SPORTS SURGERY SPECIALTY DAY 2021

Friday 18 June 2021
08:30-12:30 (CEST)
USA (East) 02:30-06:30 (EDT) | UK 07:30-11:30 (GMT+1) | India 12:00-16:00 (IST) | New Zealand 18:30-22:30 (NZT)

VITAL TIME!
The SICOT Programme Team are delighted to announce the first virtual SICOT Sports Surgery Specialty Day, which will take place on Friday 18 June 2021!

With a programme covering the knee, shoulder, hip, hand & wrist and foot & ankle, there will be something for everyone!
### PROGRAMME-AT-A-GLANCE

<table>
<thead>
<tr>
<th>TIME (CEST)</th>
<th>ROOM ONE</th>
<th>ROOM TWO</th>
<th>ROOM THREE</th>
</tr>
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<tbody>
<tr>
<td>08:30 – 08:45</td>
<td></td>
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<td>Opening Remark</td>
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<tr>
<td>08:45 – 10:15</td>
<td>KNEE 1</td>
<td>SHOULDER</td>
<td>HAND AND WRIST</td>
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<tr>
<td>10:15 – 10:30</td>
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<td>Keynote Lecture</td>
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<tr>
<td>10:30 – 12:00</td>
<td>KNEE 2</td>
<td>HIP</td>
<td>FOOT AND ANKLE</td>
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<td>12:00 – 12:15</td>
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<td>Closing Remark</td>
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**Keynote Lecture**

'The Big Changes I Have Made in My Practice: Reflecting Back on a Lifelong Journey as a Sports Surgeon'

Rene Verdonk
KNEE SYMPOSIUM I

08:45-10:15 (CEST)

LECTURE
ACL reconstruction in the 21st century

SHORT SURGERY VIDEO SESSION I: MY FAVOURITE ACLR GRAFT AND HOW I HARVEST IT
Medial hamstring harvest: anterior approach
Bone-patellar tendon-bone
Quadriceps tendon
Peroneus tendon
Allograft

SHORT SURGERY VIDEO SESSION II: MY PREFERRED METHOD IN PREPARING FEMORAL TUNNEL
Transtibial approach
Transportal approach
Outside-in approach

ROUNDTABLEDiscussionSESSION I
CASE I: ACL rupture in a 14-year-old skeletally immature boy
CASE II: Concomitant ACL tear and meniscus root injury
CASE III: An 18-year-old girl with generalised ligamentous laxity and acute ACL and bilateral meniscus injury

Moderators:

Michael Held
South Africa

Peter Yau
Hong Kong

Rene Verdonk
Belgium

Sultan Al Maskari
Oman

08:45-08:55
08:55-09:20
09:20-09:50
09:50-10:15

Time
Title
Speaker

08:45-08:55
08:55-09:20
09:20-09:50
09:50-10:15

TIME
Title
Speaker

08:45-08:55
LECTURE
ACL reconstruction in the 21st century
F Sciarretta (Italy)

08:55-09:20
SHORT SURGERY VIDEO SESSION I: MY FAVOURITE ACLR GRAFT AND HOW I HARVEST IT
Medial hamstring harvest: anterior approach
R Abutalib (Saudi Arabia)
Bone-patellar tendon-bone
J Loh (Singapore)
Quadriceps tendon
M Held (South Africa)
Peroneus tendon
U Butt (Pakistan)
Allograft
F Rosa (Brazil)

09:20-09:50
SHORT SURGERY VIDEO SESSION II: MY PREFERRED METHOD IN PREPARING FEMORAL TUNNEL
Transtibial approach
F Sciarretta (Italy)
Transportal approach
R Abutalib (Saudi Arabia)
Outside-in approach
SH Teo (Malaysia)

09:50-10:15
ROUNDTABLEDiscussionSESSION I
CASE I: ACL rupture in a 14-year-old skeletally immature boy
All Faculty
CASE II: Concomitant ACL tear and meniscus root injury
All Faculty
CASE III: An 18-year-old girl with generalised ligamentous laxity and acute ACL and bilateral meniscus injury
All Faculty
<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>10:30-11:00</td>
<td>SURGICAL DEMONSTRATION ON ACL RECONSTRUCTION</td>
<td>B Anand (UK)</td>
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<tr>
<td>11:00-11:15</td>
<td>DEBATE SESSION I: CHRONIC ACL DEFICIENCY IN AN ELITE ATHLETE, I PERFORM CONCOMITANT ACLR AND ANTERIOR-LATERAL LIGAMENT RECONSTRUCTION</td>
<td>P Yau (Hong Kong) S Al Maskari (Oman)</td>
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<td>Affirms</td>
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<td>Opposes</td>
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<td></td>
<td>Rebuttal</td>
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<td>11:15-11:35</td>
<td>ROUND TABLE DISCUSSION SESSION II: WHAT WILL I DO IF...?</td>
<td>SH Teo (Malaysia) R Verdonk (Belgium) M Held (South Africa) F Rosa (Brazil)</td>
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<tr>
<td></td>
<td>...the graft is too short or too small?</td>
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<td>...the posterior femoral wall is blown out?</td>
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<td>...there is residual laxity after graft fixation?</td>
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<td>...the ACL is reparable?</td>
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<td>11:35-11:50</td>
<td>DEBATE SESSION II: IN ACUTE ACL TEAR + GRAGE 3 MCL INJURY, I PERFORM SURGERY IN AN ACUTE SETTING</td>
<td>U Butt (Pakistan) J Loh (Singapore)</td>
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<td>Rebuttal</td>
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<td>11:50-12:00</td>
<td>LECTURE</td>
<td>P Yau (Hong Kong)</td>
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<td></td>
<td>How to avoid complications during primary ACLR?</td>
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<td>Time</td>
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<td>Speaker</td>
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<td>08:45-09:15</td>
<td>SESSION I: INTRODUCTION OF SHOULDER INSTABILITY</td>
<td>A Wallace (UK)</td>
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<td>Introduction: the history of the shoulder instability concept</td>
<td>N Yamamoto (Japan)</td>
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<td>Shoulder instability without bone loss</td>
<td>I Wong (Canada)</td>
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<td>Shoulder instability with bone loss</td>
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<td>09:15-09:55</td>
<td>SESSION II: WHAT TO DO FOR INSTABILITY?</td>
<td>L Yi (China)</td>
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<td>Preoperative assessment: how to choose the best treatment?</td>
<td>D Moya (Argentina)</td>
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<td>Soft-tissue procedure</td>
<td>I Encalada (Mexico)</td>
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<td>Bony procedure</td>
<td>S Roche (South Africa)</td>
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<td></td>
<td>Avoiding failure in shoulder instability procedure</td>
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<td>09:55-10:15</td>
<td>SESSION III: ROUND TABLE DISCUSSION</td>
<td>Faculty from SESSION I</td>
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<td>Case I: Recurrent shoulder instability with no bone loss in a</td>
<td>Faculty from SESSION II</td>
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<td>professional athlete (in season) with laxity</td>
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<td>Case 2: Recurrent shoulder instability with bone loss from</td>
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<td></td>
<td>failed stabilisation surgery</td>
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Moderators:

**In-Ho Jeon**  
*South Korea*

**Daniel Moya**  
*Argentina*

**Erica Kholinne**  
*Indonesia*
## ROOM TWO

**HIP SYMPOSIUM**

10:30-12:00 (CEST)

### Moderators:
- Vikas Khanduja
  - UK
- Joanne Kemp
  - Australia

<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 10:30-10:45   | HIGHLIGHT LECTURE
The future of hip preservation surgery                             | T Andrade (UK)               |
| 10:45-11:15   | ACCESS TO THE HIP JOINT (VIDEO SESSION)
Peripheral compartment first
Central compartment first
Discussion                                                     | HG Said (Egypt)
|               |                                                                       | O Marin Pena (Spain)         |
|               |                                                                       | All Faculty                  |
| 11:15-11:30   | DEBATE: PHYSIOTHERAPY VERSUS SURGERY FOR FAI
Physiotherapist perspective
Surgeon perspective                                            | J Kemp (Australia)
|               |                                                                       | O Ayeni (Canada)             |
| 11:30-12:00   | HOW TO REDUCE THE LEARNING CURVE IN HIP ARTHROSCOPY
The value of a hip preservation fellowship
The value of virtual reality training in hip arthroscopy
The value of mentored independent practice
Discussion                                                  | A Lall (USA)
|               |                                                                       | N Bonin (France)             |
|               |                                                                       | A Malviya (UK)               |
|               |                                                                       | All Faculty                  |
TIME | TITLE | SPEAKER
--- | --- | ---
08:45-08:53 | Overview on sports injury of the hand and wrist | A Chin (Singapore)
08:53-09:01 | Skier's thumb | J Yao (USA)
09:01-09:09 | Sports-related PIP joint injuries | SL Chen (China)
09:09-09:17 | Hand injuries on free climbing | F Da Rin De Lorenzo (Italy)
09:17-09:25 | Scapholunate injuries in athletes | G Bain (Australia)
09:25-09:33 | Gymnastic wrist | E Elkaref (Egypt)
09:33-09:41 | Wrist injuries in throwers | M Fok (Hong Kong)
09:41-10:15 | CASE DISCUSSION | All Faculty
# FOOT & ANKLE SYMPOSIUM

10:30-12:00 (CEST)

## Moderators:

- **Rupinderbir Singh Deol**
  - UK
- **Lucky Jeyaseelan**
  - UK

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10:30-10:40</td>
<td>Osteochondral lesions: what does the evidence say?</td>
<td>G Khazen (Venezuela)</td>
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<tr>
<td>10:40-10:50</td>
<td>Lateral ligament surgery always works well: fact or fiction?</td>
<td>J Woo Lee (South Korea)</td>
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<tr>
<td>10:50-11:00</td>
<td>Stress fractures that do not settle</td>
<td>J Lau (Canada)</td>
</tr>
<tr>
<td>11:00-11:10</td>
<td>Peroneal tendon disorders: successful strategies in 2021</td>
<td>G McCollum (South Africa)</td>
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<td>11:10-11:20</td>
<td>Managing Achilles problems in the athlete</td>
<td>H Johnson (USA)</td>
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<tr>
<td>11:20-11:40</td>
<td>Q&amp;A/INTERACTIVE CASE DISCUSSIONS/POLLS</td>
<td>All Faculty</td>
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<tr>
<td>11:40-12:00</td>
<td>SPECIALTY LECTURE</td>
<td>B Ribbans (UK)</td>
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<td>Vitamin D &amp; bone health in sports</td>
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Registration open!

Registrants will have access to all presentations until two weeks after the event.

SICOT Members

€25

SICOT Members have received an email with a link to enable them to register at the reduced rate. Please contact the SICOT Head Office at specialtyday@sicot.org if you have not received an email with this information.

Non-Members

€45

If you are not a SICOT member please create an account to register for the Specialty Day here.

PETER YAU
SICOT Scientific Programme Co-Chair

GOWREESON THEVENDRAN
SICOT Scientific Programme Chair

VIKAS KHANDUJA
SICOT Education Academy Chair

ASHOK JOHARI
SICOT President