



## Patellofemoral Instability: From Diagnosis to Individualized Treatment

Scientific Chairman: Dr. Davood Dehghani

مکان: بیمارستان آتیه ۲، سالن آپادانا

زمان: جمعه ۱۷ مهر ۱۴۰۵

| Opening Lecture                                                                       |                                                                                                                |                             |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------|
| 07:55-08:00                                                                           | Greetings                                                                                                      | Dr. Davood Dehghani         |
| Session I: Understanding and Assessing Patellofemoral Instability                     |                                                                                                                |                             |
| 08:00-10:00                                                                           | Chairman: Mohammadnaghi Tahmasebi                                                                              |                             |
| Block A - Define and Diagnose                                                         |                                                                                                                |                             |
| 08:00-08:08                                                                           | The Lyon Concept of Patellofemoral Disorders: OPI, PPI/PPD and PPS                                             | Dr. Davood Dehghani         |
| 08:08-08:16                                                                           | Clinical Assessment of Patellofemoral Instability: What Matters? History and PH/E                              | Dr. Mostafa Salehpour       |
| 08:16-08:24                                                                           | Imaging the Unstable Patella: From Radiographs to MRI-Based Assessment                                         | Dr. Maziar Nafisi           |
| 08:24-08:30                                                                           | Q & A                                                                                                          |                             |
| Block B - Initial and Recurrent Instability                                           |                                                                                                                |                             |
| 08:30-08:38                                                                           | First-Time Patellar Dislocation: Who Needs Surgery?                                                            | Dr. Sina Javidmehr          |
| 08:38-08:46                                                                           | Recurrent Objective Patellar Instability: The “Menu à la Carte” Concept                                        | Dr. Sina Aminizadeh         |
| 08:46-08:50                                                                           | MPFLR Technique Film                                                                                           | Dr. Ehsan Fallah            |
| 08:50-08:54                                                                           | TTO Medialization and Distalization Film                                                                       | Dr. Amin Moradi             |
| 08:54-09:00                                                                           | Q & A                                                                                                          |                             |
| 09:00-09:15                                                                           | Case 1. First-Time Patellar Dislocation in a Young Athlete<br>Conservative treatment or early surgery?         | Dr. Fardis Vosoughi         |
| 09:15-09:30                                                                           | Case 2. Recurrent OPI with Minimal Bony Abnormality                                                            | Dr. Alireza Askari          |
| Panel Members: Dr. Hamidreza Yazdi, Dr. Momahham Mahdi Sarzaeem                       |                                                                                                                |                             |
| 09:30-9:45                                                                            | Case 3. Failed MPFL Reconstruction<br>problem technical failure or an uncorrected risk factor?                 | Dr. Hamidreza Yazdi         |
| 09:45-10:00                                                                           | Case 4. OPI with Multiple Anatomic Risk Factors<br>Applying the Menu à la Carte approach                       | Dr. Hoseinali Hadi          |
| Panel Members: Dr. Mohammadjavad Mortazavi, Dr. Mahmoud Karimi Mobarakeh              |                                                                                                                |                             |
| 10:00-10:30                                                                           | Break                                                                                                          |                             |
| Session II: Complex Instability, Bony Procedures and the Painful Patellofemoral Joint |                                                                                                                |                             |
| 10:30-12:30                                                                           | Chairman: Mohammad Rahbar                                                                                      |                             |
| Block A - When MPFL Is Not Enough                                                     |                                                                                                                |                             |
| 10:30-10:38                                                                           | Trochlear Dysplasia in 2026: From Classic Dejour to MRI-Based Dejour V3.0                                      | Dr. Iman Qomashi            |
| 10:38-10:46                                                                           | Tibial Tubercle Osteotomy: Medialize, Distalize - or Neither?                                                  | Dr. Ali Allahgholiei        |
| 10:46-10:54                                                                           | Habitual Patellar Dislocation Why Is It Different?                                                             | Dr. Behzad Hanafizadeh      |
| 10:54-11:00                                                                           | Q & A                                                                                                          |                             |
| Block B - The Difficult Patellofemoral Patient                                        |                                                                                                                |                             |
| 11:00-11:08                                                                           | Patellar Maltracking Without Documented Dislocationand anatomic RF and PF Pain Syndrome: Does It Need Surgery? | Dr. Amir Azimi              |
| 11:08-11:16                                                                           | My surgical technique for Patellofemoral Instability                                                           | Dr. Mohammad Razi           |
| 11:16-11:22                                                                           | Q & A                                                                                                          |                             |
| 11:22-11:26                                                                           | Derotational Femoral and Tibial Osteotomy Film                                                                 | Dr. Mohammad Mahdi Omidian  |
| 11:26-11:30                                                                           | Trochleoplasty Film                                                                                            | Dr. Mehrdad Sadighi         |
| 11:30-11:45                                                                           | Case 1. OPI + Patella Alta + Increased TT–TG                                                                   | Dr. Mohammadjavad Mortazavi |
| 11:45-12:00                                                                           | Case 2. OPI with Severe Femoral Anteversion / Tibial Torsion                                                   | Dr. Arash Sherafat Vaziri   |
| Panel Members: Dr. Ali Torkaman, Dr. Hoseinali Hadi                                   |                                                                                                                |                             |
| 12:00-11:15                                                                           | Case 3. OPI with High-Grade Trochlear Dysplasia                                                                | Dr. Mahdi Moayedfar         |
| 12:15-12:30                                                                           | Case 4. Habitual Patellar Dislocation                                                                          | Dr. Mahdi Moghtadaei        |
| Panel Members: Dr. Mohammad Razi, Dr. Hosein Fareahini                                |                                                                                                                |                             |