

ORGANISER



3<sup>RD</sup> ORTHOPAEDIC CLINIC  
HYGEIA HOSPITAL  
ATHENS, GREECE



ATHENS  
SHOULDER  
INSTITUTE

CO-ORGANISERS



SOCIETÀ ITALIANA ARTROSCOPIA  
GINOCCHIO, ARTO SUPERIORE,  
SPORT, CARTILAGINE, TECNOLOGIE  
ORTOPEDICHE



SOCIÉTÉ FRANCOPHONE  
D'ARTHROSCOPIE (SFA)



# 7<sup>th</sup> Athens Shoulder Course

13-15 March  
2026



2:1  
Cadaver  
Sessions on  
Specific  
Techniques

International  
Faculty

Mini  
Battles

Special  
Physiotherapy  
Workshop

Case  
Discussion

COURSE CHAIRMEN

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A | S | C

Athens Shoulder Course

MEGARON  
Athens International Conference Center (Theoretical Sessions)

AITC  
Anatomy Techniques & Training Center (Cadaveric Sessions)

visit the official website for further information  
[www.athens-shoulder-course.com](http://www.athens-shoulder-course.com)

## PROGRAM



# 7<sup>th</sup> Athens Shoulder Course

SCIENTIFIC PROGRAM

Saturday, 14 March 2026

08:00 - 08:50

## SESSION 1

Moderators: **Berte Bøe - Ioannis Chiotis**

RC tears classification. Systems used and their value in everyday practice  
**Angelos Trellopoulos**

What is the natural history of RC tears?  
**Hany Ahmed Elsayed Ahmed**

What the surgeon wants to know from the clinical evaluation and the MRI  
**Knut Beitzel**

When is a tear reparable, and how to decide it  
**Benjamin Marjanovic**

Physio Comments: **Damianos Marinatos**

09:00 - 09:30

## Coffee Break

08:50 - 09:40

## SESSION 2 | Mini Batle #1 Partial thickness tear

Moderators: **Ana Catarina Ângelo - Michael Hantes**

My approach with biological agents and Physiotherapy  
**Emmanouil Brilakis**

My approach to in situ repair  
**Maristella Saccomanno**

My approach is to complete the tear and repair  
**Emilio López-Vidriero**

Expert commentary (pitfalls, variations, tricks)  
**Frank Martetschlaeger**

Discussion

09:40 - 10:00

## Coffee Break

10:00 - 10:30

## SESSION 3 | Opening & Greetings

**Emmanouil Antonogiannakis - Emmanouil Brilakis**

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## SCIENTIFIC PROGRAM

Saturday, 14 March 2026

**10:30 - 10:50**

### SESSION 4 | Keynote lecture 1

Moderators: **Anastasios Georgoulis - Enrico Gervasi**

All My Tricks to Achieve a Complete Repair with single row, double row, transosseous repair

**Emmanouil Antonogiannakis**

Discussion

**10:50 - 11:40**

### SESSION 5 | The LHB in the treatment of rotator cuff tears

Moderators: **Christos Koukos - Andreas Voss**

Anterior Cable Reconstruction and biceps rerouting

**Nuno Gomes**

Biceps interposition

**Maristella Saccomanno**

Biceps SCR

**Achilleas Boutsides**

The "Box" Technique

**Emmanouil Fandridis**

Physio Comments: **Maria Patramani**

Practical case interactive discussion

**11:40 - 12:30**

### SESSION 6 | Mini Battle #2

Moderators: **Emmanouil Fandridis - Maristella Saccomanno**

Why I believe in the transosseous repair and how I do it

**Emmanouil Antonogiannakis**

**Alessandro Castagna**

**Philip Hudecek**

**Pol Huysmans**

**12:30 - 13:30**

Lunch Break



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13:30 - 14:20

## SESSION 7 | When It Gets Tough: Massive, Revision & Irreparable Tears

Moderators: **Paolo Paladini - Andreas Panagopoulos**

SCR

**Ana Catarina Ângelo**

Lower trapezius transfer

**Peter Vezeridis**

Balloon Spacer

**Ladislav Kovačič**

RSA as a bailout

**Angelo Di Giunta**

Case-based discussion: "How far would you go before converting to RSA?"

**Paolo Paladini**

Physio Comments: **Iakovos Pelekis**

Discussion

14:20 - 14:40

## SESSION 8 | Keynote Lecture 2

Moderators: **Alessandro Castagna - Dimitrios Koulalis**

Superior Capsule Reconstruction Using Fascia Lata Autograft - Why I Choose to Stick with the Original Graft. The European Perspective

**Clara Azevedo**

Discussion

14:40 - 15:30

## SESSION 9 | Healing, Failure & What Comes After the Surgery

Moderators: **Michael Iosifidis - Panagiotis Koulouvaris**

Current Concepts on biological healing

**Michael Hantes**

Why do repairs fail?

**Arasch Wafaisade**

Rehabilitation: early vs delayed protocols

**Maria Papatzikou**

My biggest failure and what I learned from it

**Emilio Calvo**

Discussion

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## SCIENTIFIC PROGRAM

Saturday, 14 March 2026

**15:30 - 16:00**

Coffee Break

**16:00 - 16:50**

**SESSION 10 | The Healing of the Rotator Cuff - My Biological Approach: Pre -, Intra-, and Postoperative**

Moderators: **Nuno Gomes - Spyros Plessas**

Using the Long Head of Biceps as a biological enhancement

**Dimitris Alexakis**

Using Nano-fractures

**Miguel Angel Ruiz Ibán**

Using PRP, stem cells and biologics

**George Arealis**

Using supplements

**Andreas Voss**

Physio Comments: **Maria Gkini**

Discussion

**16:50 - 17:40**

**SESSION 11**

Moderators: **Emmanouil Antonogiannakis - Emmanouil Brilakis**

Is it frozen shoulder or something else? Distinguishing primary vs secondary stiffness. When is MRI helpful, and when is it misleading?

**Ahmed Hany**

Do conservative options work in adhesive capsulitis? What is the role of physiotherapy, corticosteroids, PRP, hydrodilatation, and ultrasound guidance

**Mohamed Aboelnour**

Arthroscopic Capsular Release Techniques, Indications, and risks

**Maged Samy**

Stiffness After Shoulder Arthroscopy. What are the measures to prevent re-stiffness

**Amr Rashwan**

Discussion

Physio Comments: **Maria Papatzikou**



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Saturday, 14 March 2026

17:40 - 18:00

## SESSION 12 | Rapid Fire Case Discussion

Moderators: **Anastasios Deligeorgis - Panagiotis Papadopoulos**

This is a 61-year-old right-hand-dominant male electrician who sustained a right shoulder injury 3 years prior to presentation. He reported pain, although he maintained an almost full range of motion. Imaging revealed a moderate supraspinatus tear (Patte grade 1-2) with involvement of the upper subscapularis. He underwent shoulder arthroscopy consisting of supraspinatus repair with superior capsular reconstruction using the long head of the biceps tendon, along with repair of the upper part of the subscapularis. A standard postoperative rehabilitation protocol was followed

However, several months after surgery, the patient continued to report persistent pain and stiffness. He stated that he was unable to return fully to his professional activities as an electrician. Postoperative MRI demonstrated good structural healing of the repair, although the tendon footprint appeared slightly more medialized. To further investigate, a second-look needle arthroscopy was performed, confirming satisfactory tendon healing and repair integrity. Inflammatory markers were negative.

Would you re-operate? What drives your surgical decision here?

**Panagiotis Pantos**

How would you approach rehab with return-to-sport in mind?

**Maria Patramani**

Would you inject this shoulder before doing anything else?

**Efstathios Chronopoulos**

Capsular release? Which parts exactly, and why? (pre recorded)

**Michel Azar**

Discussion

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## SCIENTIFIC PROGRAM

Sunday, 15 March 2026

08:05 - 08:55

### SESSION 13

Moderators: **Francesco Franceschi - George Panagopoulos**

Anatomic shoulder arthroplasty. Current concepts and indications

**John G. Costouros**

How do I do an anatomic TSA, and how do I balance the soft tissues?

**Olivier Verborgt**

Modern anatomic TSA: implants, stems, and glenoids

**George Zanas**

Will there be a place for anatomic shoulder arthroplasty in the future?

**Paolo Paladini**

Discussion

Physio Comments: **Evangelos Georgakopoulos**

08:55 - 09:55

### SESSION 14

Moderators: **Andreas Leonidou - Marco Maiotti**

Biomechanics of reverse shoulder arthroplasty

**Pol Huysmans**

Primary reverse shoulder arthroplasty – Lateralisation and distalization provide the best results and reduce complications

**George Zanas**

How to plan soft tissue balancing from pre- to post-operative

**Alfonso Maria Romano**

Reverse shoulder arthroplasty with subscapularis preservation. Technique and results

**Zinon Kokkalis**

Results of navigation in RSA. Is it worth it?

**Alexander Lädemann**

Discussion

Physio Comments: **Georgia Petta**



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Sunday, 15 March 2026

09:55 - 10:45

## SESSION 15 | Reverse Shoulder Arthroplasty – A lasting solution for all our problems?

Moderators: **Clara Azevedo - Panagiotis Pantos**

RSA for irreparable cuff tears - still a viable solution?

**Marco Maiotti**

Humeral Stem in RSA - Does the size matter?

**Francesco Franceschi**

What are the long-term results of the use of short stems in RSA? |

**Ofer Levy**

Glenoid Positioning: Is Augmentation the New Standard?

**Olivier Verborgt**

Discussion

Physio Comments: **George Koumantakis**

10:45 - 11:15

## Coffee Break

11:15 - 11:30

## SESSION 16

Moderators: **Berte Bøe - Zinon Kokkalis**

Glenoid exposure: My best tips for tough cases

**Enrico Gervasi**

Discussion

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## SCIENTIFIC PROGRAM

Sunday, 15 March 2026

**11:30 - 12:20**

### SESSION 17 | Mini Battle #3

Moderators: **Emilio Calvo - Ofer Levy**

Lateralisation from the Glenoid: Controlled Power & Stability  
**Nicolas Bonneville**

Lateralisation from the Humerus: Simplicity & Efficiency  
**Miguel Ruiz Iban**

Combined Lateralization : Balance is the Key  
**Geoffroy Nourissat**

Augmented Glenoids, Custom Implants, and Modular Adaptability  
**Alexander Lädemann**

Discussion

**12:20 - 13:10**

### SESSION 18 | Robotics and Planning

Moderators: **Benjamin Marjanovic - Giuseppe Milano**

3D planning for reverse shoulder arthroplasty. Why and how to plan?  
**Grigoris Avramidis**

Mixed reality in reverse shoulder arthroplasty. Where are we today  
**Peter Vezeridis**

How I plan my shoulder arthroplasties. The evolution of my experience and the lessons learned  
**John Costouros**

Return to sport after shoulder arthroplasty in recreational athletes  
**Alessandro Castagna**

Discussion

Physio Comments: **Spyros Gigourtakis**

**13:10 - 13:55**

### Lunch Break



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13:55 - 14:55

## SESSION 19

Moderators: **Edward McFarland - Dimitris Alexakis**

The evolution of RSA: from a salvage procedure to a precision tool  
**Olivier Verborgt**

How to revise the failed anatomic shoulder arthroplasty  
**John Ferosis**

How to manage a failed reverse shoulder arthroplasty  
**Stefan Greiner**

The infected SA. Current concepts and proper management  
**Ofer Levy**

Instability in reverse shoulder arthroplasty. Why it may happen and how to manage  
**Giuseppe Milano**

Discussion

Physio Comments: **John Makras**

14:55 - 15:45

## SESSION 20

Moderators: **John Ferosis - Peter Vezeridis**

Why Posture is Important in RSA  
**Stefan Greiner**

ONION technique of RSA for fractures  
**Francesco Francheschi**

Is RSA the best treatment for proximal humeral fractures in the elderly?  
**Andreas Panagopoulos**

Reverse shoulder arthroplasty in proximal humerus fractures. Are we treating the bone or the biology?  
**Namdev Gorgile**

Discussion

Physio Comments: **Athanasios Koutsouradis**

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## SCIENTIFIC PROGRAM

Sunday, 15 March 2026

**15:45 - 16:15** Coffee Break

**16:15 - 16:35** SESSION 21 | Keynote Lecture #4

Moderators: **Efstathios Chronopoulos - Pericles Papadopoulos**

Destroyed revision glenoid and how to deal with it  
**Edward McFarland**

Discussion

**16:35 - 17:35** SESSION 22 | Live Planning | Reverse Shoulder  
Arthroplasty

Moderators: **Maristella Sacommano - Petros Priftis - Christos Baltas**

Ekliptik Software  
**Benjamin Marjanovic**

Blueprint  
**John Costouros**

Blueprint  
**Emilio Calvo**

Brain  
**Geoffroy Nourrisat**

VIP  
**Andreas Voss**

Blueprint  
**Alexander Lädermann**

Custom-made Software  
**Emmanouil Antonogiannakis**

Discussion



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Sunday, 15 March 2026

17:35 - 17:55

## SESSION 23 | Rapid Fire Case Discussion

Moderators: **Anastasios Deligeorgis - George Gatos**

A 55-year-old male, right-hand dominant and a recreational tennis player, was diagnosed with mild arthritis of the glenohumeral joint in his right shoulder and a rupture of the supraspinatus in 2009.

During that period, he underwent an arthroscopic repair of a partial tear of the supraspinatus using two knotless anchors, along with microfractures and biceps tenodesis. Arthroscopic findings revealed mild glenoid arthritis and cartilage damage. Initially, he responded well to treatment.

However, in 2013, he began experiencing pain and a reduction in range of motion (approximately 10 degrees in all directions). X-ray and MRI examinations revealed osteophytes. Since then, he has reported a gradual deterioration of joint mobility. His management included three platelet-rich plasma (PRP) injections, physiotherapy, and periodic use of nonsteroidal anti-inflammatory drugs (NSAIDs), yielding satisfactory clinical outcomes.

In 2017, he presented with further degeneration of the glenohumeral joint, continued decline in range of motion, presence of joint crepitus and persistent pain, but not worsened at night.

Clinical presentation:

Forward Flexion: 160 degrees,

External Rotation at 0 degrees: 40 degrees,

External Rotation at 90 degrees: 60 degrees,

Internal Rotation: L5 level

TSA is still the gold standard here

**Maristella Saccomanno**

RSA gives us more predictable outcomes

**Alexander Lädemann**

Not yet. Conservative + biologics first

**Andreas Voss**

Arthroscopy to buy time or downstage

**Geoffroy Nourissat**

Discussion

17:55 - 18:15

## Closing Remarks

**Emmanouil Antonogiannakis - Emmanouil Brilakis**

