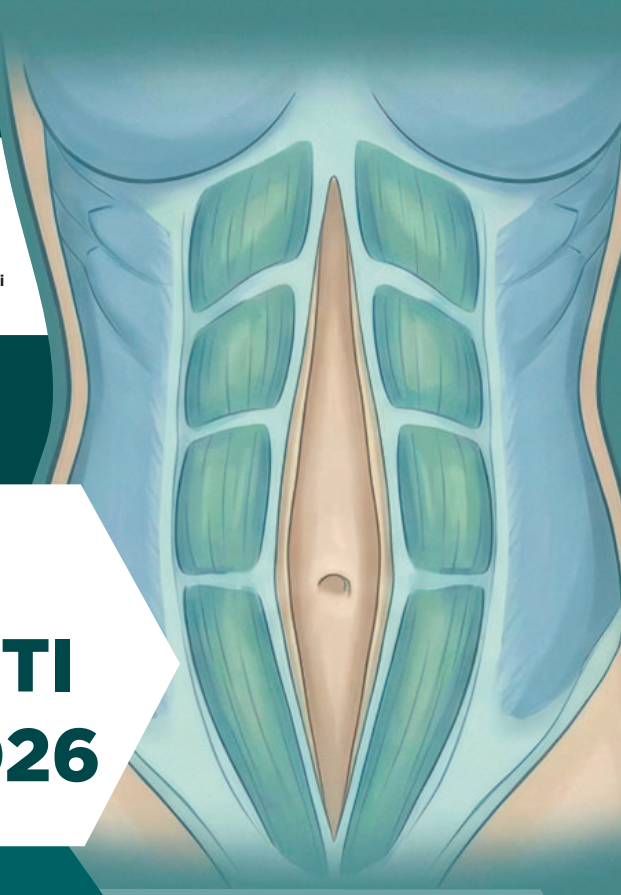
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with the support of

2nd Surgical Department,
School of Medicine,
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HELLENIC DIASTASIS RECTI SYMPOSIUM 2026

Modern approaches in diagnosis, rehabilitation and surgical management

SAT
31
OCTOBER
2026

09:00-16:00

KEDEA

(Tritis Septemvriou Str.,
Aristotle University's campus,
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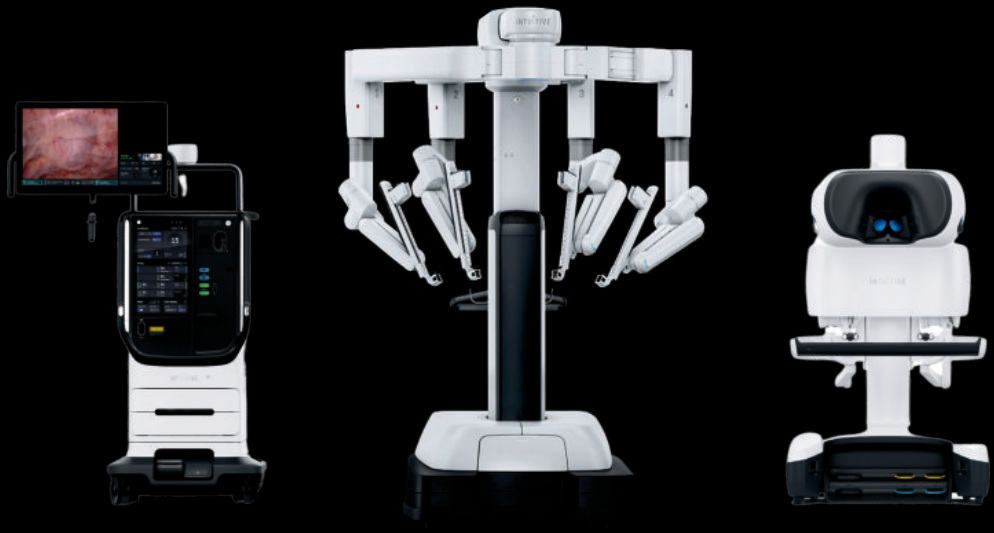
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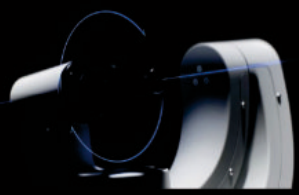
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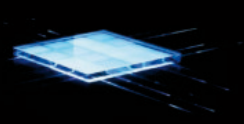


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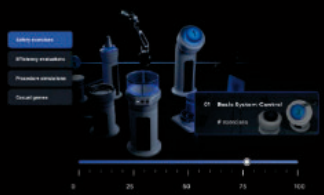
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Modern approaches in diagnosis, rehabilitation and surgical management

contents

Welcome Message 4-5

Committees 6

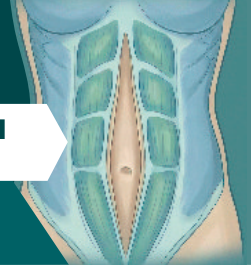
Program 7-9

Chairs-Speakers 10-11

General Information 12

Sponsor 13

Notes 14-15



welcome message

Dear Colleagues,

It is with great pleasure that we welcome you to the **Diastasis Recti Symposium 2026**, that will take place on the **31st of October 2026** at **KEDEA Thessaloniki**. The symposium is organized by the Hellenic Hernia Society, with the support of the 2nd Surgical Department of Aristotle University of Thessaloniki and is dedicated to the contemporary understanding and management of rectus diastasis, a condition of growing clinical and scientific interest.

Rectus diastasis lies at the intersection of functional rehabilitation, abdominal wall surgery, and multidisciplinary patient care. It represents a complex clinical field in which abdominal wall anatomy and function are closely linked to quality of life, body image, and patient expectations.

Despite significant advances in our understanding of this condition and the evolution of available treatment options, important questions remain regarding its natural history, the relationship between anatomical findings and clinical symptoms, indications for therapeutic intervention, and the appropriate assessment of treatment outcomes.

The multidimensional nature of rectus diastasis highlights the importance of meaningful collaboration among general surgeons, plastic surgeons, gynecologists, physiotherapists, and other healthcare professionals, with the shared objective of developing individualized, evidence-based treatment strategies.

The scientific program covers a broad spectrum of topics, ranging from diagnosis, conservative management, and functional rehabilitation to contemporary surgical techniques. Particular emphasis is placed on controversial issues, existing gaps in scientific evidence, and complex clinical scenarios requiring individualized decision-making.

Our ambition is for the Diastasis Recti Symposium 2026 to serve as a meaningful forum for scientific dialogue, the exchange of clinical experience, and the convergence of different perspectives, contributing to the identification of research priorities and the advancement of evidence-based, patient-centered clinical practice.

Recognizing that scientific progress relies on critical discussion and collaboration across specialties, we warmly invite you to actively participate in this scientific meeting.

Sincerely,
The Chairs of the Organizing Committee

Grigoris Chatzimavroudis
Professor of Surgery, 2nd Surgical Department, Aristotle University of Thessaloniki
Head of Complex Hernia & Abdominal Wall Reconstruction Center, European Interbalkan Medical Center
President of the Hellenic Hernia Society

Pericles Chrysoheris
Director of the 1st Surgical Clinic, Hygeia Hospital
Clinical Assistant Professor of Surgery, University of Nicosia
Vice-President of the Hellenic Hernia Society

Alexis Theodorou
Head of 3rd Surgical Clinic, "Euroclinic" Athens
Academic Fellow, 1st Propaedeutic Department of Surgery, University of Athens
General Secretary of the Hellenic Hernia Society

χαιρετισμός

Αγαπητές και αγαπητοί συνάδελφοι,

Με ιδιαίτερη χαρά σας καλωσορίζουμε στο **Diastasis Recti Symposium 2026**, που θα πραγματοποιηθεί στις **31 Οκτωβρίου 2026** στο **ΚΕΔΕΑ Θεσσαλονίκης**. Πρόκειται για μια ημερίδα που διοργανώνεται από την **Ελληνική Εταιρεία Κήλης**, με την υποστήριξη της **Β΄ Χειρουργικής Κλινική του ΑΠΘ** και η οποία είναι αφιερωμένη στη σύγχρονη προσέγγιση της διάστασης των ορθών κοιλιακών μυών, μιας κατάστασης που συγκεντρώνει ολοένα και μεγαλύτερο κλινικό και ερευνητικό ενδιαφέρον.

Η διάσταση των ορθών κοιλιακών μυών βρίσκεται στο σημείο συνάντησης της λειτουργικής αποκατάστασης, της χειρουργικής του κοιλιακού τοιχώματος και της ευρύτερης διεπιστημονικής φροντίδας. Αποτελεί ένα σύνθετο κλινικό πεδίο, στο οποίο η ανατομία και η λειτουργικότητα του κοιλιακού τοιχώματος συνδέονται με την ποιότητα ζωής, τη σωματική εικόνα και τις θεραπευτικές προσδοκίες των ασθενών.

Παρά τη σημαντική πρόοδο στην κατανόηση της συγκεκριμένης κατάστασης και την εξέλιξη των διαθέσιμων θεραπευτικών επιλογών, εξακολουθούν να υπάρχουν ουσιαστικά ερωτήματα σχετικά με τη φυσική της πορεία, τη συσχέτιση των ανατομικών ευρημάτων με την κλινική συμπτωματολογία, τις ενδείξεις θεραπευτικής παρέμβασης και τα κριτήρια αξιολόγησης των αποτελεσμάτων.

Η πολυδιάστατη φύση της διάστασης των ορθών κοιλιακών μυών αναδεικνύει την ανάγκη ουσιαστικής συνεργασίας μεταξύ γενικών χειρουργών, πλαστικών χειρουργών, γυναικολόγων, φυσικοθεραπευτών και άλλων επαγγελματιών υγείας, με κοινό στόχο τη διαμόρφωση εξατομικευμένων και επιστημονικά τεκμηριωμένων θεραπευτικών στρατηγικών.

Το επιστημονικό πρόγραμμα του συμποσίου καλύπτει ένα ευρύ φάσμα θεμάτων, από τη διάγνωση, τη συντηρητική αντιμετώπιση και τη λειτουργική αποκατάσταση έως τις πλέον σύγχρονες χειρουργικές τεχνικές. Ιδιαίτερη έμφαση δίνεται στα αμφιλεγόμενα ζητήματα, στα υφιστάμενα κενά επιστημονικής τεκμηρίωσης και στις σύνθετες κλινικές περιπτώσεις που απαιτούν εξατομικευμένη λήψη αποφάσεων.

Φιλοδοξία μας είναι το Diastasis Recti Symposium 2026 να αποτελέσει ένα ουσιαστικό πεδίο επιστημονικού διαλόγου, ανταλλαγής εμπειριών και σύγκλισης διαφορετικών προσεγγίσεων, συμβάλλοντας στην ανάδειξη ερευνητικών προτεραιοτήτων στην προαγωγή της τεκμηριωμένης, ασθενοκεντρικής κλινικής πρακτικής.

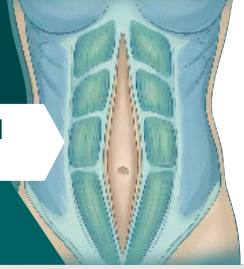
Με την πεποίθηση ότι η επιστημονική πρόοδος βασίζεται στον κριτικό διάλογο και στη συνεργασία μεταξύ των ειδικοτήτων, σας προσκαλούμε να συμμετάσχετε ενεργά σε αυτή την επιστημονική συνάντηση.

Με εκτίμηση,
Οι Πρόεδροι της Οργανωτικής Επιτροπής

Γρηγόρης Χατζημαυρουδής
Καθηγητής Χειρουργικής ΑΠΘ
Διευθυντής Κέντρου Σύνθετων Κηλών & Ανακατασκευής Κοιλιακών Τοιχωμάτων, Ιατρικό Διαβαλκανικό Θεσσαλονίκης
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P. Chrysoheris
A. Theodorou

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N. PararasK. Ntatsis
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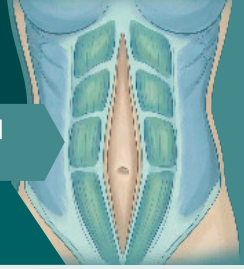
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K. Ntatsis
D. Ntourakis
T. Pavlidis
D. Raptis
A. Skoura
E. Tasoudi
N. Voloudakis
A. Zatagias



08:30-09:00 **Registrations**

09:00-09:15 Opening remarks: **Rectus diastasis in 2026: Are we treating a disease, a functional disorder or an anatomical variation?**

Session I — Understanding diastasis recti

Moderators: **G. Chatzimavroudis, P. Chrysoheris**

09:15-09:35 Linea alba: Anatomy, biomechanics and abdominal wall function
M. Drogouti

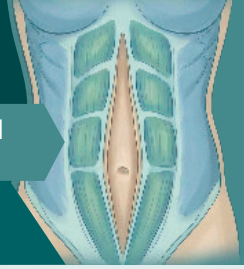
09:35-09:55 Diastasis recti: Definition, classification and current EHS guidelines
T. Pavlidis

09:55-10:15 Symptoms, functional implications and quality of life of patients with diastasis recti
O. Ioannidis

10:15-10:30 Rectus diastasis and primary midline hernias: two different conditions or different expressions of the same abdominal wall failure?
A. Zatagias

10:30-10:45 Discussion - Q & A

10:45-11:15 **Coffee Break**



Session II — The female patient: from pregnancy to recovery

Moderators: **M.K. Kokkalis, A. Papadopoulos**

11:15-11:30	Pregnancy and the abdominal wall: what really happens to the linea alba during pregnancy **D. Evaggelinos**
11:30-11:45	The role of physiotherapy during pregnancy in diastasis recti prevention **A. Skoura**
11:45-12:00	Rectus diastasis after childbirth: what is normal and what is not? **S. Laskou**
12:00-12:15	Can we restore the abdominal wall after pregnancy without surgery? **E. Tasoudi**
12:15-12:35	What makes a patient a surgical candidate and optimal time selection for operation **S. Kykalos**
12:35-13:00	Discussion - Q & A

13:00-14:00 Light Lunch Break

Session III — How should we repair rectus diastasis

Moderators: **G. Chatzimavroudis, P. Chrysoheris**

14:00-14:20 Rectus plication and abdominoplasty
D. Dionysiou

14:20-14:45 Open and MIS techniques (laparoscopic-robotic)
H. Hoffmann

14:45-15:05 The role of the type of mesh in diastasis recti repair
N. Pararas

15:05-15:30 Complications after rectus diastasis repair: what can go wrong?
K. Borch

15:30-15:45 Discussion - Q & A

Session IV — Patients who do not fit the algorithm

Moderators: **A. Theodorou, K. Ntatsis**

15:45-16:00 Rectus diastasis in men with symptomatic umbilical hernia
G. Christodoulidis

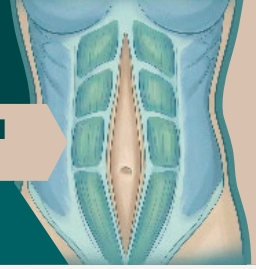
16:00-16:15 Severe diastasis recti without a hernia: where do we draw the line between functional and aesthetic surgery?
I. Gerogiannis

16:15-16:30 Failed rectus diastasis repair: why did it fail and what next?
D. Ntourakis

16:30-16:45 Discussion - Q & A

16:45–17:00 Closing Remarks & Conclusions

G. Chatzimavroudis, P. Chrysoheris



Borch Knut
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chairs-speakers

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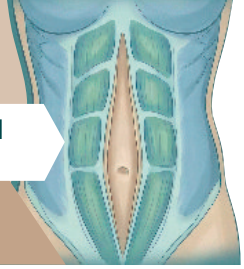
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Director of the 3rd Surgical Clinic, «Euroclinic» Athens

Zatagias Apostolos
General Surgeon, Scientific Associate, 1st Pregraduate Surgical Clinic, «AHEPA» University Hospital



general information

Symposium Venue
Research Dissemination Center of the Aristotle University (KEDEA)
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Postcode: 546 36, Thessaloniki, Greece
Phone: (+30) 2310 994013



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Saturday 31st October 2026

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Accommodation
A number of rooms have been provisionally reserved at central city hotels for Symposium participants. For information about accommodation, please contact the Symposium Secretariat

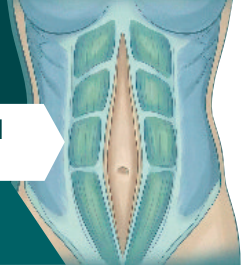
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According to the Panhellenic Medical Association, certificates will be provided after the completion of attendance of 60% of the Scientific Program. Thus, a barcode system will be implemented during the Symposium in order to register all delegates' attendance time

Symposium Secretariat

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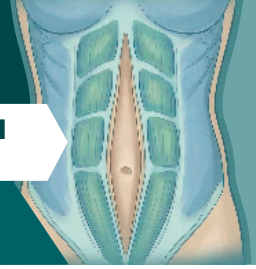
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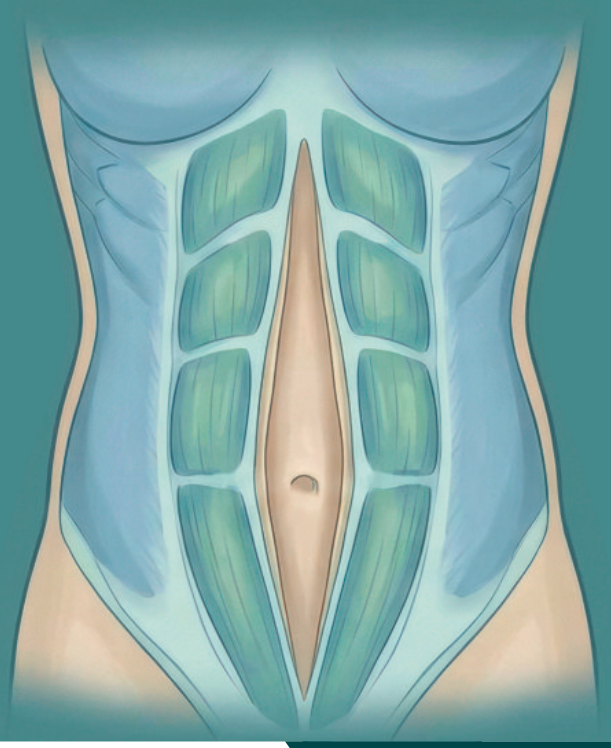
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Modern approaches in diagnosis, rehabilitation and surgical management

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Thessaloniki Greece

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