



GIJÓN  **KNEE SPORTS**
MEETING 2026

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 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 **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?**
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 **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**
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

