

5th Lisbon Shoulder Meeting

Hospital CUF Descobertas



13 and 14 March, 2026 | ClubHouse - Belas Clube de Campo

ORGANISATION

Shoulder and Elbow Unit, Hospital CUF
Descobertas, Lisbon

António Cartucho
Diogo Silva Gomes
Marco Sarmento
Nuno Moura

SPEAKERS

Ana Batista
André Barros
André Branquinho
António Cartucho
Bárbara Campos
Carlos Maia Dias
Catarina Quintas
Daniel Lopes
David Ferreira
Diogo Constantino
Diogo Lacerda
Diogo Silva Gomes
Eduardo Carpinteiro
Eduardo Ferreira
Eduardo Malavolta
Filipe Leitão
Inês Pedro
João Antunes
Jorge Ramos
Manuel Gutierres
Manuel Ribeiro da Silva
Marco Sarmento
Nuno Ferreira
Nuno Moura
Nuno Seivas
Pedro Marques
Rafael Dias
Raul Alonso
Renato Ramos
Ricardo Figueiras
Tiago Carvalho
Tiago Coelho
Tiago Pinheiro Torres

EVENT MANAGER

Célia Castiço

REGISTRATION HERE



Day 13

15h00 Welcome

ROTATOR CUFF TEARS I

Moderadores: António Cartucho | Ana Batista

15h10 Surgical vs. conservative treatment. Expectation vs. reality: what should the patient know?

Jorge Ramos

15h20 Machine learning for predicting failure in rotator cuff repair

Eduardo Malavolta

15h30 Clinical case presentation

Panel: Nuno Moura | TBA | TBA | Rafael Dias

Management of failed surgical repair in workplace accidents

Manuel Ribeiro da Silva

16h00 Revision options for failed rotator cuff repair. What can still be done?

Eduardo Carpinteiro

16h10 Discussion

16h30 The role of PRP, mesenchymal cells, BMPs, angiogenic factors, and microfractures. What actually works?

Eduardo Malavolta

16h40 Grafts and patches: Which types and when do they work?

Nuno Seivas

16h50 Discussion

17h10 Coffee break

ROTATOR CUFF TEARS II

Moderadores: Marco Sarmento | Eduardo Salgado

17h40 Partial repairs: What are the structural and biomechanical goals?

Bárbara Campos

17h50 How and when to use the long head of the biceps in rotator cuff repair?

Inês Pedro

18h00 Discussion

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- 18h20 Clinical case**
Massive cuff tear. Partial repair, tendon transfer, or reverse arthroplasty?
Eduardo Ferreira
- 18h30 Anterosuperior massive tears – Tendon transfers**
TBA
- 18h40 Discussion**
- 19h00 SKYMEDICAL Symposium**
- 19h10** End of 1st day

Day 14

INSTABILITY

Moderadores: Nuno Moura | João Antunes

- 09h00 Surgery in the first episode of anterior dislocation – Literature review**
- 09h10 Traumatic anterior instability in a 20-year-old recreational overhead athlete**
• 13.5% bone loss
• Off-track Hill-Sachs lesion
Clinical case presentation
Nuno Moura
- 09h20 Treatment with arthroscopic anterior labrum reinsertion + remplissage**
Renato Ramos
- 09h30 Treatment with Latarjet procedure (Arthroscopic?)**
Nuno Seivias
- 09h40 Discussion**
- 09h50 Latarjet procedure: Open with screws vs. arthroscopic with buttons – Retrospective study of results and complications**
Eduardo Malavolta
- 10h00 Posterior instability without major trauma – Should it be treated the same as traumatic posterior instability?**
Tiago Coelho

- 10h10 Revisiting SLAP lesions – Criteria for repair vs. tenodesis (clinical evidence)**
André Barros
- 10h20 Costs associated with instability surgery – Should clinical excellence override economic balance?**
Moderator: Carlos Maia Dias
Panel discussion: Tiago Carvalho | Filipe Leitão | Daniel Lopes
- 10h50 SMITH & NEPHEW Symposium**
- 11h00** Coffee break

FRACTURES

Moderadores: TBA | David Ferreira

Midshaft clavicle fractures

- 11h30 A paradigm shift in treatment?**
Diogo Constantino
- 11h40 Discussion**
- Proximal humeral fracture**
- 11h55 Key factors in the fracture and the patient for defining surgical treatment**
André Branquinho
- 12h05 Patients over 60: Is it worth operating?**
Eduardo Malavolta
- 12h15 Plate osteosynthesis: When to augment?**
Raul Alonso
- 12h25 Reverse Total Shoulder Arthroplasty (RTSA): Optimal implant design**
Carlos Maia Dias
- 12h35 Discussion**
- Interactive clinical case
- 13h00 Sequelae of proximal humeral fractures**
Diogo Silva Gomes
- 13h20** Lunch
- 14h20 ARTHREX - Commercial presentation**

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ARTHROPLASTY I

Moderadores: Manuel Gutierrez | Diogo Lacerda

- 14h30 Glenohumeral osteoarthritis: Pre-surgical phase**
Ricardo Figueiras
- 14h40 Literature evidence for non-arthroplasty surgical treatment**
TBA
- 14h50 Decision criteria between anatomical vs. reverse prosthesis in patients with an intact cuff**
TBA
- 15h00 External rotator insufficiency in RTSA: Solutions?**
(Latissimus dorsi transfer / Lower trapezius transfer / Component lateralization)
Nuno Vieira Ferreira
- 15h10 Discussion**
- 15h30 ARTHREX Symposium**
- 15h40 Coffee break**

ARTHROPLASTY II

Moderadores: Eduardo Carpinteiro | TBA

- 16h00 How to improve internal rotation in reverse total shoulder arthroplasty**
Catarina Quintas
- 16h10 BIO-RSA vs. compensated metaglene; recent evidence in the literature**
Tiago Pinheiro Torres
- 16h20 Limits of prosthetic components: Baseplate lateralization / Glenosphere lateralization and distalisation / Humeral stem lateralization and distalisation / Metaphyseal stems**
TBA
- 16h30 New technologies in arthroplasty: Planning, PSI, augmented reality, virtual reality and robotic**
Pedro Marques
- 16h40 Discussion**
- 17h00 Closing**

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