

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



European Paediatric Orthopaedic Society



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 rehabilitation 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 - France
Antonio Andreacchio - Milano
Pierfrancesco Bettinsoli - Brescia
Marco Bigoni - Milano
Lorenzo Vittorio Boldrini - Milano
Maddalena Bracchi - Milano
Nicolas Bremond - Paris
Giuseppe Carrà - Milano
Fabio Catani - Modena
Alessandro Corsini - Milano
Andrea Davide Cossio - Milano
Aurelien Courvoisier - Grenoble
Marco Crippa - Milano
Alessandro Cristiano - Milano
Marco Drito - Monza
Diego Gaddi - Monza
Fabio Esposito - Milano
Davide Ippolito - Monza

Davide Molisani - Bergamo
Sossio Novelletti - Napoli
Lucia Visconti Parisio - Milano
Marcello Pirovano - Carnate
Nicola Marcello Portinaro - Milano
Luca Rigamonti - Milano
Giuseppe Righini - Milano
Laura Rizzi - Milano
Agostino Rossoni - Bergamo
Laura Russo - Milano
Franz Schir - Grenoble
Davide Tosoni - Milano
Marco Turati - Monza
Benjamin Tschopp - Losanna
Matteo Zago - 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, 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 - **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, M. Zago**
- 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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