**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 DEMOApproach 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 DEMORotational 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 DEMOSlope 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 DEMO1.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 DEMOMeniscus 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 DEMOAutocart - 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 DEMOLipoaspiration 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 DEMOMPFL 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 DEMOFemoral 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** |