

**VIRTUAL
EVENT!**

SICOT PRESENTS

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)

**HALF-DAY VIRTUAL EVENT WITH
LECTURES, VIDEOS & DEBATES**



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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

| TIME (CEST) | ROOM ONE | ROOM TWO | ROOM THREE |
|---------------|-----------------|-----------------|-----------------------|
| 08:30 – 08:45 | Opening Remark | | |
| 08:45 – 10:15 | KNEE 1 | SHOULDER | HAND AND WRIST |
| 10:15 – 10:30 | Keynote Lecture | | |
| 10:30 – 12:00 | KNEE 2 | HIP | FOOT AND ANKLE |
| 12:00 – 12:15 | Closing Remark | | |

Keynote Lecture

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





ROOM ONE

08:45-10:15 (CEST)

KNEE SYMPOSIUM I

Moderators:



Michael Held
South Africa



Peter Yau
Hong Kong



Rene Verdonk
Belgium



Sultan Al Maskari
Oman

| 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 Bone-patellar tendon-bone Quadriceps tendon Peroneus tendon Allograft | R Abutalib (Saudi Arabia) J Loh (Singapore) M Held (South Africa) U Butt (Pakistan) F Rosa (Brazil) |
| 09:20-09:50 | SHORT SURGERY VIDEO SESSION II: MY PREFERRED METHOD IN PREPARING FEMORAL TUNNEL Transtibial approach Transportal approach Outside-in approach | F Sciarretta (Italy) R Abutalib (Saudi Arabia) SH Teo (Malaysia) |
| 09:50-10:15 | ROUND TABLE DISCUSSION SESSION 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 | All Faculty All Faculty All Faculty |





10:30-12:00 (CEST)

KNEE SYMPOSIUM II

Moderators:



James Loh
Singapore



Peter Yau
Hong Kong

| Time | Title | Speaker |
|-------------|---|--|
| 10:30-11:00 | SURGICAL DEMONSTRATION ON ACL RECONSTRUCTION | B Anand (UK) |
| 11:00-11:15 | DEBATE SESSION I: CHRONIC ACL DEFICIENCY IN AN ELITE ATHLETE, I PERFORM CONCOMITANT ACLR AND ANTERIOR-LATERAL LIGAMENT RECONSTRUCTION Affirms Opposes Rebuttal | P Yau (Hong Kong) S Al Maskari (Oman) |
| 11:15-11:35 | ROUND TABLE DISCUSSION SESSION II: WHAT WILL I DO IF...? ...the graft is too short or too small? ...the posterior femoral wall is blown out? ...there is residual laxity after graft fixation? ...the ACL is reparable? | SH Teo (Malaysia) R Verdonk (Belgium) M Held (South Africa) F Rosa (Brazil) |
| 11:35-11:50 | DEBATE SESSION II: IN ACUTE ACL TEAR + GRADE 3 MCL INJURY, I PERFORM SURGERY IN AN ACUTE SETTING Affirms Opposes Rebuttal | U Butt (Pakistan) J Loh (Singapore) |
| 11:50-12:00 | LECTURE How to avoid complications during primary ACLR? | P Yau (Hong Kong) |





ROOM TWO

08:45-10:15 (CEST)

SHOULDER SYMPOSIUM

Moderators:



In-Ho Jeon
South Korea



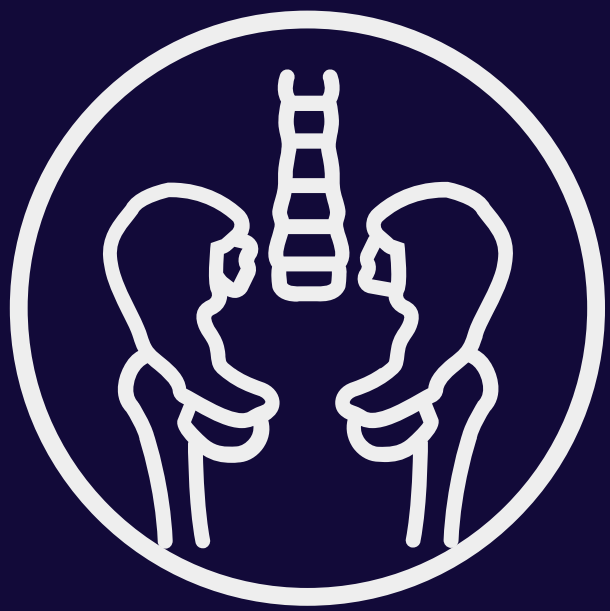
Daniel Moya
Argentina



Erica Kholinne
Indonesia

| Time | Title | Speaker |
|-------------|--|---|
| 08:45-09:15 | SESSION I: INTRODUCTION OF SHOULDER INSTABILITY Introduction: the history of the shoulder instability concept Shoulder instability without bone loss Shoulder instability with bone loss | A Wallace (UK) N Yamamoto (Japan) I Wong (Canada) |
| 09:15-09:55 | SESSION II: WHAT TO DO FOR INSTABILITY? Preoperative assessment: how to choose the best treatment? Soft-tissue procedure Bony procedure Avoiding failure in shoulder instability procedure | L Yi (China) D Moya (Argentina) I Encalada (Mexico) S Roche (South Africa) |
| 09:55-10:15 | SESSION III: ROUND TABLE DISCUSSION Case 1: Recurrent shoulder instability with no bone loss in a professional athlete (in season) with laxity Case 2: Recurrent shoulder instability with bone loss from failed stabilisation surgery | Faculty from SESSION I Faculty from SESSION II |





ROOM TWO

10:30-12:00 (CEST)

HIP SYMPOSIUM

Moderators:



Vikas Khanduja
UK



Joanne Kemp
Australia

| Time | Title | Speaker |
|-------------|---|---|
| 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 |



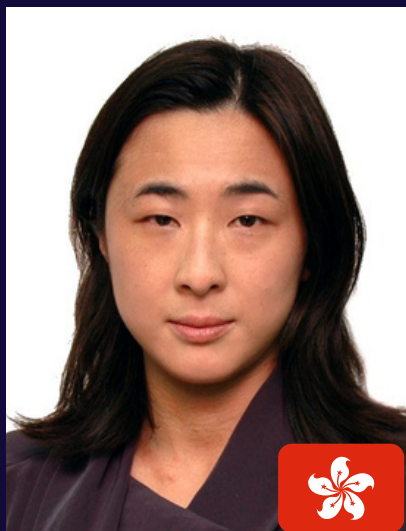


ROOM THREE

08:45-10:15 (CEST)

HAND & WRIST SYMPOSIUM

Moderators:



Margaret Fok
Hong Kong



Andrew Chin
Singapore

| Time | Title | Speaker |
|-------------|---|-----------------------------|
| | LECTURES | |
| 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 injures 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 |





ROOM THREE

10:30-12:00 (CEST)

FOOT & ANKLE SYMPOSIUM

Moderators:



Rupinderbir Singh Deol
UK



Lucky Jeyaseelan
UK

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



Registration open!

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

SICOT Members

€25

Non-Members

€45

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.

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

