



**BALKAN SOCIETY
OF ARTHROSCOPY
SPORTS TRAUMATOLOGY
AND KNEE SURGERY**



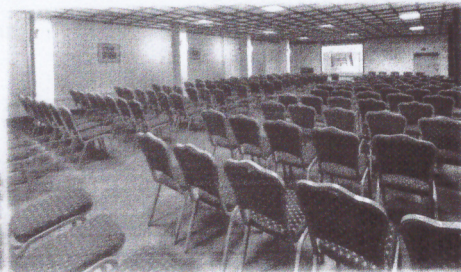
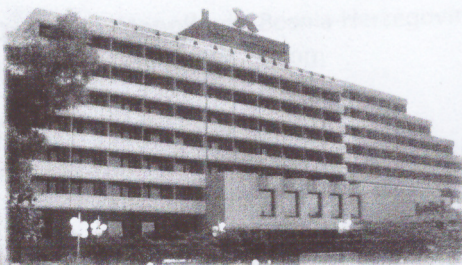
**EUROPEAN SOCIETY
OF SPORTS TRAUMATOLOGY,
KNEE SURGERY
AND ARTHROSCOPY**

IX Congress

OF THE

**Balkan Society
of arthroscopy,
sports
traumatology
and knee surgery**

**April 19-21, 2019
Interhotel Sandanski
Sandanski
Bulgaria**





**BALKAN SOCIETY OF ARTHROSCOPY
SPORTS TRAUMATOLOGY AND KNEE SURGERY**

Balkan Participating Countries Contacts

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Scientific Program

Friday – April 19, 2019

14:00 – 20:00 h Registration and accommodation of participants

16:30 h Opening ceremony

Prof. Dr. Zlatko Temelkovski –
President of the Balkan Society
Mr. Kiril Kotev – Mayor of the city of Sandanski
Mr. Borislav Mihaylov –
President of the Bulgarian Football Union

17:00 – 18:20 h First Scientific Session

“Anterior cruciate ligament”

Moderators: **Prof. Dr. Zl. Temelkovski, Dr. Chr. Papageorgiou,**
Dr. M. Milankov

- ACL reconstruction evolution and current concepts –
Dr. Chr. Papageorgiou – 10'
- Multiligament knee injury – **Dr. E. Motsis – 10'**
- BTB graft in the ACL reconstruction – **Prof. M. Milankov – 10'**
- Anterior cruciate ligament reconstruction associated with Extraarticular tenodesis – 10 years follow-up – **Dr. R. Halvadjian – 10'**
- ACL reconstruction all inside technique – **Dr. P. Kouloumentas – 10'**
- Pediatric ACL reconstruction – **Dr. S. Plakoutsis – 10'**
- PCL and posterolateral corner reconstruction –
Dr. Chr. Papageorgiou – 10'

- **Discussion**

20:00 h Welcome reception

Saturday – April 20, 2019

09:00 – 10:15 h Second Scientific Session

“Knee pathology”

Moderators: **Prof. Chr. Fink, Dr. Al. Andonovski,**
Dr. D. Papadopoulos

- History and modern techniques in ACL reconstruction –
Dr. Hr. Mazneykov – 10'
- LIG reconstruction with Quadriceps Tendon – **Prof. Chr. Fink – 10'**
- Revision ACL reconstruction – Ioannina experience –
Dr. I. Tzeliis – 10'
- Infection after anterior cruciate ligament reconstruction –
Dr. A. Andonovski – 10'
- Meniscus transplantation and meniscus augmentation –
Dr. D. Papadopoulos – 10'
- Meniscus suture and partial meniscectomy –
Dr. D. Papadopoulos – 10'
- Meniscus tear and chondral lesions – **Dr. K. Kampani – 10'**
- **Discussion**

Firm presentation Plasmolifting:

Treatment options with platelet autologous plasma (PRP) in former professional athletes and patients with early forms of OA knee joint.
Technogy Plasmolifting – **Dr. M. Ivanov – 15'**

10:15 - 11:00 h Live surgery

11:00 – 11:30 h Coffee break



11:30 – 12:50 h Third Scientific Session

**"Patellar instability. Treatment options.
Cartilage trauma"**

Moderators: **Prof. Dr. Zl. Temelkovski, Dr. Hr. Mazneykov,**
Prof. Dr. I. Kaftandziev

- Making algorithm of treatments of Patellar instability –
Prof. Dr. Zl. Temelkovski – 10'
- Functional results after surgical treatment of C2 and C3 type fractures of patella according to AO references, a prospective comparative study of three operative methods in the period of 2015 to 2018 –
Prof. Dr. I. Kaftandziev – 10'
- MPFL – **Dr. Hr. Mazneykov** – 10'
- Arthroscopically assisted ELMSLE-TRILLAT procedure for the treatment of severe chronic lateral patellar instability. Long term results –
Dr. G. Giantsidis – 5'
- Cartilage treatment current trends – **Dr. Ch. A. Nasant** – 10'
- Arthroscopically assisted management of proximal tibial fractures –
Dr. N. Valanos – 10'
- Firm presentation Ilan Medical Equipment: Advanced Medical Imaging in Orthopedics by Dedicated ESAOTE MRI Systems – **Eng. A. Vachkova** – 15'
- **Discussion**

13:00 – 14:00 h Lunch break

14:00 – 15:00 h Fourth Scientific Session

"Anterior shoulder instability"

Moderators: **Prof. Asp. Asparuhov, Assoc. Prof. K. Mihov, Prof. Vl. Martinek, Dr. I. Vasilev**

- History of treatment of shoulder instability – **Prof. Asp. Asparuhov** – 10'

- Surgical treatment of anterior shoulder instability using Latarjet procedure – Three year experience – **Dr. S. Tsaprounis** – 5'
- Complications of the Latarjet procedure performed on 140 shoulders with up to 14 years follow up – **Dr. B. Marjanovic** – 10'
- Surgical treatment of substantial reverse Hill-Sachs in a patient with posterior shoulder dislocation A case report –
Dr. S. Tsaprounis – 5'
- Treatment of the shoulder instability – **Prof. Dr. D. Filipescu** – 10'
- Shoulder instability in sportsmen – treatment options –
Dr. I. Vasilev – 10'
- **Discussion**

15:00 – 16:00 h Fifth Scientific Session

"Shoulder pathology"

Moderators: **Dr. I. Bisbinas, Dr. G. Theodosiou,**
Prof. Vl. Martinek

- Arthroscopic Subacromial decompression. Does it make sense? –
Prof. Vl. Martinek – 10'
- Slap lesions shoulder injury and treatment –
Dr. I. Gavrilidis – 10'
- Rotator cuff injury, diagnosis and treatment –
Dr. V. Gavrielatos – 10'
- Subacromial impingement syndrome, diagnosis and management –
Dr. P. Tsioulas – 10'
- Treatment of shoulder osteoarthritis? Conservative or operative? –
Prof. Vl. Martinek – 10'
- **Discussion**



16:00 – 17:00 h Sixth Scientific Session

"Upper limb pathology"

Moderators: *Dr. A. Cami, Assoc. Prof. K. Ditsios, Dr. K. Kampani*

- Treatment of anterior shoulder instability – **Dr. S. Tsiirikakis** – 10'
- Distal biceps tendon advantages and drawbacks of repair process – **Dr. V. Gavrielatos** – 10'
- Elbow arthroscopy. Indications, techniques, outcomes and complications – **Assoc. Prof. K. Ditsios** – 10'
- Vascularized osteochondral transplant from the lateral hip epicondyl in the treatment of advanced lunatomalacia – **Assoc. Prof. M. Kateva** – 10'
- Endoscopic carpal tunnel release. One or two portals? – **Dr. I. Gkiatas** – 10'
- **Discussion**

17:00 – 17:15 h Coffee break

17:15 – 18:40 h Seventh Scientific Session

"Arthroscopy hip and ankle"

Moderators: *Dr. A. Tokis, Dr. V. Kecojevic, Dr. M. Zagorov*

- Posterior ankle joint impingement-arthroscopic treatment – **Dr. V. Kecojevic** – 10'
- Accessory low portals for anterior ankle arthroscopy – **Dr. M. Vuldzhev** – 10'
- Arthroscopic ankle fusion – **Dr. K. Kampani** – 10'
- Achilles tendon, tendinitis-rupture and repair – **Dr. I. Gkiatas** – 10'
- International perspective in ankle arthroscopy – **Dr. E. Motsis** – 10'
- HLP arthroscopy where we are and where we are going – **Dr. A. Tokis** – 10'

- Firm presentation V&D Services: Suplasyn – Bulgarian experience – **Dr. Ev. Hayvazov** – 15'
- **Discussion**

20:00 h Gala Dinner

Sunday – April 21, 2019

09:00 – 11:00 h Eighth Scientific Session

"Miscellaneous"

Moderators: *Assoc. Prof. R. Tasheva, Dr. M. Manoleva*

- Intraoperative local infiltration of tranexamic acid in Total Knee Replacement. A comparative study in a tertiary hospital – **Dr. K. Kazamias** – 5'
- Neurovascular injury and repair after knee dislocation – **Dr. M. Vekris** – 10'
- Physiotherapy in dysfunction of the iliotibial band after knee soft tissue injuries – **Assoc. Prof. R. Tasheva** – 10'
- Dynamic postural control in patients after anterior cruciate ligament reconstruction – **Chief assistant T. Grueva** – 10'
- Functional algorithm for examination of muscle imbalance of lower extremities in fencers – **Assoc. Prof. L. Sazdova** – 10'
- The effect of instrument assisted soft tissue mobilization after alloplastic of the hip joint – **N. Valchev** – 10'
- **Discussion**
- 11:00 h** Closing ceremony

Poster session:

- Injuries of ligaments and meniscus of the knees at low-energy plato-tibial fractures – **Dr. I. Lalic**

**IX Конгрес на Балканска асоциация
по артроскопия, спортна травматология и колянна хирургия
19 – 21 април 2019 – гр. Сандански – Интерхотел „Сандански“**

ФОРМА ЗА РЕЗЮМЕ

Моля запазете попълнената форма и я изпратете като прикачен файл на адреса на
Научния Комитет: congress.baska.2019@gmail.com

ДАННИ ЗА АВТОРА ТИТУЛЯР		Краен срок за изпращане: 22 февруари 2019 г.
Име Ivica	Презиме Lalić	Фамилия
Институция: Clinical center of Vojvodina, Novi Sad. Department for orthopedic surgery and traumatology		
Адрес: Hajduk Veljkova 1-9 Novi Sad, Serbia		
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e-mail: laleort021@gmail.com		

РЕЗЮМЕ

Начин на представяне:

☐

доклад



постер

Научна тематика:
Knee surgery

Заглавие: Injures of ligaments and meniscus of the knees at low-energy plato-tibial fractures

Авторски колектив:

Assist. Prof. dr Ivica Lalić

Clinical center of Vojvodina

Department for Ortopedic surgery and traumatology, Novi Sad, Serbia.

Hajdik Veljkova 1-9, 21 000 Novi Sad, Serbia

УКАЗАНИЯ ЗА АВТОРИТЕ

- Резюмето не трябва да надхвърля повече от 300 думи.
- Резюметата трябва да бъдат съставени на български език и съответно преведени на английски език.
- Резюметата трябва да бъдат структурирани в 4 части:
(I.) Цел на изследването, (II.) Материал и методи, (III.) Резултати, (IV.) Заключение
- Използвайте заглавие, което показва съдържанието на резюмето.
- Заглавието трябва да бъде изписано с ГЛАВНИ БУКВИ, с шрифт Times New Roman и размер на буквите 12.
- Избягвайте използването на съкращения в заглавието.
- За думи, които са съкратени, използвайте пълното наименование при употребата им първия път, последвано от стандартното съкращение в скоби
- Моля под заглавието да изпишете името или имената на авторите, като подчертаете името на автора, който ще представи съобщението или постера. Под тях, моля да изпишете наименованието на институцията.
- Постерът е необходимо да бъде с размери 80 см ширина и 120 см дължина.

РЕЗЮМЕ

THE PURPOSE: This study confirms the view that instability is a major cause of unacceptable results in tibial plateau fractures.

MATERIAL AND METHODS: Forty – two patients with tibial plateau fractures and concomitant ligament injury were evaluated at least two year after injury. Ligamentous injury was determined by stress roentgenograms, plain roentgenograms, operative findings, and Pelle-grini-Stieda's ossification. There were 25 isolated medial collateral, eight lateral collateral, one isolated anterior cruciate, and eight combined ligament injuries. All types of tibial plateau fractures were associated with ligamentous injury, although split compression and local compression were most common. Twenty three patients (Group 1) did not have operative repair of the injured ligaments, and 19 patients (Group 2) had primary repair of the injured ligaments. Open reduction and internal fixation of the plateau fracture(s) were performed in 16 patients in Group 1 and 19 patients in Group 2.

RESULTS : Follow-up evaluation (100-point scale), including subjective, functional, and anatomic factors, revealed 14 excellent and good, five fair, and three poor results in the 19 patients with ligamentous repair. There were ten excellent and good, two fair, and eight poor results in those without ligament repair. Ten of the 12 patients with 10 degrees or more of instability had poor results. These poor results included five unrepaired medial collateral ligaments, two unrepaired lateral collateral ligaments, and three patients with cruciate ligament injury.

CONCLUSION : Operative repair of medial and lateral collateral ligaments, with appropriate treatment of the bony plateau fracture, may reduce late instability and may improve overall morbidity in these concomitant injuries. Cruciate ligament injury associated with a tibial plateau fracture carries a poor prognosis.

Потвърждения на одобрените резюмета, които ще бъдат включени в научната програма, ще бъдат изпращани до първия автор на посочените от него e-mail адрес.

Дата: 25.03.2019