

## PRELIMINARY PROGRAM

V Balkan Congress of Arthroscopy, Sport Traumatology and Knee Surgery  
IX Congress of Bulgarian Society of Arthroscopy, Sport Surgery and Trauma  
Hotel Hilton, Sofia, Bulgaria

**Friday, 10<sup>th</sup> of October 2014**

14:00 – 20:00 *Participant Registration*

### FIRST SCIENTIFIC SESSION – KNEE ARTHRITIS

Faculty: V. Martinek, A. Iotov, V. Stefanov

- 15:30 – 15:40 Mosaicplasty – Arthroscopic Treatment in Chondral or Osteochondral Lesions of the Knee with the Diameter Between 1-2.5 cm – D. Filipescu, C. Brutaru, L. Diaconescu et al., Romania
- 15:40 – 15:50 HTO Versus UKA in Middle-aged Patients with Knee Arthritis – V. Martinek, Germany
- 15:50 – 16:00 Does the Single Radius Total Knee Arthroplasty Meet the Expectations in Mid-term Follow-up? – V. Stefanov, N. Tzachev, V. Russimov et al., Bulgaria
- 16:00 – 16:10 Total Knee Arthroplasty with Tibial Monoblock Component – Is There a Place in Mobile Bearing Time? – N. Tivchev, Bulgaria
- 16:10 – 16:20 New Approach in Arthroscopic Treatment of Articular Cartilage Defect – a Preliminary Study – M. Esposito, M. Rao, R. Cavallo, Italy
- 16:20 – 16:30 High Tibial Osteotomy HTO – H. Mazneykov, A. Muradov, P. Dramov et al., Bulgaria
- 16:30 – 16:40 Discussion

16:40 – 17:00 *Coffee Break*

### SECOND SCIENTIFIC SESSION – KNEE PATHOLOGY

Faculty – Z. Temelkovski, V. Petrov, E. Hayvazov

- 17:00 – 17:15 Allograft Meniscus Transplant and Meniscal Prosthesis – S. Zaffagnini, Italy
- 17:15 – 17:25 MPFL – Reconstruction and Trochleoplasty – H. Mazneykov, A. Muradov, P. Dramov et al., Bulgaria
- 17:25 – 17:35 Trochlear Dysplasia – Congenital Anomaly or Biomechanical Development – Z. Temelkovski, Macedonia
- 17:35 – 17:45 Arthroscopic Ankle Fusion – V. D. Papadopoulos, C.D. Papageorgiou, Greece
- 17:45 – 17:55 Arthroscopic Treatment of Cam Type Femoroacetabular Impingement – L. Diaconescu, D. Filipescu, C. Brutaru et al., Romania

- 17:55 – 18:05 Treatment of Sacroiliac Joint Pain with Peripheral Nerve Stimulation – M. Guentchev, Germany
- 18:05 – 18:20 Discussion

20:00 – *Welcome Cocktail Reception*

**Saturday, 11<sup>th</sup> of October 2014**

08:00 – 18:00 *Participant Registration*

08:15 – 08:30 *Opening Ceremony*

**THIRD SCIENTIFIC SESSION – SURGERY OF THE ACL PART I**  
Faculty – A. Georgiev, M. Doral, S. Zaffagnini

- 08:30 – 08:40 ACL is not a “Unique” Stabilizer in Knee Joint – M.N. Doral, G. Huri, E. Turhan et al., Turkey
- 08:40 – 08:50 Surgery of the ACL – C. Fink, Austria
- 08:50 – 09:00 From the Single to the Double-bundle Anterior Cruciate Ligament Reconstruction. Scientific Knowledge – C. D. Papageorgiou, Greece
- 09:00 – 09:10 Eight Years of Experience with ACL Reconstruction Through an Anteromedial Portal – V. Petrov, A. Georgiev, P. Kraevsky et al., Bulgaria
- 09:10 – 09:20 Anterior Cruciate Ligament Reconstruction – H. Mazneykov, A. Muradov, P. Dramov et al., Bulgaria
- 09:20 – 09:30 Discussion

09:30 – 10:00 *Coffee Break*

**FOURTH SCIENTIFIC SESSION – SURGERY OF THE ACL PART II**  
Faculty – N. Darabos, C. Fink, C. Papageorgiou

- 10:00 – 10:10 Arthroscopic Treatment of Combined ACL- and Meniscal Lesions in Pediatric Knees – I. Vassilev, N. Filipov, Bulgaria
- 10:10 – 10:20 Arthroscopic Treatment of the Fracture-avulsion of the Anterior Tibial Eminence in Adult Patients – D. Filipescu, C. Brutaru, L. Diaconescu et al., Romania
- 10:20 – 10:30 Meniscus Injury and ACL Reconstruction – a Literature Review – S. Becirbegovic, H. Tanovic, S. Maksic et al., Bosnia and Herzegovina
- 10:30 – 10:40 Septic Arthritis After ACL Reconstructions – V. Ristić, M. Milankov, Serbia
- 10:40 – 10:50 Reconstructed Anterior Cruciate Ligament Position Dependency on Graft Insertion Spot Choice – M. Kadija, M. Bumbaširević, D. Milovanović et al., Serbia

10:50 – 11:00 Discussion

11:00 – 11:30 LIFE SURGERY – ACL RECONSTRUCTION

11:30 – 11:45 *Coffee Break*

FIFTH SCIENTIFIC SESSION – KNEE LIGAMENTS PATHOLOGY

Faculty – R. Halvadjian, M. Kadija, I. Vassilev

11:45 – 11:55 ACL Reconstruction Plus Extra-articular Plasty – S. Zaffagnini, Italy

11:55 – 12:05 Lateral Extra-articular Tenodesis – the Beforehand of Discovering the Anterolateral Ligament of the Knee – A. Geogiev, V. Petrov, P. Kraevski, Bulgaria

12:05 – 12:15 Treatment of Posterolateral Corner Injuries – B. Ambrožič, Slovenia

12:15 – 12:25 Operative Treatment of Medial Collateral Ligament Injuries in Professional Athletes – P. Kraevsky, A. Georgiev, V. Petrov, Bulgaria

12:25 – 12:35 Could Postoperative Application of Autologous Conditioned Serum Improve Clinical Results Upon Arthroscopic Toilette and Open Wedge High Tibial Osteotomy for Varus Knees with Medial Compartment Osteoarthritis – N. Darabos, S. Corluka – Croatia, B. Josifovski – Macedonia; et al.

12:35 – 12:45 Discussion

12:45 - 13:30 *Lunch break*

13:00 – 14:00 LIGAMYS - An innovative implant for ruptures of the anterior cruciate ligament, Product Presentation and Try-Out Zone by MATHYS AG, Switzerland and MTE Ltd.

14:00 – 14:30 LIFE SURGERY – ROTATOR CUFF REPAIR

SIXTH SCIENTIFIC SESSION – SHOULDER ARTHROSCOPY

Faculty: M. V. d. List, D. Filipescu, N. Dimitrov

14:30 – 14:45 Shoulder Dynamics and Pain – M. V. d. List, Netherlands

14:45 – 14:55 Current Concept of Management in Recurrent Shoulder Dislocation – M. Miskulin – Croatia, O. Dulic – Serbia

14:55 – 15:05 Arthroscopic Revision after Failed Primary Shoulder Stabilization – N. Čičak, N. Medančić, Croatia

15:05 – 15:15 “Remplissage” Technique features in Shoulder Instability – V. Stevanovic, Serbia

- 15:15 – 15:25 LHB Pathology Evaluation and treatment Options in Relation with Cuff Tears – B. Poberaj, B. Marjanovič, Slovenia
- 15:30 – 15:45 Presentation: Treatment of Tendonopathies and Fasciitis with Cignon, VALENTIS – M. Ivanov
- 15:45 – 16:00 Discussion

16:00 – 16:15 *Coffee Break*

SEVENTH SCIENTIFIC SESSION – ROTATOR CUFF PATHOLOGY

Faculty: V. Russimov, L. Kovačič, N. Čičak

- 16:15 – 16:35 Rotator Cuff Repair – When and Why? – M. V. d. List, Netherlands
- 16:35 – 16:45 Our Technique of Arthroscopic Repair of a Massive Rotator Cuff Tear Using a Double-row, Suture Bridge- “Like” Suture – D. Filipescu, C. Brutaru, L. Diacunescu et al., Romania
- 16:45 – 17:00 Arthroscopic Rotator Cuff Repair in Akromion Hospital – N. Čičak, T. Tabak, Croatia
- 17:00 – 17:10 Clinical Results After Treatment of Rotator Cuff Tears Using Arthroscopic “Single Row” Technique – V. Russimov, V. Stefanov, A. Georgiev et al., Bulgaria
- 17:10 – 17:30 Rotator Cuff Repair – Tips and Tricks – M. V. d. List, Netherlands
- 17:30 – 17:40 Discussion

17:40 – 18:00 *Coffee Break*

EIGHT SCIENTIFIC SESSION – ESSKA U45 SYMPOSIUM

“BIOLOGIC FACTORS IN SPORTS ORTHOPAEDIC MEDICINE OF THE KNEE”

Faculty: N. Darabos, D. Hubenov, I. Vassilev

- 18:00 – 18:10 ESSKA U45 Committee Presentation – N. Darabos, Croatia
- 18:10 – 18:20 Biological Enhancements in Meniscus Surgery – Today and Tomorrow – S. Scheffler, Germany
- 18:20 – 18:30 What has Grown For 4 Years with the Help of Growth Factor? – D. Hubenov, Bulgaria
- 18:30 – 18:40 Treatment of Medial and Lateral Collateral Ligament Injuries with Local PRP Infiltrations – N. Filipov, B. Bochev, Bulgaria
- 18:40 – 18:50 Biological Treatment of Tendons Pathology around the Knee – K. Tecklenburg, Austria
- 18:50 – 19:00 Could Biologic Factors Improve Results after ACL Surgery? – N. Darabos, Croatia

19:00 – 20:00 *Balkan Societies Presidents Meeting*

20:00 *Official Dinner*

**Sunday, 12<sup>th</sup> of October 2014**

**NINTH SCIENTIFIC SESSION –  
PHYSIOTHERAPY AND REHABILITATION PART I**

Faculty: L. Russo, R. Tasheva, K. Kazalakova

- 09:00 – 09:10      Physiotherapy in Biceps Femoris dysfunction after Anterior Cruciate Ligament Reconstruction – R. Tasheva, R. Halvadjian, K. Kazalakova et al, Bulgaria
- 09:10 – 09:20      The Videosight Method Improving rehabilitation Following Anterior Cruciate Ligament Reconstruction – L. Russo, Italy
- 09:20 – 09:30      Proprioceptive Treatment After Recidivating Ruptures of Knee Ligaments on Elite Athletes – B. Chongov, A. Georgiev, Bulgaria
- 09:30 – 09:40      Painsuppressor Effect of Kinesiotape after Arthroscopic Reconstruction of Anterior Cruciate Ligament – M. Gramatikova, E. Nikolova, V. Gramatikova, Bulgaria
- 09:40 – 09:50      Improvement of Muscle Function of the Elbow with Thera-band and Flex-bar – A. Nikolova, Bulgaria
- 09:50 – 10:00      Discussion

10:00 – 10:15      *Coffee Break*

**TENTH SCIENTIFIC SESSION – KNEE AND SHOULDER SURGERY**

Faculty: V. Petrov, N. Dimitrov, V. Russimov

- 10:15 – 10:30      Disruption of the Knee Extensor Apparatus Complicating Anterior Cruciate Ligament Reconstruction - M. Milankov, Serbia
- 10:30 – 10:40      Acromioclavicular Joint Instability – L. Kovačič, Slovenia
- 10:40 – 10:50      Arthroscopic Treatment of Acute Long Biceps Tendor Lesions in Sportsmen's Shoulder – I. Vassilev, Bulgaria
- 10:50 – 11:00      Treatment of the Ruptures of the Rotator Cuff of the Shoulder in Elder Patients – N. Dimitrov, A. Andreev, S. Georgiev, Bulgaria
- 11:00 – 11:10      Augmentation Versus Single Bundle Reconstruction in Patients with Partial Anterior Cruciate Ligament Tears – A. Andonovski, B. Andonovska, K. Strezovski, Macedonia
- 11:10 – 11:20      Training of Scapular Stabilization in the Patients with Secondary Shoulder Impingement Syndrome – L. Sazdova, Bulgaria
- 11:20 – 11:30      Physiotherapy after Arthroscopic Reconstruction of Supraspinatus – R. Tasheva, Bulgaria
- 11:30 – 11:40      Rehabilitation Protocols after Rotator Cuff Tears – N. Popov, Bulgaria
- 11:40 – 12:00      Discussion

12:00 – 12:30

POSTER SESSION

1. Anterolateral Ligament – Past, Present and Future – A. Georgiev, V. Stefanov, V. Russimov et al., Bulgaria
2. Imaging of Patellofemoral Joint – Variations, Patellar Maltracking and Osteoarthritis – V. Njagulj, M. Bjelan, A. Ragaji et al., Serbia
3. Arthroscopic AC Joint Reconstruction – Case Report – I. Vassilev, N. Filipov, Bulgaria
4. Does Anterolateral Technique Give More Anatomical Position of Femoral Graft? – V. Harhaji, S. Ninkovic, I. Lalić et al., Serbia
5. Arthroscopic-assisted Reduction in Tibial Plateau Fractures Treated Using the Method of Transosseus Osteosynthesis – I. Lalić, V. Harhaji, M. Milankov et al., Serbia
6. Culturing of Chondrocytes In Vitro – E. Hayvazov , V. Dontchev, S. Konstantinov et al., Bulgaria
7. Surgical Treatment of Shoulder Rotator Cuff Injuries – S. Ninkovic, V. Harhaji, N. Kovacec et al., Serbia
8. Reconstruction of the Medial Patellofemoral Ligament after Recurrent Patella Dislocation - D. Marić, V. Milankov, Đ. Gajdobranski et al, Serbia
9. Platelet Rich Plasma in the Treatment of Muscular Injuries in Active Sportsmen - D. Marić, Serbia
10. Anesthetic Technique Versus Adverse Postoperative Effects in Reconstruction of the Anterior Cruciate Ligament - T. Božić, V. Dolinaj, R. Popović et al., Serbia

12:30 – 13:00

*Closing Ceremony*