



# ESSKA Advanced Knee Arthroscopy Course - ALL about Meniscus

**9-10 July 2026** 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

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## 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, 9 July 2026

Start   End

08:45   09:00   Registration and Welcome

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09:00   09:10   Course Introduction

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09:10   09:20   Anatomy of the Meniscus

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09:20   09:30   Biomechanical rationale  
of meniscus preservation

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

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09:40   09:50   How to optimize meniscus healing

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09:50   10:10   Questions to “teachers”

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10:10   10:30   Coffee break

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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

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13:30   14:15   Lunch

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14:15   14:25   The ESSKA degenerative meniscus consensus

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14:25   14:35   The ESSKA traumatic meniscus consensus

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14:35   14:45   How to do centralization / capsulodesis

Thursday, 9 July 2026

Start   End

14:45   14:55   How to suture a ramp lesion

14:55   15:05   How to do suture a root tear

15:05   15:15   How to do suture a radial tear

15:15   15:25   How to do a non-traumatic meniscectomy

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, 10 July 2026

Start   End

09:00   09:10   Rapid chondrolysis and  
postmeniscectomy syndrome

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09:10   09:20   How to perform a posterior  
horn augmentation

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09:20   09:30   How to perform a Meniscal Allograft  
Transplantation (MAT) without bone blocks

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09:30   09:40   How to perform MAT with bone blocks

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09:40   10:00   Question to “teachers”

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10:00   10:20   Coffee break

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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)

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12:20   12:30   Question to “teachers”

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12:30   Closure and meeting evaluation

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## 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: 1600€

ESSKA non-member: 1750€

*Limited to 24 attendees*

## Contact Information



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