



ESSKA Advanced Knee Arthroscopy Course - ALL about ACL

**3rd and 4th of September 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

Chairmen



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

Faculty



Dr. Vincenzo Condello
Centro Medico Atlante
Verona, Italy



Dr. Joaquin Moya-Angeler
Hospital Universitario La Luz
and *Centro médico-quirúrgico*
Olympia
Madrid, Spain



Dr. Jessica Erichsen
Kungälv's sjukhus
Gothenburg, Sweden



Dr. Xavier Pelfort López
Consorci Corporació Sanitària
Parc Taulí
Sabadell, Spain



Dr. Maximiliano Ibáñez
Hospital Universitari Dexeus
Barcelona, Spain



Dr. Simone Perelli
Hospital Universitari Dexeus
Barcelona, Spain



Dr. Albert Jimenez i Obach
CreuBlanca
Barcelona, Spain



Dr. Nicola Pizza
Hospital Universitari Dexeus
Barcelona, Spain



Dr. Akhtar Kash
Cleveland Clinic
London, United Kingdom



Dr. Francisco Simón Sánchez
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 Anterior Cruciate Ligament (ACL) starting from the very simple to the very complex.

The basics of arthroscopic portals will be revisited considering the multiportal access to the knee joint. Screening of an ACL tear and single/double reconstruction techniques will be discussed.

Additionally, combined extra-articular augmentation of ACL, ALL procedure and meniscus suturing will be explained and practiced on cadaveric specimens. Each attendee will have its own cadaveric knee and given enough time in the lab, to ensure all techniques can be practiced.

PROGRAMME

Thursday, 3 September 2026

Start End

08:45 09:00 Registration and Welcome

09:00 09:10 Course Introduction

09:10 09:20 How to Harvest your Graft
(B-PT-B & Quad T)

09:20 09:30 How to Harvest your Graft
(Hamstrings & Allografts)

09:30 09:40 How to do an anatomic ACLR

09:40 09:50 How to Perform an Over the Top Technique

09:50 10:00 How to do an Extra-articular Augmentation
(LET vs ALL)

10:00 10:20 Questions to “teachers”

10:20 10:40 Coffee Break

10:40 13:40 **First Lab Session: Standard ACL**

- a. Hamstring Technique
(Graft Harvesting+Inside-out+Outside-in–Double Bundle)
 - b. Patellar Tendon
(Graft Harvesting+Inside-out+Outside-in)
 - c. Quadriceps Tendon
(Graft Harvesting)
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13:40 14:25 Lunch

14:25 14:35 How to Suture a Ramp Lesion
combined with ACL

14:35 14:45 How to Suture a Root Tear combined to ACL

14:45 14:55 How to do an ACL and Osteotomy

PROGRAMME

Thursday, 3 September 2026

Start End

14:55 17:50 **Second Lab Session**

- a. ACL + Antero Lateral Procedure (ALL or LET)
- b. Patellar Tendon
(Graft Harvesting + Inside-out + Outside-in)
- c. Quadriceps Tendon
(Graft Harvesting)

17:50 18:00 Questions to “teachers”

18:00 18:10 How to Deal with ACL and Medial and Postero-lateral Laxity

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

Friday, 4 September 2026

09:00 10:30 **Third Lab Session**

- a. ACL + Medial Laxity (Chronic)
- b. ACL + Postero-lateral Laxity (Chronic)
- c. ACL + Early OsteoArthritis and/or revision
(ACL and Osteotomies)
- d. Free practise

10:30 10:45 Coffee Break

10:45 12:15 **Third Lab Session**

- a. ACL + Medial Laxity (Chronic)
- b. ACL + Postero-lateral Laxity (Chronic)
- c. ACL + Early OsteoArthritis and/or revision
(ACL and Osteotomies)
- d. Free practise

12:15 12:30 Questions to “teachers”

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

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 20 attendees

Cadaveric Course: 1 knee specimen per attendee

Contact Information



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

Desirée Muñoz
d.munoz@torrespardo.com

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