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ESSKA 2000 Executive Office Luxembourg
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Welcome to a new newsletter by ESSKA2000!

This time we are highlighting centers of excellence and their activities, upcoming important meetings, presentation of the Hellenic Association of Arthroscopy, Knee Surgery and Sports Injuries and of course the upcoming Porto Congress.

Let me start with reminding you to go to the ESSKA2000 website www.esska.org, where you will find all you need for the Porto meeting.

As the program committee for Porto is putting the final touch on the program in May next year, the ESSKA Board is busy working on organisational details. We have made an agreement with Springer and our Journal for a smooth transition of the editorship.

The journal is the treasure of the ESSKA2000 and it needs to be one of the main attentions for the board. It is expensive to run and will be even more so when we increase the distribution to many new members in new ESSKA2000 countries.

The business side of both the ESSKA2000 and the Journal is thus of paramount importance. Under the leadership of our Past President Neil Thomas, new agreements have been made on the business side which should strengthen ESSKA2000 in the future.

Part of the increased strength of ESSKA2000 is also caused by our Luxembourg office led by our Administration Manager Sandy Kirsch and of course by the Secretary General, Romain Seil. From 2008 the ESSKA2000 office will have concluded the move from Geneva to Luxembourg and we hope to strengthen the office further.

Two important issues finally: the relationship to EFORT and to the European Union. As some of you know, EFORT wants to have annual instead of biannual congresses to be held in June yearly. This caused major protests from several specialty societies throughout Europe and our 2. Vice President Niek van Dijk has led our efforts in emphasizing ESSKA’s views. ESSKA’s relationship to EFORT is still not clear and much work is remaining. The ESSKA Board are looking at the relationship between the AAOS and AOSSM as a possible model for further work.

The second issue relates to the EU work on speciality rules in Europe. Roman Seil is following and actively participating in this work. In the US, the AOSSM has recently instigated a subspecialty exam- the first was done last summer, and the Board is actively participating in the European work in the same field.

Lars Engebretsen
ESSKA
1st Vice President
Message from the Congress President:

ESSKA 2000 is an organization devoted to education, which contributes to the progress and evolution of Sports Traumatology, Knee Surgery and Arthroscopy since 1984.

Education is to learn, teach and evaluate. Education in medicine plays an important role since health is considered a human right. Medical education influences not only present generations but also the future ones. The importance of becoming a medical doctor should combine respect for moral and ethic values as well as character building with the aim to favour mankind.

The greatest exposure of ESSKA 2000 activity is the biannual congress that presents major scientific work that also aims education and the improvement of skills and attitudes towards medicine.

From 21st to 24th of May 2008, Porto city in Portugal will be your host for the 13th ESSKA 2000 Congress. I don’t have the slightest doubt that the high scientific quality of this congress will be assured by the competence of the Chairmen of the Scientific Committee: Philippe Neyret and Jon Karlsson.

Porto - world cultural heritage - with its particular charm, its diversity of places, monuments, the rich atmosphere and different architectural styles, picturesque streets, busy squares, the river, wine cellars and areas where the familiar and friendly day-to-day activities take place. Porto creates a bridge between tradition, identity and the multiple features of true development.

The weather will be superb in May so take advantage of the sun and beaches, visit fantastic old towns from the middle ages such as Braga, Guimarães and Viana do Castelo or the Port wine vineyards in the Douro valley. Take your time to taste and enjoy it.

A congress is an opportunity to share and transmit scientific knowledge, but it is mainly a place to meet people, experience new cultures and make acquaintances. We won’t spare any efforts to accomplish these goals and it will be an enormous pleasure to welcome you in Porto in 2008!

João Espregueira-Mendes
President of the Congress

ACCOMODATION

It will be a phantastic opportunity to be part of our great event, but please remember that you are strongly advised to book your hotel accommodation very early!!

(preferably before December 31st, 2007 via esska2008@clubtour.pt).

Detailed information about hotel accommodation is also available on the congress homepage: www.esska2008.com
Message from the Scientific Chairmen:

ESSKA 2000 biannual meetings attract the best of the Orthopaedic sports physicians in Europe. This time we will in addition bring you some of the best surgeons and sports doctors from around the world!

During this week we will offer you the best of the scientific world from the ESSKA 2000 members. The congress will start on Wednesday morning, May 21, and terminates on Saturday, May 24, at noon. Special day programmes for nurses and physiotherapists will be offered, as well as a session for young scientists.

The programme will focus on Evidence Based Medicine and on ESSKA 2000 in the future.

Our main guests, Michael Kjaer from Denmark, Chris Harner from the US, John Bartlett from Australia and Gilles Walch from France will keep us updated on basic science and on current clinical research methods.

There will be 18 well balanced instructional courses - 6 each day, starting Thursday, May, 22.

There will also be a variety of symposia on surgical techniques, and basic science in sports traumatology. Current trends in minimally-invasive surgery and computer assisted techniques will be highlighted. Several new topics will be well covered, and we are proud to invite several new scientists to the congress.

A strong focus will be placed on the degenerative knee, both in terms of cartilage surgery and knee replacements.

There will be > 210 free papers and nearly 600 posters. In short, the congress will offer everything you need to stay updated and focused in the field of Sports Traumatology.

Key facts:

Programme overview:
- > 210 Free papers
- 600 posters
- 53 symposia
- 18 ICLs
- 25 lectures
- 6 parallel rooms
- Total programme: 115 hours

Programme highlights:
- Presidential lecture
- 4 highlight lectures (Bartlett, Harner, Kjaer, Walch)
- Star paper session
- Ejnar Eriksson lecture (by Robert J. Johnson)
- Awards presentations

Additional sessions:
- National Societies Awards session
- Young Guns meeting
- Upper Extremity Committee
- SLARD Symposium

Satellite sessions:
- Nurses day
- Physio-Therapist day

We look forward to seeing you in Porto!
Ejnar Errikson, the father of arthroscopy in Europe, with Dr. Vassilios Tsemanis were responsible for organizing the first arthroscopy courses in Athens in the early 80’s.

Shortly after this the first Arthroscopy and Sports Medicine department was created, in the KAT University Hospital of Athens headed by Professor Argiris Mitsou and many young surgeons trained in Arthroscopic Surgery.

However, Arthroscopy in Greece, like many other countries, has been dramatically developed in the last 15 years. Professor Anastasios Georgoulis from the University of Ioannina was the man who systematically organized seminars and arthroscopic courses form 1993 in Ioannina with the participation of famous arthroscopic surgeons from around the world.

Prof. Panayiotis Soucacos who was the Chairman of the Orthopaedic Department at the University of Ioannina at that time supported significantly this effort and thanks to these courses many Greek Orthopaedic surgeons became familiar with the arthroscopic technique. Prof. Georgoulis inspired and helped also many young surgeons to receive fellowships in arthroscopic surgery in famous sports Medicine centers.

In recent years many orthopedic surgeons in Greece expand their knowledge and activities in the arthroscopic field. Until 2004 all these surgeons were under the umbrella of Hellenic Association of Surgical Orthopedics and Traumatology (EEXOT), concerning the orthopedics as a whole.

The huge cumulative knowledge and the fast development of arthroscopic surgery, besides the special problems and concerns of arthroscopic surgeons and sports medicine doctors, prompted us to found the Hellenic Association of Arthroscopy, Knee Surgery and Sports Injuries “George Noulis” (EAE), in October 2004.

We added the name “George Noulis” to the official name of our association to honour the great Greek doctor who was the first that described the “Lachmann test” at his doctoral thesis “Entorse du Genou” published in 1875, a century before John W. Lachman described the “Lachman” test (H.H. Paessler, Am J Sports Med 1992).

The primary aim of EAE is to promote and develop arthroscopy, knee surgery and sports medicine in Greece. To achieve this purpose, programs of training and continuous medical education were established, scientific relations and co-operations with other societies were developed and fellowships for young orthopaedic were issued. Today, EAE enumerates almost 200 members and a more dynamic future arises. Most of our members are ESSKA members and a significant number of Greek surgeons attend the ESSKA congresses.
The 11th ESSKA congress was held in Athens in 2004, just before the Olympic Games in Athens. The meeting was a great success with more than 1500 participants and an excellent scientific program. Honorary members of EAE are eminent world-known orthopaedic surgeons who bequeathed their knowledge to our Association.

The Executive Board of EAE:

President Elect : M. Tzourbakis
Vice Presidents : E. Antonogiannakis, N. Piskopakis
General Secretary: M. Hantes
Deputy Secretary: N. Tzanakakis
Treasurer: J. Gliatis
Council Members: C. Yiannakopoulos, G. Kouvidis
Office Secretary: S. Papanagiotou

Working Committees

For better focus on a variety of topics concerning the arthroscopic community in Greece, separate Working Committees were made-up:

Educational Committee: responsible for educational, research, fellowship and patronage issues.

Professional Committee: responsible for the fees, the costs of arthroscopic surgeries and all the professional issues concerning the orthopaedic surgeon.

Web Site Committee: responsible for web site presentation of EAE and informing our members.

Ethics Committee: responsible for all ethic and new members’ issues.

Aver Committee: responsible for economic issues.

Biannual Congress

Starting from 2005, our Association organises the National Arthroscopic Congress every second year. The 2007 congress of the Hellenic Association of Arthroscopy, Knee Surgery and Sports Injuries “George Noulis” was held from 14-16 of June, in Athens, with co-operation of the Arthroscopic Society of German Speaking Countries (AGA).

Main topics of this congress:
✦ Shoulder Arthroscopy
✦ Major Knee Trauma
✦ Knee Osteoarthritis
✦ ACL Reconstruction Update
✦ Diseases of the Patellofemoral Joint
✦ Cartilage Lesions
✦ Extreme Indications for Arthroscopy

Workshops (cadaver and dry lab / lectures):
✦ Septic Arthritis
✦ Knee Osteotomy
✦ Knee Arthroscopy
✦ Ankle Arthroscopy
✦ Shoulder Arthroscopy
✦ Rotator Cuff Repair
✦ Instability Repair
✦ ACL Reconstruction
✦ Meniscus Repair
✦ Osteochondral Autografts
Web Site
The main channel of communication among members and the Executive Board is our web site: www.eae-net.gr. Visitors have many choices of information:

- History and aim of EAE
- Fellowships - Awards
- Forthcoming congresses
- Tutorials (on-line lectures, images, videos)
- On-line journal (soon available only to members)
- On-line chat
- Information for the patients (what is arthroscopy, indications, complications, etc)

Fellowships - Awards
EAE wishes to promote and help young high promising orthopaedic surgeons in the arthroscopic field, thus has already established two fellowships and one award, but much more are coming. One fellowship concerns arthroscopic training in a new established arthroscopic centre and the other concerns research in arthroscopic or sports injuries issues. The “George Noulis Award” is going to the best free announcement of our biannual congress that will represent our country to next ESSKA 2000 Congress at the “National Societies Award Session”.

Other Congresses
Apart from the main biannual congress, every arthroscopic and sports medicine congress or seminar that is organized in Greece from other societies is under the patronage of EAE. A very well known arthroscopy course including training in cadaver specimens is organized regularly in Athens in the “Evangelismos” Hospital by Dr. Matheus Tzurbakis.

Lectures - Tutorials
Lectures and tutorials for resident doctors and young orthopaedic surgeons, organized from EAE, are held in ordinary basis.

The Future
EAE is still a new association in the arthroscopic surgery. New members, full of fresh ideas, are joining us every year, growing up our community. We believe that a brilliant future arises for arthroscopy in Greece. Issues for the future:

- Expanding our relations with other National and International Societies of Arthroscopy and Sports Medicine
- Planning National Arthroscopic Database
- Planning Arthroscopic Guidelines
- More Arthroscopic Training Programs
- More Fellowships for young orthopaedics
- More Tutorials
- More Research in Arthroscopy and Sports Injuries
Dear Colleagues,

We are happy to announce to you that we have officially formed the Upper Limb Committee of the ESSKA.

**Composition:**

- Taverna (I) President
- Flurin (F) Vice-President
- Guillo (F)
- Poberaj (SLO)
- Antonogiannakis (GR)
- Ludvigsen (N)
- Imhoff (D)
- Calvo (E)
- Brownson (UK)
- Pederzini (I)

**Background:**

Europe has a population of more than 800 million people. Even if baseball and American football are not very popular in our continent, many overhead sports like basketball and volleyball, and impact sports like rugby and soccer, are practiced by a huge number of athletes. Thanks to the high standard of life in most European countries, even in a population over 65 years old, the number of people practicing tennis and golf, is also very high.

So we think that nowadays it is almost mandatory that an European scientific society of sport medicine and traumatology, like ESSKA, would focus on upper limb pathologies, that due to some changes in the lifestyle and life expectancy of the European people, have increased the frequency in the last two decades.

**Objectives:**

1. To promote arthroscopy and minimal invasive surgery of the shoulder, elbow and wrist in Europe.
2. To provide training and education in upper limb surgery in Europe.
3. To provide a forum for innovation in shoulder, elbow and wrist arthroscopy in Europe.
4. To promote multicentric studies in order to evaluate the clinical outcome of these surgical techniques.

**Goals:**

The goals of the Upper Limb Committee is to organize and be involved in the following topics:

- basic and advanced courses with a cadaver lab;
- to create a list of experts for training and involving all the surgeons with the appropriate skills in these disciplines in all European countries;
- to examine methods of assessing competency in shoulder, elbow and wrist arthroscopy;
- to establish common guidelines for assessing and managing upper limb pathologies;
- to promote a Fellowship program (sponsored by companies);
- to stimulate and activate multicentric prospective studies;
- to create a working framework;
- to be a forum for innovation in arthroscopy and new minimally invasive procedures.

In conclusion, we think that the final goal of this committee is to help to advance the quality of care by utilising the most innovative and up-to-date clinical and surgical approaches for upper limb pathologies.

Therefore heightening the standard of care available to the patient community. So we think that there is the space and the need of an educational forum, within the society, in which the surgical techniques and clinical results can be examined and discussed.

We also think that the training of the European surgeons on arthroscopic, endoscopic and minimally invasive upper limb surgical techniques will be necessary to educate and improve their surgical skills in shoulder, elbow and wrist procedures.

Ettore TAVERNA
Chair Upper Limb Committee

✉: taverna@shoulder.it
The Czech Society for Sports Traumatology and Arthroscopy was honored to organize the ESSKA2000 instructional lecture course which was hosted in Prague in June 2007. It has been historically the first time when an annual lecture course was organized as a combined meeting of ESSKA2000 and ISA-KOS and speakers from both the above societies participated and gave excellent lectures.

Organizers would like to address special thanks to the board members of ESSKA2000 and ISA-KOS for their active support to the lecture course. Exceptional acknowledgement should be extended to Sandy Kirsch - ESSKA2000 Secretary and Matteo Denti - ESSKA2000 Education Committee Chairman.

The course focusing at “knee surgery in prevention and treatment of osteoarthritis” alias “knee surgery from A to Z” was hosting top experts in each of the knee subspecialties from various countries across Europe and overseas. The 15 member faculty composition was as follows:

- Paolo Aglietti (Italy)
- Karl Benedetto (Austria)
- István Berkés (Hungary)
- Matteo Denti (Italy)
- Ejnar Eriksson (Sweden)
- John Goodfellow (United Kingdom)
- Heiko Graichen (Germany)
- Heino Kienapfel (Germany)
- Rob La Prade (USA)
- Urs Munziger (Switzerland)
- Hanns Scharf (Germany)
- René Verdonk (Belgium)
- Karl Westphal (Germany)
- Leo Whiteside (USA)
- Kazunori Yasuda (Japan)

On behalf of the lecture course Organizing Committee, it is my great pleasure to extend our thanks to all our speakers for their kind acceptance to participate in Prague ESSKA2000-ISA-KOS Knee Lecture Course. It is primarily the speakers’ merit that the course was of very high scientific standard.
The total number of course participants met the estimated figures. The total attendance to the lecture course was 130 participants. The attendees came from various countries across all Europe and overseas - namely from Czech Republic, Germany, Poland, Russia, Slovakia, Hungary, United Kingdom, Israel, Bulgaria, Denmark, Republic of Congo, Ukraine, Mexico, Kosovo, Croatia and Greece. The lecture course scientific level was acknowledged by both the attendees and the speakers. Namely the open, friendly and informal panel discussions were appreciated by all participants.

It was my pleasure and a great honor to be delegated to participate on this course organization as a designated Chairman of Organizing Committee. I would like to express many thanks to all my co-workers from CSSTA and ESSKA2000 and to everyone contributing to the organization of this successful meeting as well as to all our sponsors for their support.

Please note that the lecture course photo gallery and a selection of presentations are available on the English version of the Czech Society for Sports Traumatology and Arthroscopy web site - www.sstacz.cz. I take the liberty, on behalf of ESSKA2000 Integration Committee, to invite you for the coming lecture course taking place in Croatia in 2008. Further information will be available on the ESSKA web site www.esska.org.

In conclusion, I would like to wish all ESSKA2000 members happy and successful New Year 2008. I am looking forward to meeting you in Porto, May 2008 or in Croatia 2008, later the year.

Yours sincerely,

Vojtech HAVLÁS
Vice-Chair Integration Committee
✉: vojtech.havlas@seznam.cz
Once more, the course had been perfectly organized by François KELBERINE from Aix-en-Provence/France, who was supported in an efficient and charming way by the staff of the EITS.

We could observe that the degree of popularity of this course has boosted since its creation. The audience is more and more international. This time, the 24 participants came from 14 different countries and one candidate even arrived from Costa Rica.

ESSKA is proud to be able to contribute in this way to the education of the 3rd and 4th cycle of young or even experienced surgeons, wishing to learn arthroscopic knee surgery. We cordially thank the Société Française d’Arthrose (SFA) for accommodating us each year within the most European city of its country - the city of Strasbourg - and for realizing this event in a collegial partnership and in an exceptionally convivial environment.

Romain SEIL
ESSKA Secretary General

The 4th edition of the combined course of arthroscopic surgery between the Société Française d’Arthrose (SFA) and the ESSKA 2000 was held this year on November 26th and 27th in Strasbourg.

As accustomed, the participants can benefit from the exceptional framework and the excellent facilities of the European Institute for Telesurgery (EITS) of the Strasbourg University. This institute offers to 24 young surgeons the opportunity to learn basic and advanced knee arthroscopy techniques on 12 different work stations, all completely equipped with the most recent arthroscopic material by Storz.

6 international experts coach and guide the students. The course structure includes 3 practical half-day sessions, as well as one theoretical half-day session, intended to deepen the acquired practical knowledge.

Each practical half-day session begins with a technically assisted surgical demonstration, retransmitted by video to all the work stations.

The course participants of each work station then have the opportunity to reproduce the demonstrated technique on their cadaver specimen. After a pause, the second candidate of the work station carries out the same surgical procedure. They are assisted by his/her colleague and guided by their assigned expert.

The fields of training include diagnostic arthroscopy, meniscal surgery, cartilage surgery, ACL reconstruction and the treatment of arthrofibrosis. The most experienced candidates had even the occasion to practice PCL reconstructions.

2007 Course Director:
Dr. François KELBERINE, Aix en Provence / FRANCE

SFA Faculty 2007:
Prof. Christoph HULET, Cannes / FRANCE
Dr. David DEJOUR, Lyon / FRANCE
Dr. Philippe LANDREAU, Paris / FRANCE
Dr. Jean-François POTEL, Toulouse / FRANCE

ESSKA Faculty 2007:
Prof. Daniel FRITSCHY, Geneva / SWITZERLAND
Prof. René VERDONK, Ghent / BELGIUM
Prof. Romain SEIL, LUXEMBOURG
MEET THE ESSKA EXPERTS
at the
UPCOMING COURSES

ESSKA Faculty 2008:
Prof. Lars ENGBREITSEN, Oslo / NORWAY
Prof. J.ESPREGUEIRA-MENDES, Porto / PORTUGAL
Dr. Stefano ZAFFANINI, Bologna / ITALY

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Email : arthro.eits@ircad.u-strasbg.fr
www.eits.org

13th ESSKA 2000 BIANNUAL CONFERENCE
21 - 24 May, 2008
Porto, PORTUGAL
www.esska2008.com

Registration fees:

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<td>ESSKA member</td>
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Registration includes:
Scientific sessions, instructional courses, workshops, symposia, access to the industrial exhibition, convention bag, badge, one copy of the final programme and the book of abstracts, welcome reception and coffee.

HOW TO REGISTER:
www.registration.intercongress.de
UPCOMING MEETINGS 2008

2.-5. February 2008
Arthroscopic Surgery 2008
Sun Valley, Idaho, USA
www.arthroscopyseminars.org

21.-23. February 2008
3rd International Surgical Course
Tarvisio, Italy

29. February—1st March 2008
1st CAOS Italy Meeting—SIGASCOT
Milan, Italy

11.-13. April 2008
World Congress on Sports Trauma
Hong Kong
www.cuhk.edu.hk/whoctr/wcst2008/

54th North Orthopaedic Federation (NOF) Congress
Amsterdam, Netherlands
www.nof2008.org

Prevention and treatment of injuries in “ball-net-racquet sports”
Bydgoszcz, Poland

26.-28. June 2008
2nd World Congress on sports injury prevention
Tromsø, Norway
www.ostrc.no/congress 2008

4th Basel International Knee Congress and IC
Basel, Switzerland

9.-11. October 2008
2nd SIGASCOT Congress
Bari, Italy
www.sigascot.com

30.-31 October 2008
EITS—SFA: ESSKA session: Knee Arthroscopy
Strasbourg, France
www.eits.org

24th ANNUAL MEETING OF THE GERMAN-SPEAKING ARTHROSCOPY ASSOCIATION
(AGA: Deutschsprachige Gemeinschaft für Arthroskopie)

The 24th AGA-congress was held in Cologne in September 2007. Almost 1000 people attended the conference reflecting the high interest in arthroscopy and sports traumatology in the german speaking countries. Forty-two exhibitors showed their latest products on a surface of over 700 m².

The conference was different in some aspect to the previous ones. For the first time it was extended from two to three days. A basic science symposium and a cadaver work shop were organized on the first day. Interesting results about gene therapy and biomechanics of the ACL and the meniscus were presented at the research symposium.

One highlight was the lecture given by Dr. Tashmann from Pittsburgh. He developed a new stereoradiographic system in order to measure knee kinematics during walking and running. Straight after the basic science symposium Dr. L. Lafosse from Annecy, France gave a live surgery session showing a coracoid transfer and Dr. Romeo from San Antonio, Texas, USA operated on an unstable shoulder.
Mainly clinical papers were presented and discussed during the next two days. The aim of the conference was to provide a platform for orthopaedic surgeons and to share their clinical and surgical experience in arthroscopy and sports medicine.

For the first time ESSKA 2000 contributed with an own session at the meeting. The session focused on patellar instability and was organized by the ESSKA secretary Dr. Seil (Luxembourg), covering one of the main topics of the conference. Drs. Engerbretsen (Oslo, Norway), Karlsson (Goteborg, Sweden), Seil, Almqvist (Gent, Belgium), Fritschy (Geneva, Switzerland) and Dejour (Lyon, France) gave excellent presentations about different patellofemoral problems addressing conservative and operative treatment options.

The four-week shoulder fellowship by Smith&Nephew in North America and other sponsoring programs offer unique opportunities for young orthopaedic surgeons.

The relaxed atmosphere of the Conference dinner at the “Tanzbrunnen” was enjoyed by everybody after a long day of scientific discussions. The dinner gave the great opportunity to talk to old friends not only about arthroscopy.

The conference finished Saturday afternoon. A great resonance was given by the participants and the industry as well. At the end of the conference there were 60 oral presentation given and 14 lunch time symposia and work shops held. We would like to thank everybody who came to Cologne and we hope that all of you spent three interesting days at the AGA-Conference with hopefully plenty of new ideas.

The next AGA-Conference will take place in Interlaken in 2008 and we are looking forward to meet you again, but this time in Switzerland!

Roland BECKER
Brandenburg

Wolfgang NEBELUNG
Düsseldorf

Congress presidents
AGA 2007

25th AGA Congress 2008
26.-27. September 2008
Interlaken, Switzerland
www.aga2008.de
ESSKA 2000

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