



GIJÓN KNEE SPORTS MEETING GKSM 2026

(QUESTIONS AND ANSWERS / MESS UPS AND SOLUTIONS)

Gijón • April 23-24, 2026

Venue: Palacio de Congresos de Gijón

Organizing Committee:

Roi Castro Muñoz

Santiago Maestro Rodríguez

Luis Rodríguez López

Iván Pipa Muñiz

Carmen Toyos Munarriz

Antonio Maestro Fernández



THURSDAY 23rd April 2026

14:00-14:15h Welcome

PATELLA

Moderators: Jordi Puigdellivol, J.L. Martín Alguacil

14:15-14:25h **Essential Radiological tests for decision making in patellar instability**
Xavier Pelfort

14:25-14:35h **Conversations with ChatGPT. Is it good for the patient, for the surgeon or for the treatment?**
Julio Mayoll

14:35-14:45h **Sports Readaptation after patellar dislocation (to operate or not)**
Ferran Abat

14:45-14:55h **Neurocognition and Knee. What is this? What helps the orthopaedic surgeon?**
Fernando García Sanz

14:55-15:05h **In PF Instability. When do you perform TTA transposition? Proximal or distal alignment?**
David Dejour

15:05-15:15h **First episode of PF dislocation with an osteochondral fragment**
Treatment of the fragment only or add LFPM reconstruction. Should we?
Fernando Martínez

15:15-15:25h **Posterior capsular release for flexion contracture? How? Risks?**
Koen Lagae

15:25-15:35h **Is it possible to locate the isometric point of LFPM reconstruction without scope? Best fixation point: adductor or Schöttle's point?**
Joao Espregueira-Mendes

15:35-15:45h **What about if the graft falls to the ground?**
Daniel Pérez Prieto

15:45-16:15h Discussion

16.15-16.45h Coffee-break

THURSDAY 23rd April 2026

LIGAMENTS

Moderators: Pablo Miragaya, Ricardo Cuéllar †

16:45-16:55h **Should we always Lateral Extra-articular procedure (LEAP) at the same time as ACL?**
Joao Espregueira-Mendes

16:55-17:05h **Modifiable factors to prevent ACL re-rupture**
David Dejour

17:05-17:15h **Is it necessary to reconstruct the three layers of the medial collateral ligaments? The historical significance of POL?**
Joan Carles Monllau

17:15-17:25h **When should a medial collateral ligament be operated on? How?**
José Romero

17:25-17:35h **What if the professional athlete after the trauma has a pivot shift and medial opening joint with instability?**
Andy Williams

17:35-18:00h Discussion

21:00h **Evening Dinner**



FRIDAY 24th April 2026

LIGAMENTS

Moderators: Andrés Valentí, Simone Perelli

09:00-09:10h **What's the influence of age, activity, type of sport and the position in the field in decision making for ACLR?**
Pablo Miragaya

09:10-09:20h **Anterolateral graft: above or below the Lateral ligament?**
Mikel Sánchez

09:20-09:30h **What about if the graft breaks when we are placing the screw?**
Ricardo Cuéllar, Pablo Miragaya

09:30-09:40h **What if the wound drains and doesn't close? antibiotic regimen and wait, or this and withdraw everything?**
Daniel Pérez Prieto

09:50-10:00h **She or he has a partial ACL injury and increased slope, and is Hyperlax, or has recurvatum. What to do?**
David Dejour

10:00-10:10h **Strategies for success in ACL revision surgery. Tricks**
Michael Hantes

10:10-10:35h Discussion

10:35-11:05h Coffee-break

MENISCUS

Moderators: Joan Carles Monllau, José M^a Bustó

11:05-11:15h **Ramp Injury. What the COT needs to know and that the radiologist does not know and what the radiologist needs to know that the COT does not know**
Pedro García

11:15-11:25h **Discoid or hypermobile meniscus: What to do if I feel pain? Does it give symptoms?**
Isabel Guillén

11:25-11:35h **Can we leave a ramp injury without suturing or repairing? And chronic bucket handle without blockage?**
J.L. Martín Alguacil

11:35-11:45h **Should we suture the horizontal meniscus injury?**
Andrés Valentí

11:45-11:55h	Does meniscal extrusion give symptoms? When to operate? How? <i>Xavier Pelfort</i>
11:55-12:00h	Are able the meniscus of being regenerated? <i>José Romero</i>
12:00-12:10h	What to suture and what to remove? Where is the limit for repairing in meniscal injury? <i>Enrique Sánchez Muñoz</i>
12:10-12:20h	External meniscal root injury. Possibilities, risks. <i>Manuel Leyes</i>
12:20-12:45h	Discussion

CARTILAGE

Moderators: Xavier Pelfort, Fernando Martínez

12:45-12:55h	Is HTO alone enough? To plate or to wedge? Weight-bearing protocols? <i>Wolf Petersen</i>
12:55-13:05h	Proximal Fibular osteotomy in medial F-T lesions “new old technique”? <i>Joan Carles Monllau</i>
13:05-13:15h	Hydrogels in professional sports? <i>Loris Perticarini</i>
13:15-13:25h	Minced or particulated microcartilage treatment <i>Ramon Cugat</i>
13:25-13:35h	Membranes as a solution? Is the knee microbiota important in decision-making? <i>Elizaveta Kon</i>
13:35-13:45h	Active patient with osteochondritis or osteochondral lesion with no or minimal radiological signs of instability? Surveillance? Surgical intervention? <i>Isabel Guillén</i>
13:45-13:55h	What about SONK (spotaneous osteonecrosis of the Knee)? <i>Koen Lagae</i>
13:55-14:05h	Can corticoid injections worsen cartilage healing? <i>Francesco Benazzo</i>
14:05-14:30h	Discussion
14:30-15:30h	Lunch break

BIOLOGICS

Moderators: Joao Espregueira-Mendes, David Chung

15:30-15:40h **Are all allografts the same? Which one is the ideal? Essential requirements?**
Jan Kristof Korisek

15:40-15:50h **Which patients are not candidates for allografts?**
Karl Kaudela

15:50-16:00h **Are all hyaluronic acids the same? And its effects? Who not to use it?**
Francesco Benazzo

16:00-16:10h **Are all PRPs the same? And its effects? Minimum requirements?**
Mikel Sánchez

16:10-16:20h **Is there a synergistic effect of PRP corticoids and hyaluronic acid? Should or can be used together?**
Guillermo Álvarez

16:20-16:40h **Intraosseous PRP. Dose? Anaesthesia with sedation or local?**
Ferran Abat

16:40-16:50h **Does the internal brace or synthetic material for ACL repair a synthetic graft? What about ACL reparation or suture?**
Simone Perelli

16:50-17:00h **What happened with synthetic grafts? Current use?**
Manuel Leyes

17:00-17:15h **Patellar tendinosis: does pain resolve totally?**
Michael Hantes

17:05-17:35h Discussion

17:40h Closing Ceremony



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