



ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece

All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”



SCIENTIFIC PROGRAM

FRIDAY, 11th SEPTEMBER 2026

08:00

Registrations

08:20 – 08:30

Welcome to ESSKA-EKA 2026

08:30 – 09:20

**ROUND TABLE 1
ORGANISING A FAST-TRACK ARTHROPLASTY
CENTRE: KEY ELEMENTS**

Administrative organisation of fast-track surgery:
standardising pathways & improving hospital
workflow

Building and coordinating a multidisciplinary fast-
track team

Outpatient arthroplasty unit design & efficient use of
staff, equipment and time

Data collection, quality control & continuous
improvement

The role of compassionate, patient-centred care from
admission to discharge

Free Paper

FP1

Discussion



ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”



TheMIS



09:20 – 10:20

ROUND TABLE 2 PREOPERATIVE PREPARATION & PATIENT SELECTION

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

Latest guidelines in Preoperative Anticoagulant Management

Nutritional means for enhanced recovery & reduced complications

Critical role of psychological preparation & expectation management

Prehabilitation: exercise and education

Digital patient education: tools to engage patients

Free Paper
FP2

Discussion

10:20 – 10:50

Coffee Break

10:50 – 11:10

MINI BATTLE 1 / HOT-TOPIC DEBATE CEMENTED VS UNCEMENTED TKA: PROS AND CONS

Cemented TKA

Uncemented TKA

Discussion





ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”

11:10 – 12:10

ROUND TABLE 3 INTRAOPERATIVE STRATEGIES TO ACCELERATE RECOVERY AND ENSURE SAFETY (120 MIN)

Minimally invasive & tissue-sparing surgical techniques

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

Role of robotics and navigation to enhance recovery

Functional impact of patella & third-space balance

Reducing or time without compromising safety

How to avoid urinary catheters & drains

Free Paper

FP3

Discussion

12:10 – 12:30

MINI BATTLE 2 / HOT-TOPIC DEBATE RETHINKING ALIGNMENT STRATEGIES FOR BETTER FUNCTIONAL RESULTS

Kinematic alignment

Functional alignment

Discussion

12:30 – 13:30

Lunch Break & Poster Session

13:30 – 13:50

HIGHLIGHT LECTURE 1

Tourniquet-free knee arthroplasty: How and Why



ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”



TheMIS



13:50 – 14:50

ROUND TABLE 4 ANESTHETIC & ANALGESIC PROTOCOLS

Multimodal analgesia protocols

General vs spinal anesthesia in the fast-track setting

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

Perioperative steroid protocols: evidence-based risk and benefit management

Strategies to prevent postoperative nausea & vomiting

Fluid management and temperature control: keys to surgical success

Free Paper

FP4

Discussion

14:50 – 15:10

MINI BATTLE 3 / HOT-TOPIC DEBATE LOCAL INFILTRATION ANESTHESIA VS PERIPHERAL NERVE BLOCKS

Local infiltration anesthesia only

Peripheral nerve blocks: which, when and why

Discussion

15:10 – 15:40

EXPERT PANEL Addressing Pre-Submitted Questions

15:40 – 16:10

Coffee Break

16:10 – 16:30

HIGHLIGHT LECTURE 2

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



ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”

16:30 – 17:40

ROUND TABLE 5 TECHNOLOGY, DIGITAL HEALTH & INNOVATION

Next-Generation robotics: from smart systems to proven outcomes

Neutral boundary alignment: a forward-looking strategy

AI in patient selection, preoperative planning & outcome prediction

Patient Apps: digital monitoring, telerehabilitation and complication detection

The evolution of augmented reality–assisted surgery

Patient-Specific implants: indications, limits and clinical impact

Smart instruments, smart implants and real-time data

Free Paper
FP5

Discussion

17:40 – 18:00

HIGHLIGHT LECTURE 3

The Future of TKA Patient Care in the Era of Digital Health Transformation



ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”



TheMIS



18:00 – 19:00

ROUND TABLE 6 GLOBAL GUIDELINES & EMERGING DIRECTIONS

Highlights from the International Expert Consensus
(ESSKA-EKA, EHS, APAS)

The Fast-Track Revolution in TKA: from 2 weeks stay
to outpatient surgery

Regional challenges in implementation

Fast-Track Arthroplasty: 20 Years – Lessons, pitfalls
and system barriers

From Fast-Track Arthroplasty to Ambulatory Surgery
Centers: are we really ready?

Cost-effectiveness, sustainability & patient
satisfaction

Free Paper
FP6

Discussion



ESSKA-EKA 2026

OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”

Under the auspices of



TheMIS



SATURDAY, 12th SEPTEMBER 2026

08:00 – 09:00

ROUND TABLE 7 POSTOPERATIVE CARE & EARLY MOBILISATION

First steps after surgery that make a difference

Day-0 mobilisation & early physiotherapy protocols

Immediate full weight-bearing: benefits, limits and risks

The critical role of swelling control

How to handle uncontrolled pain in the ward

Clinical signs and considerations for delayed discharge

Free Paper
FP7

Discussion



ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”



TheMIS



09:00 – 10:00

ROUND TABLE 8 OPTIMIZING RECOVERY AFTER DISCHARGE

Hematoma, wound care & leakage management

Thromboprophylaxis: what changes with early mobilisation

Preparing the Home & Caregiver for post-discharge

Recovery/Rehabilitation protocols: faster recovery, safe boundaries

Remote rehabilitation & recovery tracking

Preventing readmissions: early signals & effective interventions

Free Paper

FP8

Discussion

10:00 – 10:20

MINI BATTLE 4 / HOT-TOPIC DEBATE ASPIRIN OR LMWH FOR THROMBOPROPHYLAXIS?

Aspirin

LMW Heparin

Discussion

10:20 – 10:50

Coffee Break

10:50 – 11:05

HIGHLIGHT LECTURE 4

Outpatient Arthroplasty: why it has become the u.s. standard





ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”



TheMIS



11:05 – 12:25

ROUND TABLE 9 A STEPWISE PATHWAY TO SUCCESSFUL OUTPATIENT ARTHROPLASTY

Evidence-based selection criteria for outpatient arthroplasty

Patient & caregiver education across the perioperative pathway

Adapting Anesthesia for outpatient arthroplasty

Minimizing surgical stress to enhance immediate recovery

Transitional pain services: bridging hospital to home in outpatient arthroplasty

Same-day discharge criteria: safety and logistics

Post-Discharge Care: social support & effective communication

Free Paper
FP9

Discussion

12:25 – 12:45

MINI BATTLE 5 / HOT-TOPIC DEBATE SAME-DAY VS NEXT-DAY DISCHARGE: WHAT SHOULD BE OUR TARGET?

Same-day discharge

Next-day discharge





ESSKA-EKA 2026 OPEN FOCUS MEETING

11-12

September
2026

Concert Hall

Thessaloniki
Greece



All about **Fast-Track Knee Arthroplasty**

“ In the Era of
Technology & Digital Health ”

12:45 – 13:45

SESSION 10 / ROUND TABLE HOW TO IMPLEMENT FAST-TRACK SURGERY INTO DAILY PRACTICE

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

Implementing fast-track arthroplasty: strategies to avoid partial adoption

Integrating digital health with clinical practice

The anaesthesiologist's multidimensional role in fast-track arthroplasty

Physiotherapy in Fast-Track Arthroplasty: adapting protocols to clinical reality

Nursing Leadership in Fast-Track Pathways: Coordination, education, and enhancing patient flow

Fast-Track Arthroplasty: better outcomes through patient-centered care and shared decision-making

Free Paper

FP10

Discussion

13:45

Closing remarks & Adjourn