

Programme

NOF/DOS Congress 2026

Wednesday November 11th

09:00 - 09:45 **Symposium: Who gets the Scalpel Next? Culture Change in Nordic Orthopaedics (Congress Hall)**

Chair: Marie Fridberg & Christina Frølich Frandsen

Introduction: *Marie Fridberg*

Why people should change culture - The ABCs of change; allyship, belonging and culture: *Simon Fleming*

IODA Tool box for National Societies and Leaders - Reflections and lessons learned on leadership: *Deborah Eastwood*

Panel discussion and Q&A from the audience: *Young NOF*

09:00 - 09:45



National Society session: Sweden - The Power of Large Register-based RCTs (Vandsalen)

Chair: Oluf Sköldenberg

09:00 - 09:45

Symposium: Meta-analyses in Orthopaedics: What can We Trust? (Ballon salen)

Chair: Robin Christensen

How to Read a Meta-analysis: A Practical Guide to Trusting the Evidence: *Maria Tirta*

What Makes a Meta-analysis Trustworthy? Bias, Heterogeneity, and Certainty of Evidence: *Robin Christensen*

09:00 - 09:45

Free Paper session: (Blomster Salen)

Chair:

09:00 - 09:45

Free Paper session: (Pjerrot)

Chair:

09:00 - 09:45

Free Paper session: (Columbine)

09:00 - 09:45

Free Paper session: (Harlekin)

Chair:

09:45 - 10:00

Break (Exhibition area)

10:00 - 10:45



Guildal Lecture: Preparing for War Casualties in the Nordic Perspective (Congress Hall)

Speaker: Janne Heikkinen, Orthopaedic Surgeon and Chief of Surgery, Centre for Military Medicine, Finland

10:45 - 11:15

Coffee Break in the Exhibition area

11:15 - 12:00

Symposium: Why Low-value Care remains common in Orthopaedics? (Congress Hall)

Chair: Aleksis Reito

Why are clinical quality registries important to reduce low-value care? - *Aleksis Reito*

Do no harm - compensated patient injuries related to low-value surgeries - *Elina Ekman*

What is low value care and why do we continue performing low value care? - *Teemu Karjalainen*

11:15 - 12:00



National Society session: Estonia - War Medicine and Orthopaedic care (Vandsalen)

Chair: Kaspar Tootsi

11:15 - 12:00 **Educational Symposium: How do we use simulation to train the best surgeons? (Ballon salen)**
Speaker:

11:15 - 12:00 **Free Paper session: (Blomster salen)**
Chair:

11:15 - 12:00 **Free Paper session: (Pjerrot)**
Chair:

11:15 - 12:00 **Free Paper session: (Columbine)**
Chair:

11:15 - 12:00 **Closed meeting - UAO (Harlekin)**

12:00 - 13:00 **Lunch in the Exhibition area**

12:15 - 12:45 **Lunch Symposium: (Congress Hall)**

13:00 - 13:45 **Symposium: Physician Well-being - Become a Greater Surgeon (Congress Hall)**

Chair: Christopher lobst

What I Wish I knew - *Christopher lobst*

Imposter Syndrome and Anxiety - a risk to burning out - *Marie Fridberg*

People Pleasing and Perfectionism - *Maria Tirta*

13:00 - 13:45  **National Society session: Lithuania - Orthopaedic and Medical Experience in Ukraine: Missions and National Response (Vand salen)**

Chair: Alfredas Smailys and Augustinas Rimkunas

Surgical Experience in the War Zone: Clinical Challenges and Lessons Learned - *Prof. Alfredas Smailys*

State Medical Response to the War in Ukraine - *MD, Vice Minister of Health of Lithuania Skirmantas Krunkaitis*

13:00 - 13:45 **Meet the Experts: Should we be fixing all clavicle fractures? (Ballon salen)**

Speaker:

13:00 - 13:45 **Free Paper session: (Blomster Salen)**

Chair:

13:00 - 13:45 **Free Paper session: (Pjerrot)**

Chair:

13:00 - 13:45 **Free Paper session: (Columbine)**

Chair:

13:00 - 13:45 **Free Paper session: (Harlekin)**

Chair:

13:45 - 14:00 **Break (Exhibition area)**

14:00 - 14:45 **YODA/ACTA Best Paper (Congress Hall)**

Chair: Christian Fugl Hansen & Søren Overgaard

14:00 - 14:45



National Society session: Norway - Overactivity and Low Value Care in Orthopaedics: Choosing wisely (Vand salen)

Chair: Per-Henrik Randsborg

Low Value Care, Defensive Medicine and the Choosing Wisely Campaign -*Per-Henrik Randsborg*
Reducing Overuse through Governance, Incentives, and Collaboration Across Regions -*Trude Basso*
Low Value Research -*Rune Bruhn Jakobsen*

14:00 - 14:45

Meet the Experts: Tiny Elbows, Big Stress! A practical guide to pediatric fracture success (Ballon salen)

Speaker:

14:00 - 14:45

Free Paper session: (Blomster Salen)

Chair:

14:00 - 14:45

Free Paper session: (Pjerrot)

Chair:

14:00 - 14:45

Free Paper session: (Columbine)

Chair:

14:00 - 14:45

Closed meeting - Cheflæge (Harlekin)

14:45 - 15:15

Coffee Break in the Exhibition area

15:15 - 15:30



Opening Ceremony (Congress Hall)

Speaker: Søren Kold (NOF President) & Ole Rahbek (DOS president)

15:30 - 16:15

NOF/DOS Best Paper - The Anders Rydholm Award (Congress Hall)

Chair: Kristoffer W Barfod & Søren Kold

16:15 - 16:30

Break (Exhibition area)

16:30 - 18:00

Poster Walk & Bubbles (Foyer)

Poster Walk in the Foyer.

Come and see all the Poster Presentations.

The Posters are divided into sections, see the number and subspecialty below (To be updated)

There will be complementary beverages for all.

18:30 - 19:30

YODA General Assembly

07:30 - 09:00



DOS General Assembly (Congress Hall)

09:00 - 09:45

Shoulder/Elbow: Distal Humerus Fracture - A case-based discussion (Room X)

Chair: Bo Sanderhoff Olsen

Programme:

Case presentation -
Open reduction and internal fixation -
Hemiarthroplasty -
Total arthroplasty -
Panel discussion -
Conclusion -

09:00 - 10:30

YNOF/YODA: Meet the Experts (Residents only) - Hip Fractures and how to do it right the first time (Congress Hall)

Speakers:

Only residents/junior doctors allowed.

09:00 - 10:30

Trauma: Periprosthetic Fractures in Femur (Vand salen)

Chair: Oluf Wolf

Introduction - Olof Wolf, Sweden

When and how do I fix a periprosthetic fracture in proximal femur -Michael Brix, Denmark

When and how do I revise a periprosthetic fracture in proximal femur -Nils Hailer, Sweden

When and how do I plate a periprosthetic fracture in distal femur -Steinar Havik, Norway

When and how do I nail a periprosthetic fracture in distal femur -Iikka Lantto, Finland

Panel discussion

09:00 - 10:30

Hip/Knee Arthroplasty: Robot Surgery (Ballon Salen)

Chair: Lasse Enkebølle

09:00 - 10:30

Hand/Wrist: Distal Radius and Forearm Fractures - When the Bone Heals but the Damage Remains I (Blomster Salen)

Chair:

Arthroscopy in distal radius fractures: Management of associated injuries

09:00 - 10:30

Sport: Symposium 1 (Pjerrot)

Chair:

09:00 - 10:30

Infection: Symposium 1 (Columbine)

Chair:

09:00 - 10:30

Pediatric: Perthes Symposium (Harlekin)

Chairs: Yasmin D Hailer & Stefan Huhnstock

Programme:

Quality Register - What's in it for me? -

Death of the Femoral Head or Death of the disease? Is there an incidence decline? -

Surgical technique - Varisation or Variation? -

Enough Variation - Are we ready for guidelines?

09:00 - 10:30

Oncology: Infected Mega-Prosthesis (Room x)

Chair:

09:00 - 10:30 **Spine: Treatment of Osteoporotic Fractures (Room X)**
State-of-the-art medical treatment for osteoporosis - *Associated Professor Pernille Hermann*
Osteoporosis from a patient perspective - *CEO Danish Osteoporosis Society Camilla Nissen Toftdal*
Surgical treatment of vertebral fractures - *Professor Leah Y Carreon*

09:00 - 10:30 **Foot/Ankle: Hallux Valgus - Do's and Don'ts (Room X)**
Speaker: Dr. Mark Easley, USA

09:45 - 10:30 **Shoulder/Elbow: Elbow Arthroplasty for Arthritis - a Case-based discussion (Room X)**
Chair: Lars Adolfsson

Case presentation -
Joint preserving surgery -
Unlinked Total Arthroplasty -
Linked Total Arthroplasty -
Panel Discussion -

10:30 - 11:00 **Coffee Break in the Exhibition area**

11:00 - 11:45 **Shoulder/Elbow: Shoulder Arthroplasty for Osteoarthritis with Retroversion and Intact Rotator Cuff Function (Room X)**
Chair: Jeppe Vejlgard Rasmussen

Programme:
Case Presentation -
Standard Total Shoulder Arthroplasty -
Augmented Total Shoulder Arthroplasty -
Standard Reverse Shoulder Arthroplasty -
Augmented Reverse Shoulder Arthroplasty -
Panel Discussion -
Conclusion -

11:00 - 12:30 **ACTA Symposium: Ethics in Medical Writing (Congress Hall)**
Chair:

11:00 - 12:30 **Trauma: Geriatric Fracture Treatment (Vand salen)**
Chair: Frede Frihagen

Introduction - *Frede Frihagen, Norway*
Fractures around the ankle - *Emilia Möller Rydberg, Sweden*
Fractures around the knee - *Arvind von Keudell, Denmark*
Proximal femur fractures - *Cecilia Rogmark, Sweden*
Pelvic and acetabular fractures - *John Clarke Jenssen, Norway*
Panel Discussion

11:00 - 12:30 **Hip/Knee Arthroplasty: Fast-track Surgery (Ballon Salen)**
Chair: Martin Lindberg

11:00 - 12:30 **Hand/Wrist: Distal Radius and Forearm Fractures - When the Bone Heals but the Damage Remains II (Blomster Salen)**
Chair:

Wrist and Forearm malunion: Principles and techniques of corrective osteotomy

11:00 - 12:30 **Sport: Symposium 2 (Pjerrot)**
Chair:

11:00 - 12:30 **Infection: Symposium 2 (Columbine)**
Chair:

11:00 - 12:30	Pediatric: Hip Dysplasia Symposium (Harlekin) Chair: Trude Gundersen
11:00 - 12:30	Oncology: 3D-Printed Implants in Orthopaedic Oncology (Room x) Chair:
11:00 - 12:30	Spine: Spinal Stenosis with or without Spondylolisthesis (Room X) MRI Proxies for spinal instability - <i>Signe Elmo</i> Who to Fuse? Insights from the Norwegian Experience - <i>Ivar Magne Austevoll</i> Who to Fuse? Insights from the Swedish Experience - <i>Freyr Gauti Sigmundsson</i>
11:00 - 12:30	Foot/Ankle: Ankle arthritis (Room X) Chair: Dr. Mark Easley, USA <i>Programme:</i> Total Ankle Replacement - indications and up to date options
11:45 - 12:30	Shoulder/Elbow: Shoulder Arthroplasty for Osteoarthritis in Young Patients (Room X) Chair: Anne Kathrine Belling Sørensen <i>Programme:</i> Case Presentation - Pyrocarbon Hemiarthroplasty - Standard Total Shoulder Arthroplasty - Standard Reverse Shoulder Arthroplasty - Panel Discussion - Conclusion -
12:30 - 13:30	Lunch in the Exhibition area
12:45 - 13:15	Lunch Symposium: (Congress Hall)
13:30 - 14:15	Trauma: Free Paper session (Vand salen) Chair:
13:30 - 14:15	Hip/Knee Arthroplasty: Free Paper session (Ballon salen) Chair:
13:30 - 14:15	Hand/Wrist: Free Paper session (Blomster salen) Chair:
13:30 - 14:15	Sport: Free Paper session (Pjerrot) Chair:
13:30 - 14:15	Infection: Free Paper session (Columbine) Chair:
13:30 - 14:15	Pediatric: Free Paper session (Harlekin) Chair:
13:30 - 14:15	Oncology: Free Paper session (Room x) Chair:
13:30 - 14:15	Spine: Free Paper session (Room X) Chair:

13:30 - 14:15 **Foot/Ankle: Free Paper session (Room X)**

Chair:

13:30 - 14:15 **Shoulder/Elbow: Free Paper session (Room X)**

Chair:

14:15 - 14:45 **Coffee Break in the Exhibition area**

14:45 - 15:30 **Trauma: What is new in Upper Extremity Fractures? Highlight on Nordic Trials (Vand salen)**

Chair: Bjarke Viberg

Introduction: *Bjarke Viberg, Denmark*

Fractures in humerus - SHAFT trial - *Dennis Karimi, Denmark*

Shoulder Fractures - DeltaCon trial - *Antti Launonen, Finland*

Olecranon Fractures - CROFT1 and CROFT2 trials - *Kaare Midtgaard, Norway*

Future trials - NORCOT - *Bjarke Viberg, Denmark*

14:45 - 15:30 **Hip/Knee Arthroplasty: Registers in Hip and Knee Surgery (Ballon salen)**

Chair: Claus Varnum

14:45 - 15:30 **Hand/Wrist: Challenging Cases in Wrist and Forearm Trauma (Blomster Salen)**

Chair:

14:45 - 15:30 **Sport: Symposium 3 (Pjerrot)**

Chair:

14:45 - 15:30 **Infection: Symposium 3 (Columbine)**

Chair:

14:45 - 15:30 **Pediatric: Childens Fracture (Harlekin)**

Chair: Topi Laaksonen

14:45 - 15:30 **Oncology: Ongoing Studies in Orthopaedic Oncology in the NOF Countries (Room x)**

Chair:

14:45 - 15:30 **Spine: State of AI Integration in Spine Registries in the Nordic Countries (Room X)**

Overview of current data collection and AI usage in Nordic Spine Surgery

Panel discussion:

Swespine - *Björn Knuttson*

NORspine - *Tore Solberg*

FinSpine - *Jarkko Halme*

DaneSpine - *Mikke Andersen*

14:45 - 15:30 **Foot/Ankle: 1st ray Pathologies (Room X)**

Chair: Dr. Mark Easley, USA

14:45 - 15:30 **Shoulder/Elbow: Atraumatic Rotator Cuff Rupture (Room X)**

Chair:

Programme:

Case Presentation -

Repair -

SCR -

Tendon Transfer -

Reverse Shoulder Arthroplasty -

Panel Discussion -

Conclusions -

15:30 - 15:45 **Break (Exhibition area)**

15:45 - 17:00 **Trauma: Late Night Ortho Trauma Surgery - What is necessary? (Vand salen)**

Chair: Lasse Rämö

Introduction - *Lasse Rämö, Finland*

Open Fractures - *Antti Ylitalo, Finland*

Fracture Dislocation in foot and ankle - *Marius Molund, Norway*

Damage Control severe extremity injury - *Charlotte Karlsson-Thur, Sweden*

Acute Spine and nerve injury - *Joost Rutges, the Netherlands*

Panel discussion

15:45 - 17:00 **Danish Hip and Knee Society (DSHK) - General Assembly (Ballon salen)**

15:45 - 17:00 **Danish Society for Hand Surgery (DSfH) - General assembly (Blomster salen)**

15:45 - 17:00 **Danish Society for Sportstraumatology (SAKS) - General Assembly (Pjerrot)**

15:45 - 17:00 **Danish Society for Orthopedic Infections (DSOI) - General Assembly (Columbine)**

15:45 - 17:00 **Danish Pediatric Orthopedic Society (DPOS) - General Assembly (Harlekin)**

15:45 - 17:00 **Danish Group for Sarcoma (DSG) - General Assembly (Room x)**

15:45 - 17:00 **Danish Orthopedic Spine Society - General Assembly**

15:45 - 17:00 **Danish Foot and Ankle Society (DFAS) - General Assembly**

15:45 - 17:00 **Danish Society for Shoulder and Elbow Surgery (DSSAK) - General Assembly**

Chair: DSSAK

Programme:

15.45: The Danish Shoulder Arthroplasty Registry

16.15: Danish Clinical Guidelines

16.30: Miscellaneous

19:00 - 23:59 **Congress Dinner (Congress Hall)**

Require purchase of ticket upon registration to the Congress

08:00 - 09:00



NOF General Assembly (Congress Hall)

09:00 - 09:45

Symposium: How to Deal with Psychology in Orthopaedics? (Congress Hall)

Chair: Taco Gosens

Psychology in Orthopaedics - *Taco Gosens*

Catastrophizing in Shoulder Instability - *Michael van den Bekerom*

Psycho-orthopaedics in research - *Rudolf Poolman*

09:00 - 09:45



National Society session: Finland - Management of Pediatric Patellar Dislocation (Vand salen)

Chair: Petri Sillanpää

Case discussions

Speakers: Jusso Heikkinen, Henrik Sandelin & Petri Sillanpää

Topics:

1. MPFL Reconstruction & Open Growth Plates
2. Trochleoplasty, Wanted but when secured?

09:00 - 09:45

Quality Symposium: Is the Future Guidelines by AI? (Ballon salen)

Speaker: Tove Holm-Larsen

09:00 - 09:45

Free Paper session (Blomster salen)

Chair:

09:00 - 09:45

Free Paper session (Pjerrot)

Chair:

09:00 - 09:45

Free Paper session (Columbine)

Chair:

09:00 - 09:45

Free Paper session: (Harlekin)

Chair:

09:45 - 10:15

Coffe Break in the Exhibition Area

10:15 - 11:00



DOS/NOF Honorary Lecture: AI and Digital Solutions for Public Health-care systems: A Nordic Perspective (Congress Hall)

Speaker: Margrethe Vestager, Chair of the Board of DTU and former Executive Vicepresident of the European Commission and Commissioner for Competition

11:00 - 11:30

Break (Exhibition area)

11:30 - 12:15 **Symposium: Fragility Fracture Network (FFN) in the NOF countries – the role of orthopedic surgeons (Congress Hall)**

Chair: Johanna Rundgren

The need for multidisciplinary fracture care- FFN Globally and in the Nordic countries –*Henrik Palm*

The role of orthopedic surgeons in the multidisciplinary fracture care:

1. Fragility fractures –urgency and complexity–*Alma B. Pedersen*
 2. Alternatives to surgery for hip fracture at the end-of-life –*Cecilia Rogmark*
 3. Preventing the next fracture – what a surgeon needs to know? –*Lene B. Solberg*
 4. Restrictions of mobilization–what is the evidence? –*Frede Frihagen*
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11:30 - 12:15



National Society session: Iceland - ACL reconstruction in iceland, incidence, trend in graft choice, 5 - year revision rate and current clinical practice (Vand salen)

Chair : Þorkell Snæbjörnsson

Speakers: *Amar Sigurðsson and Baldur Thorolfsson*

11:30 - 12:15

Symposium: Hype, hope or hallucinations – What is the role of AI, personalization and robotics in modern orthopaedics? (Ballon salen)

Chair: Aleksis Reito

What can AI truly solve in modern orthopaedic? -*Aleksis Reito*

Robotics in Orthopaedics - do we really need it to improve patient care? -*Antti Eskelinen*

What is truly needed to personalize care? *Aleksis Reito*

11:30 - 12:15

Free Paper session: (Blomster salen)

Chair:

11:30 - 12:15

Free Paper session: (Pjerrot)

Chair:

11:30 - 12:15

Free Paper session: (Columbine)

Chair:

11:30 - 12:15

Closed meeting (Inspektor) (Harlekin)

12:15 - 13:15

Lunch in the Exhibition area

12:30 - 13:00

Lunch Symposium. (Congress Hall)

13:15 - 14:00

Symposium: Treatment of patellofemoral instability (PFI) – Best practice (Congress Hall)

Chair: Kristoffer W Barfod

Why does the patellar dislocate and which risk factors should we be aware of? -*Lars Blønd*

'A la carte treatment' of patellofemoral instability -*Elvind Inderhaug*

Special considerations in patients with open physis -*Petri Sillanpää*

13:15 - 14:00



National Society session: the Netherlands - Quality Registries: Shared Learning and Collective Improvement (Vand salen)

Chair: Gerben Aarnoudse

Speakers:

Liza van Steenberg, PhD, epidemiologist

Dr. Kirsten Veenstra, orthopaedic surgeon

Dr. Sebastiaan vande Groes, PhD, orthopaedic surgeon

13:15 - 14:00

ACTA Symposium: The Perfect Study Design in Orthopaedic and Traumatological Research (Ballon salen)

Chair:

13:15 - 14:00 **Free Paper session: (Blomster salen)**
Chair:

13:15 - 14:00 **Free Paper session: (Pjerrot)**
Chair:

13:15 - 14:00 **Free Paper session: (Columbine)**
Chair:

13:15 - 14:00 **Free Paper session: (Harlekin)**
Chair:

14:00 - 14:15 **Coffee Break in the Exhibition Area**

14:15 - 15:15 **The Great Nordic Battle (Congress Hall)**
Chair: Bjarke Viberg



15:15 - 15:30 **Closing Ceremony (Congress Hall)**

PreCourse November 10th

08:30 - 09:20 **Registration and light Breakfast**

Location: 1992 by The Terrace

08:45 - 16:45 **Damage Control Workshop (parallel to the Precourse parallel sessions and other workshops)**

Location: Panum Institute, Blegdamsvej 3B, 2200 København.

Room:

Instructors: Upender Singh, Denmark, Emma Possfelt-Møller, Denmark, Ole Juul, Denmark, Peter Søndergaard, Denmark

Programme Preliminary:

08.00-08.45: Light breakfast. Short presentation of the day. Questions on surgical accesses, techniques and provided educational materials.

08.45-09.00: Introduction to the OR, changing of clothes (scrubs, shoes, gloves etc. is provided)

09.00-12.10: Skills lab in teams of 3, each team has its own pig

12.10-12.40: Lunch

12.40-14.00: Skills lab in teams of 3, each team has its own pig

14.00-14.45: Break and short walk to Parken

14.45-16.45: Theoretical discussions and cases

During the Skills lab the following will be covered: Packing of the pelvis, and proximal control of femoral bleeding, Mangled Extremity with external fixation, Traumatic amputation, Acute Laparotomy with packing of abdomen, removal of spleen/kidney or mesenteric bleed, Access to retroperitoneal space, control of aortic bleed, Anterior Thoracotomy, Pericardial tamponade, suture heart and Cervical bleed.

Target group:

Participants must have at least 2 years surgical experience (preferably within a residency programme) to participate in the workshop.

09:20 - 09:35



Welcome

Location:

Speaker: Christina Frølich Frandsen

09:40 - 10:10 **Parallel session 1: Return from leave**

Location:

Speaker: Marie Fridberg

09:40 - 10:10 **Parallel session 1: The Future of Orthopaedic Training**

Location:

Speaker: Amandus Gustafson

09:40 - 10:10 **Parallel session 1: Work-life Balance**

Location:

Speaker: Christopher Iobst, MD, FAOA, FAAOS

10:10 - 10:20 **Break**

10:20 - 10:50 **Parallel session 2: Reconstruction - Bones**

Location:

Speaker: Jan Rölfing, Prof., Denmark

10:20 - 10:50 **Parallel session 2: Stabilising the knee**

Location:

Speaker:

10:20 - 10:50 **Parallel session 2: Remodeling in Pediatric Trauma**

Location:

Speaker: Christopher Iobst, MD, FAOA, FAAOS, USA

Morten Jon Andersen, Denmark

10:50 - 11:05 **Coffee Break**
Location: 1992 by the Terrace

11:05 - 11:35 **Parallel session 3: Reconstruction - Soft Tissue**
Location:
Speaker:

11:05 - 11:35 **Parallel session 3: Periacetabular Osteotomies**
Location:
Speaker: Morten Bøgebjerg, Denmark

11:05 - 11:35 **Parallel session 3: Shoulder Trauma**
Location:
Speaker:

11:35 - 11:45 **Break**
Location: 1992 by the Terrace

11:45 - 12:15 **Parallel session 4: Young researcher - Experience, Tricks and how to get started**
Location:
Speaker: Simon Storgaard, PhD, Gødstrup, Denmark
Chris Dreyer, PhD, Head of Research, Næstved-Slagelse-Ringsted, Denmark

11:45 - 12:15 **Parallel session 4: PhD - now what?**
Location:
Speaker: Tazio Maleitzke, PhD, Dr.med, Ass prof, Hvidovre, Denmark
Tanvor Bari, PhD, Novo Nordic, Denmark

11:45 - 12:15 **Parallel session 4: Deveolping a research enviroment**
Location:
Speaker: Mats Bue, AUH, Denmark, Associated Professor

12:15 - 13:00 **Lunch Break**

13:00 - 13:05 **WORKSHOPS**
Workshops starts at 13.00, and participants will participate on the workshop they registered for at the registration.

13:05 - 17:00 **Traumatology - Humerus Fractures**
Location:
Instructors: Arvind von Keudell, Denmark

Workshop description (Preliminary):
The traumatology workshop will focus on humerus fractures, especially osteosynthesis with either nail or plates, the pros and cons of each depending on fracture type and patient characteristics.
The workshop will be a mix of theoretical lecture, case discussion and hands on exercises. The hands on exercise will for traumatology be saw bones with plates and nails.

Target group:
Participants are expected to have a minimum of 1 year experience with orthopedic surgery.

13:05 - 17:00 **Pediatrics - Growth-plate injuries**
Location:
Instructors: Morten Jon Andersen, Denmark & Topi Laaksonen, Finland

This workshop will focus on Growth Plate injuries, incl. which, when, how and how many times to do closed reduction. Growth control and open reduction.
The workshop will include theoretical lectures, case discussions and hands-on exercises.
Target group: All levels are welcome, however, knowledge on pediatric fractures are recommended

13:05 - 17:00

Hand - Flexor tendon injuries

Location:

Instructors:

This workshop will focus on flexor tendon injuries, incl. venting, hunters technique, grafts and transposition of tendons. The workshop will include theoretical lectures, case discussions and hands-on exercises.

Target group: All levels are welcome, but some experience with hand surgery is recommended

13:05 - 17:00

Foot - Multiligament injury

Location:

Instructors:

This workshop will focus on ankle sprain and multiligamentous ankle injuries, incl. diagnostic imaging, examination, treatment options and arthroscopy of the ankle.

The workshop will include theoretical lectures, case discussions and hands-on exercises.

Target group: All levels are welcome

13:05 - 17:00

Infection - Fracture Related Infections

Location:

Instructors: Mats Bue, Denmark

This workshop will focus on Fracture Related Infections (FRI), incl. osteosynthesis infections, revision, antibiotic use and reconstruction.

The workshop will include theoretical lectures, case discussions and hands-on exercises.

Target group: All levels are welcome

13:05 - 17:00

Arthroplasty - How to do a good Total Hip Arthroplasty

Location:

Instructors: Morten Bøgehøj, Denmark

This workshop will focus on how to do a good THR, incl. implants for different patient groups, preoperative planning and tips and tricks.

The workshop will include theoretical lectures, case discussions and hands-on exercises.

Target group: All levels are welcome, but experience with replacement surgery is highly recommended.

13:05 - 17:00

Sportstraumatology - Meniscus Repair

Location:

Instructors: Jeroen van Ekmond, the Netherlands

This workshop will focus on best practice in meniscus repair, incl. who, when and how to do meniscus repair.

The workshop will include theoretical lectures, case discussions and hands-on exercises.

Target group: Some experience with arthroscopy is recommended

13:05 - 17:00

Basic Osteosynthesis

Location:

Instructors: Sabine Simonsen, Denmark & Paul-Atle Le Fevre Roy, Denmark

This workshop will focus on basic osteosynthesis principles in line with AO.

The workshop will include theoretical lectures, case discussions and hands-on exercises on saw bones.

Target group: All levels are welcome, including those with no or little experience in orthopaedic surgery

17:00 - 17:20

Break

17:20 - 18:00

Beer & Nuts session - Doctors in Elite Sports

Location:

Speaker:

18:00 - 19:00



Founding General Assembly - Young NOF

Location:

Moderator: Christina Frølich Frandsen, Chair of Young NOF, Denmark

19:30 - 23:00

Informal Party (Registration required)

Location:
