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Scientific Programme



27-28 November 2015

TORINO - ITALY

FRIDAY, November 27

MAIN HALL

7.30 Congress Registration

8.15 - 8.20 Welcome

8.20 - 8.30 EFOST Nostalgia: Mahmut Doral

Chair: Nicola Maffulli

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

Chairs: Gernot Felmet, Jacques Menetray, Luigi Pederzini

Anatomy of cruciate ligaments and landmarks - *Robert Smigielski*ACL biomechanics and measurements - *Maurilio Marcacci*Imaging of the injured knee - *Carlo Faletti*Is there a conservative treatment method with which one can expect a stable knee? - *Roland Jakob*Which graft for the Athlete - *Claudio Zorzi*9.40 - 10.50 **SESSION II: Knee ligaments**

Chairs: Gian Luigi Canata, Maurilio Marcacci, Josè Huylebroek

Implant free ACL reconstruction with patellar tendon - *Peter Hertel*ACL reconstruction with out-in femoral technique - *Luigi Pederzini*ACL reconstruction with hamstring foreign material free with bone dowles - *Abdel Aziz El Singergy*Conservative treatment of PCL lesion - *Bas Pijnenburg*Surgical treatment of PCL lesions - *Ezio Adriani*

10.50 BREAK

11.00 - 12.20 **SESSION III: ACL: combined lesions and revisions**

Chairs: Pierre Chambat, Roland Jakob, Stefano Zaffagnini

Anterolateral instabilities - *Stefano Zaffagnini*Anteromedial instabilities - *Gian Luigi Canata*ACL reconstruction and osteotomies - *Jacques Menetray*Single stage revision - *Gernot Felmet*Two stage ACL revision - *Andrea Achtnich*

12.20 CONGRESS OPENING

Gian Luigi Canata - President of the Congress*Gernot Felmet* - President of the Congress*Marco Gilli* - Rettore Politecnico di Torino*Gianmaria Ajani* - Rettore Università degli Studi di Torino*Stefano Gallo* - Assessore Città di Torino- Capitale Europea dello Sport 2015*Gian Paolo Zanetta* - Presidente Federsanità Piemonte12.45 - 13.00 **Lecture:** My way to try to understand the complex function of this joint: the knee - *Werner Muller*

Chair: Gian Luigi Canata

13.00 - 13.45 **HOW I DO**

Chairs: Jordi Ardèvol, Luigi Pederzini

Anatomic ACL reconstruction - *Simon Ball*POL and ALL reconstruction - *Ralph Akoto*Achilles tendon repair - *Nicola Maffulli*

13.45 LUNCH

14.45 -15.00 **Lecture:** History and future of sports traumatology- *Ejnar Eriksson*

Chair: Gernot Felmet

15.00 - 15.15 **Lecture:** History of ACL reconstruction - *Pierre Chambat*

Chair: Stefano Zaffagnini

15.15 - 16.45 **ESSKA SESSION:** Prevention of overload and injuries in sports

Chairs: Hermann Mayr, Henrique Jones

Introduction - *Hermann Mayr*Major causes of sports injuries - *Nicolas Lefevre*General prevention principles of overload damage in sports - *Henrique Jones*Specific aspects of throwing sports - *Elvire Servien*Specific aspects of football - *Simon Ball*Specific aspects of alpine skiing - *Hermann Mayr*Implementation of prevention in sports - *Fabrizio Tencone*Back to sports - *Mirco Herbolt*Discussion - *Henrique Jones*

16.45 BREAK

17.00 - 18.15 **COMBINED EFOST-ICRS SESSION:** Cartilage in 2015

Chairs: Alberto Gobbi, Antonio Gigante, Bas Pijnenburg

Classification of chondral lesions - *Gunther Spahn*Osteochondral lesions management - *Giuseppe Filardo*Micro and nano fractures - *Massimo Berruto*OATS in athletes - *Venanzio Iacono*Innovative arthroscopic cartilage repair - *Ulrich Schneider*Stem cells: past, present and future - *Alberto Gobbi*18.15 - 18.30 **Nomination of the new honorary members**

Chairs: Gian Luigi Canata, Gernot Felmet, Nicola Maffulli

*Ejnar Eriksson, Werner Muller*18.30 - 18.45 **TOP LEVEL COACH EXPERIENCE:** Mauro Berruto

Chair: Livio Berruti

ROOM 2

13.00 - 13.45 Workshop: ACL press fit reconstruction - Gernot Felmet

13.45 LUNCH

13.45 - 14.45 Workshop Amedrix/BioTis : ChondroFiller, the cellfree matrix for autore-generation of articular cartilage defects.

14.45 - 15.45 SESSION I: Injections in sports traumatology in 2015

Chairs: Ramon Cugat, Piero Volpi, Davide Bonasia

PRP and ligaments - Ramon Cugat

PRP and cartilage - Giuseppe Filardo

Local approaches for management of sport-induced muscle strains - Piero Volpi

Ultrasound guided diclofenac sodium injections in athletes - Emanuele Muraro

Gold induced cytokines: treatment and supplementation - Ulrich Schneider

15.45 - 16.45 Israeli Sports- Arthroscopy Knee- Hip Session

Chairs: Gideon Mann, Iftach Hetsroni, Lior Laver

The effect of HBO treatment on spontaneous osteonecrosis of the knee - Dror Lindner

All- autograft combined and multi-ligament knee reconstruction - Iftach Hetsroni

Hip arthroscopy: intra- and extra- articular procedures - Dror Lindner

The effect of low-impact physical activity on knee symptoms and quality of life in patients with moderate osteoarthritis - Gideon Mann

16.45 - 17.00 Lecture: How to evaluate knee injuries - Giuliano Cerulli

Chair: Jose Huylebroek

17.00 - 18.25 Combined ISAKOS-EFOS SESSION: Ankle

Chairs: Helder Miguel Duarte Pereira, Madis Rahu, Sandro Giannini

Evaluation of acute ankle injuries - Bas Pijnenburg

Ankle sprains and syndesmotric injuries - Sandro Giannini

Repair of lateral ankle ligaments - Helder Miguel Duarte Pereira

Peroneal tendon injuries - Luigi Milano

Arthroscopic treatment of osteochondral ankle injuries - Madis Rahu

Syndesmotric injuries - Lior Laver



ROOM 3

14.45 - 15.45 Free paper session - Knee and ACL

Chairs: Burt Klos, Umile Giuseppe Longo, Alessandro Tripodo

The impact of autologous platelet factors to femoral tunnel widening after ACL-reconstruction with hamstrings - **Panayiotis D. Megaloikonomos**, Panagopoulos GN, Starantzis KA, Zampeli F, Vottis C, Galanopoulos I, Koulalis I, Mastrokalos DS

Functional outcomes after ACL graft placement using a transtibial or anteromedial portal technique: challenging current paradigm - **Osman Riaz**, Fahad Hossain, Asim Siddiqui
Transtibial vs Anteromedial tunnel ACL reconstruction in soccer players: correlation between clinical and radiographic results - **Leonardo Osti**, Buda M, Cheli A, Soldati F, Del Buono A, Maffulli N.

Extended-duration thromboprophylaxis with bemiparin versus rivaroxaban after ACL reconstruction: a prospective randomized study - **Chouliaras Vasileios**, Spiridon Kaliardas, George Kavalari, Vasiliki Tsagou, Vasiliki Vergi, Fotini Galani.

Outcome of anterior cruciate ligament reconstruction. A study of 127 cases - **Kraiem Fethi**, Lahmar AA, Kherdani K, Rekik MA, Trigui I

High incidence of ALL/ Second avulsion in Ultrasound Imaging - **Burt Klos**, Konijnenberg S, Scholtes M

15.45 - 16.00 Lecture: Disability and Sports - Massimiliano Gollin

Chair: Tiziana Nasi

16.00 BREAK

16.15 - 16.30 Lecture: Achilles Tendon. History and new tendencies - Mahmut Doral

Chair: Burt Klos

16.30 - 18.30 FORTE SESSION: Sports trauma

Chairs: Gazi Huri, Giuseppe Massazza, João Vide

FORTE News - João Vide

The role of the young generation in sports medicine - what do we expect? - Marco Alessandro Minetto

Massive cuff tears (from biologic approaches to arthroplasty) - Gazi Huri

Current concepts in ACL reconstruction - Egemen Turhan

Management of articular cartilage defects - José Huylebroek

Ankle injuries in pediatric athletes - João Vide

Arthroscopy assisted latissimus dorsi transfers - Filippo Familiari

What is new in Achilles tendon? - Mahmut Doral

SATURDAY, November 28

MAIN HALL

7.00 - 8.00 EFOST General Assembly

7.30 Congress Registration

8.00 - 9.30 **SESSION I: Shoulder and Elbow in sports**

Chairs: Alessandro Castagna, François Kelberine, Pericles Papadopoulos

Anatomy and investigation - Dinamic shoulder imaging - *Giuseppe Monetti*Scores for shoulder evaluation - *Davide Blonna*Cuff tear: what is the best reconstruction - *Alessandro Castagna*Micro instability: conservative treatment - *Pericles Papadopoulos*Solutions for irreparable cuff lesions - *Filippo Castoldi*The painful elbow - *Luigi Pederzini*Elbow instabilities - *François Kelberine*9.30 - 11.00 **Team session: How to prevent and manage top level team injuries. Round table**

Chairs: Franco Benazzo, Henrique Jones, Artur Pereira de Castro

Fabrizio Tencone, Paco Biosca, Piero Volpi, Jose Huylebroek, Ramon Cugat, Jordi Ardèvol, Flavio Quaglia, Agostino Tucciarone, Gian Luigi Canata, Vincenzo Ieracitano.

Juventus, Chelsea, Inter, Anderlecht, Barcelona, Napoli, Italian Athletic Federation, Italian Rugby Federation

11.00 BREAK

11.15 - 12.45 **SIGASCOT Session: Return to sport after surgery for...**

Chairs: Giacomo Zanon, Claudio Mazzola, Stefano Zaffagnini

Patellar instability - *Chiara Del Regno*Shoulder instability - *Fabrizio Ponteggia*Rotator cuff Repair - *Alessandro Giannini*Tendon repair - *Mario Ronga*Cartilage repair - *Daniele Srepis*Meniscal repair - *Alberto Vascellari*Knee replacement - *Paolo Adravanti*12.45 - 13.00 **Lecture: Hip and knee replacement and sports - Franco Benazzo**

Chair: François Kelberine

13.00 LUNCH

14.00 - 14.15 **Lecture: Osteotomies around the knee - Roland Jakob**

Chair: Gernot Felmet

14.15 - 15.30 **SESSION II: Return to sport after ACL reconstruction**

Chairs: Jose Huylebroek, Henrique Jones, Francesco Giron

Return to sports: do top athletes heal faster? - *Jose Huylebroek*Rehabilitation for high level athletes - *Lior Laver*Complications: prevention and management - *Alexander Barié*The role of the physiotherapist - *Paco Biosca*

15.30 BREAK

16.00 - 16.15 **Lecture: Management of cartilage lesions of the ankle - Niek Van Dijk**

Chair: Gian Luigi Canata

16.15 - 17.15 **SESSION III: Nutrition, endocrinology and sports**

Chairs: Ezio Ghigo, Maurizio Casasco

Hormone use and abuse in sports: general overview - *Fabio Lanfranco*Highlights on hormone abuse detection in athletes - *Christian Strasburger*17.15 - 17.50 **EFOST fellows report**

Chair: Burt Klos

American team report - *Duncan Meuffels, Mirco Herbort*European team report - *Timo Rahnel, Pierre Rotzius*17.50 - 18.00 **Awards ceremony**

Chairs: Gian Luigi Canata, Gernot Felmet, Josè Huylebroek, Stefano Zaffagnini

EFOST Award

SIGASCOT Award

KOELLIKER Award

CUS TORINO Award



ROOM 2

8.00 - 9.00 HOW I DO

Chairs: Jose Huylebroek, Madis Rahu, Roberto Rossi

AMIC for osteochondral defects - *Roland Jakob*
 All inside ACL reconstruction - *Wojciech Widuchowski*
 Press fit ACL and PCL reconstruction - *Gernot Felmet*

9.00 - 10.00 SESSION IV: Meniscal management in 2015

Chairs: Renè Verdonk, Dirk Holsten, Paolo Adravanti

Management of difficult meniscal tears - *Lior Laver*
 Meniscus: salvation and replacement techniques and results - *Dirk Holsten*
 Indications and limits of meniscal allografts - *Peter Verdonk*
 What we have learned - *Renè Verdonk*

10.00 - 11.00 WRIST Combined session EFOST - ISSPORTH

Chairs: Grzegorz Adamczyk, Loris Pegoli

Evaluation of wrist sports injuries - *Grzegorz Adamczyk*
 Ulnar wrist pain in sports - *Loris Pegoli*
 Endoscopy in wrist and forearm sports pathologies - *Giorgio Pivato*
 Management of neural wrist sports injuries - *Bruno Battiston*

11.00 BREAK

11.15 - 12.25 SESSION V: Hip

Chairs: Alessandro Massè, Jan Van Melkebeek, Carlo Faletti

Anatomy and biomechanics of normal and abnormal hip - *Alessandro Massè*
 Imaging - *Carlo Faletti*
 Athlete's hip in different sports activities - *George Tsikouris*
 Hip impingements - *Jan Van Melkebeek*
 Indication for open or arthroscopic treatment - *Alessandro Aprato*

12.30 - 12.45 Lecture: Venous thromboembolism prophylaxis in sports traumatology

- Nicolaas Budhiparama

Chair: Henrique Jones

13.00 LUNCH

13.00 - 13.30 Workshop M.I.T. Italia - ACL reconstruction without damages to the patient "An alternative graft for ACL reconstruction, background and rationale" - Stefano Zaffagnini

14.00 - 15.30 Session: Technology and Engineering

Chairs: Enrico Macii, Laura Montanaro

Mesoporous glasses as a smart platform for future, targeted therapies in pathological bone and skin

Chiara Vitale-Brovarone, Sonia Lucia Fiorilli, Gianluca Ciardelli, Aldo Roberto Boccaccini, Georg Duda, Sheila MacNeal, Maria Vallet-Regi

The challenge of new materials in total hip replacement

Paola Palmero, Jerome Chevalier

Variability of sEMG spatial distribution in individual muscles: possible confounding factor in muscle assessment

Marco Gazzoni, Alessio Gallina

Biomechanical methods for the evaluation of human joints loads, functionality and repair
Cristina Bignardi, Mara Terzini, Alberto Audenino, Elisabetta Zanetti, Bernardo Innocenti, Antonio Marmotti

EMG-Based Control for Rehabilitative Robotics

Nicolò Celadon, Marco Paleari, Alain Favetto, Silvia Appendino, Paolo Ariano

Custom design of orthopedic implants and prosthesis by additive manufacturing

Diego Giovanni Manfredi, Flaviana Calignano, Elisa Paola Ambrosio, Massimo Lorusso, Jukka Pakkanen, Francesco Trevisan, Paolo Fino

15.30 BREAK

15.45 - 16.00 Lecture: Orthopaedic oncology and Sports: Raimondo Piana

Chair: Alessandra Linari

16.00 - 17.00 Free papers session - Knee and lower limb

Chairs: Wojciech Widuchowski, Alberto Vascellari

Arthroscopically assisted treatment of tibial plateau fractures - *Alexandra Silva Terinte, Radulescu R, Badila AE*

Posterior tibial artery deficiency mimicking chronic exertional compartment syndrome: a case report - *Bertrand Parcels, Lavery K, Hosea T*

Surgical treatment for acute rupture of Achilles's tendon: comparison study between open surgery and ultrasound assisted - *Luigi Piscitelli, Bisaccia M, Schiavone A, Teodori J, Rinonapoli G, Caraffa A*

High ankle sprain. Arthroscopic treatment of the syndesmosis tibio-fibularis partial rupture - *Marek Krochmalski*

Epidemiology of injuries and overuse diseases in rugby: observational study of Perugia Rugby's players - *Michele Bisaccia, Piscitelli L, Teodori J, Schiavone A, Rinonapoli G, Caraffa A*

External fixation in athletes: why and why not? - *Kristian Zoccola, Aloj D, Desayeux S, Petrucci E, Arrigoni C*

ROOM 3

8.15 - 9.15 Free Paper Session - Upper Limb

Chairs: Rocco Papalia, Davide Blonna

Scapula dyskinesis: a review of current concepts and evaluation of assessment tools - **Gihan Jayasinghe**, Butt D, Alexander S

Complications of surgically treated midshaft fractures of the clavicle with intramedullary nails compared to anatomic locking plates: can the indication for TEN be extended? - **Christian Ehrnthaller**, Eickhoff A, Fischer M, Gebhard F

Anatomic primary Repair of the Biceps Tendon with a miniminvasive technique in athletes - **Valentina Casale**, Canata GL, Chiey A

Treatment methods of rotator cuff repair - **Turcu Razvan Nicolae**

Antero superior cuff lesions in the over- seventies - **Andrea Losana**, Balboni E, Pesce C

Median nerve compression at elbow, a case report - **Ismahal Beressa**, Azzouz M

9.15 - 10.15 EUROPEAN HEALTHCARE IN SPORTS TRAUMATOLOGY - Care Over the Borders

Chairs: Gernot Felmet, Igor Zazirnyi, Alfonso Forte

Thorsten Bröske, Die Schwenninger Krankenkasse (Health Care Insurance)

Frank Hoffmann, Frankfurt Oder, Germany - German Polish society

10.15 BREAK**10.45 - 13.00 SESSION for rehabilitation and physiotherapy**

Chairs: Marco Alessandro Minetto, Paco Biosca, Lior Laver

Giving them wings: global integration of the sporting shoulder - **Joanne Elphinston**

Tricks and pearls on return to sports after ACL surgery - **Suzanne Werner**

Return to sport after knee surgery - **Stefano Respizzi**

Physiatric prevention of injuries - **Giorgio Diaferia**

Return to sport: role of postural control and footwear - **Rocco Papalia**

13.00 LUNCH

13.00 - 13.40 Workshop Sewon Cellontech - Cartifill: Refinement of microfracture procedures: a liquid collagen matrix that can be used transartroscopically - Georg Linsinger, Marc Wahler

14.00 - 16.00 ICL: Ultrasounds in sports traumatology

Giuseppe Monetti, Burt Klos, Jordi Ardèvol

Muscolo skeletal elastosonography - **Giuseppe Monetti**

Dynamic ultrasounds - **Burt Klos**, **Stephan Konijnenberg**

Upper extremity nerve entrapment in sports medicine: US exam and US assisted treatment - **Jordi Palau**

ROOM 4

CORSO PER GIORNALISTI:**SCIENZA: VERITÀ CONTRO ILLAZIONI.****GESTIONE, INTERPRETAZIONE E DIVULGAZIONE DELLA NOTIZIA A CARATTERE SCIENTIFICO****8.45 - 9.00 REGISTRAZIONE****9.00 - 9.20 SALUTI ISTITUZIONALI**

Alberto Sinigaglia - Presidente ordine giornalisti del Piemonte

Gianpaolo Zanetta - Presidente Federsanità Anci Piemonte

9.20 - 9.40 I nuovi media: come comunicare la notizia scientifica

Bruno Babando - Direttore de "Lo Spiffero.com"

9.40 - 10.10 Radio baccano: aiutare i media a fare ordine

Laura Bettini - giornalista radiofonica

10.10 - 10.40 L'ufficio stampa tra dovere di cronaca e servizio aziendale

Maria Teresa D'Aquino - Responsabile Ufficio Stampa A.O. Novara

10.40 - 11.10 Pericoli e rischio sanitario: sensazionalismo, realtà e dato scientifico

Bartolomeo Griglio - Medico veterinario, Presidente Ceirsa

11.10 - 11.40 Deontologia e aspetti legali

Claudia Zucca - Avvocato Responsabile Ufficio legale Asl To5

11.40 - 12.10 Quando al centro della notizia c'è un vip

Franco Benazzo - Medico Sportivo, Direttore struttura ortopedia Ospedale San Matteo di Pavia, ex Medico F.C. Inter

12.10 - 12.20 Conclusioni

Alberto Sinigaglia - Presidente ordine giornalisti del Piemonte

