



Pediatric Meniscal Injuries

Transalpine Center of Pediatric
Sports Medicine and Surgery
5th CONFERENCE

Centre Transalpin de Médecine
et Chirurgie du Sport Pédiatrique
5° SÉMINAIRE

7 February 2025 – Centro Congressi, IRCCS San
Gerardo dei Tintori, MONZA (Italy)

Conference purpose and objectives:

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.

Target Audience :

Residents, pediatricians, orthopaedics and sports doctors, family physicians, coaches, kinesiologist, rehab engineers, athletic trainers, educators, administrators, researchers, and all others concerned with pediatric and adolescent sports medicine.

Programme:

14.00 Welcome G. Zatti – P. Invernizzi

14.05 Introduction/ Purpose / Definition *A. Courvoisier - M.Turati*

FIRST SESSION: Traumatic Meniscal Tears

Chairs : M. Bigoni – D. Molisani

14.10 Extracellular matrix (ECM) and cellular features of a pediatric meniscus (Laura Russo, Maddalena Bracchi, Laura Rizzi)

14.20 MRI characterization of traumatic meniscal tear in kids (D. Ippolito – M. Ragusi)

14.30 Epidemiology / Pathophysiology in ACL deficient and stable knees (S. Tercier / B. Tschopp)

14.40 Arthroscopic management: Classification, arthroscopic techniques, Outcomes. (B. Orfevre)

14.50 Associated chondral injuries: management, pharmacological treatment and ialuronic acid (L. Rigamonti)

14.55 DISCUSSION (E. Adriani - D. Gaddi – A. Zanini - P. Bettinsoli)

SECOND SESSION: Discoïd meniscus

Chairs : M. Piatti – N. Portinaro

15.20 Epidemiology / Pathophysiology (N. Bremond)

15.30 MRI evaluation of meniscal tears in paediatric patients. Evidence and tricks and tips (F. Schir)

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

15.50 Discoid Meniscus: Where Do We Stand in 2024? (M. Crippa)

16.00 Knee kinematics during gait in patients with discoid lateral meniscus D. Olivier

16.10 Discussion (A. Cossio – A. Andreacchio – F. Catani – A. Courvoisier)

THIRD SESSION: Rehab & prevention

Chairs : G. Zatti – F. Grassi

16.50 Post-operative Rehabilitation (M. Dirito)

17.00 Is there a role for Hydrokinesitherapy in rehabilitation protocol? (M. Pirovano)

17.10 RTP after meniscal injury (A. Rossoni)

17.20 Meniscal Injury Prevention and take-home message from Youth Olympic Games Lausanne (S. Tercier / B. Tschopp)

17.30 The management of post-traumatic and post-surgical pain (D. Tosoni)

17.40 Discussion (A. Corsini – L. Boldrin – G. Righini – F. Esposito)

18.00 Conclusion / take home message (3') M.Bigoni

Faculty :

Franck Accadbled - Toulouse (France)

Ezio Adriani - Roma

Antonio Andreacchio – Milano

Pierfrancesco Bettinsoli - Brescia

Marco Bigoni – Monza

Lorenzo Boldrin - Milano

Simone Borgonovo - Lecco

Maddalena Bracchi – Monza

Nicolas Bremond – Grenoble (France)

Fabio Catani – Modena

Alessandro Corsini - Genova

Andrea Cossio – Monza

Aurelien Courvoisier – Grenoble (France)

Marco Crippa – Monza

Marco Diritto - Milano

Diego Gaddi – Monza

Massimo Gorla – Monza

Federico Grassi – Pavia

Fabio Esposito - Milano

Davide Ippolito - Monza

Massimiliano Piatti – Monza

Marcello Pirovano - Monza

Nicola Portinaro – Milano

Maria Ragusi - Monza

Luca Rigamonti – Milano

Giuseppe Righini - Milano

Laura Rizzi - Monza

Marco Rota - Bergamo

Laura Russo - Monza

Franz Schir – Grenoble (France)

Benoit Orfevre – Grenoble (France)

Daniel Olivier – Grenoble (France)

Davide Tosoni - Monza

Marco Turati - Monza

Stephane Tercier – Lausanne (Switzerland)

Benjamin.Tschopp – Lausanne (Switzerland)

Antonio Zanini - Mantova

Giovanni Zatti - Monza