



# ESTRO LOWER LIMB SCHOOL

**22 - 24 Nov 2019**

**CYPRUS - CRATOS PREMIUM HOTEL**

## **International Faculty**

Philipp Neyret, MD, PhD (France)

João Espregueira - Mendes, MD, PhD (Portugal)

## **Secretary**

Gazi Huri, MD (Turkey)

Filippo Familiari, MD (Italia)

[www.estroproject.eu](http://www.estroproject.eu) - [info@eraorganization.org](mailto:info@eraorganization.org)

**CLÍNICA DO DRAGÃO**



ESPREGUEIRA  
MENDES  
SPORTS CENTRE | CLÍNICA DO DRAGÃO

**OFFICIAL MEDICAL CENTRE**

**FIFA** | MEDICAL CENTRE  
OF EXCELLENCE





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## **Day 1 – 22. November 2019, Friday**

### **8.45 – 17.30: HIP & ANKLE**

|                |                                                   |
|----------------|---------------------------------------------------|
| 08:45 – 09:00: | Welcome Ceremony                                  |
| 09:00 – 09:30  | Anatomy                                           |
| 09:30 – 10:00  | Fractures Around the Hip                          |
| 10:00 – 10:30  | Physical Examination                              |
| 10:30 – 10:40  | Discussion                                        |
| 10:40 – 11:00  | Coffee Break                                      |
| 11:00 – 11:30  | Surgical Approaches                               |
| 11:30 – 12:00  | Hip Arthroplasty, Biomechanics, Type, Indications |
| 12:00 – 13:30  | Lunch                                             |
| 13:30 – 14:00  | Basic Hip Arthroscopy                             |
| 14:00 – 14:30  | Anatomy and Biomechanics                          |
| 14:30 – 15:00  | Surgical Approaches (Open and Arthroscopy)        |
| 15:00 – 15:10  | Discussion                                        |
| 15:10 – 15:30  | Coffee Break                                      |
| 15:30 – 16:00  | Ankle Instability                                 |
| 16:00 – 16:30  | The “Degenerative” Ankle                          |
| 16:30 – 17:30  | Discussion                                        |

## **Day 2 – 23. November 2019, Saturday**

### **8.45 – 17.30: HIP & ANKLE**

|               |                                                                                                      |
|---------------|------------------------------------------------------------------------------------------------------|
| 08:30 – 09:00 | Knee Approaches / <b>P. Neyret</b>                                                                   |
| 09:00 – 09:30 | Fractures Around Knee / <b>Prof. Familiari</b>                                                       |
| 09:30 – 10:00 | Knee ligament and Meniscus Disorders / <b>Prof. P. Neyret</b>                                        |
| 10:00 – 10:10 | Discussion                                                                                           |
| 10:10 – 10:30 | Coffee Break                                                                                         |
| 10:30 – 10:45 | Surgical Treatment of Cartilage Lesions of the Knee / <b>Prof. J.Espregueira-Mendes</b>              |
| 11:00 – 11:30 | Meniscectomy of the knee How much is too much? / <b>Prof. J.Espregueira-Mendes</b>                   |
| 11:30 – 12:00 | Clinical and Imaging Evaluation of Ligament Injuries of the Knee / <b>Prof. J.Espregueira-Mendes</b> |
| 12:00 – 13:30 | Lunch                                                                                                |
| 13:30 – 14:00 | Patella Femoral Pathology / <b>Prof. P. Neyret</b>                                                   |
| 14:00 – 14:30 | New trends in ACL / <b>Prof. J.Espregueira-Mendes</b>                                                |
| 14:30 – 15:00 | Not Only ACL in the Knee                                                                             |
| 15:00 – 15:10 | Discussion                                                                                           |
| 15:10 – 15:30 | Coffee Break                                                                                         |
| 15:30 – 16:00 | Option in Knee Osteoarthritis / <b>Prof. P. Neyret</b>                                               |
| 16:00 – 16:30 | Malalignment and Knee Instability / <b>Prof. P. Neyret</b>                                           |
| 16.30 - 17.00 | Conclusion                                                                                           |



**Day 3 – 24. November 2019, Sunday**  
**9.30 – 12.00 - WORKSHOPS**

09.00 – 12.00

Arthroplasty WORKSHOPS  
Ankle, Knee, Hip

