



GIJÓN  **KNEE SPORTS**
MEETING 2026

GIJÓN KNEE SPORTS MEETING GKSM 2026

(QUESTIONS AND ANSWERS / MESS UPS AND SOLUTIONS)

Gijón • April 23-24, 2026

Venue: Pabellón Fundación Cajastur del Recinto Ferial de Asturias Luis Adaro de Gijón

Organizing Committee:

Roi Castro Muñoz
Santiago Maestro Rodríguez
Luis Rodríguez López

Iván Pipa Muñiz
Carmen Toyos Munarritz
Antonio Maestro Fernández



FACULTY

Ferran Abat (Spain)
Guillermo Álvarez (Spain)
Francesco Benazzo (Italia)
José M^a Busto (Mexico)
Ramon Cugat (Spain)
David Chung (Mexico)
Ricardo Cuéllar (Spain) †
David Dejour (France)
Joao Espregueira-Mendes (Portugal)
Pedro García (Spain)
Fernando García Sanz (Spain)
Isabel Guillén (Spain)
Michael Hantes (Greece)
Karl Kaudela (Austria)
Jan Kristof Korisek (Austria)
Elizaveta Kon (Italy)
Koen Lagae (Belgium)

Manuel Leyes (Spain)
J.L. Martín Alguacil (Spain)
Julio Mayoll (Spain)
Fernando Martínez (Spain)
Pablo Miragaya (Spain)
Joan Carles Monllau (Spain)
Xavier Pelfort (Spain)
Simone Perelli (Spain)
Daniel Pérez Prieto (Spain)
Loris Perticarini (Italy)
Jordi Puigdemlivi (Spain)
José Romero (Switzerland)
Enrique Sánchez Muñoz (Spain)
Mikel Sánchez (Spain)
Andrés Valentí (Spain)
Adélio Vilaça (Portugal)

GENERAL INFORMATION

Dates:

April 23-24, 2026

Venue:

**Pabellón Fundación Cajastur
del Recinto Ferial de Asturias
Luis Adaro de Gijón**
Paseo Dr. Fleming, 481, Gijón



Course dinner

Thursday 23 de April - 21:00h
FINCA VILA MARÍA
Camino de Fojanés, 289 - Gijón



Registration:

Antes 1 de marzo: 420€

A partir 1 de marzo: 490€

(21% de IVA incluido)

Technical secretariat:

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THURSDAY 23rd April 2026

14:00-14:15h Welcome

PATELLA

Moderators: Jordi Puigdemivol, 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 **Reconstruction of the MPFL ligaments using the adductor tendon. What are the advantage?**
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 **When should we used lateral tenodesis (LEAT)?
The importance of measuring rotation**
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 **What if the wound drains and doesn't close? antibiotic
regimen and wait, or this and withdraw everything?**
Daniel Pérez Prieto
- 17:25-17:35h **What if the professional athlete after the trauma has a pivot shift
and medial opening joint with instability?**
Michael Hantes
- 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 **When should a medial collateral ligament be operated on? How?**
José Romero
- 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**
Adélio Vilaça
- 10:10-10:35h Discussion
- 10:35-11:05h Coffee-break

MENISCUS

Moderators: Joan Carles Monllau, José M^a Busto

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

CARTILAGE

Moderators: Xavier Pelfort, Fernando Martínez

- 12:45-12:55h **What if the hinge breaks when performing a tibial or femoral osteotomy?**
Adélio Vilaça
- 12:55-13:05h **Proximal Fibular osteotomy in medial F-T lesions “new old technique”?**
Joan Carles Monllau
- 13:05-13:15h **Hydrogels in professional sports?**
Loris Perticarini
- 13:15-13:25h **Minced or particulated microcartilage treatment**
Ramon Cugat
- 13:25-13:35h **Membranes as a solution? Is the knee microbiota important in decision-making?**
Elizaveta Kon
- 13:35-13:45h **Active patient with osteochondritis or osteochondral lesion with no or minimal radiological signs of instability? Surveillance? Surgical intervention?**
Isabel Guillén
- 13:45-13:55h **What about SONK (spontaneous osteonecrosis of the Knee)?**
Koen Lagae
- 13:55-14:05h **Can corticoid injections worsen cartilage healing?**
Francesco Benazzo
- 14:05-14:30h Discussion
- 14:30-15:30h Lunch break

BIOLOGICS

Moderators: Joao Espregueira-Mendes, David Chung

- 15:30-15:40h **Which patients are not candidates for allografts?**
Jan Kristof Korisek
- 15:40-15:50h **Are all allografts the same? Which one is the ideal?**
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 **Closing Conference**
Patellar tendinosis: does pain resolve totally?
Michael Hantes
- 17:05-17:35h Discussion
- 17:40h Closing Ceremony

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PATRONAGE

