



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



Assoc. Prof. Miquel Dalmau-Pastor
Course Director
University of Barcelona
Barcelona, Spain



Dr. Nicolas Graveleau
Clinique du sport
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Prof. Fabrizio Margheritini
University of Rome Foro Italico
Rome, Italy



Prof. Christophe Hulet
CHU Caen
Normandie, France



Dr. José Luís Martín Alguacil
Hospital Vithas
Granada, Spain



Dr. Maximiliano Ibáñez
Hospital Universitari Dexeus
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Dr. Simone Perelli
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Dr. Henrique Jones
Clínica Ortopédica do Montijo
Montijo, Portugal



Dr. Gonzalo Samitier
Centro Médico Quironsalud
Aribau
Barcelona, Spain



Prof. Dr. Mustafa Karahan
Acibadem Atasehir Hospital
Istanbul, Turkey



Dr. Raúl Torres-Claramunt
Hospital Universitari Dexeus
Barcelona, Spain

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

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

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

09:20 09:30 Biomechanical rationale of meniscus preservation *JL Martín Alguacil*

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

09:40 09:50 How to optimize meniscus healing *C Hulet*

09:50 10:10 My tricks to access a difficult compartment *F Margheritini*

10:10 10:15 Questions to “teachers”

10:15 10:35 Coffee break

10:35 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

PROGRAMME

Thursday, 9 July 2026

Start End

14:15 14:25 The ESSKA degenerative meniscus consensus *M Karahan*

14:25 14:35 The ESSKA traumatic meniscus consensus *C Hulet*

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

14:45 14:55 How to suture a ramp lesion *N Gravelleau*

14:55 15:05 How to do suture a root tear *R Torres-Claramunt*

15:05 15:15 How to do suture a radial tear *H Jones*

15:15 15:25 How to do a non-traumatic meniscectomy *N Gravelleau*

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”

20:15 Course Dinner (included in the registration fee)



PROGRAMME

Friday, 10 July 2026

Start End

09:00	09:10	Rapid chondrolysis and postmeniscectomy syndrome	<i>F Margheritini</i>
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09:10	09:20	How to perform a posterior horn augmentation	<i>M Ibáñez</i>
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09:20	09:30	How to perform a Meniscal Allograft Transplantation (MAT)	<i>G Samitier</i>
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09:30	09:40	How to perform MAT with bone blocks	<i>M Karahan</i>
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09:40	10:00	How to perform other substitution Techniques	<i>JC Monllau</i>
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10:00	10:05	Question to “teachers”
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10:05	10:25	Coffee break
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10:25	12:25	Third Lab Session:
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A. Augmentation procedures

B. MAT medial / MAT lateral

C. Different techniques and fixation
(Bone vs. soft tissue fixation)

12:25	12:30	Question to “teachers”
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12:30		Closure and meeting evaluation
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Course Directors



Prof. Joan Carles Monllau

Course Director

Hospital del Mar

and

Hospital Universitari Dexeus

Barcelona, Spain



Assoc. Prof. Miquel Dalmau-Pastor

Course Director

University of Barcelona

Barcelona, Spain

Course Venue

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

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

Limited to 24 attendees

Contact Information



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