26 January (Thursday)

10:30 - 11:30 **Optional Aspetar Aspire Visit - Live from Surgery**

11:00 - 19:00 **Registration**

13:30 - 14:30 **Session 1: Basic Science - Pathophysiology**
Moderator: Brittberg Mats (SE) Moderator: Al-Khelaifi Khalid (QA)

- 13:30 - 13:45 **1.1 Introduction and Course Overview**
  Papacostas Emmanuel (QA)
- 13:45 - 14:00 **1.2 Cartilage Anatomy and Physiology – What Happens with Injury**
  Zikria Bashir (US)
- 14:00 - 14:15 **1.3 The Physiology of Repair or Regeneration**
  Brittberg Mats (SE)
- 14:15 - 14:30 **1.4 Q&A / Discussion**

14:30 - 15:15 **Session 2: Diagnosis & Surgical Planning**
Moderator: Zikria Bashir (US) Moderator: Trattnig Siegfried (AT)

- 14:30 - 14:45 **2.1 Diagnosis – High Index of Suspicion**
  Ngai Aston (QA)
- 14:45 - 15:00 **2.2 Diagnostic Imaging Tools (Knee & Ankle)**
  Bordalo Marcelo (BR)
- 15:00 - 15:15 **2.3 Q&A / Discussion**

15:15 - 16:00 **Coffee Break / Exhibition**

16:00 - 17:30 **Session 3: How to Judge the Outcome**
Moderator: Kon Elizaveta (IT) Moderator: Zikria Bashir (US)

- 16:00 - 16:15 **3.1 Which PROMs to Use for Cartilage?**
  Epaminontidis Konstantinos (QA)
- 16:15 - 16:30 **3.2 How Does Repaired or Regenerated Tissue Look in MRI?**
  Arnaiz Javier (QA)
- 16:30 - 16:45 **3.3 Is a “Second Look” Necessary?**
  Al-Khelaifi Khalid (QA)
- 16:45 - 17:00 **3.4 Intraarticular Clues to Inflammation and Biomarkers (Recorded Talk)**
  Lattermann Christian (US)
- 17:00 - 17:15 **3.5 How to Plan for Clinical Research in Cartilage Repair**
  Niemeyer Philipp (DE)
- 17:15 - 17:30 **3.6 Q&A / Discussion**

17:30 - 18:45 **Session 4: Treatment Algorithm – Optimizing the Result**
Moderator: Nehrer Stefan (AT) Moderator: Papacostas Emmanuel (QA)

- 17:30 - 17:45 **4.1 Evidence Based Treatment Algorithms in Cartilage Lesions of the Knee**
  Papacostas Emmanuel (QA)
- 17:45 - 18:00 **4.2 Evidence based Treatment Algorithms in Cartilage Lesions of the Ankle**
  D'Hooghe Pieter (QA)
- 18:00 - 18:15 **4.3 Who is the Ideal Patient and who not to Operate on?**
  Goyal Deepak (IN)
- 18:15 - 18:30 **4.4 What Does it Take to be a Cartilage Surgeon**
  Zikria Bashir (US)
- 18:30 - 18:45 **4.5 Q&A / Discussion**

19:00 - 21:00 **Welcome Reception**

27 January (Friday)

8:15 - 9:15 **Session 5: All About Meniscus**
Moderator: Seil Romain (LU) Moderator: Goyal Deepak (IN)

- 08:15 - 08:30 **5.1 Resection Versus Repair in Joint Preservation**
  Al-Khelaifi Khalid (QA)
- 08:30 - 08:45 **5.2 Special Lesions with Special Treatment Approaches : RAMP and ROOT Tears**
  Seil Romain (LU)
- 08:45 - 09:00 **5.3 Meniscus Transplantation & Implants**
  Bozkurt Murat (TR)
- 09:00 - 09:15 **5.4 Q&A / Discussion**

9:15 - 10:00 **Coffee Break / Exhibition & Preparation for the Wet Lab**

10:00 - 11:15 **Session 6: Hands-On Wet Lab 1: Meniscal Resection, Repair, Substitution**
Lab Leader: Goyal Deepak (IN) Lab Leader: Nehrer Stefan (AT) Lab Leader: Seil Romain (LU) Lab Leader: Bozkurt Murat (TR)

11:15 - 12:15 **Session 7: Ankle Defects**
Moderator: D'Hooghe Pieter (QA) Moderator: Bordalo Marcelo (BR)

- 11:15 - 11:30 **7.1 Imaging of Ankle Cartilage – The New MOCART Ankle Score**
  Trattnig Siegfried (AT)
- 11:30 - 11:45 **7.2 My Algorithm of Cartilage Reconstruction – From Conservative to Major Lesion**
  Thermann Hajo (DE)
- 11:45 - 12:00 **7.3 The Role and Treatment of Ankle Instability**
  Olory Bruno (QA)
- 12:00 - 12:15 **7.4 Q&A / Discussion**

12:15 - 13:00 **Lunch Break / Exhibition**

13:00 - 14:15 **Session 8: Cartilage Restoration Techniques, Part 1 (No Chondrocytes)**
Moderator: Seil Romain (LU) Moderator: Zikria Bashir (US)

- 13:00 - 13:15 **8.1 The Role of Debridement**
  Nehrer Stefan (AT)
- 13:15 - 13:20 **8.1A – The Use of Chondrectom™(Company Presentation by Biovico, W. Madej)**
- 13:20 - 13:35 **8.2 Augmenting the Outcome of Bone Marrow Stimulation – Use of Membranes**
  Nehrer Stefan (AT)
- 13:35 - 13:50 **8.3 Fat Derived MSCs – What is the Evidence?**
  Kon Elizaveta (IT)
- 13:50 - 14:05 **8.4 Do we Need MSCs? Which and How**
  Sciarretta Fabio (IT)
- 14:05 - 14:15 **8.5 Q&A / Discussion**

14:15 - 15:00 **Coffee Break / Exhibition & Preparation for the Wet Lab**

15:00 - 16:30 **Session 9: Hands-On Wet Lab 2: Knee & Ankle Cartilage Restoration - The Basics**
Lab Leader: Kon Elizaveta (IT) Lab Leader: Papacostas Emmanuel (QA) Lab Leader: Sciarretta Fabio (IT) Lab Leader: Thermann Hajo (DE)

16:30 - 17:30 **Session 10: Cartilage Restoration Techniques, Part 2 (with Chondrocytes)**
Moderator: Slynarski Konrad (PL) Moderator: Sciarretta Fabio (IT)

- 16:30 - 16:45 **10.1 Are Autologous Chondrocyte Implantations Still the "Gold Standard"**
  Brittberg Mats (SE)
- 16:45 - 17:00 **10.2 Towards One Stage Chondrocyte Implantation: Are we there yet?**
  Papacostas Emmanuel (QA)
- 17:00 - 17:15 **10.3 Is Implantation of Autologous Minced Cartilage Sufficient?**
  Niemeyer Philipp (DE)
- 17:15 - 17:30 **10.4 Q&A / Discussion**

19:30 - 23:00 **Faculty / Course Dinner**

28 January (Saturday)

8:15 - 9:45 **Session 11: Hands-On Wet Lab 3: Knee & Ankle Cartilage Restoration - Advanced**
Lab Leader: Brittberg Mats (SE) Lab Leader: Papacostas Emmanuel (QA) Lab Leader: Niemeyer Philipp (DE) Lab Leader: Thermann Hajo (DE)

9:45 - 10:15 **Coffee Break / Exhibition**

10:15 - 12:15 **Session 12: The Role of Stability - Connection with Cartilage Pathology**
Moderator: D'Hooghe Pieter (QA) Moderator: Bozkurt Murat (TR)

- 10:15 - 10:30 **12.1 Effect of ACL Injury and Treatment on Cartilage Health**
  Goyal Deepak (IN)
- 10:30 - 10:45 **12.2 Extraarticular Augmentation – Indications and Results of LET – ALL**
  Al-Khelaifi Khalid (QA)
- 10:45 - 11:00 **12.3 Addressing Patella Instability**
  Slynarski Konrad (PL)
- 11:00 - 12:00 **12.4 Live Demonstrations**
  Olory Bruno (QA) Al-Khelaifi Khalid (QA) Slynarski Konrad (PL)
- 12:00 - 12:15 **12.5 Q&A / Discussion**

12:15 - 13:00 **Lunch Break / Exhibition**

13:00 - 14:15 **Session 13: The Role of Bone & Alignment**
Moderator: Slynarski Konrad (PL) Moderator: Niemeyer Philipp (DE)

- 13:00 - 13:15 **13.1 Cartilage or Osteochondral Unit Pathology?**
  Kon Elizaveta (IT)
- 13:15 - 13:30 **13.2 Osteochondral Autografts and Allografts – Are they Salvage Procedures?**
  Bozkurt Murat (TR)
- 13:30 - 13:45 **13.3 Varus or Valgus Knee – Correction Needed**
  Seil Romain (LU)
- 13:45 - 14:00 **13.4 How to Address Altered Patellofemoral Anatomy?**
  McNicholas Mike (UK)
- 14:00 - 14:15 **13.5 Q&A / Discussion**

14:15 - 15:00 **Coffee Break / Exhibition & Preparation for the Wet Lab**

15:00 - 17:00 **Session 14: Hands-On Wet Lab 4: Osteochondral Techniques – High Tibial, Femoral & Tibial Tubercle Transfer Osteotomies**
Lab Leader: Seil Romain (LU) Lab Leader: Bozkurt Murat (TR) Lab Leader: Slynarski Konrad (PL) Lab Leader: McNicholas Mike (UK)

17:00 - 18:00 **Session 15: Take Home Messages**
Moderator: Papacostas Emmanuel (QA) Moderator: Kon Elizaveta (IT)

- 17:00 - 17:15 **15.1 How to Address Previous Failure of Treatment?**
  Zikria Bashir (US)
- 17:15 - 17:30 **15.2 Can the ICRS Registry Guide us in Decision Making?**
  McNicholas Mike (UK)
- 17:30 - 17:45 **15.3 Wrap-up the Indications and the Algorithm**
  Papacostas Emmanuel (QA) Kon Elizaveta (IT)
- 17:45 - 18:00 **15.3 Q&A / Discussion**

18:00 - **Surgical Skills Course Adjourns**