



# 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  
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**Dr. Alberto Grassi**  
Rizzoli Orthopaedic Institute  
Bologna, Italy



**Dr. Gonzalo Samitier**  
Centro Médico  
Quironsalud Aribau  
Barcelona, Spain



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



**Dr. Sven Scheffler**  
Sporthopaedicum Berlin  
Berlin, Germany



**Dr. Antonio Maestro**  
Hospital Begoña  
Cijón, 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



**Dr. Simone Perelli**  
Hospital Universitari Dexeus  
Barcelona, 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

# 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 | <b>Third Lab. Session:</b><br>A: Root tears<br>a. Different techniques and fixation<br>b. Bone or soft fixation and sutures<br>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



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