



ESSKA-EKA 2026

OPEN FOCUS MEETING



Under the auspices of:



Hellenic Association
of Orthopaedic
Surgery & Traumatology



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”

11-12

September
2026

Concert Hall

Thessaloniki
Greece


Pre-op

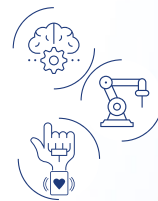

Intra-op


Post-op



**SCIENTIFIC
PROGRAM**

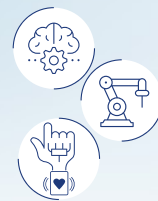
allaboutfasttrack.org

**SCIENTIFIC PROGRAM****FRIDAY, 11th SEPTEMBER 2026****08:00**

Registrations

08:20-08:30**Welcome to ESSKA-EKA 2026**Scientific Chairs: **Nanne Kort**  • **Ioannis Terzidis**  •
Trifon Totlis ESSKA-EKA Chairman: **Pawel Skowronek** Local Organizing Committee Chairperson: **Michael Hantes** Local Scientific Associations: **Konstantinos Kateros**  •
Panagiotis Kouloumentas  • **Petros Limperidis** **08:30-09:20****ROUND TABLE****ORGANISING A FAST-TRACK ARTHROPLASTY CENTRE:
KEY ELEMENTS**Moderators: **Michael Hantes**  • **Hiroshi Watanabe** Building and coordinating a multidisciplinary fast-track team
Ioannis Terzidis Outpatient arthroplasty unit design & efficient use of staff,
equipment and time
Nanne Kort Data collection, quality control & continuous improvement
Remigio Kort The role of compassionate, patient-centred care from
admission to discharge
Panagiotis Ntagiopoulos Free Paper
FP1

Discussion

**SCIENTIFIC PROGRAM****FRIDAY, 11th SEPTEMBER 2026****09:20-10:20****ROUND TABLE****PREOPERATIVE PREPARATION & PATIENT SELECTION**Moderators: **Aleksandra Królikowska**  • **Richard Morkel** 

Risk factors and patient optimization: cut-off values and management

Bruce Gomberg 

Critical role of psychological preparation & expectation management

Aristotelis Sideridis 

Prehabilitation: exercise and education

Jessica Johnson 

Nutritional means for enhanced recovery & reduced complications

Efthymios Papasoulis 

Digital patient education: tools to engage patients

Joan Leal-Blanquet 

Latest guidelines in preoperative anticoagulant management

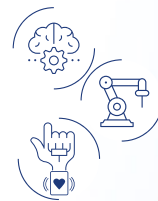
Byron Chalidis 

Free Paper

FP2

Discussion

10:20-10:50**Coffee Break**

**SCIENTIFIC PROGRAM****FRIDAY, 11th SEPTEMBER 2026****10:50-11:10****MINI BATTLE / HOT-TOPIC DEBATE****CEMENTED VS UNCEMENTED TKA: PROS AND CONS**Moderators: **Byron Chalidis**  • **David Liu** 

Cemented TKA

Bruno Violante 

Uncemented TKA

Elvire Servien 

Discussion

11:10-12:00**ROUND TABLE****INTRAOPERATIVE STRATEGIES TO ACCELERATE RECOVERY AND ENSURE SAFETY**Moderators: **Vasileios Sakellariou**  • **Ibrahim Tuncay** 

Tranexamic acid protocols: oral, iv, or topical use-single vs multiple dosing

Eustathios Kenanidis 

Role of robotics and navigation to enhance recovery

Ali Albelooshi 

Functional impact of patella & third-space balance

Christos Koutserimpas 

Reducing OR and hospitalisation time without compromising safety

Guillaume Demey 

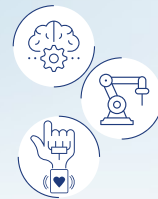
How to avoid urinary catheters & drains

Vlad Predescu 

Free Paper

FP3

Discussion



SCIENTIFIC PROGRAM

FRIDAY, 11th SEPTEMBER 2026

12:00-12:20

MINI BATTLE / HOT-TOPIC DEBATE

RETHINKING ALIGNMENT STRATEGIES FOR BETTER FUNCTIONAL RESULTS

Moderators: **Konstantinos Dretakis**  • **Reha Tandogan** 

Kinematic alignment

James Harty 

Functional alignment

Eleftherios Tsiridis 

Discussion

12:20-13:20

Lunch Break & Poster Session

Moderators E-Posters: **Michael Engl**  •

Efthymios Papasoulis  • **Aristotelis Sideridis** 

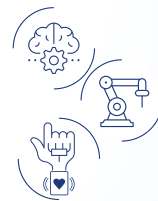
13:20-13:40

HIGHLIGHT LECTURE

Moderator: **Eleftherios Tsiridis** 

Tourniquet-free knee arthroplasty: how and why

David Liu 



SCIENTIFIC PROGRAM

FRIDAY, 11th SEPTEMBER 2026

13:40-14:40

ROUND TABLE

ANESTHETIC & ANALGESIC PROTOCOLS

Moderators: **Michael Engl**  • **Eleni Koraki** 

Multimodal analgesia protocols

Reha Tandogan 

General vs Spinal anesthesia in the fast-track setting

Theano Demesticha 

Hypotensive anesthesia in practice: balancing advantages, limits, and patient safety

Xavier Falieres 

Perioperative steroid protocols: evidence-based risk and benefit management

Panagiotis Kouloumentas 

Strategies to prevent postoperative nausea & vomiting

TBA

Fluid management and temperature control: keys to surgical success

Anna Gkiouliava 

Free Paper

FP4

Discussion

14:40-15:00

LOCAL INFILTRATION ANESTHESIA VS PERIPHERAL NERVE BLOCKS

Moderators: **Guillaume Demey**  • **Anna Gkiouliava** 

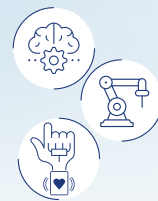
Local infiltration anesthesia only

Pawel Skowronek 

Peripheral nerve blocks: which, when and why

Eleni Episkopou 

Discussion



SCIENTIFIC PROGRAM

FRIDAY, 11th SEPTEMBER 2026

15:00-15:30

EXPERT PANEL

Addressing Pre-Submitted Questions

Moderators: **Ali Albelooshi**  • **Guillaume Demey**  •
Bruce Gomberg  • **Nanne Kort** 

15:30-16:00

Coffee Break

16:00-16:20

HIGHLIGHT LECTURE

Moderator: **Neslihan Alkis** 

Towards pain-free arthroplasty: latest advances in
perioperative pain management

Daniel Maalouf 

16:20-17:20

ROUND TABLE

TECHNOLOGY, DIGITAL HEALTH & INNOVATION

Moderators: **George Komnos**  • **Vlad Predescu** 

AI in patient selection, preoperative planning & outcome prediction

Joan Leal-Blanquet 

Neutral boundary alignment: a forward-looking strategy

Bruno Violante 

Optimising Fast-Track Knee Arthroplasty with JOURNEY II UK
+ CORI

Ali Albelooshi 

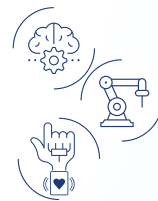
Innovative wound management strategies for faster recovery
and reduction of complications

James Harty 

Free Paper

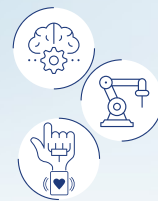
FP5

Discussion

**SCIENTIFIC PROGRAM****FRIDAY, 11th SEPTEMBER 2026****17:20-18:05****ROUND TABLE****HOW TO ACHIEVE FASTER RECOVERY WITH UNICOMPARTMENTAL KNEE ARTHROPLASTY (UNI) - PERSPECTIVES FROM THE ESSKA CONSENSUS**Moderators: **Elvire Servien**  • **Bruno Violante** Extended indications for UNI-evolving concepts and evidence
Elvire Servien The role of UNI in enhancing recovery and fast-track pathways
Ibrahim Tuncay UNI: an algorithm for patient selection & success
Kevin Plancher Free Paper
FP6Interactive case discussion: when UNI instead of TKA?
Pawel Skowronek 

Discussion

18:05-18:25**HIGHLIGHT LECTURE**Moderator: **Konstantinos Kateros** The future of TKA patient care in the era of digital health transformation
Nanne Kort 



SCIENTIFIC PROGRAM

FRIDAY, 11th SEPTEMBER 2026

18:25-19:00

ROUND TABLE

GLOBAL GUIDELINES & EMERGING DIRECTIONS

Moderators: **Nanne Kort**  • **Spyridon Plessas** 

Highlights from the Formal Consensus on fast-track arthroplasty (ESSKA-EKA, EHS, APAS)

Trifon Totlis 

The fast-track revolution in TKA: from high-volume centres to outpatient surgery

Christopher Gee 

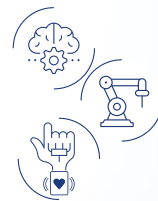
Regional challenges in implementation

Alexander Maslaris 

Free Paper

FP7

Discussion

**SCIENTIFIC PROGRAM****SATURDAY, 12th SEPTEMBER 2026****08:00-09:00****ROUND TABLE****POSTOPERATIVE CARE & EARLY MOBILISATION**Moderators: **Joan Leal-Blanquet**  • **Petros Limperidis** 

First steps after surgery that make a difference

Lazaros Poultsides 

Day-0 mobilisation & early physiotherapy protocols

Aleksandra Królikowska 

Immediate full weight-bearing: benefits, limits and risks

Reha Tandoğan 

The critical role of swelling control

Theofylaktos Kyriakidis 

How to handle uncontrolled pain in the ward

Eleni Koraki 

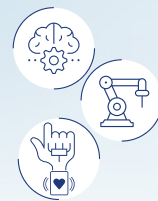
Clinical signs and considerations for delayed discharge

Richard Morkel 

Free Paper

FP8

Discussion



SCIENTIFIC PROGRAM

SATURDAY, 12th SEPTEMBER 2026

09:00-10:00

ROUND TABLE

OPTIMIZING RECOVERY AFTER DISCHARGE

Moderators: **Daniel Perez-Prieto**  • **Sophia Xergia** 

Hematoma, wound care & leakage management

James Harty 

Thromboprophylaxis: what changes with early mobilisation

Hiroshi Watanabe 

Preparing the home & caregiver for post-discharge recovery

Richard Morkel 

Rehabilitation protocols: faster recovery, safe boundaries

Jessica Johnson 

Remote rehabilitation & recovery tracking

Evangelos Pappas 

Preventing readmissions: early signals & effective interventions

Lazaros Poultsides 

Free Paper

FP9

Discussion

10:00-10:20

MINI BATTLE / HOT-TOPIC DEBATE

ASPIRIN OR LMWH FOR THROMBOPROPHYLAXIS?

Moderators: **Panayiotis Megaloikonomos**  •

Pawel Skowronek 

Aspirin

George Komnos 

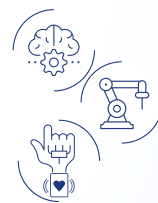
LMWH

Daniel Perez-Prieto 

Discussion

10:20-10:50

Coffee Break



SCIENTIFIC PROGRAM

SATURDAY, 12th SEPTEMBER 2026

10:50-11:05

HIGHLIGHT LECTURE

Moderator: **Lazaros Poultides**

Outpatient Arthroplasty: why it has become the U.S. standard

Sumon Nandi

11:05-12:15

ROUND TABLE

A STEPWISE PATHWAY TO SUCCESSFUL OUTPATIENT ARTHROPLASTY

Moderators: **Xavier Falieres** • **Sumon Nandi**

Evidence-based selection criteria

Xavier Falieres

Patient & caregiver education across the perioperative pathway

David Liu

Adapting anesthesia for outpatient arthroplasty

Daniel Maalouf

Minimizing surgical stress to enhance immediate recovery

Hiroshi Watanabe

Transitional pain services: bridging hospital to home in outpatient arthroplasty

Daniel Perez-Prieto

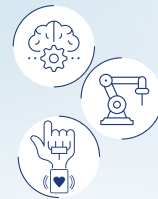
Same-day discharge criteria: safety and logistics

Sumon Nandi

Free Paper

FP10

Discussion

**SCIENTIFIC PROGRAM****SATURDAY, 12th SEPTEMBER 2026****12:15-12:35****HIGHLIGHT LECTURE**Moderator: **Trifon Totlis** 

Achieving four-hour discharge after knee arthroplasty

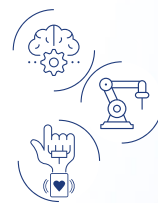
Kevin Plancher **12:35-12:55****MINI BATTLE / HOT-TOPIC DEBATE****SAME-DAY VS NEXT-DAY DISCHARGE: WHAT SHOULD BE OUR TARGET?**Moderators: **Christopher Gee**  • **Panagiotis Kouloumentas** 

Same-day discharge

Bruce Gomberg 

Next-day discharge

Panayiotis Megaloikonomos 



SCIENTIFIC PROGRAM

SATURDAY, 12th SEPTEMBER 2026

12:55-13:55

ROUND TABLE

HOW TO IMPLEMENT FAST-TRACK SURGERY INTO DAILY PRACTICE

Moderators: **Anastasios Georgoulis**  • **Konstantinos Petsios** 

Building a successful fast-track pathway: core elements and practical steps

Christopher Gee 

Implementing fast-track arthroplasty: strategies to avoid partial adoption

Michael Engl 

Integrating digital health with clinical practice

Remigio Kort 

The Anaesthesiologist's multidimensional role in fast-track arthroplasty

TBA

Physiotherapy in fast-track arthroplasty: adapting protocols to clinical reality

Aleksandra Królikowska 

Nursing Leadership in fast-track pathways: coordination, education, and enhancing patient flow

George Dentsikas 

Free Paper

FP11

Discussion

13:55-14:00

Closing remarks & Adjourn

Nanne Kort  • **Ioannis Terzidis**  • **Trifon Totlis** 

14:00

Light Lunch



**MEETING
SECRETARIAT**



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