

25 –26.09.2025

KLAIPEDA



BALTIC ARTHROSCOPY CONFERENCE

Klaipeda, Lithuania

Shoulder and Knee Sessions | Foot and Ankle Session
Shoulder Cadaver Pre-course | Shoulder Rehabilitation Session

CADAVER PRE-COURSE PLACE:

KU business incubator.
Universiteto al. 19, Klaipeda 92295

CONFERENCE PLACE:

VICTORIA Hotel Klaipeda
S. Simkaus g. 2, Klaipeda, 92128

SPONSORED BY:



Smith+Nephew

BIOVICO



Geistlich

ORGANIZERS INFO:



Markas Fiodorovas

MD Chief of Orthopaedic Department,
Klaipeda Northway Medical Center



Gintautas Pocius

MD Orthopaedic surgeon at
Gijos Klinikos, Kaunas



Prof. Laimonas Siupsinskas

PT, Lithuanian University of health Sciences,
Department of Sports Medicine, Nordclinic, Kaunas



Diana Bumelyte

Chief Executive Officer of Northway
Medical Center



Inga Leilionaitė

Director of Klaipeda Northway
Medical Center



REGISTRATION FEES:

	Early registration (until 01.09.2025)	Regular registration (02.09 – 25.09.2025)	Late registration (25.09 – 26.09.2025)
CONFERENCE ONLY:			
LASTA member	130 €	180 €	230 €
Non LASTA member	180 €	230 €	280 €
Rehab / Resident / Nurse	60 €	100 €	120 €

CONFERENCE +

CADAVER PRE-COURSE*:

LASTA member	730 €	780 €
Non LASTA member	780 €	830 €

CADAVER PRE-COURSE*: 600 €

*limited number of participants

REGISTRATION FEE COVERS:

CME Credits: CONFERENCE – 8,
CADAVER PRE-COURSE – 8.
Refreshments during the Congress
Dinner after the Conference

PLEASE NOTE: limited spots available

CONTACT FOR REGISTRATION:

Tel.: +370 46 400002
Email: info@osteca.lt

INTERNATIONAL FACULTY:

SHOULDER AND KNEE ARTHROSCOPY

CHAIRMEN: DR. MARKAS FIODOROVAS

- Tomasz Piontek MD
- Maciej Pawlak MD
- Tomasz Kowalski MD, PhD
- Jakub Stefaniak MD, PhD
- Justus Gille MD, PhD
- Nikolaos Koukoulis MD, PhD
- Andrei Popescu MD, PhD
- George Avram MD
- Lukasz Luboinski MD
- Hubert Laprus MD, PhD
- Benjamin Marjanovic MD
- Ettore Taverna MD, PhD
- Bilal Farouk El-Zayat MD, PhD
- Petr Zeman MD, PhD
- Ronald van Heerwaarden MD, PhD
- Riccardo Compagnoni MD, PhD
- Rimantas Gudas MD, PhD
- Liudas Bazaras MD
- Juozas Belickas MD, PhD

FOOT AND ANKLE SESSION

CHAIRMEN: GINTAUTAS POCIUS

- Alexandros Eleftheropoulos MD
- Andrzej Komor MD
- Mikolaj Wrobel MD
- Vetra Markeviciute MD, PhD
- Vytautas Kimtys MD
- Matas Meskauskas MD

SHOULDER REHAB SESSION

CHAIRMEN: LAIMONAS SIUPSINSKAS

- Jakub Kaszynski PT, PhD, MT
- Wojciech Stepień PT, PhD
- Rolandas Kesminas PT
- Rokas Semeskevicius MD
- Viktoras Simanavicius PT
- Kestutis Laurinskas PT
- Mati Arend PT, PhD

26.09.2025

18TH BALTIC ARTHROSCOPY CONFERENCE

REGISTRATION

8:00 – 8:40 5th floor lobby in front of the TUMA Conference Hall

KNEE SESSIONS

8:40 – 11:15 Knee Session. Save the meniscus. 5th floor, TUMA Conference Hall

11:15 – 11:30 Coffee break. Product presentation. Workshops. 5th floor, Georg Wegeli conference hall

11:30 – 14:00 Knee Session. Ligaments. 5th floor, TUMA Conference Hall

LASTA CURRENT AFFAIRS

14:00 – 14:30 5th floor, TUMA Conference Hall

LUNCHEON

14:00 – 14:30 1st floor, Baltasis Žirgas restaurant

SHOULDER SESSIONS

14:30 – 17:10 Shoulder session. Instability. 5th floor, TUMA Conference Hall

17:10 – 17:30 Coffee break. Product presentation. Workshops. 5th floor, Georg Wegeli conference hall

17:30 – 19:30 Shoulder session. RC Pathology. 5th floor, TUMA Conference Hall

SHOULDER REHAB SESSION

9:00 – 11:00 1st part. 5th floor, LIPPER conference hall

11:00 – 11:30 Coffee break. Product presentation. Workshops. 5th floor, Georg Wegeli conference hall

11:30 – 13:00 2nd part. 5th floor, LIPPER conference hall

FOOT AND ANKLE SESSION

14:30 – 16:15 1st part. 5th floor, LIPPER conference hall

16:15 – 17:00 Coffee break. Product presentation. Workshops. 5th floor, Georg Wegeli conference hall.

17:00 – 19:00 2nd part. 5th floor, LIPPER conference hall

END OF CONFERENCE, CERTIFICATES

19:30 5th floor lobby in front of the TUMA Conference Hall

KNEE SESSION. SAVE THE MENISCUS

Moderators: T. Piontek, P. Zeman, R. Gudas

- 8:40 – 9:00** ESSKA Announcement
- 9:00 – 9:15** Exploring autografts in meniscus surgery: current practices and future directions (T. Piontek)
- 9:15 – 9:30** Radial meniscus tear: the surgeon's challenge (N. Koukoulis)
- 9:30 – 9:45** Medial meniscus "bucket handle" tear repair in young athletes. (P. Zeman)
- 9:45 – 10:00** Bucket handle tears. My approach (L. Bazaras)
- 10:00 – 10:15** Complex meniscus tears. What I have learned from my friends (M. Fiodorovas)
- 10:15 – 10:30** Double level osteotomies (R. van Heerwaarden)
- 10:30 – 10:45** Rotational osteotomies for patellofemoral pathology (R. van Heerwaarden)
- 10:45 – 11:00** How to avoid problems in osteotomies. Tips and tricks (L. Luboinski)
- 11:00 – 11:15** Discussion
- 11:15 – 11:30** Coffee break

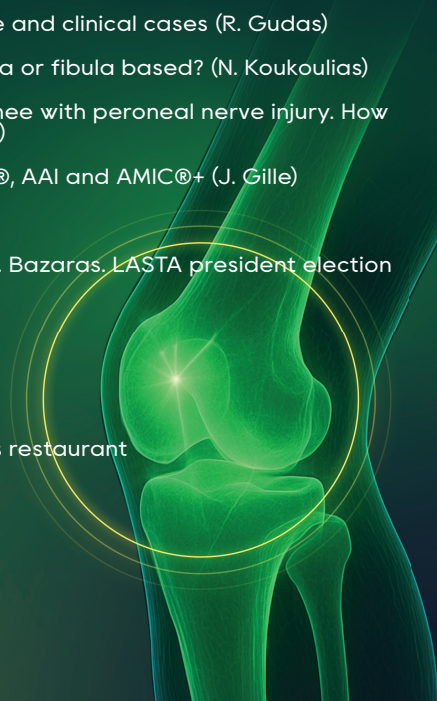
KNEE SESSION. LIGAMENTS

Moderators: N. Koukoulis, M. Pawlak, J. Belickas

- 11:30 – 11:45** My ACL surgery in 2025 (P. Zeman)
- 11:45 – 12:00** From injury to recovery: reconstructive approaches for cruciate ligaments, cartilage, and meniscus in the knee (T. Piontek)
- 12:00 – 12:15** Graft choice in ACL primary reconstruction (R. Compagnoni)
- 12:15 – 12:30** The role of lateral extra-articular tenodesis in primary and revision ACL surgery (R. Compagnoni)
- 12:30 – 12:45** Neglected knee ligament injury treatment (M. Pawlak)
- 12:45 – 13:00** ACL revisions: incidence and clinical cases (R. Gudas)
- 13:00 – 13:15** PLC reconstruction: tibia or fibula based? (N. Koukoulis)
- 13:15 – 13:30** Multiligament injured knee with peroneal nerve injury. How to treat it? (L. Luboinski)
- 13:30 – 13:45** Cartilage repair: AMIC®, AAI and AMIC®+ (J. Gille)
- 13:45 – 14:00** Discussion
- 14:00** LASTA current affairs L. Bazaras. LASTA president election

LUNCHEON

- 14:00 – 14:30** 1st floor, Baltasis Zirgas restaurant



SHOULDER SESSION (INSTABILITY)

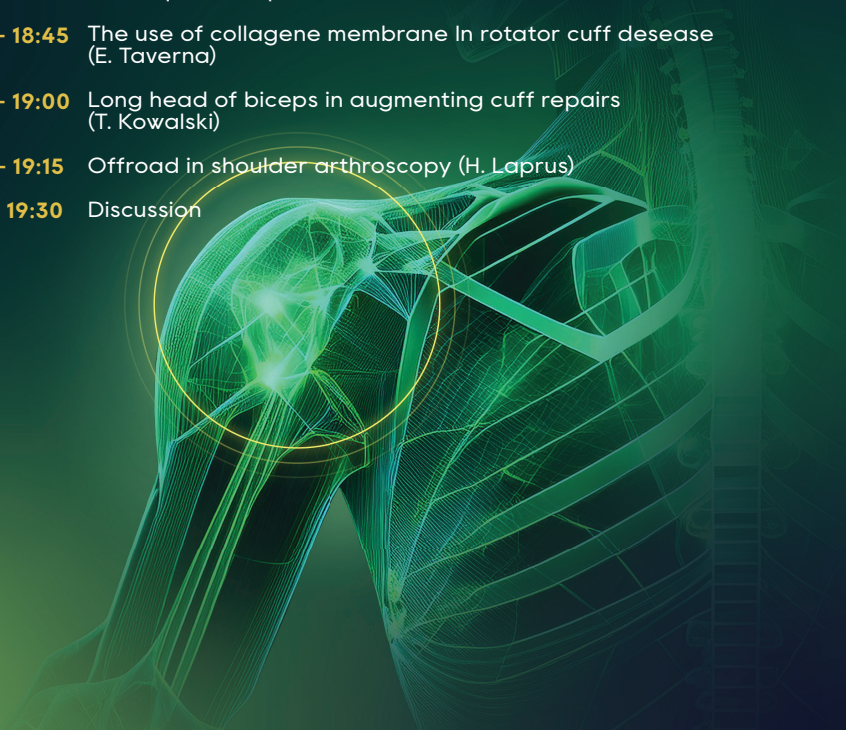
Moderators: E. Taverna, B. El-Zayat, T. Kowalski

- 14:30 – 14:45** Acute bony bankart fracture – when and how to fix (T. Kowalski)
- 14:45 – 15:00** Bony Bankart. How I do it (M. Pawlak)
- 15:00 – 15:15** Glenoid track concept enough to predict arthroscopic Bankart failure? (J. Stefaniak)
- 15:15 – 15:30** Dynamic anterior stabilization from theory to practice (G. Avram)
- 15:30 – 15:45** DAS+Remplissage: the easiest technique (A. Popescu)
- 15:45 – 16:00** How to treat bone defects in traumatic anterior glenohumeral instability (E. Taverna)
- 16:00 – 16:15** Recurrent shoulder dislocation – analysis and arthroscopic treatment options (@bone block) (B. Farouk El-Zayat)
- 16:15 – 16:30** The easiest way to perform Latarjet (H. Laprus)
- 16:30 – 16:45** Complications following Latarjet procedures (B. Marjanovic)
- 16:45 – 17:00** Augmented reality in orthopaedic surgery: History, Innovations and Techniques (J. Stefaniak)
- 17:00 – 17:10** Discussion
- 17:10 – 17:30** Coffee break

SHOULDER SESSION (RC PATHOLOGY)

Moderators: A. Popescu, L. Bazaras, B. Marjanovic

- 17:30 – 17:45** RC Repair – state of the art (B. Farouk El-Zayat)
- 17:45 – 18:00** Is simple repair enough in rotator cuff tear? (B. Marjanovic)
- 18:00 – 18:15** PASTA repair with biceps – the ideal indication (G. Avram)
- 18:15 – 18:30** How to revise a cuff repair that never healed – surgical technique (A. Popescu)
- 18:30 – 18:45** The use of collagene membrane In rotator cuff disease (E. Taverna)
- 18:45 – 19:00** Long head of biceps in augmenting cuff repairs (T. Kowalski)
- 19:00 – 19:15** Offroad in shoulder arthroscopy (H. Laprus)
- 19:15 – 19:30** Discussion

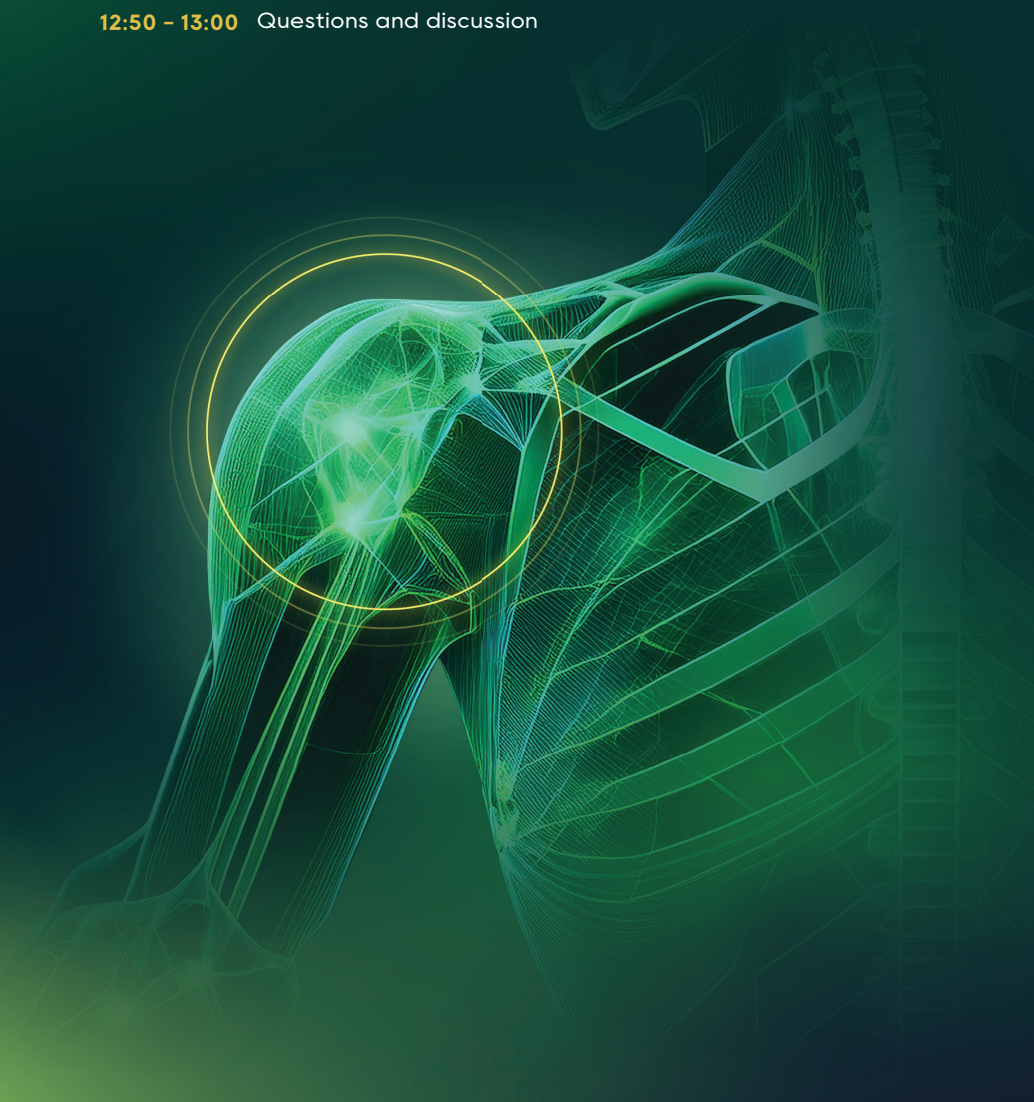


SHOULDER REHAB

SHOULDER REHAB SESSION

Moderator: L. Siupsinskas

- 09:00 – 09:20** Tips and tricks in rehabilitation after arthroscopic rotator cuff repair (J. Kaszynski)
- 09:20 – 09:30** Questions and discussion
- 09:30 – 09:50** Return to sport after shoulder surgery (W. Stepien)
- 09:50 – 10:00** Questions and discussion
- 10:00 – 10:20** Neck-related shoulder pain (R. Kesminas)
- 10:20 – 10:30** Questions and discussion
- 10:30 – 10:50** Physical agents for treating shoulder pain (R. Semeskevicius)
- 10:50 – 11:00** Questions and discussion
- 11:00 – 11:30** Coffee break
- 11:30 – 11:50** Post surgical shoulder stiffness (V. Simanavicius)
- 11:50 – 12:00** Questions and discussion
- 12:00 – 12:20** Shoulder injury prevention in overhead sports activities (K. Laurinskas)
- 12:20 – 12:30** Questions and discussion
- 12:30 – 12:50** Shoulder functional testing to guide therapy and training (M. Arend)
- 12:50 – 13:00** Questions and discussion



FOOT AND ANKLE SESSION I PART

Moderators: M. Wrobel, G. Pocius

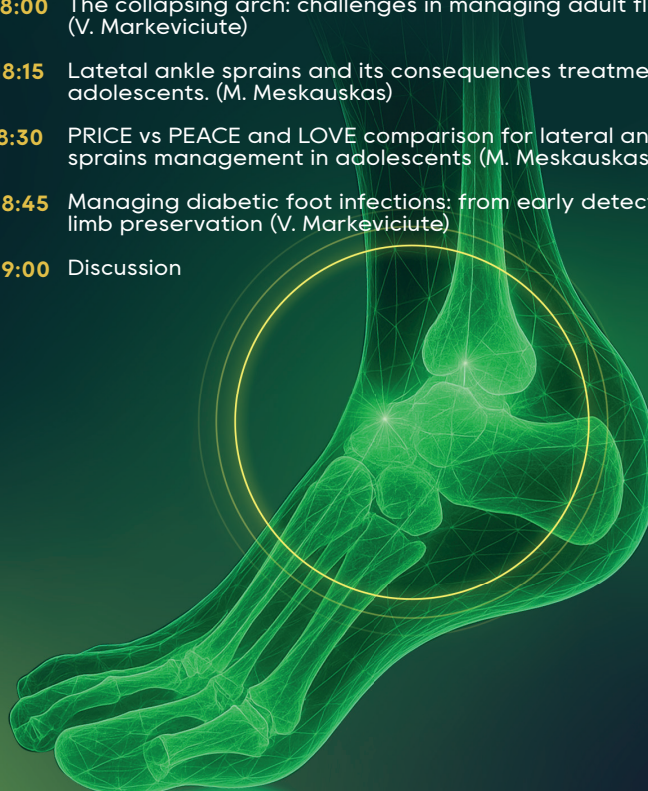
- 14:30 – 14:45** Practical advantages of Foot and Ankle Arthroscopy in the treatment of foot and ankle pathologies (V. Kimtys)
- 14:45 – 15:00** Achilles Tendinopathy: advancements in endoscopic treatment for noninsertional and insertional pathologies (M. Wrobel)
- 15:00 – 15:15** Talar Avascular Necrosis. Current concept of treatment (A. Komor)
- 15:15 – 15:30** Minimally invasive solutions for Sinus Tarsi Syndrome: Arthroscopy in focus (M. Wrobel)
- 15:30 – 15:45** Arthroscopy assisted treatment of the fractures around ankle (A. Eleftheropoulos)
- 15:45 – 16:00** Syndesmotic injuries. The role of Arthroscopy (V. Kimtys)
- 16:00 – 16:15** Discussion

16:15 – 17:00 Coffee break

FOOT AND ANKLE SESSION II PART

Moderators: A. Eleftheropoulos, V. Kimtys

- 17:00 – 17:15** Supramalleolar osteotomy in treatment of ankle OA – time buying procedure (A. Komor)
- 17:15 – 17:30** Calcaneal Osteotomies: techniques and indications (A. Eleftheropoulos)
- 17:30 – 17:45** Running into trouble: metatarsal stress fractures in the active athlete (G. Pocius)
- 17:45 – 18:00** The collapsing arch: challenges in managing adult flatfoot (V. Markeviciute)
- 18:00 – 18:15** Latetal ankle sprains and its consequences treatment in adolescents. (M. Meskauskas)
- 18:15 – 18:30** PRICE vs PEACE and LOVE comparison for lateral ankle sprains management in adolescents (M. Meskauskas)
- 18:30 – 18:45** Managing diabetic foot infections: from early detection to limb preservation (V. Markeviciute)
- 18:45 – 19:00** Discussion



25.09.2025 SHOULDER CADAVER PRE-COURSE

Moderator: E. Taverna

Faculty: M. Pawlak, T. Kowalski, B. Marjanovic, L. Bazaras

9:00 – 9:20	Registration at KU Lab
9:20 – 9:30	Welcome words (S.Ratajczak, M. Fiodorovas)
9:30 – 10:30	Presentations
9:30 – 9:50	Arthroscopic anterior labral repair with remplissage (E. Taverna)
9:50 – 10:10	Posterior labrum repair. My approach (T. Kowlaski)
10:10 – 10:30	Tips and tricks RC repair (B. Marjanovic)
10:30 – 12:30	Lab session Shoulder Instability (anterior, posterior, SLAP labrum repair, HS tenodesis)
12:30 – 13:30	Lunch
13:30 – 16:00	Lab session. RC (RC repair, LHB tenodesis)
16:00 – 16:30	Summary

Photography and video

During this course, photographs may be taken and audio/visual video footage may be recorded. We may use such photos/footage on the LASTA, Smith+Nephew, Biovico and Geistlich websites and in communication and promotional material outlining our educational events and services. By attending our course you are consenting to use of images of you as described above. If you do not want us to use imagery or recordings in which you feature, please inform us in writing before or during the course.

Disclaimer

The information presented in this course is provided for the informational and educational purposes only and is not intended to serve as medical advice, nor endorse any named institution. This course may contain information on Smith+Nephew, Biovico, Geistlich products, educational content, and/or demonstrate certain techniques used by the presenter(s). The physician presenter(s) prepared the information contained in this course and the views and opinions expressed within are those of the presenter(s) only and may not reflect the opinion or guidelines for clinical care of any other person, institution, scientific association, or product manufacturer. It is the responsibility of physicians to determine and utilize the appropriate products and techniques, according to their own clinical judgment, for each of their individual patients. For more information on the application of any products discussed, as well as indications for use, contraindications, and product safety information, please consult the applicable Instructions for Use (IFU) for such product. The information on this course may not be appropriate for all countries and/or jurisdictions. Smith+Nephew, Biovico or Geistlich products may not be available or authorized for distribution in all markets.

SHOULDER CADAVER PRE-COURSE