



ESSKA Advanced Knee Arthroscopy Course - ALL about ACL

15th - 16th of May 2025, in Barcelona, Spain



The ESSKA Advanced
Knee Arthroscopy Course
is designed to provide certified
Orthopaedic Surgeons thorough
didactic and practical training
in challenging disorders
of the knee from renowned
ESSKA Faculty using state of the art
surgical facilities.



An ESSKA 'All about..' **Surgical-Skills Course**

Chairmen



Juan Carles Monllau
(Spain)



Miquel Dalmau-Pastor
(Spain)



Faculty



Rahul Bhattacharyya
(UK)



Albert Jimenez
(Spain)



Vincenzo Condello
(Italy)



Jakob Merkač
(Slovenia)



Jessica Erichsen
(Sweden)



Xavier Pelfort
(Spain)



Jannik Frings
(Germany)



Simone Perelli
(Italy)



Maximiliano Ibáñez
(Argentina)



Raul Torres
(Spain)



Learning objectives

The lectures will be directly correlated to what the attendees will perform in the laboratory. The attendee is expected to learn all about the Anterior Cruciate Ligament (ACL) starting from the very simple to the very complex.

The basics of arthroscopic portals will be revisited considering the multiportal access to the knee joint. Screening of an ACL tear and single/double reconstruction techniques will be discussed.

Additionally, combined extra-articular augmentation of ACL, ALL procedure and meniscus suturing will be explained and practiced on cadaveric specimens. Each attendee will have its own cadaveric knee and given enough time in the lab, to ensure all techniques can be practiced.

PROGRAMME

Thursday, 15th of May

Start End

12:30 12:45 Registration and Welcome

12:45 13:30 Light Lunch

13:30 13:40 Welcome and Course Introduction *JC Monllau
M Dalmau-Pastor*

13:40 13:50 How to Harvest your Graft
(B-PT-B & Quad T) *R Torres*

13:50 14:00 How to Harvest your Graft
(Hamstrings & Allografts) *M Ibáñez*

14:00 14:10 How to do an anatomic ACLR *J Erichsen*

14:10 14:20 How to Perform an Over the Top Technique *S Perelli*

14:20 14:30 How to do an Extra-articular Augmentation
(LET vs ALL) *J Frings*

14:30 14:40 Questions to “teachers”

14:40 17:40 **FIRST LAB. SESSION: STANDARD ACL**

- a. Hamstring Technique
(Graft Harvesting+Inside-out+Outside-in–Double Bundle)
- b. Patellar Tendon
(Graft Harvesting+Inside-out+Outside-in)
- c. Quadriceps Tendon
(Graft Harvesting)

17:40 18:10 Questions to “teachers” about Surgical Indications

20:00 Course Dinner (included in registration)

PROGRAMME

Friday, 16th of May

Start End

08:00	08:10	How to Suture a Ramp Lesion combined with ACL	<i>R Bhattacharyya</i>
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08:10	08:20	How to Suture a Root Tear combined to ACL	<i>J Mercak</i>
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08:20	08:30	How to do an ACL and Osteotomy	<i>X Pelfort</i>
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08:30	11:30	SECOND LAB. SESSION
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- a. ACL + Antero Lateral Procedure (ALL or LET)
- b. Patellar Tendon
(Graft Harvesting + Inside-out + Outside-in)
- c. Quadriceps Tendon
(Graft Harvesting)

11:30	11:40	Questions to “teachers” about Surgical Indications
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11:40	11:50	How to Deal with ACL and Medial and Postero-lateral Laxity	<i>V Condello</i>
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11:50	12:30	Lunch
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12:30	15:00	THIRD LAB. SESSION
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- a. ACL + Medial Laxity (Chronic)
- b. ACL + Postero-lateral Laxity (Chronic)
- c. ACL + Early OsteoArthritis and/or revision
(ACL and Osteotomies)

15:10	15:30	Questions to “teachers” about Surgical Indications
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15:30		Closure and Meeting Evaluation
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Course Venue

**Dissection Room, Campus Bellvitge,
Universitat de Barcelona**

Carrer de la Feixa Llarga, s/n,
08907 L'Hospitalet de Llobregat,
Barcelona, Spain

Registration fee

ESSKA member: 1500€

ESSKA non-member: 1650€

Limited to 20 attendees

Cadaveric Course: 1 knee specimen per attendee

Contact Information

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