



21 May 2025  
Toulouse, France

# ESSKA Advanced Knee Arthroscopy Course - ALL about ACL and rotatory instability of the knee



An ESSKA 'All about..'  
Surgical-Skills Course

With the support of our Exclusive  
partner



# ESSKA Faculty



**Prof. Etienne Cavaignac**

Course Director  
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*Toulouse, France*



**Prof. Vincent Marot**

Hospital Nostra Senyora de  
Meritxell  
*Escaldes, Andorra*



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**Dr. Simone Perelli**

Hospital Universitari Quiron Dexeus  
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**Prof. Camilo Helito**

Sírio Libanês Hospital  
*São Paulo, Brazil*



**Prof. Bertrand Sonnery-Cottet**

Centre Orthopedique Santy, FIFA  
medical Center of Excellence  
*Lyon, France*



**Prof. Edoardo Monaco**

Sapienza University of Rome  
*Roma, Italy*

This **practical** cadaveric course is dedicated to learn anterolateral **knee stabilization techniques** (ALL / LET) and the **management of posteromedial meniscal injuries** concomitant with an **ACL injury**.

## Learning objectives:

Secondary restraints play a crucial role in controlling knee rotational stability.

The lectures will be directly correlated to what the attendees will perform in the laboratory.  
The attendee is expected to learn all about the rotatory instability of the knee

The aim of this course is to learn about and perform the various techniques of anterolateral tenodesis.

Diagnostic and therapeutic management of ramp lesions of the posterior segment of the internal meniscus will also be covered.

# Programme

## Wednesday 21 May

Start	End		
07:45	08:00	Registration	
08:00	08:10	Welcome and Introduction	<i>E. Cavaignac</i>
08:10	08:20	How to access the PM aspect of the knee	<i>S. Perelli</i>
08:20	08:30	How to suture a ramp lesion	<i>V.Marot</i>
08:30	10:00	First Lab Session	
		a. Approach of the PM aspect of the knee	
		b. Suture of ramp lesion with hook	
10:00	10:20	Coffee break	
10:20	10:30	Why perform ALL/LET	<i>B. Sonnery-Cottet</i>
10:30	10:40	How to harvest the graft including Rectus Femoris	<i>C. Helito</i>
10:40	10:50	Overview of the different techniques for LET ( ALL & Lemaire)	<i>E. Monaco</i>
10:50	12:30	Second Lab session	
		a. Harvesting the graft for ACL	
		b. Lat tenodesis	
12:30	13:30	Lunch break	
13:30	15:30	Third Lab session	
		a. ACL	
		b. Lat tenodesis	
		c. Attendee suggestions	
15:30	15:55	Discussion on clinical cases	<i>C. Helito</i> <i>V.Marot</i> <i>S. Perelli</i>
15:55	16:00	Take-home messages	<i>E. Cavaignac</i>

## Course venue

### Institut d'Anatomie et de Simulation Chirurgicale

Centre de Don du Corps - Université Toulouse III  
133 route de Narbonne, Bât. A1  
31400 Toulouse

## Registrations

Registrations are limited to **20 people**, book your seat [here](#).

1500€ (for ESSKA members) including ESSKA Advanced Knee Arthroscopy Course – ALL about rotatory instability of the knee & Access to PCO course on May 22 & 23.

1700€ (for non-ESSKA members) including ESSKA Advanced Knee Arthroscopy Course – ALL about rotatory instability of the knee & Access to PCO course on May 22 & 23.

Registration includes:

- Coffee breaks
- Lunch
- Dinner on May 21st – Ma brasserie des Beaux Arts – 20h00
- Registration to the Practical Course Orthopedics on May 22 and 23.

More information: [www.practicalcourseorthopedics.com](http://www.practicalcourseorthopedics.com)



**PRACTICAL COURSE  
ORTHOPEDICS**

## Hotel information

Book your hotel [here](#).

## Transfers

Nearest airport is:

Toulouse-Blagnac Airport: 30 minutes by car

Book your travel [here](#).

## Contact information

### EUROPA GROUP

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