

CUTTING - EDGE ORTHOPEDICS:

# The Bellevue Sports Medicine Specialty day

**25** November  
2023

Bellevue Medical Center

**7 CME**

## Dear Colleagues and Friends,

I am delighted to announce the Bellevue Sports Medicine Specialty Day, a pioneering event set to take place at the Bellevue Medical Center in Lebanon on November 25, 2023.

Over the last decade, our specialty has gained substantial interest among orthopedic surgeons. This meeting provides an excellent opportunity for us to convene and engage in discussions regarding the latest developments in our field.

What's more, we are thrilled to host the VR Challenge. Participants can immerse themselves in a 3D operating room environment and practice crucial steps in ACL Reconstruction. Please note that registration for this experience is required and can be accessed through a separate link.

Additionally, the event qualifies for CME credits, which will be awarded by the Lebanese Order of Physicians upon completion of the meeting.

In a region historically marked by turmoil, it is through education and cutting-edge medicine that we can pave the way for progress. I eagerly anticipate your presence, and I look forward to a stimulating and innovative meeting.

*Warm regards,*

**Wissam Boueri, MD**  
Clinical Assistant Professor  
Chairman of the Congress  
Bellevue Medical Center



## Scientific Committee:



### Abdo El Helou, MD

Orthopedic Surgeon  
Mount Lebanon Hospital  
University Medical Center



### Alfred Khoury, MD

Assistant Professor  
Orthopedic Surgeon  
LAUMC-RH



### Falah Bachour, MD

Clinical Professor  
Chief of the Orthopedic Department  
Bellevue Medical Center



### Hadi Yassine, MD

Assistant Professor  
Chief of the Orthopedic Department  
Al Zahraa Hospital University  
Medical Center



### Mansour Dib, MD

Director of Rehabilitation Center  
Hotel Dieu de France



### Wissam Boueri, MD

President of the Congress  
Clinical Assistant Professor  
Orthopedic Surgeon  
Bellevue Medical Center



### Ziad Noun, MD

Consultant in Orthopedic Surgery  
Trad Hospital and Medical Center

## International Speakers:




### Herve Ouanezar, MD

Consultant Orthopedic Surgeon  
Specialized in Knee and Joint  
replacement 



### Murat Bozkurt, MD, PhD

Professor of Orthopedic Surgery  
Acibadem Ankara Hospital  
Founder of Arthroschool 

## Faculty Speakers:

Abdo El Helou, MD  
Alfred Khoury, MD  
Amer Sebaaly, MD  
Bilal El Dana, MD  
Falah Bachour, MD  
Firas El Masri, MD  
Hadi Yassine, MD  
Hicham AbdelNour, MD  
Jean Jacques Yaacoub, MD  
Jihad Haddad, DPT  
Karim Ramadan  
Krystel Oueijan, RD, PhD  
Mansour Dib, MD  
Mohamad Nasreedine, MD  
Rami Abiad, MD  
Vatche Kourtian, MD  
Wissam Boueri, MD  
Youssef Daher, MD  
Ziad Noun, MD

## Guest Speakers:

Karim Ramadan, Sports Psychologist  
Ismail Ahmad, Basketball Player



“ This meeting provides  
**an excellent opportunity for us to convene  
and engage** in discussions regarding the  
latest developments in our field. ”

## Sports Medicine Specialty Day Program:

8:00-8:20: **Registration**

8:20-8:30: **Welcome Note** Prof. Ghassan Maalouf

### Session 1:

#### Knee Session

Moderators: *Gaby Haykal, MD* *Amer Abdallah, MD*

8:30-8:45: **ACL Primary Repair : Where Do We Stand Today?**  
Herve Ouanezar, MD

8:45-9:00: **Importance of Stabilizing Ramp Lesions During ACL-R**  
Herve Ouanezar, MD

9:00-9:15: **Results of Isolated ACL Reconstruction vs Combined ACL+ALL**  
Abdo El Helou, MD

9:15-9:30: **Multiple-Revision ACL: A Challenge for the Surgeon**  
Alfred Houry, MD

9:30-9:45: **Arthrogenic Muscle Inhibition**  
Abdo El Helou, MD

9:45-10:00: **MCL Injury, New Concept of Management**  
Firas El Masri, MD

10-10:15: **First Time Patellar Dislocation in High Level Athlete**  
Hadi Yassine, MD

10:15-10:30: **Management of Osteoarthritis in Eldrely Athletes**  
Falah Bachour, MD

10:30 – 11:00 **Coffee Break**

### Session 2:

#### ICL Knee

Moderators: *Rida Kassem, MD* *Samer Hajj, MD*

11:00-11:15: **Current Treatment Modalities and New Horizons for Cartilage Defects**  
Murat Bozkurt, MD

11:15-11:30: **Meniscal Replacement: Scaffold or Allograft? What is Next**  
Murat Bozkurt, MD

### Session 3: Shoulder Session

Moderators : Falah Bachour, MD Georges Farah, MD

- 11:45- 12:00: **The Natural History of Shoulder Dislocation**  
Vatche Kourtian, MD
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- 12:00- 12:15: **Techniques, Tips and Tricks of Bankart Repair**  
Ziad Noun, MD
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- 12:15- 12:30: **Soft Tissue Reconstruction and Remplissage vs Latarjet for Patients with Subcritical Bone Loss of the Glenoid**  
Hicham Abdel Nour, MD
- 
- 12:30- 12:45: **Latarjet Procedure: When and How?**  
Mohamad Nasreddine, MD
- 
- 12:45- 13:00: **Management of Instability Surgery Failures**  
Rami Abiad, MD

**13:00 – 14:00 Lunch Break**

### Session 4: Miscellaneous Oral Presentations

Moderators : Alfred Khoury, MD Abdo El Helou, MD

- 14:00 – 14:15: **What's New in Bone Fragility Among Professional Athletes?**  
Maroun Rizkallah, MD
- 
- 14:15- 14:30: **Practical Guides for the Use of Biologics in Sports Medicine**  
Wissam Boueri, MD
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- 14:30- 14:45: **How Did the Use of Ultrasounds Changed My Practice?**  
Jean-Jacques Yaacoub, MD
- 
- 14:45- 15:00: **Specific Considerations in Children**  
Youssef Daher, MD
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- 15:00- 15:15 : **Treatment of Spondylosis in Young Athletes**  
Amer Sebaaly, MD
- 
- 15:15- 15:30: **The Role of Nutrition in Increasing Athletic Performance**  
Krystel Oueijan, RD, PhD
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- 15:30- 15:45: **The Relationship Between Cardiorespiratory Fitness and VO2 max**  
Bilal El Dana, MD
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- 15:45- 16:00: **Anti Doping Considerations in Sport from Tokyo to Paris Olympic games**  
Jihad Haddad, DPT

**16:00 – 16:30 Coffee Break**

### Session 5: ICL Rehabilitation

Moderators: Wissam Boueri, MD Hadi Yassine, MD

- 16:30 – 16:50: **Overtraining and Overreaching Syndrome**  
Mansour Dib, MD

### Session 6: Closing Ceremony

Moderator: Mansour Dib, MD

- 16:50 – 17:30: **From Injury to Comeback: Athlete and Sports Psychologist Point of View**  
Karim Ramadan, Sports Psychologist  
Ismail Ahmad, Basketball Player

**17:30 Wrap up and Adjourn**



# The Virtual Reality Challenge

Pre-Registration Required  
Sponsored by Conmed

9:00–10:30, 11:00–13:00, 14:00–16:00, 16:30-17:30

To register: [Click here](#)

Registration to the meeting is required

## This event is sponsored by:



THE UNICORN s.a.l.  
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Organized by:



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