



**EKA**

European Knee Associates  
A section of ESSKA



# ESSKA-EKA All About Total Knee Arthroplasty Course

**October 25-26, 2019** in St Peterburg Russia

ESSKA-EKA offers top-rank medical education thanks to experience, expertise and dedication of its faculty.

## EKA International Faculty



**Dr Nanne Kort**  
*EKA Chairman, Course Chairman*  
CortoClinics  
*Schijndel, The Netherlands*



**Prof. Roland Becker**  
EKA Past Chairman,  
Klinikum Brandenburg,  
*Brandenburg, Germany*



**Prof. Theofilos Karachalios**  
*Orthopaedic Surgeon,*  
University General Hospital  
of Larissa, School of Health  
Sciences, Faculty of Medicine,  
University of Thessalia  
*Greece*



**Dr. Geert Meermans**  
*Orthopaedic Surgeon,*  
*Belgium*

## Course objectives

ESSKA-EKA All About Total Knee Arthroplasty Course is a comprehensive 1½-day course covering principles and techniques of knee arthroplasty for surgeons who want to perform or are performing knee joint replacement surgery with assistance and are eager to become independent specialists.

## EKA Local Faculty



**Prof. Rashid Tikhilov**  
Orthopaedic Surgeon,  
*St Petersburg*



**Dr. Alex Karpukhin**  
Orthopaedic surgeon,  
*Cheboxary*



**Dr. Nickolay Kornilov**  
Orthopaedic Surgeon,  
*St Petersburg*



**Dr. Petr Preobrazenskiy**  
Orthopaedic surgeon,  
*St Petersburg*



**Dr. Taras Kuliaba**  
Orthopaedic Surgeon,  
*St Petersburg*



**Dr. Alexander Saraev**  
Orthopaedic Surgeon,  
*St Petersburg*



**Dr. Alexander Kazemirskiy**  
Orthopaedic Surgeon,  
*St Petersburg*



**Dr. Alexey Fill**  
Orthopaedic Surgeon,  
*St Petersburg*



**Dr. Dmitrij Chugaev**  
Orthopaedic Surgeon,  
*St Petersburg*

# Programme

Friday 25 October 2019		
Opening	<i>Nanne Kort</i>	09:00
Welcome	<i>Rashid Tikhilov</i>	09:08
Introduction of Faculty	<i>Nickolay Kornilov</i>	09:12
Introduction of Delegates	<i>Nickolay Kornilov</i>	09:18
Pre-course evaluation/Quiz	<i>Roland Becker</i>	09:25
<b>Session I</b>	<i>Moderator: Nanne Kort</i>	
History of Knee Arthroplasty	<i>Taras Kuliaba</i>	09:45
Preoperative Assessment	<i>Alexey Karpukhin</i>	09:55
Medial Approaches to the Knee	<i>Alexander Saraev</i>	10:05
Lateral & Extended Approaches	<i>Petr Preobrazenskiy</i>	10:15
Discussion		10:25
Break		10:30
<b>Session II</b>	<i>Moderator: Nickolay Kornilov</i>	
Mechanical vs. Kinematic Alignment	<i>Theofilos Karachalios</i>	11:00
Bone Referencing	<i>Nanne Kort</i>	11:10
Ligament (Gap) Balancing	<i>Roland Becker</i>	11:20
Patella Tracking and Resurfacing	<i>Geert Meermans</i>	11:30
Discussion		11:40
Lunch		12:00
<b>Session III</b>		
Didactical video of TKA	<i>Nickolay Kornilov</i>	13:00
Break		14:30
<b>Session IV</b>	<i>Moderator: Theofilos Karachalios</i>	
CR vs PS	<i>Alex Karpukhin</i>	14:45
Mobile vs Fixed	<i>Taras Kuliaba</i>	14:55
Cemented versus Uncemented	<i>Alexander Kazemirskiy</i>	15:05
Patient Specific Instrumentation	<i>Nanne Kort</i>	15:15
Navigation & Robotics	<i>Geert Meermans</i>	15:25
TKA vs. Unicondylar Arthroplasty	<i>Alexey Fill</i>	15:35
TKA vs. HTO	<i>Nickolay Kornilov</i>	15:45
Discussion		15:55
Break		16:05

<b>Session V</b>	<i>Moderator: Taras Kuliaba</i>	
Managing a Valgus Knee	<i>Aleksey Karpukhin</i>	16:15
Managing a Varus Knee	<i>Dmitrij Chugaev</i>	16:25
Managing Recurvatum	<i>Nickolay Kornilov</i>	16:35
Flexion and extension contractures	<i>Theofilos Karachalios</i>	16:45
<b>Session VI</b>	<i>Moderator: Alexander Kazemirskiy</i>	
Clinical cases discussion	<i>and Geert Meermans</i>	17:00
Discussions	<i>All Faculty</i>	17:30
Closing		17:45
Course Dinner		19:00

## Saturday 26 October 2019

Lectures	08:00
Saw-bone workshop	10:00
Lunch boxes	12:00
Cadaver workshop for registered participants	12:30
Closing	14:30

### Content of the lectures:

- DVT prophylaxis - *Alexey Fill*
- Local & Systemic Antibiotics - *Petr Preobrazenskiy*
- Operating Room setup: Draping, Laminar Airflow, Avoidance of Hypothermia - *Alexander Kazemirskiy*
- Management of Bleeding & Tourniquet - *Dmitrij Chugaev*
- Cementing technique - *Petr Preobrazenskiy*
- Pain management & enhanced recovery - *Alexander Saraev*
- Rehabilitation - *Alexander Kazemirskiy*
- Evaluation of painful TKA - *Taras Kuliaba*
- Discussion

Lectures setup: Each lecture is 10 minutes, discussion is 30 minutes.

### Cadaver Lab Instructors:

*Nanne Kort*  
*Theofilos Karachalios*  
*Geert Meermans*  
*Nickolay Kornilov*  
*Alexey Karpukhin*

## Course venue

### Vreden's Institute

St Petersburg, RUSSIA

[www.niito.org/eng](http://www.niito.org/eng)

## Transfers

### Nearest airport is:

**Pulkovo Airport:** 60 minutes by car to Vreden's Institute

### Ground transportation\*:

**Private transfer is 20 €** (per person, excluding VAT)

Tel.: + 7 (812) 330-40-40

e-mail: [info@taxirossiya.ru](mailto:info@taxirossiya.ru)

### Organised shuttle bus times:

#### Friday, 25 October 2019 Shuttle Service

Hotel to Vreden's Institute – 08:30

Vreden's Institute to Hotel – 17:30

#### Course Dinner Shuttle Service (Friday, 25 October 2019 )

Hotel to Restaurant – 19:00

Restaurant to Hotel – 22:00

#### Saturday, 26 October 2019 Shuttle Service

Hotel to Vreden's Institute – 07:30

Vreden's Institute to Hotel – 14:30

## Recommended hotel

Participants are free to choose their own accommodation.

The nearest hotels to the course venue with shuttle service to the place of cadaver lab is:

**Hotel «Vernisage»** distance by car 9 minutes, walking distance 20 minutes

Single room from 40 €\* (per person, per night, without tax, with breakfast )

<http://vernisage-hotel.ru/>

**Hotel «Lel»** distance by car 7 minutes, walking distance 20 minutes

Single room from 30 €\* (per person, per night, without tax, without breakfast )

<http://www.hotel-lel.ru/>



## Contact Information

Course registration and logistics:  
[info@altaastra.com](mailto:info@altaastra.com)  
<http://spbcourse-esska.ru/>

Course information, and general queries  
**РНИИТО им. Р.Р. Вредена**  
**Вишнева Марина Геннадьевна**  
+7 (952) 279-93-14  
+7 (812) 670-89-05

[www.europeankneeassociates.org](http://www.europeankneeassociates.org)