



ESSKA Advanced Knee Arthroscopy Course - ALL about Meniscus

4 - 5 September 2025 in Barcelona, Spain

1 knee specimen per attendee



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

Faculty



Prof. Joan C. Monllau
Course Director
Hospital del Mar and Hospital
Universitari Dexeus
Barcelona, Spain



Assoc. Prof. Miquel Dalmau-Pastor
Course Director
University of Barcelona
Barcelona, Spain
MIFAS by GRECMIP
Merignac, France



Dr. Alberto Grassi
Rizzoli Orthopaedic Institute
Bologna, Italy



Dr. Simone Perelli
Hospital Universitari Dexeus
Barcelona, Spain



Prof. Michael E. Hantes
University of Thessaly
Larissa, Greece



Dr. Gonzalo Samitier
Centro Médico
Quironsalud Aribau
Barcelona, Spain



Dr. Henrique Jones
Clínica Ortopédica do
Montijo
Montijo, Portugal



Dr. Sven Scheffler
Sporthopaedicum Berlin
Berlin, Germany



Dr. Antonio Maestro
Hospital Begoña
Gijón, Spain



Dr. Silvio Villascusa
Policlínica Volta
Murcia, Spain



Prof. Fabrizio Margheritini
University of Rome Foro Italico
Rome, Italy



TBC



Dr. José Luís Martín Alguacil
Hospital Vithas,
Granada, Spain



TBC

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 meniscus starting from the very simple to the very complex.

The basics of arthroscopic portals will be revisited in light of the multiportal access to the knee joint. Optimization of meniscus healing will be discussed in order to learn ways to promote healing. Meniscectomy, one of the most frequently performed procedures in orthopaedic surgery will be refreshed.

There will be lectures which explain meniscus suturing including all inside, outside-in and inside-out, followed by hand-on practise in the laboratory. How to suture a ramp lesion and how to suture a root tear will also be discussed followed by hands-on repetition on cadavers. Finally, meniscal allografts or substitutes will be discussed as an option in salvage cases.

PROGRAMME

Thursday, 4 September 2025

Start End

08:45 09:00 Registration and Welcome

09:00 09:10 Course Introduction *JC Monllau
M Dalmau-Pastor*

09:10 09:20 Anatomy of the Meniscus *M Dalmau-Pastor*

09:20 09:30 Biomechanical rationale of meniscus preservation

09:30 09:40 How to access to meniscus (arthroscopic portals)

09:40 09:50 How to optimize meniscus healing

09:50 10:00 How to do a non-traumatic meniscectomy

10:00 10:10 Questions to the “teachers”

10:10 10:30 Coffee break

10:30 13:30 **First Lab Session: The portals and approaches**
A. Portals
B. Needling
C. Postero-medial
D. Postero-lateral

13:30 14:15 Lunch

14:15 14:25 The ESSKA degenerative meniscus consensus

14:25 14:35 The ESSKA traumatic meniscus consensus

14:35 14:45 How to suture a Ramp lesion

14:45 14:55 How to do suture a root tear

14:55 17:45 **Second Lab Session**
A. Meniscectomy Partial to Total
B. Meniscus sutures
 a. All inside
 b. Outside-in

20:00 Course Dinner (included in the registration fee)

PROGRAMME

Friday, 5 September 2025

Start End

09:00	09:10	Medial Meniscal Allograft
09:10	09:20	Lateral Meniscal Allograft
09:20	09:50	Coffee break
09:50	12:20	Third Lab. Session: A: Root tears a. Different techniques and fixation b. Bone or soft fixation and sutures B: Meniscal graft
12:20	12:30	Question to “teachers” about surgical indications
12:30		Closure and meeting evaluation

Course Directors



Prof. Joan C. Monllau

Course Director
Hospital del Mar
and
Hospital Universitari Dexeus
Barcelona, Spain



Assoc. Prof. Miquel Dalmau-Pastor

Course Director
University of Barcelona
Barcelona, Spain
MIFAS by GRECMIP
Merignac, France

Course Venue

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

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

Registration fees

ESSKA member: 1500€

ESSKA non-member: 1650€

Limited to 24 attendees

Contact Information



TORRESPARDO | Calle Nápoles, 187 2º · 08013 Barcelona
PCO & DMC Management | Tel +34 93 246 35 66

Desirée Muñoz
d.munoz@torrespardo.com



Georgina Gallardo
g.gallardo@torrespardo.com

Sponsored by

Smith+Nephew