



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
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Course Director
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Dr. Antonio Maestro
Hospital Begoña
Gijón, Spain



Dr. Silvio Villascusa
Policlínica Volta
Murcia, Spain



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

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 *R Torres-Claramunt*

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

09:40 09:50 How to optimize meniscus healing *JL Martín Alguacil*

09:50 10:10 Questions to “teachers”

10:10 10:30 Coffee break

10:30 13:30 **First Lab Session: The portals and approaches**
A. Portals
 a. Standard (AL, AM)
 b. Additional (PM, PL, Transeptal, Gillquist, Suprapatellar)
B. Triangulation
C. MCL partial release – Needling
D. Meniscus sutures
 a. All inside
 b. Outside-in
 c. Inside-out

13:30 14:15 Lunch

14:15 14:25 The ESSKA degenerative meniscus consensus *ME Hantes*

14:25 14:35 The ESSKA traumatic meniscus consensus *H Jones*

14:35 14:45 How to do centralization / capsulodesis *S Perelli*

PROGRAMME

Thursday, 4 September 2025

Start End

14:45	14:55	How to suture a ramp lesion	<i>M Karahan</i>
14:55	15:05	How to do suture a root tear	<i>S Scheffler</i>
15:05	15:15	How to do suture a radial tear	<i>G Samitier</i>
15:15	15:25	How to do a non-traumatic meniscectomy	<i>A Maestro</i>
15:25	17:45	Second Lab Session A. Ramp repair B. Root reattachment C. Radial tears D. Centralization / capsulodesis	
17:45	18:00	Questions to “teachers”	
20:00		Course Dinner (included in the registration fee)	



PROGRAMME

Friday, 5 September 2025

Start End

09:00	09:10	Rapid chondrolysis and postmeniscectomy syndrome	<i>F Margheritini</i>
09:10	09:20	How to perform a posterior horn augmentation	<i>M Ibañez</i>
09:20	09:30	How to perform a Meniscal Allograft Transplantation (MAT) without bone blocks	<i>A Grassi</i>
09:30	09:40	How to perform MAT with bone blocks	<i>JC Monllau</i>
09:40	10:00	Question to “teachers”	
10:00	10:20	Coffee break	
10:20	12:20	Third Lab Session: A. Augmentation procedures B. MAT medial / MAT lateral C. Different techniques and fixation (Bone vs. soft tissue fixation)	
12:20	12:30	Question to “teachers”	
12:30		Closure and meeting evaluation	

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.

Course Directors



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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 fees

ESSKA member: 1500€

ESSKA non-member: 1650€

Limited to 24 attendees

Contact Information



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