



# THE 1<sup>ST</sup> INTERNATIONAL CONGRESS OF THE ARAB ARTHROSCOPY AND SPORTS INJURIES ASSOCIATION

## Program

SEPTEMBER 3-5, 2026  
MILLENNIUM SALALAH, OMAN



ORGANIZED BY:

**INFOMED**

Innovating | Executing | Networking

UAE | Lebanon | Kuwait | Iraq

# WELCOME LETTER

Dear Colleagues and Friends,

It is my great pleasure to welcome you to the ***The 1<sup>st</sup> International Congress of the Arab Arthroscopy and Sports Injuries Association***, organized by the Arab Arthroscopy and Sports Injuries Association in collaboration with the Orthopaedic Society of Oman. The conference will take place from ***September 3–5, 2026***, at the ***Millennium Resort Salalah, Oman***.

This prestigious gathering will bring together distinguished regional and international experts in arthroscopy, sports injuries, orthopaedic surgery, and sports medicine, creating a unique platform for scientific exchange, professional development, and collaboration.

Our comprehensive scientific program has been carefully designed to address the latest advances and emerging trends in the field. Participants will benefit from state-of-the-art lectures, industry symposia, interactive case discussions, expert panel debates, research presentations, and valuable networking opportunities with leading healthcare professionals and key opinion leaders from across the region and beyond.

We are confident that AASIA 2026 will provide an enriching educational experience while fostering meaningful professional connections in the inspiring setting of Salalah.

On behalf of the organizing committee, I warmly invite you to join us for this important scientific event and look forward to welcoming you personally to Oman.

With our best regards,



**Sultan Al Maskari, MD**


Senior Consultant Orthopaedic Surgeon  
President of the Orthopedic Society of Oman  
Vice-President of AASIA  
Conference Chair



**Ahmed Abdelaziz, MD**

Professor of Orthopedic Surgery  
President of AASIA

# THURSDAY 3 SEPTEMBER, 2026

16:00 - 16:55	<i>Registration</i>
16:55 - 17:00	<i>Welcome Address</i>
17:00 - 17:15	State of Sports Medicine in the Arab World
17:15 - 17:30	AI & Technology in Sports Surgery
17:30 - 17:50	Presidential Lecture
17:50 - 19:00	 <i>Opening Ceremony &amp; Official Exhibition Tour</i>
19:30	 Welcome Dinner



### SESSION 1 ACL: CURRENT CONCEPTS & CONTROVERSIES

08:30 - 08:40 Principles of ACL Reconstruction

08:40 - 08:50 Graft Selection in 2026

08:50 - 09:00 LET: Extended Indications; When & How?

09:00 - 09:10 ACL Repair: Does it Still Have a Role?

09:10 - 09:20 Revision ACL Reconstruction: 1 or 2 stages?

09:20 - 09:30 Return to Sport After ACL Reconstruction

09:30 - 10:00 Expert Panel Discussion

10:00 - 10:30  Coffee Break

### SESSION 2 MENISCUS PRESERVATION & BIOLOGICAL AUGMENTATION

10:30 - 10:40 Ramp Lesions

10:40 - 10:50 Meniscus Root Tears

10:50 - 11:00 Meniscal Repair: When & How?

**11:00 - 11:10** Biological Augmentation of Meniscal Repair

**11:10 - 11:20** Meniscal Transplantation

**11:20 - 11:30** Meniscal Scaffolds & Future Technologies

**11:30 - 12:00**  Discussion

**12:00 - 13:00**  Industry Lunch Symposium

### SESSION 3 KNEE PRESERVATION & OSTEOTOMY

**13:00 - 13:10** Indications for HTO & Modern Technology

**13:10 - 13:20** Distal Femoral Osteotomy

**13:20 - 13:30** Slope Correction Osteotomy

**13:30 - 13:40** Cartilage Restoration Around the Knee

**13:40 - 13:50** Alignment Planning in Complex Knees

**13:50 - 14:15** Expert Panel Discussion

### SESSION 4 ADVANCED OA IN THE ATHLETIC / ACTIVE KNEE

14:15 - 14:25	The Young Arthritic Athlete
14:25 - 14:35	Biologics in Advanced OA
14:35 - 14:45	Osteotomy Versus Arthroplasty
14:45 - 14:55	Return to Sport After Arthroplasty
14:55 - 15:15	 Discussion

11:30 - 13:00  Coffee Break

### SESSION 5 PATELLOFEMORAL JOINT

15:45 - 15:55	MPFL Reconstruction
15:55 - 16:05	Trochlear Dysplasia
16:05 - 16:15	TT-TG & Modern Imaging
16:15 - 16:25	Tibial Tubercle Osteotomy
16:25 - 16:35	Failed Patellar Instability Surgery
16:35 - 17:00	Expert Panel Discussion: How I Manage the Difficult Young Knee

### SESSION 1

### ROTATOR CUFF & SHOULDER INSTABILITY

08:30 - 08:40

Soft Tissue Augmentation in Shoulder Instability Management

08:40 - 08:50

Bone Loss & the Expanding Role of Latarjet

08:50 - 09:00

Throwing Shoulder

09:00 - 09:10

Revision Shoulder Instability

09:10 - 09:20

Massive Rotator Cuff Tears

09:20 - 09:30

Superior Capsule Reconstruction

09:30 - 10:00

Expert Panel Discussion

10:00 - 10:30



Coffee Break

### SESSION 2

### ADVANCED SHOULDER ARTHROSCOPY & ARTHROPLASTY

10:30 - 10:40

Biceps Pathology

10:40 - 10:50

SLAP Lesions

10:50 - 11:00

AC Joint Instability

# SATURDAY 5 SEPTEMBER, 2026

## SHOULDER & SPORTS MEDICINE DAY

11:00 - 11:10

Subscapularis Tears

11:10 - 11:20

Reverse Shoulder Arthroplasty

11:20 - 11:45



Discussion

Session 4

RISING STARS: YOUNG SURGEONS & FUTURE LEADERS

11:45 - 11:55

Free Paper 1

11:55 - 12:05

Free Paper 2

12:05 - 12:15

Free Paper 3

12:15 - 12:25

Free Paper 4

12:25 - 12:45

Discussion & Awards

12:45 - 13:45



Industry Lunch Symposium

### SESSION 5 FOOT & ANKLE SPORTS INJURIES

13:45 - 13:55 Ankle Impingement

13:55 - 14:05 Syndesmotic Injuries

14:05 - 14:15 Osteochondral Lesions of Talus

14:15 - 14:30 Chronic Ankle Instability

### SESSION 6 HIP PRESERVATION & HIP ARTHROSCOPY

14:30 - 14:40 Femoroacetabular Impingement

14:40 - 14:50 Borderline Dysplasia

14:50 - 15:00 Labral Preservation

15:00 - 15:15  Discussion

15:15 - 15:45  Coffee Break

### SESSION 6

#### FAILURES IN SPORTS SURGERY

15:45 - 15:55

Why ACL Reconstructions Fail

15:55 - 16:05

Failed Meniscal Repair

16:05 - 16:15

Failed Shoulder Instability Surgery

16:15 - 16:25

Failed Osteotomy Around the Knee

16:25 - 16:35

Stiffness After Sports Surgery

16:35 - 16:45



Discussion

### SESSION 7

#### GREAT DEBATES IN SPORTS MEDICINE

16:45 - 16:55

ACL Repair vs Reconstruction

16:55 - 17:05

Bankart vs Latarjet

17:05 - 17:15

HTO vs UKA

17:15 - 17:25

Early ACL Surgery vs Rehab First

17:25 - 17:45

Closing Ceremony & Awards