

22 to 25
JANUARY

2025

The Meniscus BERLIN

www.the-meniscus.org



SECOND ANNOUNCEMENT



**ESSKA Advanced Knee Arthroscopy Course. ALL about Meniscus
Cadaver Workshop**

Charité – Universitätsmedizin Berlin, 22nd of January 2025



6th International Conference on Meniscus Science and Surgery

Hotel Titanic Chaussee Berlin, 23rd to 25th of January 2025



WELCOME MESSAGE

WELCOME TO THE “THE MENISCUS” CONGRESS 2025 IN BERLIN!

In 2010, “THE MENISCUS” embarked on its journey in Ghent, Belgium, under the visionary leadership of Rene Verdonk and Philippe Beaufils. It marked the inception of a pioneering congress dedicated solely to unraveling the complexities of the meniscus. From its humble beginnings, the congress aimed to bridge the gap in scientific discourse surrounding meniscus injuries and related surgical interventions, a field often overlooked in traditional medical gatherings. The inaugural event sought to galvanize international expertise and cultivate a platform for advancing knowledge on this intricate component of human anatomy.

After Versailles 2013, Porto 2016, Bologna 2019, and Luxembourg in 2022 we are very delighted to invite you to come to Berlin in 2025.

Berlin, a vibrant metropolis in the heart of Europe, provides the perfect backdrop for this year’s “THE MENISCUS” Congress. This city, renowned for its history, culture, and innovation, embodies the diversity and spirit of Europe, which is deeply intertwined with our congress.

We will continue the tradition of the congress while introducing numerous innovations. We are particularly excited to welcome South Korea and Japan as our international guest countries. The first one hosted the 1st THE MENISCUS Asian Summit in Asia in collaboration with the ‘Meniscus’ group, and the later one will host the next one at the end of 2025. Additionally, we will introduce a range of new features designed to provide delegates with a comprehensive and inspiring experience. From idea exchange and robust scientific contributions to opening to the public and fostering the next generation of orthopedic surgeons – “THE MENISCUS” Congress 2025 in Berlin promises to be a pinnacle of collaboration and advancement.

Prior to the main congress, there will be an ESSKA “All about meniscus” course, an exclusive hands-on workshop on cadavers, aimed at mastering surgical techniques pertinent to meniscus surgery hosted at the newly inaugurated facility of the renowned Anatomy of the Charité – University Medicine Berlin.

Additionally, there will be dedicated physiotherapy sessions tailored to address the rehabilitative aspects of meniscus injuries, further enriching our program, and ensuring comprehensive coverage of the subject matter.

We look forward to welcoming you all here in Berlin. Let us together deepen our understanding of the meniscus and shape the future of meniscus surgery.

Welcome to the “THE MENISCUS” Congress 2025 in Berlin!



+ Lunch Symposium

**Evidence and techniques
in addressing challenging
meniscal tears**



Prof. Sven Scheffler,
Germany, Moderator



Dr. Robert LaPrade,
US



Ms. Ciara Stevenson,
UK



Dr. David Dejour,
France

**Thursday, 23 January 2025
12:00 – 12:30
Ballsall I-II**

Smith+Nephew





CONGRESS CHAIRMAN



 **Sebastian Kopf**

CONGRESS FOUNDERS



 **Philippe Beaufils**



 **René Verdonk**

SCIENTIFIC COMMITTEE



 **Caroline Mouton**



 **Nicolas Pujol**



 **Romain Seil**



 **Cécile Toanen**



 **Peter Verdonk**



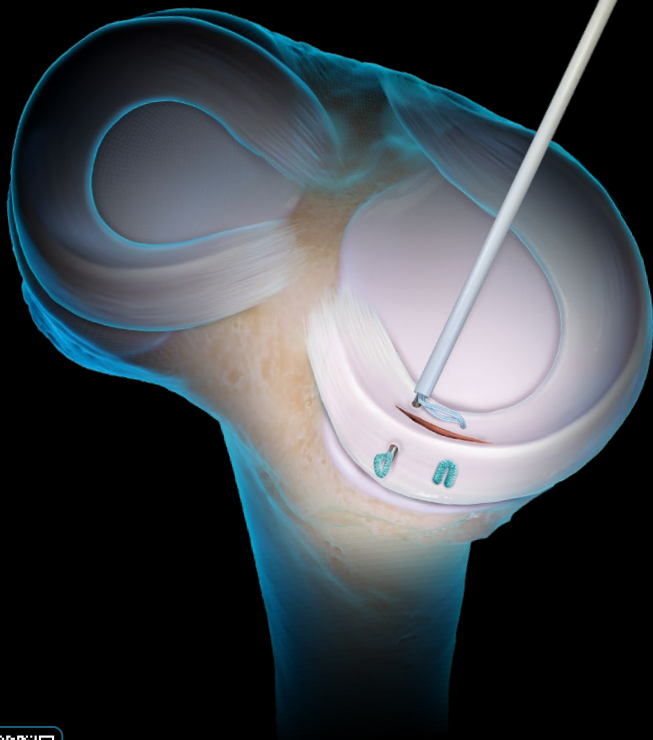
FACULTY LIST

- | | |
|----------------------------------|---|
| Adil AJUIED (United Kingdom) | Chang Hun LEE (USA) |
| Peter ANGELE (Germany) | Sang Hak LEE (Republic Of Korea) |
| Philippe BEAUFILS (France) | Henning MADRY (Germany) |
| Roland BECKER (Germany) | Jacques MENETREY (Switzerland) |
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| Christoph KITTL (Germany) | Akira TSUJII (Japan) |
| Hideyuki KOGA (Japan) | Nicky VAN MELICK (The Netherlands) |
| Sebastian KOPF (Germany) | Tony Georges VAN TIENEN (The Netherlands) |
| Aleksandra KRÓLIKOWSKA (Poland) | Peter VERDONK (Belgium) |
| Ryosuke KURODA (Japan) | René VERDONK (Belgium) |
| Robert LAPRADE (USA) | Johannes WINDISCH (Germany) |
| Lior LAVER (Israel) | Bernd WOLFARTH (Germany) |

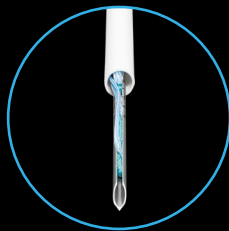
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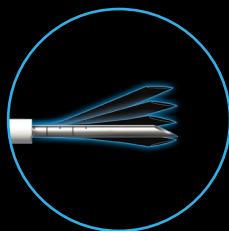
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ESSKA ADVANCED KNEE ARTHROSCOPY COURSE PROGRAMME

Wednesday 22 January

07:45	ESSKA ADVANCED KNEE ARTHROSCOPY COURSE
-	Keynote Speakers: Adil Ajuied, Alberto Grassi, Tobias Jung, Sebastian Kopf, Nicolas Pujol, Kristian Samuelsson, René Verdonk
18:15	
07:45	REGISTRATION & WELCOME COFFEE
08:00	WELCOME & INTRODUCTION
	Keynote Speaker: Sebastian KOPF
08:05	SCIENTIFIC PRESENTATIONS
08:05	How to access to meniscus (arthroscopic portals).
08:15	How to do a meniscus suture (inside-out, outside-in, all-inside - from femoral & tibially).
08:35	How to optimize meniscus healing (rasping, opening the medullary cavity).
08:45	Questions to the «teachers».
08:55	COFFEE BREAK
09:05	LAB SESSION
	A. Portals: high and deep anterolateral, anteromedial, posteromedial, posterolateral, transseptal.
	B. Rasping and opening the medullary cavity.
	C. Meniscus sutures (inside-out, outside-in, all-inside).
11:05	COFFEE BREAK
11:15	SCIENTIFIC PRESENTATION
11:15	How to perform a meniscus root repair?
11:30	How to perform a meniscus ramp repair (suture lasso, and all-inside).
11:45	LUNCH BREAK
12:45	LAB SESSION
	A. Transtibial repair of meniscal root (medial and lateral). (Centralization suture).
14:45	COFFEE BREAK
15:15	LAB SESSION
	A. Repair of a ramp lesion. Meniscus allograft transplantation.
17:45	QUESTION TO «TEACHERS ABOUT SURGICAL INDICATIONS»
18:00	CLOSURE & MEETING EVALUATION

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Smith+Nephew



MENISCUS CONGRESS PROGRAMME

Thursday 23 January

08:00	WELCOME AND INTRODUCTION <u>Moderator:</u> Sebastian Kopf
08:00	Welcome and Introduction. Philippe Beaufils, René Verdonk
08:10	Medical care of Olympic Games in Paris and Milano. Bernd Wolfarth
09:00	MENISCAL ANATOMY, BIOMECHANICS, AND EPIDEMIOLOGY <u>Moderators:</u> Christoph Kittl, Andreas Seitz
09:00	Classifications of meniscus pathologies. Cécile Toanen
09:08	Imaging of the meniscus. Anna Hirschmann
09:16	Age-related changes of microvasculature of menisci. Elmar Herbst
09:24	Gender-related differences of menisci. Jennifer Robinson
09:32	Stability of the lateral meniscus. Robert Smigielski
09:40	Meniscus injuries in professional skier and soccer player. Adil Ajuied
09:48	Epidemiology of repairable meniscus tears? Akira Tsujii
09:54	Discussion.
10:05	COFFEE BREAK
10:30	SUTURE TECHNIQUES Which one is the best and which tears can be left alone? <u>Moderators:</u> Alberto Grassi, Elmar Herbst
10:30	Rate of reinjury with undisplaced, undersurface medial meniscal tears left untreated. Brian Devitt
10:38	Biology of meniscus healing (with special topic of the influence of Simvastatin). Ryosuke Kuroda
10:46	The development of meniscus repair techniques based on the Norwegian registry. Eivind Inderhaug
10:54	All-inside vs. inside-out meniscal repair in elite athletes. Peter Angele
11:02	Failure rate of repaired medial meniscus bucket handle tears. Bertrand Sonnerly-Cottet
11:10	Which preoperative MRI criteria suggest to repair a bucket handle tear? Patricia Thoreux
11:18	How to image an unhappy patient after meniscus repair? Torsten Diekhoff
11:26	Augmentation of repaired horizontal cleavage meniscal lesions. Maximiliano Ibañez
11:34	Rehabilitation after meniscus repair - ESSKA consensus. Robert Prill
11:42	Discussion.
12:00	INDUSTRY SESSION / WORKSHOP Smith+Nephew
12:30	LUNCH BREAK - EXHIBITION AREA
13:30	INDUSTRY SESSION / WORKSHOP DIZG
14:00	INDUSTRY SESSION / WORKSHOP stryker
14:30	MENISCUS AND ORTHOBIOLOGICS - ANY ROLE TODAY? <u>Moderators:</u> Lior Laver, Christian Stürke
14:30	ALL about PrP - an overview. Nicolas Pujol
14:42	Functionalized 3D-printing and Bioglue Technology to Enhance Meniscus Repair. Chang Hun Lee
14:50	Effect BMAC onto meniscus healing. Brian Forsythe
14:58	Stem cells and extracellular vesicles. Pietro Conte
15:06	ESSKA consensus about cell based therapy. Lior Laver
15:18	Discussion.



MENISCUS CONGRESS PROGRAMME

Thursday 23 January

15:30

ESSKA SESSION

Meniscal injury management in elite sports

Moderators: Roland Becker, Jacques Menetrey

15:30 How to convince a pro athlete to get his/her meniscus repaired? **Alberto Grassi**

15:42 Lateral meniscus injuries and their treatment in soccer player.

15:54 Management of medial meniscus tear in professional athletes. **Michael Hantes**

16:06 Rehabilitation and return to sport after meniscal repair in pro athletes. **Nicolas Pujol**

16:18 Discussion.

16:30

COFFEE BREAK

17:00

RETURN TO SPORTS WITH MENISCAL ISSUES

Moderators: Adil Ajuied, Robert Prill

17:00 Return to sports after meniscal repair in athletes. **Jacques Menetrey**

17:08 Knee Kinematics after meniscus injuries - Bimoves. **Georg Duda**

17:16 Which is the best test battery to judge the readiness of an athlete to return to sports.

Nicky Van Melick

17:24 Are digital tools already able to replace the classical rehabilitation? **Robert Prill**

17:32 RTS based on the ESSKA consensus. **Nicky Van Melick**

17:40 Food and supplements to improve RTS after meniscus injury - from Bayern Munich to Liverpool.

Clemens Gwinner

17:48 Discussion.

18:00

MENISCAL ROOT LESIONS

Moderators: Wolf Petersen, Christian Stärke

18:00 Partial weight bearing & ROM significantly reduce the loads at medial meniscus posterior root repair. **Andreas Seitz**

18:08 Current txt algorithm of medial root tears in stable knees? **Sang Hak Lee**

18:16 The clinical outcome and risk factors of posteromedial root repair. **Robert Laprade**

18:24 Root tears and HTOs. **Wolf Petersen**

18:32 Do we have to fix lateral meniscus root tears in ACL torn knees in case of an existing meniscofemoral ligament? **Tobias Jung**

18:40 Issues in performing a transtibial repair of a lateral root tear concomitantly with an ACL reconstruction? **Christoph Kittl**

18:48 Discussion.



MENISCUS CONGRESS PROGRAMME

Friday 24 January

08:00	MENISCAL LESIONS AND OSTEOTOMIES <u>Moderators:</u> Alberto Grassi, Wolf Petersen 08:00 The effect on deviations of the leg axes onto knee load. Florian Imhoff 08:08 The effect of HTO on the bony biology. Michael Hirschmann 08:16 PSI HTO - are they really necessary for a better outcome? Peter Verdonk 08:24 HTO and simultaneous root repair - one surgery unnecessary? Christian Strke 08:32 Does previous partial meniscectomy influence clinical outcome of HTO? Sang Hak Lee 08:40 Tibial and meniscus slope - same? And how about the medial and lateral slopes? David Dejour 08:48 Discussion.
09:00	MENISCAL RAMP LESIONS <u>Moderators:</u> Christian Strke, Ccile Toanen 09:00 Imaging of ramp lesions. Anna Hirschmann 09:08 Ramp lesions - a biomechanical overview. Adrian Deichsel 09:16 I repair ramp lesions using suture hooks through ONE posteromedial portal. Bertrand Sonnerly-Cottet 09:24 I repair ramp lesions using suture hooks through TWO posteromedial portals. Romain Seil 09:32 I repair ramp lesions using all-inside devices. Jacques Menetrey 09:40 I do not repair ramp lesions. Sebastian Kopf 09:48 Discussion.
10:00	COFFEE BREAK
10:30	MENISCUS AND CARTILAGE - A LIFE LONG RELATIONSHIP <u>Moderators:</u> Peter Angele, Henning Madry 10:30 Meniscus, cartilage, subchondral bone - Three different tissues - Where is the connection? Henning Madry 10:38 The influence of cartilage defects onto outcome of meniscus surgery. Sven Scheffler 10:46 Results of AMIC. Rainer Siebold 10:54 ACI. Arnd Hoburg 11:02 Minced cartilage. Armin Runer 11:10 Massive allografts. Pablo Gelber 11:18 What can we do if ACI and allografts are not available or funded - maioregen, Geistlich membrane, ...? Pietro Conte 11:26 Episurf. Peter Verdonk 11:34 Discussion.
12:00	INDUSTRY SESSION / WORKSHOPS 
12:30	LUNCH BREAK - EXHIBITION AREA
13:30	INDUSTRY SESSION / WORKSHOP 



MENISCUS CONGRESS PROGRAMME

Friday 24 January

13:45	MENISCUS REPLACEMENT
	<u>Moderators:</u> Sven Scheffler, Peter Verdonk
13:45	Meniscus allograft transplantation for biologic knee preservation: gold standard or dilemma? Nick Smith
13:53	Prospective clinical evaluation of sterilized meniscus allografts over 2 years. Wolf Petersen
14:01	Are hamstring suitable as meniscus replacements? Karl Eriksson
14:09	Clinical outcome of meniscal transplantation, ACL reconstruction and valgus HTO OR 10y outcome after meniscus Tx. Alberto Grassi
14:17	Bony vs. soft tissue fixation of meniscal allografts. Tim Spalding
14:25	Actifit - CMI: remnants of the last two decades or still worthwhile to implant? Peter Verdonk
14:33	The Artimis® meniscus implant. Tony Georges Van Tienen
14:41	Rehabilitation after meniscus replacement - ESSKA rehabilitation consensus. Aleksandra Królikowska
14:49	Discussion.
15:00	BIOENGINEERING OF MENISCUS
	The new horizon of meniscus surgery?
	<u>Moderators:</u> Brian Forsythe, Andreas Seitz
15:00	Multi-Scale Considerations for Meniscus Replacement. Jay Patel
15:15	The Bumpy Road to an Artificial Meniscus: Challenges and Innovations in Biomedical Engineering. Stefan Nehrer
15:23	Printing a meniscus in outer earth. Johannes Windisch
15:48	Discussion.
16:00	COFFEE BREAK
16:30	MENISCAL AND LIGAMENTOUS INJURIES
	<u>Moderators:</u> Ryosuke Kuroda, René Verdonk
16:30	A high grade Lachman test in ACL deficient patients predicts a ramp lesion. Filippo Familiari
16:38	Failure rate of isolated meniscal repair and meniscal repair in the setting of ACL reconstruction. Brian Devitt
16:46	AI in meniscal and ACL injuries. Nicolas Pujol
16:54	Injuries of the lateral meniscus increase the Pivot shift phenomenon in ACL deficient knees. Ryosuke Kuroda
17:02	10 years outcome of patients after ACL reconstruction and meniscus treatment. Michael Hantes
17:10	Meniscus injuries in multiligamentous injured knees. Ciara Stevenson
17:18	Discussion.
17:30	MENISCAL EXTRUSION
	<u>Moderators:</u> Michael Hirschmann, Hideyuki Koga
17:30	Does Ultrasound add something to MRI in meniscus extrusion? Theresa Diermeyer
17:38	Meniscal Extrusion Collaborative Survey within the Meniscus International Network (MenIN) Study Group. Filippo Familiari
17:46	Shall we treat meniscus extrusion in menisci without tears? Jin Goo Kim
17:54	Is it worth to treat meniscus extrusion in addition to root repairs? Robert Laprade
18:02	Clinical results of centralization sutures on the medial and lateral meniscus. Hideyuki Koga
18:10	Does progressive meniscal extrusion after HTO correlates with clinical deterioration? Sang Hak Lee
18:18	New classification of meniscal extrusion. Simone Perelli
18:26	Discussion.



MENISCUS CONGRESS PROGRAMME

Saturday 25 January

08:00	THE 3 MENISCUS CONSENSUSES Degenerative Lesions, Traumatic Tears, and Rehabilitation <u>Moderators:</u> Jacques Menetrey, Romain Seil 08:00 ESSKA Consensus about degenerative meniscal lesions. Philippe Beaufils 08:20 ESSKA Consensus about traumatic meniscal tears. Sebastian Kopf 08:35 ESSKA Consensus about rehabilitation of patients with meniscus-related complains. Robert Prill 08:50 Discussion.
09:00	ROUND TABLE How do health care systems influence practice of treatment of meniscal and chondral lesions? <u>Moderators:</u> Philippe Beaufils, René Verdonk 09:00 European issues of reimbursement of meniscus repairs. Caroline Mouton 09:08 Issues of reimbursement of meniscus repairs in Germany - are all-inside stures cost effective? Sven Scheffler 09:16 Round table discussion. Hideyuki Koga, Sang Hak Lee, Peter Angele, Arnd Hoburg
10:00	COFFEE BREAK
10:30	MENISCAL AND BAKER'S CYSTS <u>Moderators:</u> Robert Laprade, Sang Hak Lee 10:30 Pathomechanism and clinical symptoms of Baker's and para-meniscal cysts. Christian Strke 10:38 MR-diagnosis versus clinical relevance of para-articular cysts. Alberto Grassi 10:46 Natural history and non-operative treatment of Meniscal- and Baker's cysts. Robert Laprade 10:54 Baker cyst: open vs. arthroscopic discussion incl. technical videos: i) open II) arthroscopic. Christian Strke, Sang Hak Lee 11:24 Discussion.





PLATINUM PARTNERS



PARTNERS



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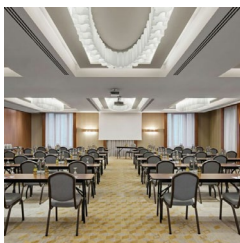


Congress venue

HOTEL TITANIC CHAUSSEE BERLIN

Chausseestraße 30 • 10115 Berlin • Germany

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TRAVELLING BY CAR

The exit from the A100, Wexstraße, will take you to Martin-Luther-Straße. Follow the road and go across Schöneberger Ufer.

Then you will reach the B96 across Postdamer Platz and the tunnel Tiergarten until the main train station Hauptbahnhof.

Turn on your right then on the Invalidenstraße.

After approx. 200m please turn again on the Scharnhorststraße.

After the Invalidenpark please turn on your right on the Haabersathstraße. At the end of this street you will find the Chausseestraße.

Please then turn on your right and you will see our Titanic Chaussee Berlin.

Basement garage fee: 3€/ hour, from 5 hours onwards 2€/ hour and 25€/ 24 hrs..



FROM THE MAIN TRAIN STATION HAUPTBAHNHOF BERLIN

From Hauptbahnhof you are just 10 minutes away by using the public transport. With the tram-line M5 from Europaplatz direction Hohenschönhausen you will reach the stop Naturkundemuseum.

Please get off at this station and turn on your left on the Chausseestraße. Just a 3-minute walk and you will see our Titanic Chaussee Berlin to your right hand side.



FROM BERLIN BRANDENBURG AIRPORT (BER)

The regional train with direction Nauen will take you to the station S+U Friedrichstraße where you can take the metro-line U6 direction Alt-Tegel. Just two stops and you will be at the station Naturkundemuseum. Get off at this station and turn on your left on the Chausseestraße.

Just a 3 minute walk and you will see our Titanic Chaussee Berlin to your right hand side.



We share your focus

Just like you, Stryker is focused on
the knee continuum of care

Symposium

Master The Meniscus

Complex case discussions



Thursday, January 23rd



13:30 - 14:00



Plenary room

Faculty



Dr. Nicolas Pujol
France



Dr. Tobias Jung
Germany



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