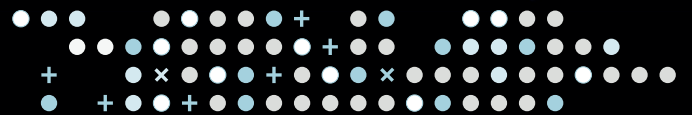


1ST MiKS on International biological Congress therapies

Europa Congress Centre

Vitoria-Gasteiz, Spain

April, 3, 4 & 5 2025



Congress Program

1ST MiKS on International biological Congress therapies

Europa Congress Centre
Vitoria-Gasteiz, Spain
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MiKS
Medical Innovation
Knowledge Sharing

Welcome to the 1st International MiKS Congress on biological therapies

We are honored to welcome you to the 1st MiKS International Congress on biological therapies, which will be held on April 3, 4 and 5, 2025 in the city of Vitoria-Gasteiz (Spain). This event marks a significant milestone as the first congress of this magnitude to be organized by MiKS (Medical Innovation Knowledge Sharing), an innovative initiative whose main objective is to create a community to enhance knowledge sharing and promote collaboration in the medical-scientific field of biological therapies, always with the patient at the center.

The congress is designed to provide a comprehensive update on biological treatments in orthopedic surgery and sports medicine, explore the present and future of these therapies in this and other applications such as pain medicine, as well as evaluate the potential of biological therapies as a preferred practice in the coming years. Therefore, over these three days, crucial topics related to platelet-rich plasma (PRP) and cell-based therapies and their application in various medical disciplines will be addressed from a multidisciplinary and translational approach. To this end, we will count on the participation of leading international names in these fields, who will share their knowledge and experiences, thus enriching the debate and the learning experience for all attendees.

However, this is not the only incentive. Our choice of Vitoria-Gasteiz is no coincidence. This city, known for its rich history, its commitment to sustainability and its warm welcome to all those who visit it, provides the perfect location for the 1st MiKS International Congress on biological therapies. It is an honor for us to organize this event here, in our city, which has made its name in the pioneering and development of such therapies, and which we hope will continue to be of international reference in this field. Our goal is for Vitoria-Gasteiz to continue to occupy a place on the global map of medical innovation, particularly in the field of biological therapies and regenerative medicine.

We are thrilled to share this congress with you and look forward to insightful discussions and collaborations. As the saying goes, 'If you want to go fast, go alone. If you want to go far, go together.' Together, we can drive progress, transform biological therapies, and make a meaningful difference for patients worldwide.



Dr. Mikel Sánchez

ACCREDITATION STATEMENT AND CREDIT DESIGNATION

The 1st MiKS International Congress on biological therapies, Vitoria-Gasteiz, Spain 03/04/2025 - 05/04/2025 has been granted 15.0 European CME credits (ECMEC@s) by the European Accreditation Council for Continuing Medical Education (EACCME®).

American Medical Association (AMA)

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be found at <https://edhub.ama-assn.org/pages/applications>. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Royal College of Physicians and Surgeons of Canada

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC@s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.



ORGANIZING COMMITTEE

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

SCIENTIFIC COMMITTEE

Unidad de Cirugía Artroscópica, Vitoria-Gasteiz, Spain

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

Instituto Cugat, Barcelona, Spain

- Ramón Cugat, MD PhD
- Montserrat Garcia Balletbó, MD PhD
- Patricia Laiz

Clínica CEMTRO, Madrid Spain

- Isabel Guillén, MD PhD

Clínica Espregueira-Mendes, Porto, Portugal

- Joao Espregueira-Mendes, MD PhD
- Renato Andrade, PhD

IRCCS Ospedale Galeazzi - Sant'Ambrogio, Milan, Italy

- Laura de Girolamo, PhD
- Paola de Luca, PhD
- Enrico Ragni, PhD



Scan the QR code to access the updated program

Day 1

Joint degeneration

María de Maeztu Auditorium (A.4.)

Morning

8:30 - 9:15

Coffee & Cases

Insights on Intra-osseous+Intra-articular & Meniscus.
Almudena Cid Room (A.3)

9:30 - 9:35

Welcome

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

9:35 - 10:00

Neuron-autonomous and non-autonomous regulation of memory

Keynote speaker

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

10:00 - 11:15

ORTHOBIOLGY AND PATHOPHYSIOLOGY OF OSTEOARTHRITIS

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 - 11:30

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.

11:30 - 12:00

Coffee Break

12:00 - 13:15

APPLICATION OF ORTHOBIOLOGICAL TREATMENTS

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 Guillén, MD PhD. Head of Cartilage Unit CEM-TRO Clinic (Spain).

Discussion

13:15 - 15:00

Lunch

Day 1

Joint degeneration

María de Maeztu Auditorium (A.4.)

Afternoon

15:00 - 16:15

APPLICATION OF ORTHOBIOLOGICAL TREATMENTS

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- 17:30

CONTROVERSIES AND CONSENSUS

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

17:30 - 18:00

Coffee break

18:00 - 19:15

WHAT'S NEXT

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

19:15

Welcome cocktail.

Conductor of the scientific sessions

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

Day 2

Pain & Sports medicine

María de Maeztu Auditorium (A.4.)

Morning

8:30 - 9:15

Coffee & Cases
Nerve & Tendon.
Almudena Cid Room (A.3)

9:30 - 11:30

PAIN MEDICINE. PERIPHERAL NERVE

[PRP and nerve from orthopedics perspective](#)

Jorge Guadilla, MD. Assistant Professor University of the Basque Country, School of Medicine. 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).

[1+1= 3 ; Developing synergys](#)

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

PAIN MEDICINE. SPINE

[When to use PRP in the spine. Multitarget approach](#)

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

11:30 - 12:00

Coffee break

12:00 - 13:15

SPORTS MEDICINE. LIGAMENTS & MUSCLES

[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

13:15 - 15:00

Lunch

14:30 - 15:00

Poster authors will be available in the poster area to address any questions.

Day 2

Pain & Sports medicine

María de Maeztu Auditorium (A.4.)

Afternoon

15:00 - 16:15

SPORTS MEDICINE. TENDON & MENISCUS

[Tendon pathophysiology in sports medicine: mechanisms, diagnosis, and treatment](#)

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

16:15 - 16:45

Coffee break

16:45 - 17:45

[Biological therapies under debate](#)

[Open Q&A Session](#)

Moderated by Gil Rodas, MD PhD.

[Conductor of the scientific sessions](#)

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

Day 3

Horizons in cell biology and regenerative medicine

María de Maeztu Auditorium (A.4.)

Patronage - Endorsed by

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 GRIP recommendations

Florent Eymard, MD. Professor of Rheumatology. Department of Rheumatology. Henri Mondor university Hospital (France). **The bioprinting revolution & advanced bioinks: a new era in regenerative medicine**

Isabel Andia, PhD. Senior scientist at BioCruces Health Research Institute (Spain).

SoHO regulation: a view from the clinical perspective

Dolores Hernández, MD PHD. Specialist in Hematology, National Transplant Organization (ONT) (Spain).

Regenerative therapies and joint health: the patient's perspective

Josep Vergés, MD PhD. President and CEO of OAFI, Physician specialized in Clinical Pharmacology. (Spain).

12:25- 13:00

Closure of the congress

Pedro Guillén, 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

Roberto Seijas, MD PHD. Orthopedic Surgeon Instituto Cugat (Spain).

11:00 - 11:30

Coffee break

11:30 - 12:25

High precision 3D printing to reconstruct damaged organs

Manuel M. Mazo Vega, MD. Hematology and Cell Therapy Area, Clínica Universidad de Navarra, Biomedical Engineering Program, Enabling Technologies Division, CIMA, University of Navarra, Navarra Institute for Health Research (IdiSNA).

Pediatric orthobiology

Gorka Knörr, MD. Chief of the Pediatric Orthopedic Surgery Service at UCA (Spain).

Discussion



Asociación Española de Artroscopia
Spanish Arthroscopy Association



Asociación Española de Médicos de Equipos de Fútbol
Spanish Association of Football Team Doctors



Colegio Médico de Ortopedia Regenerativa de México
Mexican College of Regenerative Orthopedic Medicine



International Society of Arthroscopy
Knee Surgery and Orthopaedic Sports Medicine



European Society of Sports Traumatology
Knee Surgery & Arthroscopy



Sociedad Española de Cirugía Ortopédica y Traumatología
Spanish Society of Orthopedic Surgery and Traumatology

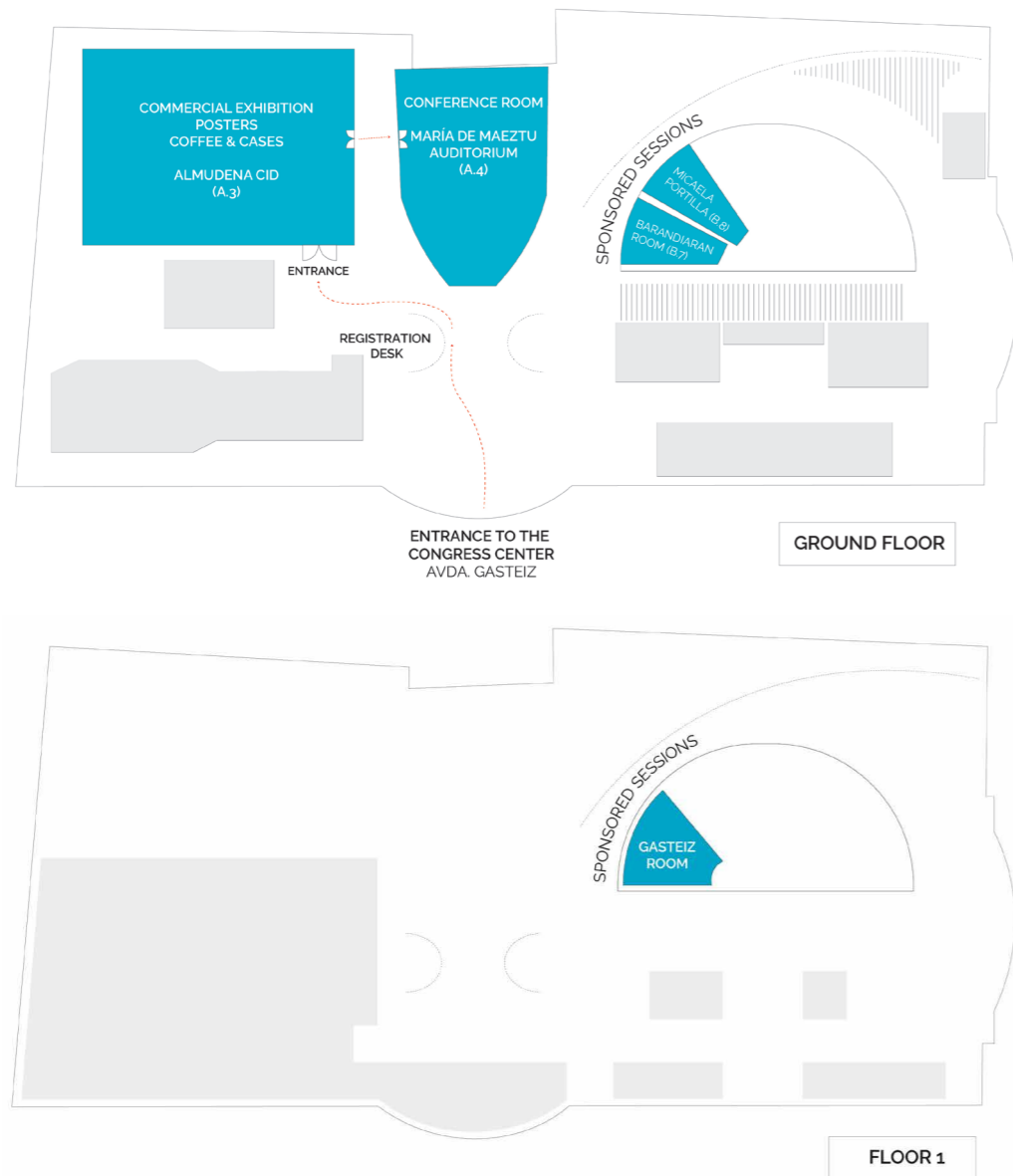


Sociedad Española de Traumatología Laboral
Spanish Society of Occupational Traumatology



Sociedad Española de Traumatología del Deporte
Spanish Society of Sports Traumatology

General Information



Sponsored sessions & commercial exhibition

SPONSORED SESSIONS

Thursday | April 3 | 2025



3 PRP (Triple Shot) vs 1 PRP+1 AH (One Shot) - Is this justified?

14:15 - 15:00
Barandiarán Room (B.7)

- Dr. Carlos Ferrer Señorans
 - Dr. Guillermo Álvarez Rey
- *This session will be conducted in Spanish.*



Sponsored session

14:15 - 15:00
Micaela Portilla Room (B.8)

- TBD

These sessions are scheduled outside the main CME accredited MiKS Scientific Program.

Friday | April 4 | 2025



Revolutionising PRP; Insights BioSmartData, first preliminary data

14:15 - 15:00
Barandiarán Room (B.7)

- Introduction to BioSmartData - María Cayuela
 - Preliminary findings on PRP - Severiano Dos Anjos, PhD
 - Use of AI tools and algorithm development - Pedro Martí
 - Real World Evidence (UCA) study - Diego Delgado, PhD
- *This session will be conducted in Spanish.*



Genetics implications in personalized Medicine: fibrosis and Platelet-Rich Plasma (PRP)

14:15 - 15:00
Micaela Portilla Room (B.8)

- Melania Rosique Sola, PhD
- *This session will be conducted in Spanish.*



Round Table BTI – Northern Pain Society

18:00 – 20:00
Gasteiz Room

Annual Meeting of the Northern Pain Society
Exclusive event for pre-registered members of the society

VENUE

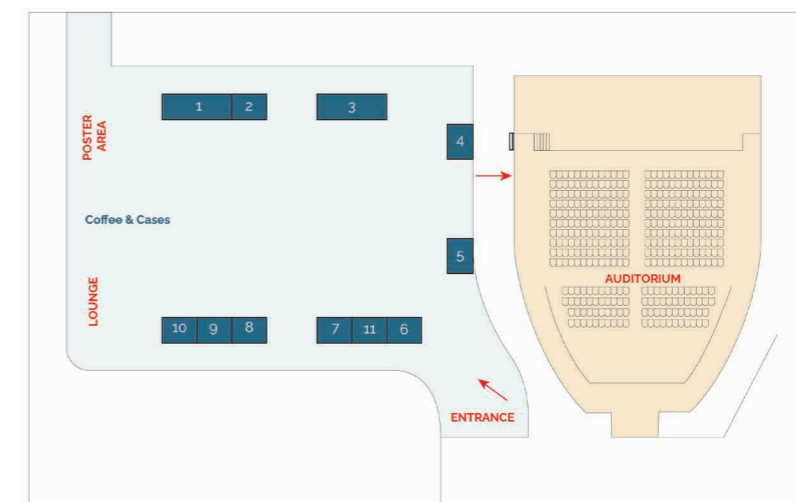
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VITORIA-GASTEIZ GREEN CAPITAL

Discover what to do and what to see



Almodena Cid (A.3)



1	2	3	4	5	6
7	8	9	10	11	

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