

## Meniscus injuries

### SAKS Focus symposium at Comwell, Roskilde 2023

**Friday 29. September 2023**

**A symposium about different types of meniscus injuries- What should we do? When is surgery indicated and how to fix it (tips and tricks)?**

**Aetiology, diagnosis, and treatment of different types of meniscus injuries (Surgical as well as non-surgical approach) will be covered.**

**8.30 – 9.30**                      **Registration and coffee**

**9.30 – 9.40**                      Welcome & introduction

**Ole Gade Sørensen**

#### **Meniscus properties, histology, imaging:**

**Chair: Roland Knudsen**

9.40 – 10.05: Introduction. Epidemiology, Aetiology, Function and Anatomy of the medial and lateral meniscus (differences between the medial and lateral meniscus- function and anatomy that is good to know): **Michael Krogsgaard**

10.05 – 10.30: Imaging of the meniscus. Tips and tricks for the surgeon on what to look for on MRI (Different types of meniscal lesions):

**Mikael Boesen**

10.30 – 10.45                      Discussion

**10.45 – 11.10**                      **Coffee break and visit the exhibitions**

**Consensus on how should we manage degenerative meniscus lesions:**

**Chair: Anders Boesen**

- 11.10 – 11.40                      - Degenerative meniscus lesions- **Non-surgical approach:** [Søren Skov](#)
- What kind of conservative treatment should we do and how should it be done?
  - Can we use the same conservative approach to all types of degenerative meniscus lesions
  - Does training works and how does it work?
- 11.40 – 11.55                      - Meniscal lesions: Should age guide non-surgical approach? [James Robinson](#)
- 11.55 – 12.10                      - When should we consider knee osteotomy in patients with degenerative meniscal lesions? [James Robinson](#)
- Indications, results and technique
- 12.10 - 12.30                      Discussion
- 12.30 – 13.30**                      **Lunch and visit the exhibitions**

**Repair of the meniscus:**

**Introduction**

- 13.30 – 13.45                      - Meniscus lesions and the danger of OA- Can meniscal repair prevent early OA? [Ole Gade Sørensen](#)

## **The degenerative meniscus:**

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| 13.45 – 14.05 | - Degenerative meniscus lesions- <b>Surgical approach:</b> <b>Peter Verdonk</b>  |
|               | <ul style="list-style-type: none"><li>- Which types of degenerative meniscus lesions should we consider surgery?</li><li>- When should we repair and when need to partially resect? Tips and tricks for repair</li></ul> |
| 14.05 – 14.25 | -Discussion  |

## **Root and Radial-lesions:**

**Chair: Morten Olesen**

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| 14.25 – 14.45 | Critical Overview and factors associated with Root-lesions (lateral and medial)? <b>James Robinson</b>   |
|               | <ul style="list-style-type: none"><li>- When and how to do surgery on Root-lesions</li><li>- Outcome and rehab protocol for Root-lesions</li></ul>                     |
| 14.45 – 15.05 | Critical Overview and factors associated with radial meniscal tears? <b>Peter Verdonk</b>  |
|               | <ul style="list-style-type: none"><li>- When and how to do surgery on radial meniscal tears?</li><li>- Outcome and rehab protocol for radial meniscal tears)</li></ul> |
| 15.05 – 15.15 | Discussion   |
| 15.15 – 15.45 | <b>Coffee break and visit the exhibitions</b>  |

## **Ramp lesions and other ACL related injuries:**

**Chair: Adam Witten**

15.45 – 16.05	<p>Critical Overview and factors associated with medial Ramp lesions? <b>Martin Lind</b></p> <ul style="list-style-type: none"> <li>- When and how to do surgery on RAMP lesions? - should we repair all RAMP lesions?</li> <li>- Outcome and rehab protocol for RAMP lesions</li> </ul>
16.05 – 16.30	<p>Other Meniscal tears with ACL injury:</p> <p>From complex displaced bucket handles to the non-displaced meniscal lesions. <b>James Robinson</b></p> <ul style="list-style-type: none"> <li>- Strategy for displaced bucket-handle lesion and ACL injury?</li> <li>- Non-displaced meniscal lesions and ACL injury: Timing of surgery if indicated?</li> </ul>
16.30– 16.45	Discussion
<b>19.00 –</b>	<b>Symposium Dinner &amp; Social networking</b>

## Saturday 30. September 2023

### Meniscal transplantation/replacement:

Chair: Simone Rechter

08.30 – 09.00	Is there a role in transplantation/replacement? - Indications, results and technique?	Peter Verdonk
09.00 – 09.15	Discussion	
09.15 – 09.30	Coffee break and visit the exhibitions	

### Meniscus repair:

Chair: Adam Witten

9.30 – 9.45	Stimulation in meniscus repair procedures.	Martin Lind
9.45 – 10.00	Discussion.	

### Pediatric meniscus:

**Chair: Sinan Said**

10.00 -10.30	Ramp-, radial-, LMORT and hypermobile meniscus in children- How to handle them? Tips and trick for the surgical treatment. <b>Martin Ratchke</b>
10.30 – 11.00	Discoid meniscus- How to handle them? Tips and trick for the surgical treatment. <b>Otto Kraemer</b>
11.00 – 11.30	Discussion
<b>11.30 – 12.00</b>	<b>Closing of the symposium &amp; Grab and go lunch</b>