

## Registration & Fees

Registration is accepted online only through [www.cartilage.org](http://www.cartilage.org)

All fees in Euros	Early Bird until June 30	Normal Fee July 1 – Sep 30	Onsite Fee from Oct 1
Junior Members, Residents, Students & Physiotherapists*	€ 190.00*	€ 290.00*	€ 340.00*
ICRS Members	€ 290.00	€ 390.00	€ 440.00
Non-ICRS Members	€ 390.00	€ 490.00	€ 540.00
Industry Associates	€ 450.00	€ 550.00	€ 600.00

### Workshop for Rehabilitation on Cartilage Cases

(limited to 30 tickets)

Junior Members, Residents, Students & Physiotherapists*	€ 50.00*
ICRS Members	€ 90.00
Non-ICRS Members	€ 150.00
Industry Associates	€ 200.00

\* To be accompanied by a certificate signed by the head of department. Please send it to [office@cartilage.org](mailto:office@cartilage.org) immediately after your registration.

## Registration Cancellation & Name Change

Written notification is required for all congress cancellations and name changes. Notifications should be sent to the Cartilage Executive Office [office@cartilage.org](mailto:office@cartilage.org).

### Refunds for summit cancellations are as follows:

80 % refund for cancellations before August 31, 2021.  
50 % refund for cancellations before September 30, 2021. No refund thereafter.  
Name changes will be charged with a fee of €100.00.

### Included in the Registration Fee:

- Access to all Sessions & Industry Exhibition
- 1 Lunch on Friday)
- Course Registration Material
- 3 Coffee Breaks
- Welcome Reception
- Certificate of Attendance

## Payment

Fees are in Euros and are accepted as follows:  
Bank Transfer, Credit cards (VISA, AMEX, Mastercard)

## ICRS Membership Benefits

Attendees who apply for ICRS membership right before registration will immediately benefit from the highly reduced members' fee. Membership applications should be done online before course registration. Please note that ICRS Members who are not in good standing with their membership dues 2020 and/or 2021 would be charged with the non-member fee.

## Important Dates

Deadline Course Registration Early Fee	June 30, 2021
Deadline Cancellation of Registration (refund 80%)	August 31, 2021
Hotel Reservation	September 15, 2021
Deadline Cancellation of Registration (refund 50%)	September 30, 2021
Deadline Course Registration Normal Fee	September 30, 2021
Onsite Fees as from	October 1, 2021

## Accommodation / Official Hotel

Hotel Mediterranean Palace  
3, Salaminos & Karatassou Street  
GR-54626 Thessaloniki, Greece  
Phone +30 2311 240400  
E-Mail: [info@mediterranean-palace.gr](mailto:info@mediterranean-palace.gr) | Website: [www.mediterranean-palace.gr](http://www.mediterranean-palace.gr)

Special ICRS Rates € 110.00 SGL | € 125.00 DBL (Rates include breakfast, VAT and Service but excludes Visitor Tax of € 4.00 per day to be paid by the guest upon check out).

Email: [reservations@mediterranean-palace.gr](mailto:reservations@mediterranean-palace.gr) | Please inform Group Code: ICRS2021 or visit [www.cartilage.org](http://www.cartilage.org) to book your accommodation.

## Faculty & Course Dinner

Take in the success of the ICRS Focus Meeting while enjoying the typical Greek atmosphere and food. Seize this unique opportunity and get together with our faculty experts. Extend your networking with your international peers and colleagues in an inspiring ambience. Fee: 60 Euros (food & drinks included).

## Summit Language

English, no simultaneous translation will be available.

## Updated Information

Please note that this is a preliminary programme. For updated information (topics, faculty, registration fees, etc.) please visit our website [www.cartilage.org](http://www.cartilage.org) frequently.

## Industry Support & Exhibition

The Industry is invited to contribute and to support this important event. Affordable tabletop exhibits and sponsorship opportunities are available to expose and enhance your organization's visibility. Interested companies please contact Stephan Seiler ([sseiler@cartilage.org](mailto:sseiler@cartilage.org)).

### Hot Topics

- Effect of Activity in Joint Homeostasis
- Acute Traumatic Injuries in Sports: What Happens in the Cartilage?
- Chronic Damage and Early OA in Athletes: Any Evidence?
- Treatment Methodology to Achieve Better Results
- Orthobiologics: The Impact on Reducing OA Prevalence in Sports
- Rehabilitation Aspects Towards Achieving Homeostasis
- Prevention – Prescription of Exercise as “Cartilage Health Tool”
- Treatment Algorithm – Set the Consensus
- Workshop for Rehabilitation on Cartilage Cases

### Social Media – Follow us on:



## Preliminary Programme



# Thessaloniki Greece

October 21-23, 2021

# ICRS Focus Meeting Cartilage & Sports

## The Impact of Sports in Cartilage - How Much is Normal? & Optional Workshop for Rehabilitation on Cartilage Cases



# ICRS

International Cartilage Regeneration  
& Joint Preservation Society

[www.cartilage.org](http://www.cartilage.org)

# WELCOME

We are honored to welcome you in Thessaloniki to discuss "The Impact of Sports in Cartilage Health". We all understand the severity of the morbidity caused by cartilage injuries or posttraumatic – postsurgical osteoarthritis and we are happy to announce that in this special ICRS Focus Meeting we will all manage to get in depth knowledge of the real problem, focusing on the mid and long term results of injury, or even no-injury!!

Epidemiological and pathophysiological data will be presented with the surgical techniques that are already used worldwide for the treatment of cartilage lesions. Special credit will be paid in evidence-based rehabilitation and prevention, parallel to presentation of surgical or conservative treatment that can lead to better outcome. Our main aim is that all the participants, at the end of the Focus Meeting, will understand the impact of sports in joint homeostasis and cartilage health, and we hope that we open the discussion regarding consensus of how much is optimal and what is the best treatment algorithm. In the meantime, delegates and faculty will have the time to enjoy the famous Greek hospitality in the emblematic city of northern Greece next to mountain Olympus and the birthplace of Alexander the Great. Museum visits, exceptional cuisine, and relaxing time everywhere inside this lively city, will add to the value of the scientific event.

Hope to see you real soon,  
Emmanuel Papacostas & Christoph Ergelet, Course Chairs

## International Faculty (Tentative)

Aftosmidis Dimitrios (GR)	Kon Elizaveta (IT)	Sinopidis Christos (GR)
Bozkurt Murat (TR)	Minas Tom (US)	Slynarski Konrad (PL)
D'Hooghe Peter (QA)	Nehrer Stefan (AT)	Terzidis Ioannis (GR)
Epaminontidis Konstantinos (GR)	Papacostas Emmanuel (QA)	Totlis Trifon (GR)
Ergelet Christoph (CH)	Papasoulis Efthymios (GR)	Tzaveas Alexandros (GR)
Gobbi Alberto (IT)	Sas Kristof (BE)	Verdonk Peter (BE)
Iosfidis Michael (GR)	Sciarretta Fabio (IT)	Vonk Lucienne (DE)
Karagiannidis Alexandros (GR)	Sideris Aristotelis (GR)	

## Course Chairs

Emmanuel Papacostas, *Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar*  
Christoph Ergelet, *Alfadnic, Orthopaedics, Zurich, Switzerland*

## Local Organising Committee

Aris Sideris, Ioannis Terzidis, Efthimis Papasoulis, Trifon Totlis – *The MIS Orthopaedic Center Thessaloniki*

## Focus Meeting Organizing Office

Cartilage Executive Office (CEO) GmbH  
Spitalstrasse 190, House 3  
8623 Wetzikon, Switzerland  
Phone: +41 44 503 73 70  
Email: office@cartilage.org

## Course Venue & Official Hotel

Hotel Mediterranean Palace  
3, Salaminos & Karatassou Street  
GR-54626 Thessaloniki, Greece  
Phone +30 2311 240400  
E-Mail: info@mediterranean-palace.gr | Website: www.mediterranean-palace.gr

**Venue Workshop:** PAOK FC Training Center or Rehabilitation Center

# PRELIMINARY PROGRAMME

## Thursday, October 21, 2021

### 12:00 - 18:00 Registration & Badge Pick-Up

### 13:00–14:15 Session 1: Effect of Activity in Joint Homeostasis

Moderators: Ergelet Christoph (CH), Sciarretta Fabio (IT)

- 1.1 How Big is the Problem (Epidemiology)? – Sideris Aristotelis (GR)
- 1.2 Any Markers to Measure? – Vonk Lucienne (DE)
- 1.3 UEFA Champions League Study: Are There Any Clues? – D'Hooghe Peter (QA)
- 1.4 Different Sports - Different Problems – Sas Kristof (BE)  
Q&A / Discussion

### 14:15–15:30 Session 2: Acute Traumatic Injuries in Sports: What Happens in the Cartilage

Moderator: D'Hooghe Peter (QA)

- 2.1 The Ankle – D'Hooghe Peter (QA)
- 2.2 The Knee – Papacostas Emmanuel (GR)
- 2.3 The Hip – Tzaveas Alexandros (GR)
- 2.4 The Shoulder – Sinopidis Christos (GR)  
Q&A / Discussion

### 15:30–16:30 Coffee Break / Exhibition

### 16:30–17:15 Session 3: Chronic Damage & Early OA in Athletes: Any Evidence?

Moderator: Verdonk Peter (BE)

- 3.1 Young Patients With Old Knees – Ergelet Christoph (CH)
- 3.2 What Happens in the Long Term – Iosfidis Michael (GR)  
Q&A / Discussion

### 17:15–18:00 Session 4: Keynote Lecture

Minas Tom (US)

- 4.1 How a Cartilage Injury Impacted my Career – Professional Athlete (GR)  
Q&A / Discussion

### 18:00–19:00 Welcome Reception

## Industry Support & Exhibition

The Industry is invited to contribute and to support this important event. Affordable tabletop exhibits and sponsorship opportunities are available to expose and enhance your organization's visibility. Interested Companies please contact Stephan Seiler (sseiler@cartilage.org).

### Diamond Partners



### Gold Sponsor



### Silver Sponsor



# PRELIMINARY PROGRAMME

## Friday, October 22, 2021

### 08:45–10:30 Session 5: Treatment Methodology to Achieve Better Results

Moderators: Kon Elizaveta (IT), Nehrer Stefan (AT)

- 5.1 The Role of Debridement – Terzidis Ioannis (GR)
- 5.2 One Step Cartilage Transplantation with HA-BMAC – Gobbi Alberto (IT)
- 5.3 OATS - Mosaicplasty – Slynarski Konrad (PL)
- 5.4 ACI – Nehrer Stefan (AT)
- 5.5 One-Stage Techniques With or Without Chondrocytes – Kon Elizaveta (IT)
- 5.6 Allografts – Verdonk Peter (BE)  
Q & A / Discussion

### 10:30–11:15 Coffee Break / Exhibition

### 11:15–11:45 Session 6: Keynote Lecture

6.1 The History of Cartilage Treatment in Sports – Minas Tom (US)

### 11:45–13:00 Session 7: Orthobiologics: The Impact on Reducing OA Prevalence in Sports

Moderator: Papacostas Emmanuel (QA)

- 7.1 HA – Bozkurt Murat (TR)
- 7.2 PRP – Slynarski Konrad (PL)
- 7.3 MSCs – Sciarretta Fabio (IT)
- 7.4 Medicinal Products – Kon Elizaveta (IT)  
Q & A / Discussion

### 13:00–14:15 Lunch Break & Industry Symposium

### 14:15–15:30 Session 8: Rehabilitation Aspects Towards Achieving Homeostasis

Moderators: Aftosmidis Dimitrios (GR), Slynarski Konrad (PL)

- 8.1 Don't Focus on the Tree, See the Forest – Karagiannidis Alexandros (GR)
- 8.2 Staged Rehabilitation – Epaminontidis Konstantinos (GR)
- 8.3 Blood Flow Restriction Protocols – Papasoulis Efthymios (GR)
- 8.4 When to Return to Competition – Sas Kristof (BE)  
Q & A / Discussion

### 15:30–16:00 Coffee Break / Exhibition

### 16:00–16:45 Session 9: Prevention - Prescription of Exercise as "Cartilage Health Tool"

Moderators: Sas Kristof (BE), Slynarski Konrad (PL)

- 9.1 Preventive Programs: Do They Have an Impact? – Aftosmidis Dimitrios (GR)
- 9.2 FIFA 11+ – Totlis Trifon (GR)  
Q & A / Discussion

### 16:45–18:00 Session 10: Treatment Algorithm - Set the Consensus

Moderators: Sciarretta Fabio (IT), Ergelet Christoph (CH)

- 10.1 Panel Discussion – Minas Tom (US), Verdonk Peter (BE), Nehrer Stefan (AT), D'Hooghe Peter (QA), Papacostas Emmanuel (GR), Gobbi Alberto (IT), Kon Elizaveta (IT)  
Q & A / Discussion

### 19:00–23:00 Faculty & Course Dinner (€ 90)

## Saturday, October 23, 2021 (Additional Fee)

### 09:00–13:00 Optional Workshop for Rehabilitation on Cartilage Cases

Sas Kristof (BE), Epaminontidis Konstantinos (GR), Karagiannidis Alexandros (GR), Papacostas Emmanuel (QA), Aftosmidis Dimitrios (GR)