

1st MIKS on International biological Congress therapies

Europa Congress Centre
Vitoria-Gasteiz, Spain
April, 3,4 & 5 2025

Day 1

Joint degeneration

Program

Thursday | April 3 | 2025

Morning

8:30 - 9:15 **Breakfast rounds**

Insights on Intra-osseous+Intra-articular & Meniscus+Intra-articular interventions broadcast.

9:30 - 9:45 **Welcome**

Mikel Sánchez, MD, PhD. Scientific and Medical Director UCA Group and MIKS (Spain).

9:45 - 10:00 **Aging**

Keynote Speech

Coleen T. Murphy, PhD. Director, LSI Genomics and James A. Elkins, Jr. Professor in the Life Sciences Professor, Molecular Biology, Princeton University (USA).

10:00 - 11:15 **Orthobiology: state of the art**

Peter A. Everts, PhD, FRSM. Adj. Prof. The University of Queensland Medical School (GBCS), Brisbane, Australia; Prof. Max Planck University Center, UniMAX. Medical School, Indaiatuba, Sao Paulo, Brazil; Lecturer & Instructor Regenerative Medicine, OrthoRegen International Course, Indaiatuba, Brazil Fellow Royal Society of Medicine, London, UK. Scientific Lead European Network Organization Regenerative Medicine, (ENORM) Leuven Belgium.

New developments in the understanding of osteoarthritis pathophysiology

Nidhi Sofat, BSc, MBBS, PhD, FRCP, PGCert, FHEA. Professor of Rheumatology, City St. Georges' University London (UK).

10:00 - 11:15 **Joint-resident mesenchymal stem cells (MSCs) in osteoarthritis**

Elena Jones, PhD. Associate Professor at University of Leeds (UK).

Anti-ageing potential of platelet rich plasma (PRP) in bone, osteoarthritis and related diseases

Payal Ganguly, PhD, MRes, B.Pharm, Postdoctoral research associate (PRDA), Faculty of Medicine and Health, University of Leeds (UK).

Discussion

11:15 - 11:30 **Institutional opening**

12:00 - 13:15 **Long lasting benefits of high volume PRP for patients suffering from severe knee osteoarthritis**

Jeremy Magalon, PharmD PhD. MCU PH - Laboratoire de Culture et Thérapie Cellulaire, APHM (France).

Intra-osseous PRP

Nicolás Fiz, MD, PhD. Orthopedic Surgeon UCA (Spain).

Intra-osseous cells

Elizaveta Kon, MD PhD. Full Professor of Orthopedic Surgery, Humanitas University (Italy).

Treatment of chondral lesions with high-density chondrocytes

Isabel Guillen, MD PhD. Head of Cartilage Unit CEMTRO Clinic (Spain).

Discussion

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Afternoon

15:00 - 16:15 **Expanded MSCs for cartilage regeneration and osteoarthritis**

Lucienne Vonk, PhD. Xintela AB, Chief Scientific Officer & University Medical Center Utrecht, Dept of Orthopaedics Senior Researcher (Sweden).

Advances in biological enhancement of cartilage Repair

Ramón Cugat, MD, PhD. Head of Instituto Cugat, Director of Fundación García Cugat, President of the medical council of the Mutualidad de Futbolistas - Delegación Catalana (Spain).

New biomaterials and tissue engineering approaches

Rui Reis, CEng, MSc, PhD, DSc, Doc h.c. 3B's Research Group, University of Minho (Portugal).

Adipose derived stem cell Tx in OA knee

Norimasa Nakamura, MD, PhD, FRCS. Professor. Institute for Medical Science in Sports, Osaka Health Science University (Japan).

Discussion.

16:15- 17:15 **The orthobiological maze**

Diego Delgado, PhD. Head of R&D&I Department UCA (Spain).

Shedding lights on the use of injectable orthobiologics in knee OA: the formal ESSKA Consensus

Laura De Girolamo, PhD. Head of Research Unit Galeazzi Sant Ambrogio Hospital, Milan (Italy).

ORBIT consensus.

Lior Laver, MD. Orthopedic Surgeon Hillel Yaffe Medical Center Orthopaedics Hadera (Israel).

Consensus Statement of the GRIIP on Intra-Articular Platelet-Rich Plasma Injections for the Treatment of Symptomatic Knee Osteoarthritis

Jean-François Kaux, MD, PhD. Head of department CHU Liège, Physical and Rehabilitation Medicine (Belgium).

Discussion

18:00 - 19:15 **The endless therapeutic goldmine of human blood**

Eduardo Anitua, MD. PhD Scientific Director BTI Biotechnology Institute, Director of the UIRMI -University Institute of Regenerative Medicine and Oral Implantology of the University of the Basque Country (UPV/EHU)(Spain).

MSC's Overseas: Understanding the current landscape and potential in orthopedic medicine

Steven Sampson, DO. Founder, The Orthohealing Center and the Orthobiologic Institute (TOBI) (USA).

Mesenchymal stem cell-derived extracellular vesicles for immunomodulation and regeneration of musculoskeletal tissues

Dimitrios Kouroupis, MSc, PhD. Assistant Professor University of Miami, Miller School of Medicine (USA).

Discussion

Conductor of the scientific sessions Day 1:

Gorka Orive, PhD. Full Professor Pharmacy, University of the Basque Country (Spain).

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Day 2

Pain Sports Medicine

Program

Friday | April 4 | 2025

Morning

8:30 - 9:15 **Breakfast rounds**

Nerve & Tendon interventions broadcast

9:30 - 11:30 **PRP and nerve from orthopaedics perspective**

Jorge Guadilla, MD. Orthopedic Surgeon UCA (Spain).

Regenerative Medicine on the peripheral nerve.

Marta Homs, MD. Clinical Chief of Anesthesiology

Dexeus University Hospital (Spain).

Hydrodissection with Orthobiologics- From Nerves to Beyond

Rowan V. Paul, MD. Founder Launch Regenerative RegenCore Method, Physycal Longevity, TOBI Network (USA).

Geniculate nerve

Alberto Sánchez, MD. Pain management physician and Member of the management team UCA (Spain).

When to use PRP in the Spine. Disk, facets, ligaments, GRD

Jordi Recasens, MD. Specialist in chronic pain, Unit of Pain Dexeus University Hospital (Spain).

Multitarget orthobiologic spine treatment

Fernando Izquierdo, MD. Orthopedic & Spine Surgeon. Regenerative Interventional Medicine. Hospital Ángeles (Mexico).

Discussion

12:00 - 13:00 **Sports Medicine I**

PRP for knee ligament injuries - perioperative and conservative therapy

Stefan Nehrer, MSc. University for Continuing Education Kremsa, Center for Regenerative Medicine, Professor for Tissue Engineering (Austria).

Optimizing the spontaneous muscle repair process after injury through blood derivatives.

Sabino Padilla, MD PhD. University Institute for Regenerative Medicine and Oral Implantology—UIRMI UPV/EHU-Fundación Eduardo Anitua) (Spain).

PRP application in muscle pathology

Juan Azofra, MD. Orthopedic Surgeon UCA (Spain).

The role of cell therapy in healing muscle and tendon injuries

Gil Rodas, MD, PhD. Deputy Director of FCBarcelona Medical Department and Medical Director of Sports Medicine Department in Hospital Clinic (Spain).

Discussion

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Day 2

Pain

Sports

Medicine

Program

Friday | April 4 | 2025

Afternoon

15:00 - 16:30 **Sports Medicine II**

Tendon pathophysiology

Tomokazu Yoshioka, MD. PhD. Kikkoman General Hospital, Department of Orthopedic Surgery, Director of Sports Medicine (Japan).

Orthobiologics in Sports: fact or fiction?

Alberto Gobbi, MD. PhD. F.R.C.S. President OASI Bioresearch Foundation Gobbi onlus (Italy).

PRP for meniscal injuries

Jaime Oraa, MD. Orthopedic Surgeon UCA (Spain).

Orthobiologics in Athletes

Jorge Chahla, MD PhD. Associate Professor; Director of Biomechanics; Director of International Fellowship at Rush University Medical Center (USA).

Discussion

16:30- 17:30 **Experts' battle**

Orthobiologics

PRP and cells

Final battle/ Discussion

Conductor of the scientific sessions Day 2:

João Espregueira-Mendes, MD PhD. CEO & Clinical Director of Clínicas Espregueira FIFA Medical Centre (Portugal).

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Day 3

Horizons in Orthobiology

Program

Saturday | April 5 | 2025

Morning

- 9:20 - 11:00** **Fibrosis: a biological disguise of chronic inflammation**
Sabino Padilla, MD PhD. University Institute for Regenerative Medicine and Oral Implantology—UIRMI UPV/EHU-Fundación Eduardo Anitua) (Spain).
Contraindications to PRP injections for musculoskeletal diseases: The GRIIP recommendations
Florent Eymard, MD. Professor of Rheumatology. Department of Rheumatology. Henri Mondor university Hospital (France).
Bioprinting as a cutting-edge rescue tool for tissue repair: harnessing blood-derived bioinks
Isabel Andia, PhD. Senior scientist at BioCruces Health Research Institute (Spain).
Regulation
Pablo de Felipe, PhD. Head of Service
Irene Izquierdo, PhD. Quality Evaluator in the Biological Products, Advanced Therapies and Biotechnology Division. AEMPS, Spanish Agency of Medicines and Health Products (Spain).
Regenerative Therapies and Joint Health: The Patient's Perspective?
Josep Vergés, MD. President of OAFI and AECOSAR, Physician specialized in Clinical Pharmacology. (Spain).

- 11:30 - 12:25** **Bone Marrow Progenitor cells as therapeutics: much more than hematopoietic cells**
Felipe Prosper, MD. Director of Cell Therapy. Co-Director of Haematology. University of Navarra Clinic. University of Navarra (Spain).
Paediatric orthobiology
Gorka Knörr, MD. Chief of the Pediatric Orthopedic Surgery Service at UCA (Spain).
Discussion

- 12:25- 13:00** **Closure of the congress**
Pedro Guillen, MD PhD Head of Traumatology. Founder of the CEMTRO Clinic and Dr. Pedro Guillen Foundation (Spain).
Mikel Sánchez, MD, PhD. Scientific and Medical Director UCA Group and MIKS (Spain).

Conductor of the scientific sessions Day 3:
Roberto Seijas, MD. Orthopedic Surgeon Instituto Cugat (Spain).

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Poster abstract submission

Committees

A summary of the guidelines is as follows:

- The poster abstract language is English.
- The text should be not more than 400 words.
- Diagrams, tables and pictures should not appear in abstracts, only text

Since the abstracts will be judged anonymously, the text should not reveal the institutional affiliation or any of the researchers.

Do not write all the text in CAPITAL LETTERS.

The text and the title should be free from abbreviations, except those commonly used. It should concisely address the problem and the purpose of the study.

The following structure is mandatory:

- Title: Minimum 3 words / no maximum
- Keywords: minimum 3 / maximum 7 keywords – chose these so that people can identify your abstract on an electronic search using these words as search terms.
- Abstract: maximum 400 words in total. All sections are mandatory.
 - Objectives: What is the research question your study aims to answer?
 - Materials and Methods: Outline how the study was conducted.
 - Results: The main findings with numerical data and statistical significance.
 - Conclusion: Discuss your results, briefly describe the principal conclusions drawn from the study.

[Online abstract submission platform](#)

Submission deadline: January 31st

Committees

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Scientific Committee

Unidad de Cirugía Artroscópica, Vitoria-Gasteiz, Spain

- Mikel Sánchez, MD PhD
- Diego Delgado, PhD
- Jorge Guadilla, MD
- Nicolás Fiz, MD

Instituto Cugat, Barcelona, Spain

- Ramón Cugat, MD PhD
- Montserrat García-Cugat, MD PhD
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- Laura de Girolamo, PhD
- Paola de Luca, PhD
- Enrico Ragni, PhD

Clínica CEMTRO, Madrid, Spain

- Isabel Guillén, MD PhD

Organizing Committee

Mikel Sánchez, MD PhD

Jorge Guadilla, MD

Nicolás Fiz, MD

Diego Delgado, PhD

General information

General information

Venue

Europa Conference Center
Avda de Gasteiz, 85,
[01009 Vitoria-Gasteiz \(Spain\)](https://buff.ly/3MyDyvx)

<https://buff.ly/3MyDyvx>



Date

April 3,4 and 5, 2025

Vitoria-Gasteiz Green Capital

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to discover more information about what to do and what to see.



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