aaron (US)*
15 Min	**Meniscal Replacement: Transplantation or Substitution?** *Rodeo Scott (US)*
15 Min	**Chondroprotection of Meniscal Implants** *Olivos Meza Anell (MX)*
15 Min	**Live Demonstration: Meniscal Repair and Substitutes for Partial Meniscectomy + ACL Reconstruction in the Expert Hands** *Krych Aaron (US)*
15 Min	**Q&A / Discussion**

10:00 - 10:45 **Coffee Break / Exhibition & Preparation for the Wet-Lab**

10:45 - 12:45 **Session 5: Hands-On Skills Lab 1: Meniscal Repair, ACL Reconstruction & High Tibial Osteotomy**
Lab Leader: Rodeo Scott (US) Lab Leader: Krych Aaron (US) Lab Leader: Nehrer Stefan (AT)

12:45 - 13:30 **Lunch Break / Exhibition**

13:30 - 14:45 **Session 6: Bone Marrow Stimulation, Osteochondral Plugs & Metal Implants**
Moderator: Mardones Rodrigo (CL)

- 15 Min **Microfractures versus Nanofractures: Benefits and Pitfalls**
  Krych Aaron (US)
- 15 Min **Autologous Matrix-Induced Chondrogenesis (AMIC)**
  Mardones Rodrigo (CL)
- 15 Min **Osteochondral Autograft Transplantation: Benefits & Pitfalls**
  Krych Aaron (US)
- 15 Min **Osteochondral Resurfacing Implants to treat Cartilage Lesions: Episealer & HemiCap Condyle**
  Brittberg Mats (SE)
- 15 Min **Q&A / Discussion**

14:45 - 15:30 **Coffee Break / Exhibition & Preparation for the Wet-Lab**

15:30 - 17:30 **Session 7: Hands-On Skills Lab 2: Treatment of Cartilage Lesions with Bone Marrow Stimulating Techniques, Osteochondral Autograft Transplantation & Metal Implants**
Lab Leader: Minas Tom (US) Lab Leader: Krych Aaron (US) Lab Leader: Mardones Rodrigo (CL)

19:30 - 22:30 **Course/ Faculty Dinner (60 Euros)**

3 February (Saturday)

8:30 - 10:15 **Session 8: Cell-Based Therapies for Cartilage Repair: ACI & MSCs**
Moderator: Peterson Lars (SE)

- 15 Min **Evolution of the ACI (1st to 4th Generations): From Biopsy to Implantation**
  Peterson Lars (SE)
- 15 Min **ACI vs Microfracture Technique: Long Term Results**
  Minas Tom (US)
- 15 Min **The Importance of Subchondral Architecture Regeneration in Cartilage Repair, New Scaffolds & Cell Techniques**
  Zaslav Kenneth (US)
- 15 Min **Increased Failure Rate of Autologous Chondrocyte Implantation after Previous Treatment with Microfracture**
  Minas Tom (US)
- 15 Min **How to deal with Failures of Articular Cartilage Repair: What is Next?**
  Rodeo Scott (US)
- 15 Min **Mesenchymal Stem Cells in Cartilage Repair: Could MSCs reach the Formation of Hyaline-like Tissue?**
  Mardones Rodrigo (CL)
- 15 Min **Q&A / Discussion**

10:15 - 10:45 **Coffee Break / Exhibition & Preparation for the Wet-Lab**

10:45 - 12:30 **Session 9: Hands-On Skills Lab 3 - ACI**
Lab Leader: Peterson Lars (SE) Lab Leader: Brittberg Mats (SE)

12:30 - 13:15 **Lunch Break / Exhibition**

13:15 - 14:45 **Session 10: The Complexity of the Patellofemoral Joint**
Moderator: Brittberg Mats (SE)

15 Min	**Challenge in Diagnostic and Treatment of PFJ** *Zaslav Kenneth (US)*
15 Min	**Cartilage Treatment combined with Soft Tissue and Osseous Balancing in PFJ Pathologies** *Nehrer Stefan (AT)*
15 Min	**Trochleoplasty and PFJ Instability** *Peterson Lars (SE)*
15 Min	**ACI or Microfracture to treat Cartilage Lesions in PFJ?** *Ibarra Clemente (MX)*
15 Min	**The Boundary in the Use of Biological or Metal Implants in Cartilage Lesions of the PFJ** *Brittberg Mats (SE)*
15 Min	**Q&A / Discussion**

14:45 - 17:00 **Session 11: Hands-On Skills Lab 4: Treatment of the PFJ**
Lab Leader: Peterson Lars (SE) Lab Leader: Nehrer Stefan (AT) Lab Leader: Erggelet Christoph (CH)

17:00 - 17:30 **Q&A / Take Home Points**

17:30 - **Adjourn**

18:00 - 22:00 **Optional City Tour (25 Euros)**