



SRUC RESS

Romanian Shoulder and Elbow Society

UNDER THE PATRONAGE OF
SECEC · ESSSE

5TH ANNUAL MEETING · 2026

Romanian Shoulder and *Elbow Meeting*

Elbow and Shoulder Trauma & Sports Injuries
From Evidence to Excellence

2 – 4 October 2026

K2 Alpin · Sala Atlas · Poiana Braşov, Romania

PROGRAMME AT A GLANCE

Three days, one theme: *from evidence to excellence.*

Lectures, debates, case discussions and relive cadaveric surgery across the shoulder and elbow — delivered by a faculty of 20 surgeons from six countries.

DAY 1 Friday 2 October 2026 <i>Basic Science & Instability</i> 08:30 Opening 08:45 – 09:45 Basic Science: Shoulder 09:45 – 10:40 Basic Science: Elbow 10:40 – 11:00 Coffee break 11:00 – 13:30 Shoulder Instability 13:30 – 14:15 Lunch 14:15 – 15:30 Relive surgery · cadaver 15:30 – 15:45 Coffee break 15:45 – 17:00 Long Head of Biceps Pathology	DAY 2 Saturday 3 October 2026 <i>Rotator Cuff · Muscle Transfers · Arthroplasty</i> 09:00 – 11:00 Rotator Cuff Pathology 10:30 – 11:00 Relive surgery · cadaver 11:00 – 11:15 Coffee break 11:15 – 13:15 Irreparable Cuff Options & Muscle Transfers 13:15 – 14:00 Lunch 14:00 – 15:20 Shoulder Arthroplasty in Young Patients 15:20 – 17:10 Reverse Total Shoulder Replacement	DAY 3 Sunday 4 October 2026 <i>Elbow Day: Instability & Trauma</i> 09:00 – 09:55 Lateral-Sided Elbow Pain / Instability 09:55 – 10:15 Coffee break 10:15 – 11:30 Elbow Instability & Trauma 11:30 – 12:15 Relive surgery · cadaver 12:15 Closing remarks
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DEBATE

VIDEO

CASE DISCUSSION

RELIVE SURGERY

Each session closes with questions to the panel.

DAY

1

FRIDAY · 2 OCTOBER 2026

Basic Science & Instability

08:30

Opening

08:30

Welcome

Marius Negru · Prof. Dr. Stefan Cristea

OPENING

08:30

Welcome to Braşov

Prof. Dr. Marius Moga — Dean, Transilvania University Faculty of Medicine

OPENING

08:35

Fellowship update

Vlad Cristea · Silviu Georgescu

08:45 – 09:45

Basic Science: Shoulder

PANEL Gabriel Darca, Henry Colaco, Marius Negru

08:45

Shoulder anatomy

Prof. Dr. Stefan Cristea

08:55

Shoulder biomechanics

Henry Colaco

09:10

Approaches to the shoulder

Jagwant Singh

09:20

Shoulder arthroscopy basics

Gabriel Darca

09:30

Shoulder arthroscopy: theatre set-up, portals and normal joint anatomy

VIDEO

09:45 – 10:40

Basic Science: Elbow

PANEL Lee van Rensburg, Jagwant Singh, Alexander Van Tongel

09:45

Elbow anatomy

Mihai Tudor Gavrilă

09:55

Elbow biomechanics and principles of elbow arthroplasty

Lee van Rensburg

10:10

Approaches to the elbow

Lee van Rensburg

VIDEO

10:20

Elbow arthroscopy basics

Marius Negru

10:30

Elbow arthroscopy: theatre set-up, portals and normal joint anatomy

VIDEO

10:40 – 11:00

Coffee break

FRIDAY · 2 OCTOBER 2026 — CONTINUED

11:00 – 13:30

Shoulder Instability

PANEL Carlos Cobiella, Andrei Popescu, Roland Camenzind

- | | |
|-------|---|
| 11:00 | First-time dislocation in athletes
Mihai Rascu |
| 11:15 | Is there still a place for simple Bankart repair in 2026?
Andrei Popescu · Gabriel Darca |
| 11:30 | Tips and tricks for a good Bankart repair
Philippe Schiepers |
| 11:45 | What is remplissage?
Henry Colaco |
| 12:00 | How to use my biceps: tips and tricks for DAS
Andrei Popescu |
| 12:15 | Open Latarjet procedure: tips and tricks
Radu Amon |
| 12:30 | Arthroscopic Latarjet
Marius Negru |
| 12:45 | Bone block? Options
Carlos Cobiella |
| 13:00 | Shoulder instability case discussion
All faculty |

CASE DISCUSSION

13:30 – 14:15 Lunch

RELIVE SURGERY · CADAVER

Arthroscopic Latarjet — technical tips and tricks

14:15 – 15:30

Marius Negru · Andrei Popescu

15:30 – 15:45 Coffee break

15:45 – 17:00

Long Head of Biceps Pathology

PANEL Merter Ozenci, Philippe Schiepers, Andrei Popescu

- | | |
|-------|--|
| 15:45 | LHB subluxation
Merter Ozenci |
| 16:00 | SLAP tears
Philippe Schiepers |
| 16:15 | LHB tenodesis
Gabriel Darca |
| 16:35 | Biceps pathology case discussions
All faculty |

CASE DISCUSSION

DAY

2

SATURDAY · 3 OCTOBER 2026

Rotator Cuff · Muscle Transfers · Arthroplasty

09:00 – 11:00

Rotator Cuff Pathology

PANEL Carlos Cobiella, Radu Amon, Louis Gossing

- | | |
|-------|---|
| 09:00 | The rotator cuff: functional anatomy and biomechanical implications
<i>Louis Gossing</i> |
| 09:15 | Calcific tendinitis: is this a cuff tear?
<i>Radu Amon</i> |
| 09:30 | Isolated supraspinatus tear
<i>Gabriel Darca</i> |
| 09:45 | Subscapularis tear: think outside the box
<i>Carlos Cobiella</i> |
| 10:00 | Massive cuff repair options: patches / cuff augmentation
<i>Henry Colaco</i> |
| 10:15 | Biceps versatility in rotator cuff repair
<i>Andrei Popescu</i> |

RELIVE SURGERY · CADAVER

Rotator cuff repair — technical tips and tricks

10:30 – 11:00

11:00 – 11:15

Coffee break

11:15 – 13:15

Irreparable Cuff Options & Muscle Transfers

PANEL Florin Ciornohac, Dimitrios Karadaglis, Marius Negru

- | | |
|-------|---|
| 11:15 | Irreparable cuff tears: what are the options? (Rotator cuff tear in the elderly)
<i>Philippe Schiepers</i> |
| 11:30 | Partial repair options for irreparable rotator cuff tears
<i>Merter Ozenci</i> |
| 11:45 | My experience with lower trapezius transfer
<i>Marius Negru</i> |
| 12:00 | My experience with latissimus dorsi transfer
<i>Florin Ciornohac</i> |
| 12:15 | Muscle advancement for massive retracted cuff tears
<i>Ashish Gupta</i> |
| 12:30 | Anatomic RSA
<i>Ashish Gupta</i> |
| 12:45 | Rotator cuff case discussion
<i>All session faculty</i> |
| 13:00 | US-guided minimally invasive procedures in shoulder pathology
<i>Radu Chindea · Nicolae Sarbu</i> |

CASE DISCUSSION

SATURDAY · 3 OCTOBER 2026 — CONTINUED

13:15 – 14:00 *Lunch*

14:00 – 15:20

Shoulder Arthroplasty in Young Patients

PANEL Florin Ciornohac, Dimitrios Karadaglis, Philippe Schiepers

14:00 Total anatomic shoulder in young patients: pyrocarbon hemi vs total
Roland Camenzind vs Florin Ciornohac

DEBATE

14:20 Is there an age limit for total anatomic shoulder prosthesis?
Dimitrios Karadaglis

14:35 How to deal with glenoid defects in young patients
Dimitrios Karadaglis

14:50 How do you like your anatomic? Stemless or stem
Roland Camenzind

DEBATE

15:05 Case presentations — rapid fire
All faculty

CASE DISCUSSION

15:20 – 17:10

Reverse Total Shoulder Replacement

PANEL Roland Camenzind, Radu Amon, Alexander Van Tongel

15:20 RSA: are my indications correct?
Emil Haritnian

15:30 How do I plan my prosthesis?
Roland Camenzind

15:40 Bone or metal? Glenoid bone loss in primary RSA — how does digital planning help select the best solution?
Louis Gossing

DEBATE

15:55 Is the cuff important after an RSA?
Radu Amon

16:10 Do you need muscle transfers when you plan a reverse total shoulder?
Alexander Van Tongel

16:25 What to do when it fails? (Revision RSA)
Alexander Van Tongel

16:40 Reverse TSA for proximal humerus fractures: tips and tricks
Gabriel Darca

16:55 Sternoclavicular pathology
Alexander Van Tongel

17:10 Case discussion: technical tips and tricks
All faculty

CASE DISCUSSION

DAY

3

SUNDAY · 4 OCTOBER 2026

Elbow Day: Instability & Trauma

09:00 – 09:55

Lateral-Sided Elbow Pain / Instability

PANEL Lee van Rensburg, Gabriel Darca, Henry Colaco

- | | |
|-------|--|
| 09:00 | Tennis elbow
Mihai Tudor Gavrilă |
| 09:10 | PIN compression
Marius Negru |
| 09:25 | Radiocapitellar problems
Dimitrios Karadaglis |
| 09:40 | Chronic lateral instability
Jagwant Singh |

09:55 – 10:15 *Coffee break*

10:15 – 11:30

Elbow Instability & Trauma

PANEL Lee van Rensburg, Marius Negru, Jagwant Singh

- | | |
|-------|--|
| 10:15 | Transulnar fracture-dislocation: tips and tricks
Lee van Rensburg |
| 10:30 | Unusual elbow instability
Lee van Rensburg |
| 10:45 | Coronoid fracture fixation / proximal ulna fracture-dislocations — “fix everything with a name”: how to do it?
Lee van Rensburg |
| 11:00 | Non-arthroplasty treatment of a painful stiff elbow
Marius Negru |
| 11:15 | Elbow trauma case discussions
All faculty |

CASE DISCUSSION

RELIVE SURGERY · CADAVER

Distal humerus — moving on from olecranon osteotomy

11:30 – 12:15

12:15

Closing remarks

End of the 5th Annual Meeting · Thank you

FACULTY

Our faculty

20 surgeons · 6 countries



Radu Amon

Shoulder & Elbow Surgeon

CHR de la Citadelle, Liège **BE**

Fellowship under Laurent Lafosse at the Annecy Shoulder Institute; rotator-cuff repair, instability and reconstruction.



Roland Camenzind

Senior Shoulder Surgeon

Lucerne, Switzerland **CH**

AOA Expert Shoulder certification; over 800 shoulder arthroscopies and award-winning research.



Jean Florin Ciornohac

Orthopaedic & Trauma Surgeon

Upper-limb specialist, Romania **RO**

Shoulder and elbow surgery, arthroscopy and tendon repair, arthroplasty, and upper- and lower-limb trauma.



Carlos Cobiella

Shoulder & Elbow Surgeon

University College London **UK**

Specialises in complex arthroscopic reconstruction for shoulder instability and rotator-cuff deficiency. Founder of the London Shoulder Meeting.



Henry Colaco

Consultant Orthopaedic Surgeon

Hampshire, UK **UK**

Clinical lead for upper-limb surgery; reconstructive arthroscopy including SCR for irreparable rotator-cuff tears.



Prof. Dr. Stefan Cristea

Professor of Orthopaedics

UMF Carol Davila, Bucharest **RO**

Head of Orthopaedics-Traumatology at Sf. Pantelimon Hospital; extensive arthroplasty and reconstructive expertise.



Gabriel Darca

Lead, Shoulder Programme

Arcadia Hospital, Iași **RO**

Leads the shoulder programme at Arcadia after a decade in Belgium; reverse arthroplasty and complex reconstruction.



Mihai Tudor Gavrila

Assistant Professor

Sf. Pantelimon Emergency Hospital, Bucharest **RO**

Senior orthopaedic and trauma surgeon with over 20 years of experience in shoulder surgery, arthroscopy and complex shoulder pathology.



Louis Gossing

Orthopaedic Shoulder Surgeon

Waterloo, Belgium **BE**

Shoulder specialist in the Brussels region; arthroplasty and innovations in shoulder replacement.



Ashish Gupta

Shoulder Surgeon

Brisbane, Australia **AUS**

Founded the Queensland Unit for Advanced Shoulder Research; arthroscopy and primary / revision shoulder arthroplasty.

FACULTY — CONTINUED



Emil-George Haritinian

PhD · Senior Orthopaedic & Trauma Surgeon
Foisor Orthopaedic Hospital, Bucharest **RO**

Shoulder surgery, arthroscopy and joint replacement, with strong academic experience and extensive international training.



Dimitrios Karadaglis

Consultant Trauma & Orthopaedic Surgeon
London, UK **UK**

Trained in London and at the Harvard Shoulder Service, Boston; shoulder replacement, rotator-cuff repair and arthroscopy.



Marius Negru

President, RESS · SECEC-certified Shoulder & Elbow Surgeon
Gibraltar & Marbella **GI · ES**

FRCS(Eng), FEBOT, EMBA. Practises in Gibraltar and Marbella after fellowship at UCL and the Reading Shoulder Unit. Member of BESS and AAOS.



Merter Ozenci

Orthopaedic & Sports Surgeon
Antalya, Turkey **TR**

Professor of orthopaedics with arthroscopy and sports-medicine fellowship training, including at Yale.



Ion-Andrei Popescu

Shoulder Surgeon · ESSKA Instructor
Metropolitan Hospital, Bucharest **RO**

Co-founder of ORTOPEDICUM. Leads the shoulder programme at Metropolitan Hospital after a decade of practice in Germany and France.



Mihai Rascu

Co-founder, RESS · Orthopaedic & Sports Surgeon
Ortokinetic, Bucharest **RO**

Minimally invasive arthroscopic surgery; coordinating physician for the Romanian Gymnastics Federation.



Philippe Schiepers

Shoulder Surgeon
Brussels, Belgium **BE**

Arthroscopic and prosthetic shoulder surgery; sports injuries, rotator cuff and failed arthroplasty.



Jagwant Singh

Consultant Upper-Limb Surgeon
London, UK **UK**

Fellowship at Wrightington and Nottingham, John Charnley gold medal; chairs a committee of the European Shoulder & Elbow Society.



Lee van Rensburg

Consultant Trauma & Orthopaedic Surgeon
Addenbrooke's Hospital, Cambridge **UK**

Special interest in elbow trauma; has run a cadaveric elbow masterclass since 2013.



Alexander Van Tongel

Shoulder & Elbow Surgeon
Ghent University Hospital **BE**

Academic surgeon with substantial research in reverse shoulder arthroplasty and biomechanics.

ALSO ON THE PROGRAMME

Prof. Dr. Marius Moga

Dean, Transilvania University Faculty of Medicine · Welcome to Braşov

Vlad Cristea · Silviu Georgescu

RESS Fellowship update

Radu Chindea · Nicolae Sarbu

US-guided minimally invasive procedures in shoulder pathology

MEETING INFORMATION

VENUE

K2 Alpin Hotel — Sala Atlas
Poiana Braşov, Romania

ACCREDITATION

EMC-accredited activity
Colegiul Medicilor din România

PATRONAGE

SECEC · ESSSE
European Society for Surgery of
the Shoulder and the Elbow

PRE-MEETING COURSE

RESS Cadaveric Arthroscopy
Course
30 September – 1 October 2026

ORGANISED BY

Romanian Shoulder and Elbow
Society
SRUC · RESS

CONTACT

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www.sruc.ro

WITH THANKS TO OUR PARTNERS

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Medical Ortovit

Universitatea Transilvania din Braşov



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Shoulder and the Elbow.*



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