

6 February (Thursday)

- 9:00 - 12:00 **Optional Aspetar Aspire Visit - Live from Surgery**
- 9:00 - 19:00 **Registration & Badge Pick Up**
- 13:30 - 14:45 **Session 1: Basic Science - Pathophysiology**
Moderator: De Girolamo Laura (IT) Moderator: Khoury Miguel (US)
- 15 min **1.1 Introduction & Course Overview**
Papacostas Emmanuel (QA)
- 15 min **1.2 Cartilage Anatomy and Physiology - What Happens with Injury**
Roessler Philip (DE)
- 15 min **1.3 The Physiology of Repair or Regeneration**
Goyal Deepak (IN)
- 15 min **1.4 Orthobiologics to Change the Environment. Or Maybe the Disease?**
De Girolamo Laura (IT)
- 15 min **1.5 Q&A / Discussion**
- 14:45 - 16:00 **Session 2: Diagnosis and Treatment Planning**
Moderator: Krych Aaron (US) Moderator: Roessler Philip (DE)
- 15 min **2.1 Diagnosis - High Index of Suspicion**
Bojovic Milos (QA)
- 15 min **2.2 Diagnostic Imaging Tools (Knee and Ankle)**
Helito Paulo (QA)
- 15 min **2.3 Algorithm for Knee Lesions - Evidence (and Consensus) that Supports Treatment**
Kon Elizaveta (IT)
- 15 min **2.4 Algorithm for Ankle Lesions - Evidence (and Consensus) that Supports Treatment**
D'Hooghe Pieter (QA)
- 15 min **2.5 Q&A / Discussion**
- 16:00 - 16:45 **Coffee Break | Exhibition**
- 16:45 - 18:15 **Session 3: How to Judge the Outcome**
Moderator: Zikria Bashir (US) Moderator: Wong Keng Lin Francis (SG)
- 15 min **3.1 Do we Need PROMs Specific for Cartilage?**
Epaminontidis Konstantinos (QA)
- 15 min **3.2 Imaging of the Repaired Tissue**
Bordalo Marcelo (BR)
- 15 min **3.3 Is Second Look Necessary?**
Slynarski Konrad (PL)
- 15 min **3.4 Biopsy - Intraarticular Markers**
Lattermann Christian (US)
- 15 min **3.5 Planning Research for Cartilage**
Wong Keng Lin Francis (SG)
- 15 min **3.6 Q&A / Discussion**

- 18:15 - 19:00 **Session 4: Pearls from Experience**
Moderator: Lattermann Christian (US) Moderator: Papacostas Emmanuel (QA)
- 15 min **4.1 Who Not to Operate (and why)**
Zikria Bashir (US)
- 15 min **4.2 What it Takes to be a Cartilage Surgeon**
Krych Aaron (US)
- 15 min **4.3 Q&A / Discussion**
- 19:00 - 20:30 **Welcome Reception Aspetar Rehabilitation Training Ground**

7 February (Friday)

- 8:30 - 9:30 **Session 5: All for Meniscus**
Moderator: Kon Elizaveta (IT) Moderator: Verdonk Peter (BE)
- 15 min **5.1 Knee Preservation Means Meniscal Repair?**
Al-Khelaifi Khalid (QA)
- 15 min **5.2 Special Lesions with Special Treatment - RAMP and Root Tears**
Zikria Bashir (US)
- 15 min **5.3 Implants, Transplantation**
Verdonk Peter (BE)
- 15 min **5.4 Q&A / Discussion**
- 9:30 - 10:15 **Coffee Break | Exhibition & Preparation for the Wet Lab**
- 10:15 - 11:30 **Session 6: Hands-On Wet Lab 1 "Meniscal Resection, Repair, Substitution"**
Lab Leader: Zikria Bashir (US) Lab Leader: Getgood Alan (CA) Lab Leader: Verdonk Peter (BE)
- 11:30 - 12:45 **Session 7: Beyond the Knee or Surgery, in Aspetar**
Moderator: Al-Khelaifi Khalid (QA) Moderator: D'Hooghe Pieter (QA)
- 15 min **7.1 Hand and Wrist**
Hagert Elisabet (QA)
- 15 min **7.2 Elbow and Shoulder**
Huri Gazi (TR)
- 15 min **7.3 Ankle and Foot**
Olory Bruno (QA)
- 15 min **7.4 Medicinal Signaling Cells for IA and IO applications**
Khoury Miguel (US)
- 15 min **7.5 Q&A / Discussion**
- 12:45 - 13:30 **Lunch Break | Exhibition**

- 13:30 - 14:30 **Session 8: Cartilage Restoration Techniques, Part 1 (No Chondrocytes)**
Moderator: Slynarski Konrad (PL) Moderator: Goyal Deepak (IN)
- 15 min **8.1 The Role of Debridement (or do less!!)**
Papacostas Emmanuel (QA)
- 15 min **8.2 Bone Marrow Stimulation (with or without Augmentation) Techniques**
Roessler Philip (DE)
- 15 min **8.3 Do we Need MSCs? Which and How?**
Wong Keng Lin Francis (SG)
- 15 min **8.4 Q&A / Discussion**
- 14:30 - 15:15 **Coffee Break | Exhibition & Preparation for the Wet Lab**
- 15:15 - 16:45 **Session 9: Hands-On Wet Lab 2 "Knee Cartilage Restoration - The Basics"**
Lab Leader: Kon Elizaveta (IT) Lab Leader: Lane John (US) Lab Leader: Roessler Philip (DE) Lab Leader: Wong Keng Lin Francis (SG)
- 16:45 - 17:45 **Session 10: Cartilage Restoration Techniques, Part 2 (with Chondrocytes)**
Moderator: Getgood Alan (CA) Moderator: Wong Keng Lin Francis (SG)
- 15 min **10.1 Autologous Chondrocyte Implantation - Is it Still the Golden Standard?**
Slynarski Konrad (PL)
- 15 min **10.2 Towards One Stage Using Chondrocytes - Can Replace 2 Stage?**
Papacostas Emmanuel (QA)
- 15 min **10.3 Minced Cartilage is Enough?**
Lane John (US)
- 15 min **10.4 Q&A / Discussion**
- 19:00 - 23:00 **Faculty & Course Dinner**

8 February (Saturday)

- 8:30 - 10:00 **Session 11: Hands-On Wet Lab 3 "Knee Cartilage Restoration - Advanced"**
Lab Leader: Lattermann Christian (US) Lab Leader: Goyal Deepak (IN) Lab Leader: Slynarski Konrad (PL)
- 10:00 - 10:30 **Coffee Break | Exhibition**

10:30 - 12:30	Session 12: The Role of Stability - Connection with Cartilage Pathology <i>Moderator: D'Hooghe Pieter (QA) Moderator: Al-Khelaifi Khalid (QA)</i>
15 min	12.1 Effect of ACL Injury and Treatment on Cartilage Health - "THE ACL HIT" <i>Lattermann Christian (US)</i>
15 min	12.2 Extraarticular Augmentation - Indications and Results of LET - ALL <i>Getgood Alan (CA)</i>
15 min	12.3 Addressing Patella Instability
60 min	12.4 Live Demonstration <i>Olory Bruno (QA) Getgood Alan (CA) Verdonk Peter (BE)</i>
15 min	12.5 Q&A / Discussion
12:30 - 13:15	Lunch Break Exhibition
13:15 - 14:30	Session 13: The Role of Bone and Alignment <i>Moderator: Verdonk Peter (BE) Moderator: Olory Bruno (QA)</i>
15 min	13.1 Cartilage or Osteochondral Unit Pathology? <i>Kon Elizaveta (IT)</i>
15 min	13.2 Osteochondral Autografts and Allografts - Are they Salvage Procedures? <i>Krych Aaron (US)</i>
15 min	13.3 Varus or Valgus Knee - Correction Needed <i>Getgood Alan (CA)</i>
15 min	13.4 Patellofemoral Altered Anatomy and/or Biomechanics - How to Address the Issue <i>Goyal Deepak (IN)</i>
15 min	13.5 Q&A / Discussion
14:30 - 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 and Tibial Tubercle Transfer Osteotomies" <i>Lab Leader: Krych Aaron (US) Lab Leader: Getgood Alan (CA) Lab Leader: Zikria Bashir (US)</i>
17:00 - 18:00	Session 15: Take Home Messages <i>Moderator: Papacostas Emmanuel (QA) Moderator: Lattermann Christian (US)</i>
15 min	15.1 What to do as a Next Step when Previous Fails <i>Lattermann Christian (US)</i>
15 min	15.2 Wrap-up the Indications and the Algorithm <i>Papacostas Emmanuel (QA) Lattermann Christian (US)</i>
30 min	15.3 Q&A / Discussion
18:00 -	Adjourn

9 February (Sunday)

8:30 - 12:30

Session 16: Rehabilitation Session

Leader: Epaminontidis Konstantinos (QA)

08:30 - 09:00

16.1 Clinical Reasoning Aspects Related to the Rehabilitation of Cartilage Injuries in the Knee

Epaminontidis Konstantinos (QA)

09:00 - 10:00

16.2 Early Phase Rehab: How to Regain Motor Control after Cartilage Repair Surgery in the Knee

Jankielsohn Shaun (QA) Maree Dustin (QA)

10:00 - 10:30

Coffee Break

10:30 - 11:00

16.3 Components of Strength Training: How to Progress and Regress your Exercises During Rehab

Jankielsohn Shaun (QA) Maree Dustin (QA)

11:30 - 12:30

16.4 Late Phase Rehab: Restoring Reactive and Explosive Strength in Athletes

Jankielsohn Shaun (QA) Maree Dustin (QA)