

# 9<sup>th</sup> ICRS Surgical Skills Course & Wet Lab “Joint Preservation Techniques from A to Z”

Warsaw, Poland | April 24 – 25, 2026

## Thursday, April 23<sup>rd</sup>, 2026

19:00 – 21:00 h      Welcome Reception & Opening Remarks and Course Overview  
Location: Holiday Inn Resort Warszawa-Józefów

## Friday, April 24<sup>th</sup>, 2026 | CEM Warsaw

### *Cartilage, Meniscus & ACL Repair Techniques*

07:00 h	Transfer from Holiday Inn to CEM
07:30 - 08:00 h	Registration & Welcome Coffee (Participants check-in and receive course materials)
08:00 - 08:30 h	Industry Presentations (pre-recorded)
08:30 - 10:20 h	Hands-On Session 1: <b>Meniscus Repair and Reconstruction</b>  TWO DIVISIONS: 1. Application of meniscal all-inside, inside-out, outside-in sutures; Ramp lesion; Meniscal root repair; Centralization 2. Meniscal Allograft Transplantation
10:20 - 10:50 h	Coffee Break
10:50 - 13:00 h	Hands-On Session 2: <b>ACL</b> (ACL Repair, ACL Reconstruction)
13:00 - 14:00 h	Lunch Break
14:00 – 16:00 h	Hands-On Session 3: <b>Cartilage Repair Techniques</b> Practical cadaveric practice on debridement Application of scaffolds (Hyalofast, Chondrogide, MayoRegen, other) Minced cartilage Osteochondral Autograft Transplantation Mini implants – Arthrosurface, Episealer
16:00 - 16:30 h	Coffee Break
16:30 – 17:45 h	<b>Case Presentations</b> Review of the day's sessions Open discussion for questions and feedback

Saturday, April 25, 2026 | CEM Warsaw

*Orthobiologics, Osteotomies and Knee Joint Distraction*

08:00 h	Transfer from Holiday Inn to CEM
08:30 - 10:00 h	Hands-On Session 4: <b>Orthobiologics and Injectables</b> Bone marrow aspiration, Lipoaspiration, PRP, Ultrasound guided injections
10:00 - 11:30 h	Hands-On Session 5a: <b>Osteotomy Procedures</b> Practical cadaveric exercises on tibial and femoral osteotomy techniques  Two divisions: Basic group will perform HTO, DFO, TTO Advanced group will perform slope-changing HTO, rotational osteotomies
11:30 - 12:00 h	Coffee Break
12:00 - 13:30 h	Hands-On Session 5b: <b>Osteotomy Procedures</b> Practical cadaveric exercises on tibial and femoral osteotomy techniques
13:30 - 14:30 h	Lunch Break
14:30 - 16:30 h:	Hands-On Session 6: Practical cadaveric exercises on <b>Partial Knee Arthroplasty Techniques</b> (UNI, PFJ)
16:30 - 17:00 h	Coffee Break
17:00 - 17:30 h	Hands-On Session 7: <b>Joint Distraction</b>
17:30 h	Final Q&A session and Wrap-Up Distribution of Certificates, Summary of the Course
18:00 h	Course Adjourns