

# EFOST NEWS

Message from the President | News from editor | Announcing EFOST Congress Torino



Dear Colleagues and Friends,

As president of EFOST, the European Federation of National Associations of Orthopedic Sports Traumatology, I look with great pride and a sense of great responsibility to all of my predecessors. In the last 23 years, they have formed EFOST. The field of orthopedics and sports traumatology is still fascinating, and constitutes the basis for our good relationship and friendship. In this year, we sent again three colleagues from different European countries to our US Fellowship. Once again, EFOST will strive for European Centres. We were able to choose excellent training facilities in Europe. Our next Fellowship will be a tour not only for American Fellows but also for Europeans in Europe and will end in our Congress in Torino, Italy.

This Congress will highlight the most important topics with international accepted speakers in orthopedics and sports traumatology and rehabilitation. Beside the scientific questions we also want to elucidate health care questions over the borders in sports traumatology.

This congress also will be an important step into the future to a new European Orthopedic Sports Medicine Association with ESSKA.

On behalf of EFOST I welcome you in Torino, the European Capital of Sports 2015.

See you in Torino

Best regards

Gernot Felmet M.D.  
EFOST President



With full Preliminary Programme

EFOST website  
is  
being updated !



Politecnico di Torino (Italy)  
27-28 November 2015



## You are cordially invited

to the **8th Biennial EFOST Congress in Torino, Italy**. The EFOST Congress offers a diverse and stimulating opportunity for attendees to share, discuss and learn the latest advancements in sports traumatology.

The two-day Congress will include a variety of educational opportunities such as paper presentations, "how I do" sessions, debates, lectures, symposia and instructional course lectures. Lunch time workshops, electronic posters and technical exhibits will also be offered. The EFOST Congress with an European faculty consisting of renowned specialists and expert leaders in the field, including engineering scientists, will allow attendees to expand their knowledge and enhance their skills. Thank you for submitting your abstracts. Abstracts will be considered for podium presentations and/or electronic posters. In addition, exceptional abstracts are considered for several EFOST Awards for outstanding clinical or laboratory research. Awards include honoraria and free registration and are recognized in an Awards Ceremony at the Congress. Basic science experts, orthopaedic surgeons, rehabilitation physicians, physical therapists and sports science specialists are invited.

In the beautiful city of Torino, first Capital of Italy, all Congress attendees and their guests will participate in a variety of social events such as; the gala dinner, a spouse and guest program and a special tour program.

We hope you will plan to participate in this international experience.

We look forward to seeing you in Torino!

Gian Luigi Canata  
Presidente del congresso  
Vice Presidente EFOST

Check ou website:

**TORINO2015**  
CAPITALE EUROPEA DELLO SPORT

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**8th EFOST CONGRESS 2015**

Torino International Congress on Sports Medicine

Politecnico di Torino

Presidents: Gian Luigi Canata Gernot Felmet

Torino - 27- 28 November 2015

**Scientific Programme - Friday, November 27 - Main Hall**

8.25 - 8.30 Welcome

**8.30 - 9.40 SESSION I: ACL: anatomy, biomechanics, surgical indications**

*CHAIRS: Gernot Felmet, Maurilio Marcacci*

Anatomy of cruciate ligaments and landmarks- Robert Smigielski

ACL biomechanics and measurements - Maurilio Marcacci

Imaging of the injured knee - Carlo Martinoli

Conservative vs operative treatment - Roland Jakob

Which graft for the Athlete - Matteo Denti

**9.40 -10.50 SESSION II: Knee ligaments**

*CHAIRS: Gian Luigi Canata, Joao Espregueira Mendez, Andrew Williams*

Patellar tendon - Peter Hertel

Semitendinosus - Peter Verdonk

ACL reconstruction foreign material free - A A El Singery

Conservative treatment of PCL lesions Bas Pijnenburg

Surgical treatment of PCL lesions Karl Peter Benedetto

**10.50 BREAK****11.00 - 12.30 SESSION III: ACL : combined lesions and revisions**

*CHAIRS: Philippe Neyret Roland Jakob, Stefano Zaffagnini*

Anterolateral instabilities - Stefano Zaffagnini

Anteromedial instabilities - Gian Luigi Canata

ACL reconstruction and osteotomies Jacques Menetrey

Z-ligament for ACL reconstruction - Willem Van der Meuwe

Single stage Revision - Gernot Felmet

Two stage ACL Revision - Andrea Achtenich

**12.30 - 12.45 Lecture: My way to try to understand the complex function of this joint: the knee - Werner Muller**

**12.45 CONGRESS OPENING - G.L. Canata, G. Felmet**

**13.00 LUNCH**

**WORKSHOP: Henrique Jones: MPFL reconstruction (Smith & Nephew )**

**14.10 - 14.55 HOW I DO**

**CHAIR: Gigi Pederzini, Lars Engebretsen, Iordi Ardevol**

Anatomic ACL reconstruction - Andrew Williams

Press fit ACL reconstruction - Gernot Felmet

POL and ALL Reconstruction - Ralph Akoto

Achilles tendon repair - Nicola Maffulli

**15.00 - 15.15 LECTURE: How to manage the knee in the over 60: Philippe Neyret**

**15.15 - 16.45 ESSKA SESSION:**

CHAIRS: Herman Mayr, Henrique Jones

Round Table : Injury Prevention in Sports

Herman Mayr - Henrique Jones - Nicola Lelevre, Mirco Herbort , Andrew Williams

**16.45- 18.15 COMBINED ICRS EFOST SESSION: Cartilage in 2015**

CHAIRS: Alberto Gobbi , Lisa Kon , Bas Pjinenburg

Classification of Chondral lesions - Gunter Spahn

Osteochondral lesions management - Elisaveta Kon

Repair of Cartilage defects - Matthias Steinwachs

Micro and nano fractures - Massimo Berruto

OATS in Athletes - Laszlo Hangody

Innovative Arthroscopic Cartilage Repair - Ulrich Schneider

Cartilage and sports activity - Alberto Gobbi

Peter Angele (AGA) -

**18.15 Nomination of the new honorary member****TOP LEVEL ATHLETES EXPERIENCE (Livio Berruti)****18.30 END OF SESSIONS****20.00 GALA DINNER (Stupinigi)****Scientific Programme - Friday, November 27 - Room 2****14.30 -15.30 SESSION I: Hyaluronic acid and PRP in 2015**

Chair Ramon Cugat , Piero Volpi

**15.30 - 16.35: SESSION II: Meniscal management in 2015**

CHAIRS: Rene Verdonk, Simon Roberts, Roland Becker

Biomechanics of the meniscus - Roland Becker

Meniscus: salvation and replacement: techniques and results - Dirk Holsten

Indications and limits of meniscal allografts - Peter Verdonk

Rehabilitation after meniscus treatment - Simon Roberts

What we have learned - Rene Verdonk

**16.50 - 17.05 LECTURE: Knee Replacement and Sports - Franco Benazzo****17.05 - 18.05 SESSION III: Ankle**

CHAIRS: PIETER PAUL D'HOOGHE, JON KARLSSON, MATS BRITTBURG

ANKLE INJURIES

Madis Rahu -

**Scientific Programme - Friday, November 27 - Room 3****14.00 - 15.30 Free papers**

Chairs: Burt Klos, Giuseppe Longo

**15.30-15.45 Lecture: Disability and Sports - Massimiliano Gollin**

15.45 BREAK

**16.00 - 18.00 FORTE SESSION: State of the art in skeletal sports trauma**

CHAIRS: Gazi Huri, Giuseppe Massazza

**EFOST**

## Scientific Programme - Saturday, November 28 Main Room

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### 7.30-8.0 ICL : Posterior Shoulder Instability Pericles Papadopoulos

#### 8.00 - 9.40 SESSION I: Shoulder and Elbow in Sports

CHAIRS: Alessandro Castagna, Francois Kelberine, Pericles Papadopoulos  
 Anatomy and investigation - Markus Scheibel/Berndt Dreithaler/Matthias Flury  
 Scores for shoulder evaluation - Filippo Castoldi  
 CT -MRI and arthroscopic connection in glenohumeral ligaments pathology  
 Marjah Shahabpour  
 Cuff tear: what is the best reconstruction - Alessandro Castagna  
 Micro instability: conservative treatment - Pericles Papadopoulos  
 Solutions for irreparable cuff lesions - Boris Poberaj/ Pietro Randelli  
 The painful elbow - Gigi Pederzini  
 Elbow instabilities - Francois Kelberine

#### 9.40 - 10.40 HOW I DO

Extreme Ski Injuries - Christian Fink  
 Shoulder cuff repair - Philippe Hardy

#### 10.45-11-00 LECTURE: How to evaluate knee injuries - Giuliano Cerulli

#### 11.30 - 13.00 SIGASCOT Session

##### CHAIRS: Paolo Adravanti, Pietro Randelli

Alfredo Schiavone Panni	Mario Ronga
Giuseppe Milano	Alberto Vascellari
Giuseppe Peretti	Adravanti

#### 13.00 LUNCH

##### Workshop on Ultrasound and Sports - Jordi Ardevol

#### 14.00-14.15 - Lecture: How to prevent knee injuries- Joao Espregueira Mendez

#### 14.20 -15.30 Return to Sport after ACL reconstruction

CHAIRS: Jose Huylebroek, Franco Benazzo  
 Return to Sports: do Top Athletes heal faster? - Jose Huylebroek  
 Rehabilitation for High Level Athletes - Lior Laver  
 Complications: Prevention and Management - Alexander Barie  
 The Nordic view point Lars Engebretsen  
 The role of the physiotherapist - Paco Biosca

#### 15.45 - 16.00

##### Lecture : Achilles tendon. History and new tendencies - Mahmut Doral

#### 16.00 - 16.15

##### Lecture : Management of cartilage lesions of the ankle - Niek Van Dijk

#### 16.30 - 18.00 Nutrition, endocrinology and sports

CHAIRS: Ezio Ghigo, Maurizio Casasco , Mike Carmont  
 Yves De Vos  
 Ezio Ghigo

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## Scientific Programme - Saturday, November 28 - Room 2

**07.30-08.00 ICL: Surgical Treatment of Medial and Lateral Knee Instability**  
Mahmut Doral

### **08.00-09.00 WRIST session**

Chair Grzegorz Adamczyk, Bruno Battiston Loris Pegoli  
Grzegorz Adamczyk  
Loris Pegoli  
Bruno Battiston

### **09.00 - 10.00: Israeli Knee Session**

CHAIRS: Gideon Mann, Meir Nyska  
The effect of HBO treatment on spontaneous osteonecrosis of the knee  
All- autograft combined - and multi-ligament knee reconstruction  
Hip arthroscopy: intra- and extra- articular procedures  
The effect of low-impact physical activity on knee symptoms and quality of life in patients with moderate osteoarthritis

**10.00-11.30 Team session: How to prevent and manage top level team injuries ( or UEFA session).**

### **Round table**

CHAIRS: Franco Benazzo, Henrique Jones, Jan Ekstrand  
Fabrizio Tencone, Paco Biosca, Piero Volpi, Rodolfo Tavana, Jose Huylebroek, Ramon Cugat, Iordí Ardevol, Artur Pereira de Castro, Renato Misischi, Flavio Quaglia, Agostino Tucciarone Juventus, Chelsea, Inter, Milan, Anderlecht, Barcelona, Sporting, Torino, Napoli

### **11.45- 12.50 SESSION I: Hip**

CHAIRS: Alessandro Masse', Jan Melkebeek, Nicolas Gravelleau  
Anatomy and biomechanics of normal and abnormal hip - Alessandro Massè  
Imaging - Carlo Faletti  
Athletes hip in different sports activities - Mark Safran / Michael Dienst  
Hip impingements - Jan Melkebeek  
Indication for open or arthroscopic treatment - Richard Villar / Nicolas Gravelleau

### **13.00 LUNCH**

### **14.00 - 15,30 SESSION I: Technology and Engineering**

CHAIRS: Enrico Macii, Laura Montanaro  
Cristina Bignardi, Enrica Verné, Paola Palmero, Paolo Montuschi, Laura Montanaro

### **15.45 - 16.45: Belgian Synposium**

### **CURRENT CONCEPTS ON ANTEROLATERAL LIGAMENT RECONSTRUCTIONS**

**16.50- 17.05: Lecture: Orthopaedic Oncology and Sports: Raimondo Piana**  
(Michael Gebhart)

**17.05-18.00 Free papers**

## Scientific Programme - Saturday, November 28 - Room 3

**7.30-8.00 ICL: Management of Difficult Meniscal Tears Lior Laver**

### **08.00- 10.00 SESSION for physiotherapists**

CHAIRS: Giuseppe Massazza, Paco Biosca, Lior Laver  
How I do - Ann Cools (Shoulder)  
Tips and Pearls on return to sport after ACL surgery and shoulder instability -  
Acute trauma management -  
Rehabilitation after injuries -  
Prevention techniques -

### **10.00-11.00 FREE PAPERS**

CHAIR: Rocco Papalia

**11.15 - 13.00 EUROPEAN HEALTHCARE IN SPORTS TRAUMATOLOGY - Care Over the Borders**

CHAIRS: Gernot Felmet, Igor Zazirnyi, Axel Ekkernkamp  
Thorsten Bröske, Die Schwenninger Krankenkasse (Health Care Insurance)  
Frank Hoffmann, Frankfurt Oder, Germany, German-Polish Society  
Gianfranco Beltrami (IT)  
Stephen Cannon (UK), EFORT Past President, Netherland

**13.00 LUNCH**

**14.00-16.00 US Workshop** Giuseppe Monetti, Burt Klos, Jordi Ardevol

**Scientific Programme - Saturday, November 28 - Room 4**

**09.00 - 12.00: Session for journalists: CME course on sports traumatology and media:**

Local organizers:

IKOS  
CUS TORINO



*Check the congress website for more information*