



**Capiro**  
Artro Clinic

**STOCKHOLM SPORTS TRAUMA**  
RESEARCH CENTER

## **KNEE PRESERVATION COURSE**

### **3 – 4 February 2025**

#### **February 3rd - Monday**

8.00 – 8.30 registration

8.30 Welcome, intro

8.40-9.30 My journey in Osteotomies – the evolution of indications - Ronald van Heerwaarden

9.30-10.00 Deformity analysis and pre-op planning for osteotomy surgery – Mikael Östin

10.00-10.15 HTO Surgical technique – Raghbir Khakha

10.15-10.45 Coffee – exhibition

**10.45-11.40 HTO Live surgery Tomofix – Raghbir Khaka**

11.40-12.00 Osteotomy in chronic ligament instability – Romain Seil

12.00-12.20 Results and complications for osteotomy surgery – Raghbir Khakha

12.20-12.30 DFO surgical technique - Ronald van Heerwaarden

12.30-13.30 Lunch – exhibition

**13.30-14.30 Live surgery DFO Newclip - Ronald van Heerwarden**

14.30-14.50 Combined Osteotomy and ligament surgery - Mikael Östin

14.50-15.10 Double Osteotomies - Raghbir Khakha

### 15.10-15.40 Coffee – Exhibition

15.40-16.00 Osteotomy vs UKA - Mats Sakari

16.00-17.00 Case discussions Osteotomies

### 19.00 COURSE DINNER

## February 4th - Tuesday

8.30-8.50 The Meniscus Anatomy and biomechanics - Erik Rönblad

8.50-9.30 The importance of saving the meniscus and strategies in meniscus injury treatment – Romain Seil

### 9.30-10.00 Coffee – Exhibition

10.00-11.30 Techniques in meniscus surgery:

- 10.00-10.20 RAMP injuries - Riccardo Cristiani
- 10.20-10.40 ROOT injuries - Anders Stålmán
- 10.40-11.00 Horizontal tears - Romain Seil
- 11.00-11.20 Radial tears - Karl Eriksson
- 11.20-12.00 Case discussions meniscus (Riccardo Cristiani, Anders Stålmán, Romain Seil, Karl Eriksson).

### 12.00-13.00 Lunch – exhibition

13.00-13.30 Meniscal Allograft Transplantation - Alberto Grassi

13.30-13.50 Orthobiologics in Orthopedic surgery, update on recommendations. How shall we approach orthobiologics in Scandinavia – David Roberts

13.50-14.00 Discussion on use of Orthobiologics (faculty)

14.00-14.45 Treatment of Cartilage Defects Across All Ages - Alberto Grassi

**14.45-15.15 Coffee - exhibition**

15.15-15.30 The minced cartilage technique for cartilage restoration - Anders Stålmán

15.30-15.45 Focal knee prosthesis - Anders Stålmán

15.45-16.15 Case discussions Cartilage (Alberto Grassi, Anders Stålmán, Romain Seil, Riccardo Cristiani)

16.15-17.00 **RAPID FIVE** - Research from Stockholm Sports Trauma Research Center

Riccardo Cristiani, Dzan Rizvanovic, David Holmgren, Tobias Wörner, Marita Harringe and more

**17.00 END**

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