

# 1st MIKS on International biological Congress therapies

Europa Congress Centre  
Vitoria-Gasteiz, Spain  
April, 3,4 & 5 2025

# Day 1

# Joint degeneration

Spanish <> English translation available

## Program

Thursday | April 3 | 2025

### Morning

**8:30 - 9:15** **Breakfast rounds**

Insights on Intra-osseous+Intra-articular & Meniscus+Intra-articular interventions broadcast.

**9:30 - 9:45** **Welcome**

**Mikel Sánchez**, MD, PhD. Scientific and Medical Director UCA Group and MIKS (Spain).

**9:45 - 10:00** **Aging**

**Keynote Speech**

**Coleen T. Murphy**, PhD. Director, LSI Genomics and James A. Elkins, Jr. Professor in the Life Sciences Professor, Molecular Biology, Princeton University (USA).

**10:00 - 11:15** **Orthobiology: state of the art**

**Peter A. Everts**, PhD, FRSM. Adj. Prof. The University of Queensland Medical School (GBCS), Brisbane, Australia; Prof. Max Planck University Center, UniMAX. Medical School, Indaiatuba, Sao Paulo, Brazil; Lecturer & Instructor Regenerative Medicine, OrthoRegen International Course, Indaiatuba, Brazil Fellow Royal Society of Medicine, London, UK. Scientific Lead European Network Organization Regenerative Medicine, (ENORM) Leuven Belgium.

**New developments in the understanding of osteoarthritis pathophysiology**

**Nidhi Sofat**, BSc, MBBS, PhD, FRCP, PGCert, FHEA. Professor of Rheumatology, City St. Georges' University London (UK).

**10:00 - 11:15** **Joint-resident mesenchymal stem cells (MSCs) in osteoarthritis**

**Elena Jones**, PhD. Associate Professor at University of Leeds (UK).

**Anti-ageing potential of platelet rich plasma (PRP) in bone, osteoarthritis and related diseases**

**Payal Ganguly**, PhD, MRes, B.Pharm, Postdoctoral research associate (PRDA), Faculty of Medicine and Health, University of Leeds (UK).

**Discussion**

**11:15 - 11:30** **Institutional opening**

**11:30 - 12:00** **Coffee Break**

**12:00 - 13:15** **Long lasting benefits of high volume PRP for patients suffering from severe knee osteoarthritis**

**Jeremy Magalon**, PharmD PhD. MCU PH - Laboratoire de Culture et Thérapie Cellulaire, APHM (France).

**Intra-osseous PRP**

**Nicolás Fiz**, MD, PhD. Orthopedic Surgeon UCA (Spain).

**Intra-osseous cells**

**Elizaveta Kon**, MD PhD. Full Professor of Orthopedic Surgery, Humanitas University (Italy).

**Treatment of chondral lesions with high-density chondrocytes**

**Isabel Guillen**, MD PhD. Head of Cartilage Unit CEMTRO Clinic (Spain).

**Discussion**

**13:15 - 15:00** **Lunch**

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### Afternoon

**15:00 - 16:15** **Expanded MSCs for cartilage regeneration and osteoarthritis**

**Lucienne Vonk**, PhD. Xintela AB, Chief Scientific Officer & University Medical Center Utrecht, Dept of Orthopaedics Senior Researcher (Sweden).

**Advances in biological enhancement of cartilage Repair**

**Ramón Cugat**, MD, PhD. Head of Instituto Cugat, Director of Fundación García Cugat, President of the medical council of the Mutualidad de Futbolistas - Delegación Catalana (Spain).

**New biomaterials and tissue engineering approaches**

**Rui Reis**, CEng, MSc, PhD, DSc, Doc h.c. 3B's Research Group, University of Minho (Portugal).

**Adipose derived stem cell Tx in OA knee**

**Norimasa Nakamura**, MD, PhD, FRCS. Professor. Institute for Medical Science in Sports, Osaka Health Science University (Japan).

**Discussion.**

**16:15- 17:15** **The orthobiological maze**

**Diego Delgado**, PhD. Head of R&D&I Department UCA (Spain).

**Shedding lights on the use of injectable orthobiologics in knee OA: the formal ESSKA Consensus**

**Laura De Girolamo**, PhD. Head of Research Unit Galeazzi Sant Ambrogio Hospital, Milan (Italy).

**ORBIT consensus.**

**Lior Laver**, MD. Orthopedic Surgeon Hillel Yaffe Medical Center Orthopaedics Hadera (Israel).

**Consensus Statement of the GRIIP on Intra-Articular Platelet-Rich Plasma Injections for the Treatment of Symptomatic Knee Osteoarthritis**

**Jean-François Kaux**, MD, PhD. Head of department CHU Liège, Physical and Rehabilitation Medicine (Belgium).

**Discussion**

**17:30 - 18:00** **Coffee break**

**18:00 - 19:15** **The endless therapeutic goldmine of human blood**

**Eduardo Anitua**, MD, PhD Scientific Director BTI Biotechnology Institute, Director of the UIRMI -University Institute of Regenerative Medicine and Oral Implantology of the University of the Basque Country (UPV/EHU)(Spain).

**MSC's Overseas: Understanding the current landscape and potential in orthopedic medicine**

**Steven Sampson**, DO. Founder, The Orthohealing Center and the Orthobiologic Institute (TOBI) (USA).

**Mesenchymal stem cell-derived extracellular vesicles for immunomodulation and regeneration of musculoskeletal tissues**

**Dimitrios Kouroupis**, MSc, PhD. Assistant Professor University of Miami, Miller School of Medicine (USA).

**Discussion**

**Conductor of the scientific sessions Day 1:**

**Gorka Orive**, PhD. Full Professor Pharmacy, University of the Basque Country (Spain).

Day 2

# Pain Sports Medicine

Spanish <> English translation available

## Program

Friday | April 4 | 2025

### Morning

**8:30 - 9:15** **Breakfast rounds**

Nerve & Tendon interventions broadcast

**9:30 - 11:30** **PRP and nerve from orthopaedics perspective**

**Jorge Guadilla**, MD. Orthopedic Surgeon UCA (Spain).

**Regenerative Medicine on the peripheral nerve.**

**Marta Homs**, MD. Clinical Chief of Anesthesiology

Dexeus University Hospital (Spain).

**Hydrodissection with Orthobiologics- From Nerves to Beyond**

**Rowan V. Paul**, MD. Founder Launch Regenerative RegenCore Method, Physycal Longevity, TOBI Network (USA).

**Geniculate nerve**

**Alberto Sánchez**, MD. Pain management physician and Member of the management team UCA (Spain).

**When to use PRP in the Spine. Multitarget approach**

**Jordi Recasens**, MD. Specialist in chronic pain, Unit of Pain Dexeus University Hospital (Spain).

**Multitarget orthobiologic spine treatment**

**Fernando Izquierdo**, MD. Orthopedic & Spine Surgeon. Regenerative Interventional Medicine. Hospital

Ángeles (Mexico).

**Discussion**

**11:30 - 12:00** *Coffee break*

**12:00 - 13:15** **Sports Medicine I**

**PRP for knee ligament injuries - perioperative and conservative therapy**

**Stefan Nehrer**, MSc. University for Continuing Education Kremsa, Center for Regenerative Medicine, Professor for Tissue Engineering (Austria).

**Optimizing the spontaneous muscle repair process after injury through blood derivatives.**

**Sabino Padilla**, MD PhD. University Institute for Regenerative Medicine and Oral Implantology—UIRMI UPV/EHU-FundaciónEduardo Anitua) (Spain).

**PRP application in muscle pathology**

**Juan Azofra**, MD. Orthopedic Surgeon UCA (Spain).

**The role of cell therapy in healing muscle and tendon injuries**

**Gil Rodas**, MD,PhD. Deputy Director of FCBarcelona Medical Department and Medical Director of Sports Medicine Department in Hospital Clinic (Spain).

**Discussion**

**13:15 - 15:00** *Lunch*

# Day 2

# Pain

# Sports

# Medicine

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## Program

Friday | April 4 | 2025

### Afternoon

**15:00 - 16:30 Sports Medicine II**

**Tendon pathophysiology in sports medicine: mechanisms, diagnosis, and treatment.**

**Tomokazu Yoshioka**, MD. PhD. Kikkoman General Hospital, Department of Orthopedic Surgery, Director of Sports Medicine (Japan).

**Orthobiologics in Sports: fact or fiction?**

**Alberto Gobbi**, MD. PhD. F.R.C.S. President OASI Bioresearch Foundation Gobbi onlus (Italy).

**PRP for meniscal injuries**

**Jaime Oraa**, MD. Orthopedic Surgeon UCA (Spain).

**Orthobiologics in Athletes**

**Jorge Chahla**, MD PhD. Associate Professor; Director of Biomechanics; Director of International Fellowship at Rush University Medical Center (USA).

**Discussion**

**16:30- 17:30 Experts' battle**

**Orthobiologics**

**PRP and cells**

**Final battle/ Discussion**

**Conductor of the scientific sessions Day 2:**

**João Espregueira-Mendes**, MD PhD. CEO & Clinical Director of Clínicas Espregueira FIFA Medical Centre (Portugal).

# Day 3

# Horizons in Orthobiology

Spanish <> English translation available

## Program

Saturday | April 5 | 2025

### Morning

- 9:20 - 11:00** **Fibrosis: a biological disguise of chronic inflammation**  
**Sabino Padilla**, MD PhD. University Institute for Regenerative Medicine and Oral Implantology—UIRMI UPV/EHU-Fundación Eduardo Anitua) (Spain).  
**Contraindications to PRP injections for musculoskeletal diseases: The GRIIP recommendations**  
**Florent Eymard**, MD. Professor of Rheumatology. Department of Rheumatology. Henri Mondor university Hospital (France).  
**Bioprinting as a cutting-edge rescue tool for tissue repair: harnessing blood-derived bioinks**  
**Isabel Andia**, PhD. Senior scientist at BioCruces Health Research Institute (Spain).  
**Regulation**  
**Dolores Hernández**, MD, PHD. Specialist in Hematology, National Transplant Organization (ONT) (Spain).  
**Regenerative Therapies and Joint Health: The Patient's Perspective?**  
**Josep Vergés**, MD. President of OAFI and AECOSAR, Physician specialized in Clinical Pharmacology. (Spain).

**11:00 - 11:30** *Coffee break*

- 11:30 - 12:25** **Bone Marrow Progenitor cells as therapeutics: much more than hematopoietic cells**  
**Felipe Prosper**, MD. Director of Cell Therapy. Co-Director of Haematology. University of Navarra Clinic. University of Navarra (Spain).  
**Paediatric orthobiology**  
**Gorka Knörr**, MD. Chief of the Pediatric Orthopedic Surgery Service at UCA (Spain).  
**Discussion**

**12:25- 13:00** **Closure of the congress**

- Pedro Guillen**, MD PhD Head of Traumatology. Founder of the CEMTRO Clinic and Dr. Pedro Guillen Foundation (Spain).  
**Mikel Sánchez**, MD, PhD. Scientific and Medical Director UCA Group and MIKS (Spain).

**Conductor of the scientific sessions Day 3:**  
**Roberto Seijas**, MD. Orthopedic Surgeon Instituto Cugat (Spain).

# Poster abstract submission

Spanish <> English translation available

## Committees

### A summary of the guidelines is as follows:

- The poster abstract language is English.
- The text should be not more than 400 words.
- Diagrams, tables and pictures should not appear in abstracts, only text

Since the abstracts will be judged anonymously, the text should not reveal the institutional affiliation or any of the researchers.

Do not write all the text in CAPITAL LETTERS.

The text and the title should be free from abbreviations, except those commonly used. It should concisely address the problem and the purpose of the study.

### The following structure is mandatory:

- Title: Minimum 3 words / no maximum
- Keywords: minimum 3 / maximum 7 keywords – chose these so that people can identify your abstract on an electronic search using these words as search terms.
- Abstract: maximum 400 words in total. All sections are mandatory.
  - Objectives: What is the research question your study aims to answer?
  - Materials and Methods: Outline how the study was conducted.
  - Results: The main findings with numerical data and statistical significance.
  - Conclusion: Discuss your results, briefly describe the principal conclusions drawn from the study.

[Online abstract submission platform](#)

**Submission deadline: February 15th**

# Committees

## Committees

### Scientific Committee

Unidad de Cirugía Artroscópica, Vitoria-Gasteiz, Spain

- Mikel Sánchez, MD PhD
- Diego Delgado, PhD
- Jorge Guadilla, MD
- Nicolás Fiz, MD

Instituto Cugat, Barcelona, Spain

- Ramón Cugat, MD PhD
- Montserrat García-Cugat, MD PhD
- Patricia Laiz

Clínica Espregueria-Mendes, Porto, Portugal

- Joao Espregueria-Mendes, MD PhD
- Renato Andrade, PhD

IRCCS Ospedale Galeazzi - Sant'Ambrogio, Milan, Italy

- Laura de Girolamo, PhD
- Paola de Luca, PhD
- Enrico Ragni, PhD

Clínica CEMTRO, Madrid, Spain

- Isabel Guillén, MD PhD

### Organizing Committee

Mikel Sánchez, MD PhD

Jorge Guadilla, MD

Nicolás Fiz, MD

Diego Delgado, PhD



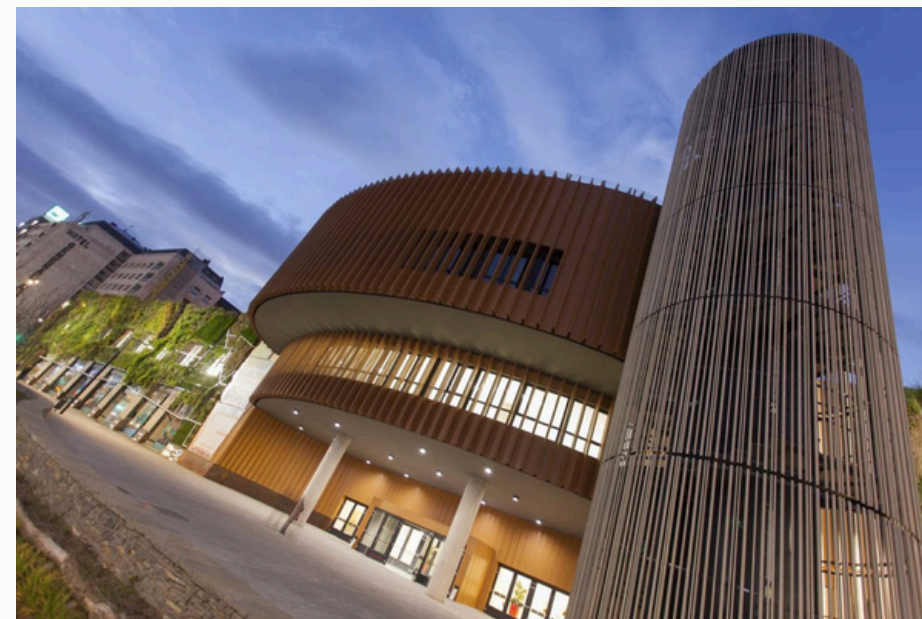
# General information

## General information

### Venue

Europa Conference Center  
Avda de Gasteiz, 85,  
[01009 Vitoria-Gasteiz \(Spain\)](https://buff.ly/3MyDyvx)

<https://buff.ly/3MyDyvx>



### Date

April 3,4 and 5, 2025

### Vitoria-Gasteiz Green Capital

Explore the link:

<https://buff.ly/3AUF7kW>

to discover more information about what to do and what to see.



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