Pediatric Meniscal Injuries

07 February 2025 — Monza
Congress Center - IRCCS San Gerardo dei Tintori



TRANSALPINE CENTER OF PEDIATRIC SPORTS MEDICINE AND SURGERY
5TH CONFERENCE

Scientific Director
Marco Turati — *Monza*

Presidents of the congress
Marco Bigoni — *Ponte San Pietro*
Aurelien Courvoisier — *Grenoble*

Fondazione IRCCS San Gerardo dei Tintori
Sistema Socio Sanitario Regione Lombardia
STOP
EPOS European Paediatric Orthopaedic Society
Università degli Studi di Milano Bicocca
CHU Grenoble Alpes
Transalpine Center of Pediatric Sports Medicine and Surgery

SCIENTIFIC RATIONALE

The Transalpine Center of Pediatric Sports Medicine and Surgery was created in 2019 to progress in this constantly updating surgical perspective. It is an International Pediatric Sports Medicine Center between the University of Milano - Bicocca and the Grenoble Alps University Hospital, that showed great potential and a great opportunity to build an interdisciplinary team including pediatric orthopedic surgeons, pediatrics, rehabilitation experts, physical therapists and athletic trainers, providing together extraordinary care for growing patients.

To allow specialists to appropriately treat sports-related lesions of children and teens, specific expertise and experience in pediatric sports medicine is required and constant evidence-based updates are mandatory. We believe that specialized sports medicine surgeons, trained in pediatric arthroscopic surgery with an expertise in sports physical therapy and rehabil itation are essential to a proper treatment. Moreover, tutoring training for students, residents and community education for parents, coaches and athletic trainers is essential.

The aim of this 5th conference is to exchange professional scientific and clinical experiences around pediatric and adolescent sports related injuries, in order to update, improve and ameliorate our knowledge, to give the best treatment to our patients.

The conference comprises broadly speakers to have a wide range of exposure, considering various aspects of rehabilitation, prevention, treatment, technical advances and research in the multi-disciplinary field of sports medicine related to meniscal injuries.

SCIENTIFIC DIRECTOR

Marco Turati - Monza

FACULTY

Franck Accadbled - Toulouse (FR)
Diaa Al Salloum - Grenoble (FR)
Antonio Andreacchio - Milano
Pierfrancesco Bettinsoli - Brescia
Marco Bigoni - Ponte San Pietro
Lorenzo Vittorio Boldrini - Milano
Maddalena Bracchi - Milano
Nicolas Bremond - Grenoble (FR)
Giuseppe Carrà - Milano
Fabio Catani - Modena
Alessandro Corsini - Brescia
Andrea Davide Cossio - Monza
Aurelien Courvoisier - Grenoble (FR)
Marco Crippa - Casatenovo
Alessandro Cristiano - Milano
Marco Dirito - Monza
Diego Gaddi - Ponte San Pietro
Federico Grassi - Pavia
Fabio Esposito - Milano
Davide Ippolito - Monza
Davide Molisani - Zingonia
Sossio Novelletti - Napoli
Lucia Visconti Parisio - Milano
Massimiliano A. G. Piatti - Ponte San Pietro
Marcello Pirovano - Carnate
Nicola Marcello Portinaro - Milano
Luca Rigamonti - Ponte San Pietro
Giuseppe Righini - MIlano
Laura Rizzi - Milano
Agostino Rossoni - Bergamo
Laura Russo - Vedano al Lambro
Franz Schir - Grenoble (FR)
Davide Tosoni - Milano
Marco Turati - Monza
Benjamin Tschopp - Lausanne (CH)
Fabio Verdoni - Milano
Antonio Zanini - Brescia
Giovanni Zatti - Milano

SCIENTIFIC PROGRAM

13.30 - 13.55 Arrival and Registration of participants

Coffee Station

13.55 - 14.00 Welcome - **G. Carrà, L. V. Parisio, F. Verdoni, G. Zatti,**

14.00 - 14.10 Introduction, Purpose and Definition - **A. Courvoisier, M. Turati**

1° SESSION: Traumatic Meniscal Tears - chairs: **M. Bigoni, N. Portinaro**

14.10 - 14.20 Extracellular matrix (ECM) and cellular features of a pediatric meniscus **M. Bracchi, L. Rizzi, L. Russo**

14.20 - 14.30 MRI characterization of traumatic meniscal tear in kids - **D. Ippolito**

14.30 - 14.40 Epidemiology / Pathophysiology in ACL deficient and stable knees **B. Tschopp**

14.40 - 14.50 Arthroscopic management: Classification, arthroscopic techniques, Outcomes - **P. Bettinsoli**

14.50 - 14.55 Associated chondral injuries: management, pharmacological treatment and ialuronic acid - **L. Rigamonti**

14.55 - 15.20 DISCUSSION - **D. Gaddi, D. Molisani, S. Novelletti, A. Zanini**

2° SESSION: Discoïd meniscus - chairs: **F. Grassi, M. Piatti**

15.20 - 15.30 Epidemiology / Pathophysiology - **D. Al Salloum, N. Bremond**

15.30 - 15.40 MRI evaluation of meniscal tears in paediatric patients. Evidence and tricks and tips - **F. Schir**

15.40 - 15.50 Clinical evaluation and arthroscopic management: (Classification, Meniscoplasty, Repair techniques, Outcomes) - **F. Accadbled, M. Turati**

15.50 - 16.00 Discoid Meniscus: Where Do We Stand in 2024? - **M. Crippa**

16.00 - 16.10 Knee kinematics during gait in patients with discoid lateral meniscus **C. Alessandro**

16.10 - 16.40 DISCUSSION - **A. Andreacchio, F. Catani, A. D. Cossio**

3° SESSION: Rehab & prevention - chairs: **F. Grassi, G. Zatti**

16.40 - 16.50 Post-operative Rehabilitation - **M. Dirito**

16.50 - 17.00 Is there a role for Hydrokinesitherapy in rehabilitation protocol? - **M. Pirovano**

17.00 - 17.10 RTP after meniscal injury - **A. Rossoni**

17.10 - 17.20 Joint development & prevention programme on the side of children's sports medicine and sports surgery - **B. Tschopp**

17.20 - 17.30 The management of post-traumatic and post-surgical pain - **D. Tosoni**

17.30 - 17.50 DISCUSSION - **L. Boldrini, A. Corsini, F. Esposito, G. Righini**

17.50 - 18.00 Conclusion and take-home message - **M. Bigoni**

18.00 - 18.15 Fill in CME questionnaire and end of the meeting

CONGRESS VENUE

Congress Center, Fondazione IRCCS San Gerardo Dei Tintori
Via Giovanbattista Pergolesi, 33 - 20900 Monza

REGISTRATION METHODS

To participate in the course, participants are required to register at the following link:

ECM ACCREDITATION

The training event has a limited number of places and has been accredited (**4** ECM credits) for the profession of:

Surgeon
Disciplines: **General Medicine (Family Doctors), Orthopedics and Traumatology, Pediatrician, Physical Medicine and Rehabilitation, Sports Medicine**

Physiotherapist

TARGET AUDIENCE:

Orthopaedics and Sports Doctors, Pediatricians, Residents, Administrators, Athletic Trainers, Educators, Coaches, Family Physicians Kinesiologist, Rehab Engineers, Researchers and all others concerned with Pediatric and Adolescent sports medicine

Training objective: clinical documentation. Clinical-assistance, diagnostic and rehabilitation paths, assistance profiles, treatment profiles

Type: free event



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