**10th Joint Preservation Congress**

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| **FRIDAY, 27.06.2025** | | |
| 08:50 | 09:05 | **Opening** Mats Brittberg, Konrad Słynarski, Jacek Walawski |
|  |  | **SESSION 1: BASIC SCIENCE, PATHOPHYSIOLOGY, BIOMECHANICS** |
| 09:05 | 09:13 | **Mechanisms of cartilage breakdown** Simon Mastbergen |
| 09:13 | 09:21 | **Risk of OA in athletes** Kristof Sas |
| 09:21 | 09:29 | **Genetics and molecular markers of joint disease** Krzysztof Mucha |
| 09:29 | 09:37 | **How good is Osteotomy - outcomes and survivorship** Adrian Wilson |
| 09:37 | 09:45 | **Effects of malalignment and instability on joint deterioration**  Mike McNicholas |
| 09:45 | 09:53 | **Overweight and joint destruction** Mats Brittberg |
| 09:53 | 10:01 | **Neurology control and joint biomechanics** Anna Rozmus |
| 10:01 | 10:09 | **Advances in motion analysis and kinematic modeling**  Kristian Kley |
| 10:09 | 10:39 | **Discussion** |
| 10:39 | 11:09 | **CADAVER LIVE DEMO Approach for High Tibial Osteotomy**  Adrian Wilson |
| 11:09 | 11:39 | **Coffee break** |
|  |  | **SESSION 2: ARNOLD CAPLAN KEYNOTE LECTURES** |
| 11:39 | 11:54 | **The Future of Joint Preservation – Challenges and Opportunities. The basic science view**  Diego Correa |
| 11:54 | 12:09 | **The Future of Joint Preservation – Challenges and Opportunities. The clinical view** Elizaveta Kon |
| 12:09 | 12:24 | **Discussion** |
|  |  | **SESSION 3: EMERGING NON-SURGICAL THERAPIES** |
| 12:24 | 12:32 | **Platelet-Rich Plasma** Elizaveta Kon |
| 12:32 | 12:40 | **Gene therapy and tissue engineering approaches**  Diego Correa |
| 12:40 | 12:48 | **The use of orthobiologics in athletes.**  Kristof Sas |
| 12:48 | 12:56 | **Stem cell therapies: Hype vs. evidence-based applications** Mats Brittberg |
| 12:56 | 13:04 | **Physiotherapists' Perspective: Movement re-education to offload joints** Joanna Jaczewska-Bogacka |
| 13:04 | 13:12 | **Role of biomechanics in joint preservation (force distribution, gait analysis)**  Alicja Fąfara |
| 13:12 | 13:42 | **Discussion** |
| 13:42 | 14:42 | **Lunch** |
|  |  | **SESSION 4: OSTEOTOMIES – INDICATIONS, PLANNING & TECHNIQUES** |
| 14:42 | 15:12 | **CADAVER LIVE DEMO Rotational Osteotomies of the Knee** Jorg Dickschas |
| 15:12 | 15:20 | **When to realign vs. replace the joint** Kristian Kley |
| 15:20 | 15:28 | **Unis vs. unloading osteotomies** Paweł Skowronek |
| 15:28 | 15:36 | **Plate Design – Using Finite Element Analysis to Predict Stability for Various Plate Types in Medial Opening Wedge High Tibial Osteotomy** Kelly Ammann |
| 15:36 | 15:44 | **Case review: Preoperative planning of osteotomies** Kristian Kley |
| 15:44 | 15:52 | **Double Level Osteotomies - the risks and the values** Adrian Wilson |
| 15:52 | 16:00 | **Slope Changing Osteotomies** Jorg Dickschas |
| 16:00 | 16:08 | **Type 2 hinge fractures how to avoid them and treat them** Adrian Wilson |
| 16:08 | 16:16 | **Preserving the Hinge – Finite Element Analysis to Evaluate Strength of the Bony Hinge in Medial Opening Wedge High Tibial Osteotomy** Kelly Ammann |
| 16:16 | 16:24 | **Torsional Osteotomies** Jorg Dickschas |
| 16:24 | 16:32 | **Management of Osteotomy Complications** Mike McNicholas |
| 16:32 | 16:40 | **Rehabilitation following knee osteotomy** Sergiusz Kulesza |
| 16:40 | 17:10 | **CADAVER LIVE DEMO Slope Changing Osteotomy** Kristian kley |
| 17:10 | 17:30 | **Coffee break** |
|  |  | **SESSION 5: LIGAMENT PRESERVATION, REPAIR AND RECONSTRUCTION** |
| 17:30 | 17:38 | **Dynamic intraligamentary stabilization - pros and cons of the next gen internal bracing** Łukasz Paczesny |
| 17:38 | 17:46 | **Optimizing ACL Reconstruction Outcomes in High-Performance Athletes** Piotr Ciebiera |
| 17:46 | 17:54 | **ACL Reconstruction with LET: Bridging Biomechanics and Clinical Insight** Peter Verdonk |
| 17:54 | 18:02 | **Evaluating Peroneus Longus Tendon as an Alternative Graft in ACL Reconstruction: Technique and Outcomes** Umer Butt |
| 18:02 | 18:32 | **CADAVER LIVE DEMO 1.Peroneus Longus Graft for ACL Repair** Umer Butt  **2. ACL Repair with Internal Brace** Konrad Slynarski |
| 18:32 | 19:02 | **Discussion** |
| 19:02 |  | **End of Day 1** |

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| **SATURDAY, 28.06.2025** | | |
|  |  | **SESSION 6: MENISCUS PRESERVATION** |
| 09:00 | 09:08 | **Meniscal repair vs. meniscectomy – What should surgeons prioritize?**  Jacek Walawski |
| 09:08 | 09:16 | **The AMMR™ surgical technique – a proven method to save the meniscus** Philip Roessler |
| 09:16 | 09:24 | **Meniscus Repair and Replace – what are the options?**  Peter Verdonk |
| 09:24 | 09:32 | **Medial meniscus posterior root tears** Paweł Skowronek |
| 09:32 | 09:40 | **Healing in Sync: Aligning Surgical and Physiotherapy Strategies for a Safe Return to Sport** Emmanuel Papakostas |
| 09:40 | 10:10 | **CADAVER LIVE DEMO Meniscus Allograft Transplantation** Peter Verdonk |
| 10:10 | 10:40 | **Discussion** |
| 10:40 | 11:10 | **Coffee break** |
|  |  | **SESSION 7: CARTILAGE REPAIR & RECONSTRUCTION** |
| 11:10 | 11:18 | **Microfracture: Does it still have a role?**  Francesca de Caro |
| 11:18 | 11:26 | **The evolution of the AMIC™ technique** Philip Roessler |
| 11:26 | 11:34 | **Status of ACI in 2025**  Mats Brittberg |
| 11:34 | 11:42 | **Hyaluronan Scaffolds in Cartilage Repair** Konrad Słynarski |
| 11:42 | 11:50 | **CO2 gas scope for cartilage repair – what are the advantages?**  Umer Butt |
| 11:50 | 11:58 | **Dysplastic PF joints - Is there a risk of OA when doing PF joint reconstructions?**  Lars Blond |
| 11:58 | 12:06 | **What are the benefits of joint preservation? Any data from the ICRS registry**  Mike McNicholas |
| 12:06 | 12:14 | **A Personalized Approach to Cartilage Defect** Peter Verdonk |
| 12:14 | 12:22 | **Revision surgery after failed primary cartilage treatments** Francesca de Caro |
| 12:22 | 12:42 | **Discussion** |
| 12:42 | 13:12 | **CADAVER LIVE DEMO Autocart - One Step cartilage repair** Mats Brittberg |
| 13:12 | 14:07 | **Lunch** |
|  |  | **LIPOGEMS MINI SESSION** |
| 14:07 | 14:15 | **How to Use Orthobiologics in Daily Practice** Kristof Sas |
| 14:15 | 14:23 | **Cell-Based Interventions for Knee Osteoarthritis: Current Evidence and Clinical Guidelines** Laura De Girolamo |
| 14:23 | 14:31 | **From Bench to Bedside: Cell-Based Strategies for Healing** Konrad Słynarski |
| 14:31 | 14:57 | **Discussion** |
| 14:57 | 15:12 | **CADAVER LIVE DEMO Lipoaspiration and Cell Based Therapies** Konrad Słynarski |
|  |  | **SESSION 8: PRESERVING MOVEMENT: THE FUTURE OF JOINTS WITHOUT REPLACEMENT** |
| 15:12 | 15:20 | **Role of Biology in Joint Preservation Strategies** Mats Brittberg |
| 15:20 | 15:28 | **Joint Preservation Beyond Mechanics: The Role of Biological Therapies in Sustaining Joint Function** Diego Correa |
| 15:28 | 15:36 | **Rethinking Knee Preservation: Can Distraction Delay or Replace the Big Surgeries?**  Simon Mastbergen |
| 15:36 | 15:56 | **Coffee break** |
|  |  | **SESSION 9: PF-JOINT INSTABILITY** |
| 15:56 | 16:24 | **CADAVER LIVE DEMO MPFL Reconstruction** Lars Blond |
| 16:24 | 16:32 | **Advanced MRI & ultrasound techniques for early cartilage damage detection** Żaneta Nitek |
| 16:32 | 16:40 | **The very young patient and PF-instability**  Lars Blond |
| 16:40 | 16:48 | **The athlete with joint instability** Emmanuel Papakostas |
| 16:48 | 16:56 | **The middle aged patient with joint instability** Jarosław Feluś |
| 16:56 | 17:04 | **Patellofemoral Joint Pathologies: New Frontiers and Debates in Rehabilitation** Aleksandra Królikowska |
| 17:04 | 17:24 | **Discussion** |
| 17:24 | 17:39 | **Coffee break** |
|  |  | **SESSION 10: CRITICAL DEBATES & CONTROVERSIAL TOPICS** |
| 17:39 | 18:09 | **CADAVER LIVE DEMO Femoral Osteotomy** Kristian kley |
| 18:09 | 18:17 | **Patient selection: When is joint replacement the better option?**  Peter Verdonk |
| 18:17 | 18:25 | **Is it time to let the robots take over in Osteotomy surgery** Adrian Wilson |
| 18:25 | 18:33 | **Redefining Indications for Osteotomy: Is Radiographic Alignment Still the Gold Standard?** Kristian Kley |
| 18:33 | 18:41 | **Osteotomy in the Precision Medicine Era: Standardized Technique or Patient-Specific Decision?** Mike McNicholas |
| 18:41 | 18:49 | **AI-assisted preoperative planning & decision-making** Arkadiusz Bielecki |
| 18:49 | 19:09 | **Discussion** |
| 19:09 |  | **End of the Congress** |

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| **SATURDAY, 28.06.2025** | | |
|  |  | **PHYSIOTHERAPY SESSION** |
| 09:00 | 09:17 | **Neurologiczne konsekwencje unieruchomienia.** Jan Sielczyk |
| 09:17 | 09:34 | **Rehabilitacja przedoperacyjna – niedoceniany klucz do skutecznej ortopedii.** Maciej Biały |
| 09:34 | 09:51 | **Rehabilitacja po uszkodzeniach łąkotek – formalny EU-US konsensus ESSKA, AOSSM i AASPT.** Aleksandra Królikowska |
| 09:51 | 10:08 | **Od fali uderzeniowej do kontrolowanej stymulacji mechanicznej: Czy fizjoterapia może być precyzyjnym „inżynierem” naprawy łąkotki?** Katarzyna Gosek-Ferenc |
| 10:08 | 10:25 | **Kompleksowa fizjoterapia pacjentów po HTO.** Jacek Mańka |
| 10:25 | 10:42 | TBA |
| 10:42 | 11:00 | **Coffee break** |
| 11:00 | 11:17 | **Mechanotransdukcja – jak bodźce mechaniczne zmieniają ekspresję genów komórki i przebudowują chrząstkę.** Joanna Jaczewska-Bogacka |
| 11:17 | 11:34 | **Biomechaniczne i neurofizjologiczne czynniki modyfikujące symptomy OA stawu kolanowego w procesie rehabilitacji.** Paweł Konarzewski |
| 11:34 | 11:51 | **Neurofizjologia ACL: aspekty praktyczne.** Mikołaj Stańczak |
| 11:51 | 12:08 | **PFPS w odniesieniu do dzieci i dorosłych.** Karolina Goławski |
| 12:08 | 12:25 | **Wpływ deformacji oraz urazów stopy i stawu skokowego na kończynę dolną.** Katarzyna Bażant |
| 12:25 | 12:42 | **Wpływ zaburzeń postawy w płaszczyźnie strzałkowej na staw kolanowy.** Katarzyna Fountoukidis |
| 12:42 | 12:59 | TBA |
| 12:59 | 14:00 | **Lunch** |
| 14:00 | 14:17 | **Rola biomechaniki w ochronie stawu - dystrybucja sił i analiza chodu.** Alicja Fąfara |
| 14:17 | 14:34 | **Postępowanie po zerwaniu ścięgna mięśnia czworogłowego.** Mateusz Daniluk |
| 14:34 | 14:51 | **Asymetria – rozważania na temat symetrii w powrocie do sportu.** Piotr Ciebiera |
| 14:51 | 15:08 | **Prewencja kontuzji u elitarnych biegaczy.** Jakub Dukiewicz |
| 15:08 | 15:25 | **Ból stawu rzepkowo-udowego u kolarzy.** Mateusz Wyszyński |
| 15:25 | 15:42 | **Jak efektywnie budować bloki systemów energetycznych w powrocie do sportu.** Karol Kruczek |
| 15:42 | 15:59 | **Zakończenie** |