



Univerza v Ljubljani  
*Medicinska* fakulteta



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20.

INTERNATIONAL  
COURSE OF

# ARTHROSCOPIC TECHNIQUES

ON ANATOMICAL SPECIMENS



Ljubljana, Slovenia  
11<sup>th</sup> and 12<sup>th</sup> April 2025

final  
programme

International Course of Arthroscopic Techniques on anatomical specimens in Ljubljana is a traditional event which takes place in April each year. The first course was organized in 2001, since then it has become one of the most important educational meetings in Central and Eastern Europe for the field of arthroscopy. It attracts participants from many countries from Europe and beyond. Participants come to learn knee and shoulder arthroscopy on anatomical specimens. Education is on very high level. Two attendees work together on one anatomical specimen with a personal instructor. Members of the faculty are experienced surgeons with a professional and scientific reputation. These are the reasons why the course is usually overbooked.

Follow us on: [www.arthrocourse.com](http://www.arthrocourse.com)

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# 2DAYS WORKSHOP ON ANATOMICAL SPECIMENS WITH LECTURES

ONLY TWO PARTICIPANTS WILL BE WORKING WITH ONE EXPERIENCED INTERNATIONAL INSTRUCTOR PER ONE STATION. EACH PARTICIPANT WILL TAKE PART IN 4 HANDS-ON WORKSHOPS USING ANATOMICAL SPECIMENS.

## TOPICS

KNEE: meniscus surgery, ACL, PCL, PLC reconstruction, PF joint pathology  
SHOULDER: instability surgery, RC repair, SLAP and biceps pathology, AC joint problems  
TIPS & TRICKS OF THE TRADE

## VENUE

Institute of Anatomy, Medical Faculty Ljubljana, Korytkova 2, Ljubljana, Slovenia

## REGISTRATION FEE AND PAYMENT

1.200 € - fee includes participation at lectures, 4 workshops on anatomical specimens, coffee breaks, lunch and course dinner

## ORGANISED BY

SSAST - Slovenian Society for Arthroscopic Surgery and Sports Traumatology

## CO-ORGANISED BY

Institute of Anatomy and Department of Surgery of Medical Faculty Ljubljana

## SUPPORTED BY

Department of Traumatology and Department for Orthopedic Surgery of University  
Medical center Ljubljana  
ESSKA - ESA  
ARBOR MEA d.o.o.

## ORGANISING COMMITTEE

Presidents: Ladislav Kovačič, Tomaž Malovrh, Katja Štrus  
Co-presidents: Erika Cvetko, Tomaž Smrkolj, Klemen Stražar  
Members: Miha Ambrožič, Matic Ciglič, Dejan Hermann, Marko Macura,  
Mile Majstorović, Tomaž Randl, Boštjan Sluga

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## INFORMATION

### **Information on scientific programme:**

Ladislav Kovačič (ladislav.kovacic@gmail.com), Katja Štrus (katja.strus@kclj.si), Tomaž Malovrh (tomaz.malovrh@mf.uni-lj.si)

### **Registration and accomodation:**

Teja Kučina (primatravel@siol.net)

## FACULTY KNEE

Matic Ciglič - Slovenia  
Matej Drobnič - Slovenia  
Boštjan Gošnik - Slovenia  
Blaž Iskra - Slovenia  
Robi Kelc - Slovenia  
Marko Macura - Slovenia  
Mile Majstorović - Slovenia  
Tomaž Malovrh - Slovenia  
Jakob Merkač - Slovenia  
Nino Mirnik - Slovenia  
Zoran Nestorovski - R.North Macedonia  
Samo Novak - Slovenia  
Iztok Pilih - Slovenia  
Tomaž Randl - Slovenia  
Dejan Recek - Slovenia  
Brin Štabuc - Slovenia  
Katja Štrus - Slovenia  
Aljoša Toš - Slovenia  
Goran Vrgoč - Croatia  
Benno Zifko - Austria

## FACULTY SHOULDER

Bogdan Ambrožič - Slovenia  
Miha Ambrožič - Slovenia  
Tomaž Bajec - Slovenia  
Knut Beitzel - Germany  
Adrian Blasiak - Poland  
Aleksander Dolgan - Slovenia  
Dejan Golob - Slovenia  
Dejan Hermann - Slovenia  
Mario Josipović - Croatia  
Ladislav Kovačič - Slovenia  
Matevž Kuhta - Slovenia  
Benjamin Marjanovič - Slovenia  
David Martinčič - Slovenia  
Marko Nabergoj - Slovenia  
Boris Poberaj - Slovenia  
Vladan Stevanović - Serbia

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# FRIDAY 11.4.

**7:30 Registration**

**8:00 COURSE OPENING**

**8:15 - 10:00 Lectures and discussion - Basics**

Knee arthroscopy and meniscal tears  
Basics of ACL repair  
Cartilage lesion treatment  
Introduction to shoulder arthroscopy  
Basics of anterior shoulder stabilization  
Basics of rotator cuff repair

Samo Novak  
Marko Macura  
Matej Drobnič  
Vladan Stevanović  
David Martinčič  
Boris Poberaj

**10:00 Coffee break**

**10:30 - 13:00 Hands-on workshop I**

Knee: basics of arthroscopy, meniscus surgery, ACL  
Shoulder: basics of arthroscopy, anterior stabilization, posterior stabilization, SLAP lesion

**13:00 Lunch break**

**13:30 Lunch workshops**

Meniscal sutures, arthroscopic knots

**14:30 - 15:30 Lectures and discussion - Advanced**

PCL reconstruction  
Patelofemoral instability  
Calcifying tendinitis  
How to tailor my RC-Repair to the patient

Benno Zifko  
Jakob Merkač  
Tomaž Bajec  
Knut Beitzel

**15:30 Coffee break**

**16:00 - 18:30 Hands-on workshop II**

Knee: ACL, extraarticular lateral tenodesis, PCL  
Shoulder: subacromial decompression, acromioplasty, AC joint resection,  
rotator cuff repair

**19:30 Official Congress dinner**

# SATURDAY 12.4.

## 8:00 - 9:30 Lectures and discussion - Miscellaneous

Extraarticular augmentation of ACL repair  
Capsular release of glenohumeral joint  
How to address biceps tendon  
AC joint stabilization  
Septic arthritis

Bogdan Ambrožič  
Benjamin Marjanovič  
Adrian Blasiak  
Ladislav Kovačič  
Tomaž Malovrh

## 9:30 Coffee break

## 10:00 - 12:30 Hands-on workshop III

Knee: basics of arthroscopy, meniscus surgery, ACL  
Shoulder: basics of arthroscopy, anterior stabilization, posterior stabilization, SLAP lesion

## 12:30 Lunch break

## 13:00 Lunch workshops

Meniscal sutures, arthroscopic knots

## 13:30 - 16:00 Hands-on workshop IV

Knee: ACL, extraarticular lateral tenodesis, PCL  
Shoulder: subacromial decompression, acromioplasty, AC joint resection, rotator cuff repair

## 16:00 End of the course

Program may be subject to change. Please follow us on [www.arthrocourse.com](http://www.arthrocourse.com).

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<b>10:00</b>	<b>Coffee break</b>
<b>10:30 - 13:00</b>	<b>Hands-on workshop I</b>
<b>13:00</b>	<b>Lunch break</b>
<b>13:30</b>	<b>Lunch workshops</b>
<b>14:30 - 15:30</b>	<b>Lectures and discussion - Advanced</b>
<b>15:30</b>	<b>Coffee break</b>
<b>16:00 - 18:30</b>	<b>Hands-on workshop II</b>
<b>19:30</b>	<b>Official Congress dinner</b>

## **SATURDAY 12.4.**

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<b>8:00 - 9:30</b>	<b>Lectures and discussion - Miscellaneous</b>
<b>9:30</b>	<b>Coffee break</b>
<b>10:00 - 12:30</b>	<b>Hands-on workshop III</b>
<b>12:30</b>	<b>Lunch break</b>
<b>13:00</b>	<b>Lunch workshops</b>
<b>13:30 - 16:00</b>	<b>Hands-on workshop IV</b>
<b>16:00</b>	<b>End of the course</b>

time table