

November 1, 2025



Advertisement

TIRED OF CHARTING?
SAVE HOURS AND BOOST REVENUE QUICKCHART:
AI-SCRIBE & DOCUMENTATION PLATFORM
HIPAA Compliant AI-Powered software solution
trusted by medical specialists across North America

QuickChart.MD

LEARN MORE >

QuickChart
Transforming Documentation

Use 'MD2025'
and save \$75

Welcome to ISAKOS eNewsletter 2025 — Volume III!

Now in its third volume since transitioning to a fully digital platform, the ISAKOS eNewsletter continues to deliver the latest updates in a dynamic, interactive format. Discover new features like 5-in-1 summary videos, quick quizzes, Current Perspective podcasts and more — designed to keep you informed, engaged and connected across the globe.

Advertisement

Strengthen Your Repair, Optimize Your Healing.

FIND OUT MORE >>

Embrace the future of healing today.

Promoted by CONMED Corporation

The BioBrace[®] Reinforced BioInductive Implant facilitates new tissue growth, reinforces through healing, and then resorbs completely, leaving behind strong,

regenerated tissue. Trust BioBrace® to provide the support your patients need for successful outcomes. [Learn More](#)

Inside 2025 Vol. III

ISAKOS eNewsletter Editor's Message

The latest ISAKOS eNewsletter is packed with eight expert articles and multimedia features — including a "5-in-1" video collection and a podcast on bone health in athletes. Join us as we celebrate Prof. Per Renstrom's lifetime achievements and explore cutting-edge insights in sports medicine, shoulder and knee care, and orthobiologics. [Read More](#)



ISAKOS President's Message

João Espregueira-Mendes reflects on the extraordinary growth and global reach of ISAKOS, highlighting education, innovation and diversity as the pillars driving our future. Join us as we build on this momentum — expanding digital access, nurturing research and strengthening our global community. [Read More](#)



JISAKOS Editor in Chief's Message

JISAKOS continues to expand its global impact through dynamic digital engagement, growing social media reach by 25% and connecting with over 11,000 professionals worldwide. Follow @J_ISAKOS to explore featured research, author "90-second podcasts," and insights shaping the future of orthopaedic sports medicine. [Read More](#)



Reflections from a Lifetime in Orthopaedic Sports Medicine and Surgery

2025 Freddie Fu Lifetime Achievement Award
Per A. Renström, MD, PhD, SWEDEN

In the Freddie Fu Honorary Lecture, Prof. Per Renström showcases a lifetime of leadership, innovation, and mentorship in orthopaedics, weaving together clinical advances, educational impact and his vision for the future. This lecture illuminates how his groundbreaking



work continues to shape care, research and teaching in sports medicine around the world. [Read More](#)

Visit to Clínica Espregueira — FIFA Medical Centre of Excellence

Mentee Experience from the 2024 ISAKOS Mentorship Program

Bujar Shabani, MD, PhD, KOSOVO

Dr. Shabani visited Clínica Espregueira through the ISAKOS Mentorship Program, joining Prof. P. Neyret and Prof. J. Espregueira-Mendes for advanced training in orthopaedic sports medicine. The visit highlighted ISAKOS's commitment to global collaboration and innovation in the field. [Read More](#)



ISAKOS Current Perspectives

Bone Health and Females: Why Orthopaedic Surgeons Should Care

This article delves into bone health in female athletes, exploring hormonal, nutritional, and mechanical factors that influence skeletal strength and injury risk. It also shares current research and insights to guide prevention strategies and optimize long-term musculoskeletal health in women's sports medicine. [Read](#)



The Rectus Femoris Tendon Graft: The Lego of Autografts in Knee Surgery

The rectus femoris tendon is gaining attention as a strong and adaptable graft choice for ligament reconstruction. This article reviews its anatomical strengths, surgical applications and clinical outcomes, positioning it as a promising option in modern sports medicine practice. [Read](#)

Alignment Options and Assessment after Total Knee Arthroplasty

This article examines alignment assessment after total knee arthroplasty, focusing on methods to evaluate postoperative implant positioning and joint mechanics. It presents current techniques, challenges and clinical implications for ensuring optimal knee function and longevity. [Read](#)

Biologics for Accelerated Rehabilitation Following Rotator Cuff Surgery in Athletes

This article explores the role of biologics in postoperative rehabilitation following rotator cuff surgery, evaluating how growth factors, platelet-rich plasma and other therapies may enhance healing. It outlines evidence, protocols, and practical considerations for integrating biologic treatments to support tendon repair and functional recovery. [Read](#)

Advancing Rotator Cuff Tear Management: How Kinematic Analysis Enhances Diagnosis and Treatment

This article presents advances in rotator cuff tear management, covering emerging surgical techniques, biologic augmentations and improved decision-making strategies. It integrates evidence-based innovations with practical recommendations to enhance patient outcomes and advance shoulder care. [Read](#)

Considerations for Performing Ankle Lateral Ligament Repair in Athletes

This article outlines key considerations for lateral ankle ligament repair in athletes, including optimal surgical techniques, patient selection and return-to-sport planning. It distills evidence and expert insights to help clinicians tailor repair strategies for high-demand athletic populations. [Read](#)

Update on Trochlear Dysplasia Classifications

This article reviews updates in trochlear dysplasia classification systems, tracing their evolution and highlighting improvements in diagnostic precision. It emphasizes how refined categorization can guide better clinical decision-making and tailored interventions. [Read](#)

ISAKOS 2025 eNewsletter Vol. III — Quick Quiz

One question for each Current Perspective — Become the first to ace the quiz and earn a social media call out! The first ISAKOS Member to score 100% will be invited for a social media interview with the ISAKOS eNewsletter Editorial Team. [Take Quick Quiz](#)



ISAKOS eNewsletter Archive

Parenting in Orthopaedics — A Global Perspective

Wanting to be, struggling to become, and being a good parent are the day-to-day challenges of everyday lives. Add in 15 years of surgical training, competitive high-stress environments, and a societal expectation, and it's no wonder why

parenting orthopaedic surgeons feel like they are constantly plate-spinning... and burning out. [Read More](#)

ISAKOS in the News

2026 ISAKOS Knee Arthroplasty Forum: Save the Date!

October 15 – October 16, 2026
Brussels, Belgium



ISAKOS 2027 Congress: Save the Date!

May 30 — June 2, 2027
Sydney, Australia



Support ISAKOS

Support Orthopaedic Medicine Globally Through a Gift to ISAKOS Today

You have the ability to make ISAKOS membership and educational opportunities available to others, especially doctors in developing nations around the world. Please consider making a gift to the **ISAKOS Annual Fund**. Together, we can advance the worldwide exchange of education, research and patient care in arthroscopy, knee surgery and orthopaedic sports medicine. [Give](#)

I would like to thank ISAKOS for this amazing opportunity and for taking the initiative to **promote the interchange of knowledge** between sports orthopaedic surgeons all over the world each and every year.

Pamela Castro, MD
PERU

A circular portrait of Pamela Castro, MD, wearing a surgical cap and mask.

A logo celebrating 30 years of ISAKOS, with the text 'CELEBRATING 30 YEARS ISAKOS 1992-2025'.

ISAKOS CELEBRATES 30 YEARS IN 2025!

Three circular images showing various ISAKOS events, including a group of people, a speaker at a podium, and a group of people in a meeting.

ISAKOS eNewsletter

International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports
Medicine

567 Sycamore Valley Road W., Danville, CA 94526

925-807-1197 | [Contact Us](#) | [Privacy Policy](#)

www.isakos.com/



ISAKOS



Natalie Ochoa

Content Editor, Multiview

469-420-2609 | [Contact me](#)

[Unsubscribe](#) | [Learn how](#) to add us to your safe sender list so our emails get
to your inbox.

[ADVERTISE](#) | [SUBSCRIBE](#) | [PAST ISSUES](#)

Published by



MULTIVIEW®