

January 29, 2026	
2 nd National Congress of Turkish Hip Preservation Society	
HALL A	
10.30 - 11.20	HIP: BASIC PRINCIPLES AND DIFFERENTIAL DIAGNOSIS
10.30 - 10.40	Differential Diagnosis of the Hip Pain
10.40 - 10.50	Physical Examination of the Hip
10.50 - 11.00	Radiological Evaluation of the Hip
11.00 - 11.10	Arthroscopic Anatomy of the Hip - Central, Peripheral and Extra-Articular Compartments
11.10 - 11.20	Q/A
11.20- 12.10	TREATMENT APPROACH IN FEMOROACETABULAR IMPINGEMENT
11.20 - 11.30	FAI Surgical Treatment Indications: Too Early, Too Late?
11.30 - 11.40	Basic Technique in the Hip Arthroscopy: Room Set-Up, Portals
11.40 - 11.50	Different Approaches in the Basic Technique of the Hip Arthroscopy (Differences in Compartment Access and Capsule Management)
11.50 - 12.00	Rehabilitation after Hip Arthroscopy
12.00 - 12.10	Q/A
12.10-12.30	OPENING CEREMONY
12.30-13.30	LUNCH BREAK
13.30 - 14.15	VIDEO PRESENTATION - TIPS AND TRICKS IN ARTHROSCOPIC FAI SURGERY
13.30 - 13.37	Cam Resection: Key Points
13.37 - 13.44	Pincer and AILS Resection: Key Points
13.44 - 13.51	Labral Repair
13.51 - 13.58	Labrum Augmentation and Reconstruction
13.58 - 14.05	Capsular Closure
14.05 - 14.15	Q/A
14.15 - 15.00	CASE DISCUSSION
15.00 - 15.30	COFFEE BREAK
15.30 - 16.30	JOINT PRESERVATION SURGERY IN THE DYPLASTIC HIP
15.30 - 15.40	What is Hip Dysplasia? Radiological and Clinical Assessment
15.40 - 15.50	Treatment Options in Borderline Hip Dysplasia
15.50 - 16.00	The Role of Arthroscopy in the Dysplastic Hip and Technical Tips
16.00 - 16.10	Indications and Basic Techniques of Periacetabular Osteotomy
16.10 - 16.20	How to Manage Femoral Version Abnormalities?
16.20 - 16.30	Q/A
16.30 - 17.30	TREATMENT OPTIONS IN EXTRA-ARTICULAR PATHOLOGIES
16.30 - 16.40	Ischiofemoral Impingement and Deep Gluteal Pain
16.40 - 16.50	What to do in a Snapping Hip?
16.50 - 17.00	Management of Proximal Hamstring Injuries
17.00 - 17.10	Trochanteric Bursitis and Gluteus Medius Tear
17.10 - 17.20	The Role of Orthobiology in Extra-Articular Hip Pathologies
17.20 - 17.30	Q/A
HALL B	
13.30 - 14.30	PAPER PRESENTATION SESSION
14.30 - 15.30	PAPER PRESENTATION SESSION

January 30, 2026	
2 nd National Congress of Turkish Hip Prevervation Society	
HALL A	
08.30 – 09.20	MANAGEMENT OF HIP ARTHROSCOPY FAILURE WITH CASE SAMPLES
08.30 – 08.40	The Most Common Faults
08.40 – 08.50	Over or Under – Resection
08.50 – 09.00	Labral Insufficiency
09.00 – 09.10	Capsular Insufficiency
09.10 – 09.20	Q/A
09.20 – 09.45	Evolving Concepts in the Diagnosis and Management of FAI – Vikas Khanduja
09.45 – 10.30	MANAGEMENT OF THE PREARTHROTIC HIP
09.45 – 09.55	Clinical and Radiological Evaluation
09.55 – 10.05	Conservative Treatment Options
10.05 – 10.15	Can the Treatment Outcome be Predicted in the Prearthrotic Hip
10.15 – 10.25	The Role of Orthobiologics for Prearthrotic Hip
10.25 – 10.30	Q/A
10.30 – 10.45	COFFEE BREAK
10.45 – 11.30	FEMORAL HEAD AVASCULAR NECROSIS
10.45 – 10.55	Diagnosis and Staging
10.55 – 11.05	What is the Role of Physical Therapy in Conservative Management? Current Evidence and Insights
11.05 – 11.15	Core Decompression and Orthobiologics
11.15 – 11.25	Trap Door, Light Bulb, Grafting, Osteotomy
11.25 – 11.30	Q/A
11.30 – 12.15	INTERACTIVE COURSE LECTURES- CAPSULE AND MICROINSTABILITY IN THE FAI SURGERY
11.30 – 11.40	Should the Capsule be Left Open? What does the Evidence Tell Us?
11.40 – 11.50	Always Close the Capsule: What does the Evidence Tell Us?
11.50 – 12.00	Microinstability: From the Perspective of a Physiotherapist
12.00 – 12.10	Microinstability: From the Perspective of an Orthopaedic Surgeon
12.10 – 12.15	Q/A
12.15 – 12.30	CLOSING SESSION
12.30 – 13.30	LUNCH BREAK
SICOT SPORTS MEETING 2026 SHOULDER	
13.30 -13.50	KEYNOTE LECTURE “Current Concepts in Shoulder Instability” – Doruk Akgün
13.50 – 14.20	BATTLE 1 Bankart Repair vs. Latarjet – What is the Gold Standard for Anterior Instability?
13.50 – 14.00	Pro Bankart Repair
14.00 – 14.10	Pro Latarjet
14.10 – 14.20	Panel Discussion & Q&A
14.20 – 14.50	BATTLE 2 Bony Bankart – Dealing with Glenoidal Bone Loss
14.20 – 14.30	Pro Eden-Hybinette
14.30 – 14.40	Pro Latarjet
14.40 – 14.50	Panel Discussion & Q&A
14.50 – 15.20	BATTLE 3 Humeral Bone Loss – Hill Sachs Lesion
14.50 – 15.00	Pro Remplissage
15.00 – 15.10	Pro Allograft/Arthroplasty
15.10 – 15.20	Panel Discussion & Q&A
15.20 – 15.50	COFFEE BREAK
15.50 – 16.10	KEYNOTE LECTURE e
16.10 – 16.20	Rotator Cuff Partial Tears – Conservative vs. Surgical Options
16.20 – 16.35	Case Discussions-1
16.35 – 16.45	Partial Reconstruction for Massive Rotator Cuff Tears – Valuable Strategy or Insufficient Solution?
16.45 – 17.00	Case Discussion-2
17.00 – 17.10	What To Do with the Biceps (Patch, Transposition, SCR)
17.10– 17.25	Case Discussion-3
17.25 – 17.35	Tendon Transfer for Massive Rotator Cuff Tears – (Latissimus Dorsi, Lower Trapezius, Pectoralis Major)
17.35 – 17.50	Case Discussion-4
17.50 – 18.00	CLOSING REMARKS & TAKE-HOME MESSAGES
HALL B	
13.30 – 14.30	FREE PAPERS
14.30 – 15.30	FREE PAPERS

January 31, 2026	
SICOT SPORTS MEETING 2026	
KNEE	
HALL A	
08.00 - 09.00	MENISCUS / CARTILAGE
08.00 - 08.10	Management of Meniscus Lesions in 2026
08.10 - 08.20	Meniscus Ramp Lesions
08.20 - 08.30	Meniscus Root Lesions
08.30 - 08.40	Management of Chondral Lesions of the Knee in 2026
08.40 - 08.50	Osteochondral Allograft in Knee
08.50 - 09.00	Discussion
09.00 - 10.00	ACL
09.10 - 09.10	Management of ACL Injury in 2026
09.10 - 09.20	Anatomic ACL Reconstruction
09.20 - 09.30	ACL Primary Repair
09.30 - 09.40	ALL-Reconstruction / Lateral Extraarticular Tenodesis (LET)
09.40 - 09.50	Osteotomies in ACL Reconstruction
09.50 - 10.00	Discussion
10.00 - 10.15	COFFEE BREAK
10.15 - 11.15	PATELLOFEMORAL
10.15 - 10.25	Clinical and Radiological Evaluation of Patellofemoral Instability
10.5 - 10.35	Acute Patellar Dislocation
10.45 - 10.45	MPFL-Reconstruction
10.45 - 10.55	Osteotomies in PF Instability
11.55 - 11.05	Patellofemoral Chondral Lesions
11.05 - 11.15	Discussion
11.15 - 12.15	PCL / MULTILIGAMENT
11.15 - 11.30	Management of Acute Knee Dislocation
11.30 - 11.45	Management of PCL Injury
11.45 - 12.00	Management of PLC Injury
12.00 - 12.15	Management of PMC Injury
12.15 - 13.15	LUNCH
13.15 - 14.15	CASE DISCUSSION (ACL, PF instability)
14.15 - 15.15	VIDEO PRESENTATION
14.15 - 14.25	Anatomic ACL-Reconstruction
14.25 - 14.35	All inside ACL-Reconstruction with HTO
14.35 - 14.45	Lateral Extraarticular Tenodesis (LET)
14.45 - 14.55	MPFL-Reconstruction
14.55 - 15.05	Tibial Tubercle Osteotomy
15.05 - 15.15	PCL-Reconstruction
HALL B	
13:15 - 14:15	FREE PAPERS
14.15 - 15.15	FREE PAPERS