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www.the-meniscus.org
Dear Colleagues, Dear Friends of THE MENISCUS,

In 2010, the first edition of «THE MENISCUS» was held in Ghent (Belgium) under the lead of Rene Verdonk and Philippe Beaufils. It was the first congress which was exclusively devoted to the meniscus. Its goal was to share international expertise in order to concentrate and update the knowledge on this small piece of human tissue which is an important cornerstone of joint preservation. Although meniscus surgery was extremely frequent, science around the meniscus, its injuries or lesions and related surgical procedures was often underrepresented at meetings and even in the scientific literature. Hence, it deserved to be promoted and the sub-title of the congress «From Cradle to Rocker» reflected this desire to cover all related topics, from basic research to clinical practice. The spirit of the first congress was reinforced during the following editions: Versailles in 2013, Porto in 2016 and Bologna in 2019.

Because of the big activity around the meniscus among European surgeons and scientists, we wanted this congress to be a forum of ideas illustrating the quality of surgical and research teams from our continent. As there is no progress without stimulation and emulation, we have always intended to confront our ideas by inviting world-renowned teams from America or Asia. The heart of Europe, however, remains the DNA of «THE MENISCUS», so it was only natural that we chose Luxembourg, home of the headquarters of many Institutions of the European Community and of ESSKA. Luxembourg is a very strong symbol and the ideal place to represent the spirit of Europe.

We have revisited the entire program to convince you that nothing can replace a face-to-face meeting. Our primary aim is to bring added value for your physical presence at the congress so we are making a point on promoting heavily social interactions as well as practical, hands-on sessions during this congress.

We look forward to welcoming you in Luxembourg.

Save the meniscus

Philippe Beaufils and René Verdonk (congress founders)
Romain Seil, Henning Madry, Dietrich Pape (congress chairmen)
Jan Cabri, Aad Dhollander, Caroline Mouton, Nicolas Pujol, Cécile Toanen, Peter Verdonk (scientific committee)
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References:
1. Smith & Nephew 2021 Validation, FAST-FIX FLEX, Internal Report 15010267 Rev A
2. Smith & Nephew 2021 Validation, FAST-FIX FLEX, Attachment B, Internal Report 15010267 Rev A

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Thursday 7 July

07:20  PRACTICAL WORKSHOP 1: HIGH TIBIAL OSTEOTOMIES  
Upon registration - Limited to 25 participants  
Animators: Alexander HOFFMANN (Luxembourg), Dietrich PAPE (Luxembourg)  

07:20  PRACTICAL WORKSHOP 2: MENISCUS-CLINICAL EXAMINATION & REHAB  
Upon registration - Limited to 25 participants  
Animators: Felix HOFFMANN (Luxembourg), Lisa KIRSCH (Luxembourg)  

08:05  WELCOME  
Welcome Lecture. Romain SEIL (Luxembourg)  

08:15  OPENING SESSION  
Moderators: Philippe BEAUFILS (France), Romain SEIL (Luxembourg), René VERDONK (Belgium)  
• Evidence versus surgical reality: gap between science and practice. Philippe BEAUFILS (France), Jon KARLSSON (Sweden)  
• Importance of genetics in meniscus and cartilage. Linda SANDELL (USA), Farooq RAI (USA)  
• Can identification of bone morphology help us predict the future of our knees? Jonas GRAMMENS (Belgium)  

09:00  MEDIAL RAMP INJURIES  
Moderators: Mathieu THAUNAT (France), Cécile TOANEN (France)  
• Critical overview of medial ramp lesions. Romain SEIL (Luxembourg)  
• Anatomy of the ramp and the posteromedial soft tissues. Ivan SAENZ (Spain)  
• Surgical anatomy of the medial meniscus ramp. Robert LAPRADE (USA)  
• Factors associated with medial ramp lesions. Caroline MOUTON (Luxembourg)  
• How I do a medial ramp repair? Cécile TOANEN (France)  
• Outcome of medial ramp repair. Mathieu THAUNAT (France)  
• Discussion.  

10:05  MEDICO-LEGAL ASPECTS OF MENISCUS SURGERY  
Moderators: Michel VANCABEKE (Belgium), René VERDONK (Belgium)  
• Mistakes and their medico-legal consequences. Henry COUDANE (France)  

10:20  COFFEE BREAK - EXHIBITION AREA  

10:50  CARTILAGE SESSION  
Moderators: Peter ANGELE (Germany), Henning MADRY (Germany)  
• Know before you go – updated algorithm for decision making in cartilage repair. Mustafa KARAHAN (Turkey)  
• Malalignment and effects on meniscus and cartilage in the tibiofemoral compartment. Andreas IMHOFF (Germany)  
• Update on marrow stimulation. Stefan NEHRER (Austria)  
• Update on autologous chondrocyte implantation. Peter ANGELE (Germany)  
• Update on osteochondral transplants and mosaicplasty. Cécile TOANEN (France)  
• Discussion.  

11:40  ESSKA SESSION  
Moderators: Philippe BEAUFILS (France), Jacques MENETREY (Switzerland)  
• ESSKA Core Curriculum 2020 (focus on the knee). Michael HANTES (Greece)  
• ESSKA consensus on degenerative meniscus lesions. Roland BECKER (Germany)  
• ESSKA consensus on traumatic meniscus tears. Sebastian KOPF (Germany)  
• ESSKA consensus on ACL revision. Vincenzo CONDELLO (Italy), Thomas TISCHER (Germany)
## PLENARY ROOM

### 12:30 INDUSTRY WORKSHOP

- Biomechanical Advantages of FiberStitch and Clinical Application. **Patrick Smith (USA)**
- Ramp lesion: A postero-medial Instability. **Bertrand Sonnery-Cottet (France)**
- Role of Centralization for Medial Meniscus Root Repair. **Patrick Smith (USA)**

### 13:00 LUNCH BREAK - EXHIBITION AREA

### 13:45 INDUSTRY WORKSHOP

Meniscal Repair: Why Leave a Trace?
- Meniscal Root Repair with an All-Inside Device. **Stefano Zaffagnini (Italy)**
- Advantages of using Absorbable implants in my Meniscal Repair surgeries. **Bertram Rieger (Switzerland)**

### 14:15 LATERAL ROOT TEARS

**Moderators:** Matthieu Ollivier (France), Nicolas Pujol (France)

- Critical overview of ACL associated lateral root tears. **Romain Seil (Luxembourg)**
- Pivot shift and injured lateral root in ACL injured knees. **Volker Musahl (USA)**
- MRI signs for lateral meniscus posterior root tears in ACL injuries. **Hideyuki Koga (Japan)**
- Techniques and results of lateral meniscus root avulsions. **Robert Laprade (USA)**
- Kinematic Analysis of Lateral Meniscus Oblique Radial Tears in ACL Deficient and ACL Reconstructed Knees. **Patrick Smith (USA)**
- The parrot-beak tear (type II) lesion: repair or neglect? **Nicolas Pujol (France)**
- Type III lateral root tears (MF ligament): do they exist? **Renaud Siboni (France)**
- Rotatory instability: a new entity? **Christophe Jacquot (France)**

### 15:45 PEDIATRIC MENISCUS

**Moderators:** Franck Chotel (France), Sang Hak Lee (Korea)

- Secondary meniscus injuries in ACL insufficient knees. **Romain Laurent (Luxembourg)**
- Medial ramp lesions in pediatric knees. **Franck Chotel (France)**
- Hypermobile meniscus: diagnosis and treatment. **Sang Hak Lee (Republic of Korea)**
- Discoid meniscus: a new perspective? **Loic Geffroy (France)**
- Osteochondritis Dissecans: update 2021. **Stefano Zaffagnini (Italy)**
- Update ESSKA Pediatric ACL Monitoring Initiative (PAMI). **Caroline Mouton (Luxembourg)**

### 16:45 COFFEE BREAK - EXHIBITION AREA

### 17:15 SURGICAL EDUCATION

**Moderators:** Roland Becker (Germany), Michael Hantes (Greece)

- Virtual reality arthroscopy simulator relevance for the meniscus. **Alexandre Tronchot (France)**
- All you need to know about meniscus: meniscus discovery series. **Elizaveta Kon (Italy)**

### 17:35 CAN MENISCAL REPAIR PREVENT EARLY OA?

**Moderators:** Henning Madry (Germany), Stefan Nehrer (Austria)

- Topographic analysis of osteochondral changes after partial meniscectomy. **Henning Madry (Germany)**
- What can imaging procedures tell us about early OA after meniscus surgery? **Stefan Nehrer (Austria)**
- The concept of meniscus centralization: technique and early results. **Hideyuki Koga (Japan)**
- Repair of bucket-handle meniscus tears: what to expect in the long term-follow-up? **Michael Hantes (Greece)**
- Long term cartilage status after meniscal repair. **Roland Becker (Germany)**
- Imaging versus functional results: what’s more important? **Bertrand Sonnery-Cottet (France)**

### 18:45 EUROPEAN CONGRESS COCKTAIL - EXHIBITION AREA
Friday 8 July

07:20  PRACTICAL WORKSHOP 1: HIGH TIBIAL OSTEOTOMIES
Upon registration - Limited to 25 participants
Animators: Alexander HOFFMANN (Luxembourg), Dietrich PAPE (Luxembourg)

07:30  PRACTICAL WORKSHOP 2: MENISCUS-CLINICAL EXAMINATION & REHAB
Upon registration - Limited to 25 participants
Animators: Felix HOFFMANN (Luxembourg), Lisa KIRSCH (Luxembourg)

08:30  MENISCUS AND CARTILAGE REPLACEMENT
Moderators: Karl ERIKSSON (Sweden), Elizaveta KON (Italy)
08:30  • Meniscus Transplant/Substitution Using Autologous Tendon Graft: Early Experiences. Karl ERIKSSON (Sweden)
08:38  • New frontiers on meniscal regeneration: The MEFISTO European Project. Elizaveta KON (Italy)
08:46  • Mid term results of polyurethane meniscal scaffold: European multicentric study. Cécile TOANEN (France)
08:54  • Long term results of collagen meniscus implantation. Stefano ZAFFAGNINI (Italy)
09:02  • Results Of Primary And Revision ACL Reconstruction With Meniscal Transplant: good Results In Selected Patients. Tim SPALDING (United Kingdom)
09:10  • Meniscal allograft transplantation and anterior intermeniscal ligament suture: clinical and imaging outcomes. Nicolas PUJOL (France)
09:18  • Nu Surface: where are we? Vincenzo CONDELLO (Italy)
09:26  • Focal metal or plastic cartilage resurfacing implants: what to expect? Karl ERIKSSON (Sweden)
09:34  • Imaging versus functional results: what’s more important? Pablo GELBER (Spain), Peter VERDONK (Belgium)
09:44  • Massive fresh osteochondral allografts: sense or non-sense? Pablo GELBER (Spain)
09:52  Discussion.

10:10  COFFEE BREAK - EXHIBITION AREA

10:40  MEDIAL ROOT TEARS
Moderators: Christophe HULET (France), Jacques MENETREY (Switzerland)
10:40  • Critical overview of medial root tears. Nicolas PUJOL (France), Cécile TOANEN (France)
10:52  • Root tears of the medial meniscus: the Asian perspective. Hideyuki KOGA (Japan)
11:00  • Distraction Forces On The Meniscal Roots Depend On Axial Loading Rather Than Flexion. Elmar HERBST (Germany)
11:08  • Medial meniscus root tears and spontaneous osteonecrosis of the medial femoral condyle. Robert LAPRADE (USA)
11:16  • 10 years of root repairs: what’s the outcome? Christophe HULET (France)
11:24  • Should we repair isolated medial meniscus root tears in high level athletes? Jacques MENETREY (Switzerland), Robert LAPRADE (USA)
11:34  Discussion.

11:50  INDUSTRY WORKSHOP
All Tears-All Repairs – You CAN Save the Meniscus!
Moderator: Romain SEIL (Luxembourg)
• Ramp Lesions. Sebastian KOPF (Germany)
• Complex Horizontal/vertical cleavage tear of the medial meniscus. Patrick DJIAN (France)
• Root Repair. James ROBINSON (United Kingdom)

12:20  LUNCH BREAK - EXHIBITION AREA
13:40 INDUSTRY WORKSHOP

• Chondroprotective effect of meniscal repair: what is the evidence? Michael HANTES (Greece)
• Meniscus repair failures: Common beliefs. Nicolas PUJOL (France)

14:10 OSTEOTOMY

Moderators: Dietrich PAPE (Luxembourg), Ronald VAN HEERWAARDEN (The Netherlands)

14:10 • Unloading and cartilage regeneration in animal models. The biologic perspective.
   Henning MADRY (Germany)
14:18 • Is there difference between focal cartilage lesion and early osteoarthritis? Peter ANGELE (Germany)
14:26 • Proper indications for proximal tibial osteotomies. Renaud SIBONI (France)
14:34 • Osteotomy or unicompartmental knee prosthesis: what is better for sports practice?
   Dietrich PAPE (Luxembourg)
14:42 • Surgical risk factors for HTO. Ryohei TAKEUCHI (Japan)
14:50 • Slope changes and ligament injuries in the malaligned knee.
   Ronald VAN HEERWAARDEN (The Netherlands)
14:58 • Meniscal transplantation and osteotomy: sense or non-sense? René VERDONK (Belgium)
15:06 • Discussion.

15:25 MENISCUS AND SPORTS

Moderators: Bertrand SONNERY-COTTET (France), Thomas TISCHER (Germany)

15:25 • Prevention of meniscus injuries in sports: fact or fiction? Thomas TISCHER (Germany)
15:33 • Medial meniscus repair or resection in the ACL injured knee in athletes?
   Bertrand SONNERY-COTTET (France)
15:41 • Meniscus repair or resection in the stable knee in athletes? Peter ANGELE (Germany)
15:49 • Post traumatic lateral meniscus instability in ACL injured knees. Jacques MENETREY (Switzerland)
15:57 • Acute ACL reconstruction and meniscus repair in professional skiers. Kristian SAMUELSSON (Sweden)
16:06 • Discussion.

16:20 COFFEE BREAK - EXHIBITION AREA

16:50 ACL AND MENISCUS

Moderators: Patrick DJIAN (France), Jon KARLSSON (Sweden)

16:50 • Profile of meniscus injuries in ACL injured patients. Amanda MAGOSCH (Luxembourg)
16:58 • Prevalence and Incidence of Chondral and Meniscal Lesions in Patients Undergoing Primary and
   Subsequent Revision Anterior Cruciate Ligament Reconstruction: An Analysis of 213 Patients.
   Charles PIOGER (France)
17:06 • Anterior tibial translation in the sagittal plane and its implications for the meniscus: a forgotten entity?
   Caroline MOUTON (Luxembourg)
17:14 • Passive anterior tibial translation on MRI. Alexandre HARDY (France)
17:22 • Concomitant Repair Of Displaced Bucket Handle Repairs And ACL Reconstruction.
   Sebastian KOPF (Germany)
17:30 • Secondary meniscus lesions in ACL reconstructed knees in the long term. Patrick DJIAN (France)
17:38 • Single stage repair of displaced bucket-handle meniscal tears with ACL reconstruction leads to good
   meniscal survivorship with similar patient outcomes to primary ACL reconstruction.
   James ROBINSON (United Kingdom)
17:46 • Discussion.
08:00  REHABILITATION - SESSION 1
Moderators: Jan CABRI (Luxembourg), François DELVAUX
08:00  • Return-to-sport after meniscal transplantation.
08:30  • From biomechanics to physiotherapy: application to meniscal repair. Nicholas DEPHILLIPO (USA)

09:00  REHABILITATION - SESSION 2
Moderators: Jan CABRI (Luxembourg), François DELVAUX
09:00  • Rationale and implementation of knee injury prevention programs.
       Thomas PATT (The Netherlands)
09:15  • The clinical milestones of rehabilitation after isolated meniscal surgery. Anne FRISCH (Luxembourg)
09:30  • Load monitoring strategies after meniscal surgery. Jérôme PAULS (Luxembourg)
09:45  • Sport-specific rehabilitation before and after concomitant meniscal repair and ACL reconstruction.
       Magalie HAHM (Luxembourg)
10:00  • Discussion

09:00  FUTURE PERSPECTIVE OF MENISCUS RELATED RESEARCH PART I
Moderators: Magali CUCCHIARINI (Germany), Caroline MOUTON (Luxembourg)
09:08  • The anatomical interaction between the medial ramp and the semimembranosus. Ivan SAENZ (Spain)
09:16  • Meniscus and cartilage imaging with contrast CBCT. Jari SALO (Finland)
09:24  • What makes the meniscus a unique multi functional structure. A journey inside the meniscus from nano to macroscale. Olga BARRERA (United Kingdom)
09:32  • Biologics for meniscal healing. Elizaveta KON (Italy), Francesca DE CARO (Italy)
09:40  • Injured meniscus and distinct phenotypes of meniscus degeneration. Linda SANDELL, Farooq RAI (USA)
09:48  • Age related differences of neuronal structures in the meniscus. Theresa DIERMEIER (Germany)
09:56  • Degeneration Alters First The Biomechanical Properties Of Human Menisci Before Affecting The Tibial Cartilage. Andreas SEITZ (Germany)
10:04  • Introduction of a new standard for pre-clinical testing of total meniscus prosthesis.
       Branco VAN MINNEN (The Netherlands)
10:12  • Discussion.

10:30  SOCIAL BRUNCH LECTURE
Keynote Speakers: Savvas PAPASAVVAS (Cyprus), Romain SEIL (Luxembourg)
Challenges in European Foreign Policy from the perspective of a small EU member state.

11:00  COFFEE BREAK - EXHIBITION AREA

11:30  REHABILITATION - PRACTICAL SESSION
The decision-making process for return-to-sport after meniscal surgery.
13:00  Jérôme PAULS (Luxembourg), Anne FRISCH (Luxembourg)
### FUTURE PERSPECTIVE OF MENISCUS RELATED RESEARCH PART 2

**Moderators:** Olga BARRERA (United Kingdom), Caroline MOUTON (Luxembourg)

11:30 • **The Meniscus Tear: A Review of Stem Cell Therapies.** Norimasa NAKAMURA (Japan)
11:37 • **Translational animal models of normal and injured menisci.** Tamás OLÁH (Germany)
11:45 • **How molecular biologics can help us understand and improve meniscus disease.** Magali CUCCHIARINI (Germany)
11:53 • **Biomechanical characteristics of the menisco-synovial junction of the posterior segment of the medial meniscus.** Quentin NICOLAS (France)
12:01 • **Effect of meniscocapsular and meniscotibial based lesions on knee laxity in ACLd and ACLR knees:** Biomechanical study. Nicholas DEPHILLIPO (USA)
12:09 • **Anatomy and Biomechanics of the meniscus attachments: Implications for Meniscus allograft transplantation.** Christoph KITTL (Germany)
12:17 • **Biomechanics of HTO: Personalised versus Generic.** Richie GILL (United Kingdom)
12:25 • **Dynamic imaging in meniscus healing with ultrasound.** Burt KLOS (The Netherlands)
12:33 • **Collagen Matrix Wrapping and Bone Marrow Blood Injection: Clinical Effectiveness in the treatment of meniscal tears.** Tomasz PIONTEK (Poland)
12:41 • **Discussion.**

### CONGRESS FAREWELL
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2. Compared to current hard PEEK implants.

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