

European Federation of National Associations of Orthopaedic Sports Traumatology

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LETTER FROM THE PRESIDENT

Dear Friends,

As every "good" leader in the world, it is my duty but also my honour to wish all the members of EFOST a fantastic and successful 2009.

365 days to come and to go!

Happiness and wealth for you and your beloved is our wish!

When we say " your beloved ", we also talk about your athletes and your teams you are taken care off!

What is more satisfying than to see an athlete, who went through a rough time of surgery and rehab, to make his first appearance on the field, on the bike or under the ring! Particularly when the surgery was successful and the rehab nearly perfect.

One of the highlights in 2008 was indeed the Bi-annual Efast meeting, hold in Antalya, Turkey, at the end of November 2008.

The president of the meeting, Prof MN Doral and his program chairmen, Prof R. Tandogan and Dr Kelberine have really spoiled the participants with a very high number of papers, symposia, key-lectures from all over the world (USA, Japan, China, South-Africa, and of course Europe) and even workshops during the lunch break!

But what is far more remarkable, the level of the papers and the scientific contributions was really very high.

We have attended meetings with many more participants but rarely we were focused by the great value of the discussion time, the contribution of local or foreign moderators and the nice party-time where even the scientific discussions went on forever!

Due to the clear economic crisis (Prof MN Doral called it "an economic war") and the expensive tickets some surgeons were not able to make it. On the contrary, the organising committee had foreseen a nice package for surgeons from the Eastern Countries, so we were able to make contacts with some important leaders from Croatia, Moldavia, Bulgaria, Ukraine and Russia.

We really hope that these contacts will end by inviting new groups of Sports-related surgeons from these countries to become members of EFOST.

The different Board members are preparing to work together with these new societies!

During the EFOST meeting, the full Board met twice, the Executive Board met a few times.

Many important items have been discussed:

- financial business
- relations with the industry
- report of the fellowship, preparation of the next fellowship (Europe to USA: Febr 2009)
- information to all the National societies and individual members
- E-letter and website
- New delegates
- Annual Fee
- EFOST 2010: Brussels: Chairmen: Prof Dr F.Almqvist

Dr Ph Landreau

MCO vs Medicongress as Organisers: to be decided asap
: propositions will be compared and discussed by the Board and the Organising
Committee of Brussels.

- Changes in the Board: Prof Dr P. Biosca is replaced by Dr A. Gluschenko

Prof. Dr P. Papadopoulos represents Southern Europe (Greece)

- Vienna 2009
- Oslo ESSKA May 2010
- EFOST 2012: London: (Post-) Olympic meeting : Prof. N. Maffulli- R. Hackney

For the Brussels' meeting, it gonna be very difficult to do as good or even better than
Prof. MN Doral's 'group!

Summary of the Antalya meeting: Participants: 400

Exhibitors: 40

38 Symposia in 4 Halls

87 lectures

15 posters

1 live surgery session

5 awards

Main Sponsors: DJO

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Not to forget: a very well attended General Assembly was hold during the congress in Antalya:

- Welcome word by the president
- Report of the General Assembly in Pavia 2007
- President's report by J.Huylebroek
- Past President's report by F. Benazzo
- Secretary's report by M. Mosconi
- Treasurer's report By M.N. Doral
- Fellowship by F. Kelberine
- Eastern Europe report by P. Biosca
- New delegates / members
- Upcoming meetings by B. Klos
- World Congress 2012: by R. Hackney / N. Mafulli: An agreement BOSTA-EFOST has to be formalised!
- Election of a second vice-president
- Election of a member at large: Prof. P. Papadopoulos has been elected unanimously!
- Report of the technical Committee: Website, E-letter: M.N. Doral
- Other business: a new group of Past Fellows is "created": " The Marco Polo Group"
- Adjourn.

As you can imagine, the EFOST meeting in Antalya has been a great success!

Please find herebv a report of the fellowship. as reported by the 2 US fellows (Dr WIND

Benazzo-Kelberine-Doral.

The Board of EFOST is really proud that a very different fellowship has been organised: with a total emphasis on the work as a team-physician.

During the Antalya meeting, 2 fellows from Europe have been selected to represent EFOST during the month of February, on a tour in the US, ending at the Specialty Day of AOSSM in Las Vegas: Dr OMER MEI-DAN (Jerusalem, Israël) and Mr Mike Carmont (Preston, UK).

Congratulations for these 2 elected fellows!EFOST is quite sure that these two individuals will be great representatives of the European Sports Medicine Surgeons!

Next months will be very busy: many of your Board members will be present at the most important Sports medicine meetings all over the world: Val d'Isère, Las Vegas (AAOS), Osaka (ISAKOS), Hiroshima (Prof Ochi's post-Isakos meeting), Jerusalem (25th meeting of Prof. Mann!), Prague, and not to forget VIENNA: the EFOST Full Board invites all the members to participate at the (today) annual meeting of EFORT, with the Specialty day of EFOST: two main topics: Wintersports and Upper Extremity lesions! An exciting program is prepared by Dr KLOS and Dr FINK.

Mention the date of 3-6th of June in your agenda's!

Looking forward to meeting you all,

Amitiés,

J.F.Huylebroek M.D.

EFOST President 2007-2010

LETTER FROM THE CONGRESS PRESIDENT

Dear colleagues,

The 5th Meeting of the EFOST was held between November 26-29 2008, in Antalya, Turkey. As we know that EFOST was born after an idea of the new organization of Sports Traumatology in Europe including different nations through north, east, south, west, or middle Europe in 1992. The goal of EFOST was determined as bringing the Sport Traumatology Federations together and spreading its concept throughout Europe. After 16 years of JC Imbert and H Paessler's dream we now organized our 5th Meeting successfully and have lots of members.

It was one of the largest meeting of EFOST with the large number of speakers and participants. The Meeting was attended by more than 400 Orthopaedic surgeons, sports physicians, physiotherapists and team doctors and approximately 300 of them were international registrants. There were 162 speakers from all over the world and more than ninety were from abroad. And nearly half the oral posters and e-posters were belong them.

Experts from North America, Europe and Asia met to exchange ideas and they discussed relevant aspects of sports traumatology. Also we had guests from South Africa too. KM Chan (Asia-Pacific Orthopaedic Society for Sports Medicine - APOSSM) was the "Honorary President" and he impressed all the audiences in opening ceremony with his speech about the Earthquake in South Asia. By inviting exceptional group of surgeons and scientist from different countries and different continents, we showed again the role of Turkey as "geographic bridge" and "socio-cultural link" between various nations, not just among Europe and Asia. And we brought this names together under the "roof of science" in peace and harmony; without a prejudice of religion, language, race, gender, color, frontier or flag.

Popular topics, like current trends in cartilage repair, treatment of ankle problems, surgical approach for shoulder joint, new concepts of knee surgery and future of sports trauma were discussed by three days of brainstorming in an intense scientific programme. In addition to current and controversial topics concerning the prevention and treatment of musculo-skeletal injuries, new topics such as extreme sports, Formula 1 and gene doping were also discussed. Topics about "Growth factors" were the most gripping lectures.

The scientific programme comprised of 37 symposiums, 87 lectures, more than 80 oral and e-poster presentations and live surgeries. Lots of National Associations organized symposiums on their preferred topics in 4 halls. Two live surgical demonstrations (Double bundle ACL reconstruction and Bankart repair) with scientific debates were done in this meeting. Interactive discussions were remarkable.

Five awards were arranged for young researchers. Lay people was in difficulty to choose the winners. Dr. G Huri and Dr. OA Atay won "The Nicola's Foundation Award" with his research, titled "Develeopment of Femoral Trochlear Groove in Growing Rabbit After Patellar Instability". Furthermore KY Saw et. al and K Nakata et. al won other Nicola's Awards with their studies titled, "Neochondrogenesis and role of stem cells: An experimental studv in goat model" and "Tie-Grip Suture": A Novel Arthroscopic Meniscal

the EFOST Best Poster Awards with their studies of "The Effects of Hot And Cold Application on Human Knee Proprioception" and "Platelet-rich Plasma in Muscle Healing" respectively. Also EFOST traveller fellows M Rauh and BW Wind took interest with the presentation of their experiences in Belgium, Italy, France and Turkey with senior orthopaedic surgeons.

Besides numerous scientific sessions, very fantastic gala dinner was also organised. Group OPUS and Hacettepe Dance Sestet gave a novel touch to the night. Prof. Dr. S Karaoglu and his graceful wife Ms. Karaoglu, and also J Nyland were shining stars of the night with their music. I believe that the bridges of friendship that was created among our younger colleagues and scientist came from all around the world shows once again that science does not know boundaries.

I would like to thank first to J Huylebroek (President of EFOST) and appreciate to my friend R Tandogan and F Kelberine (Program Chairmen) for their labor. They made a wonderful job. I would like to extend my sincere thanks to all our colleagues and congress participants for their contributions and attendance. And for the last I want to thank both the national and the international orthopaedic and pharmaceutical industry for their support and participation. Also I want to thank my chief-assistants from Orthopaedics and Traumatology clinics, Dr. G Huri, Dr. T Basaran, Dr. O Bilge, Dr. H Ahmadiadli and Sports Medicine clinics, Dr. G Donmez, Dr. U Dilicikik and Dr. S Dogan. Also I can't forget the contributions of my faculty Prof. Dr. G Leblebicioglu and, Prof. Dr. OA Atay.

P Aglietti, De Bae, J Bergfeld, G Cerulli, R Ege, G Mann, N van Dijk, R Verdonk, S Woo and G Poehling were Honorary Guests of the Meeting. Also JC Imbert, G Cerulli, HH Paessler, P Biosca and F Benazzo (Past Presidents of EFOST - Board of Trustees) were all with us. I want to thank them for their extensive support. Prof. Dr. T Gogus, Prof. Dr. U Kuzgun (Chairman of TOTBID), Op. Dr. O Girgin, Prof. Dr. E Gur, Prof. Dr. V Lok and Prof. Dr. O Taser from Turkey always supported the congress.

We tried to host all our guest in well-known "Turkish Hospitality". I wish we have succeeded. Now we would like to invite you to 6th EFOST Congress and are looking forward to meet in Brussels in 2010. We will be always with F Kelberine, F Almqvist ve P Landreau and Programme Coordinators with our experiences.

Best regards

Prof. Dr. Mahmut Nedim Doral

EFOST MEETING FROM THE EYES OF SPORTS PHYSICIANS

Dear colleagues,

Turkey was hosted the 5th Meeting of the EFOST this year. More than 400 participants found this meeting perfect especially for the scientific content. When we were coming to the congress hall we were concerned about the programme, because this was an traumatology congress and we are not orthopaedic surgeons. But after we checked the abstract announcement book we noted that this will be an interesting conference even for us, not just for orthopaedic surgeons. The names of the popular scientist were drawn attention at the first sight, like S Woo, N Maffulli, R Cugat, J Ekstrand that we have heard their names from their books.

The Congress was started with the history of arthroscopy of knee joint by H Paessler and then the future of sports traumatology was discussed. The young Italian doctor's speech on behalf of G Cerulli was impressive. He showed us medicine is not just science, also consists of a little bit art. As Galilei says "science separates what we know from what we do not". But medicine needs to have some art to be effective.

As we mentioned before the programme was good enough for conservative sports medicine. After starting with conservative approach of tennis leg, in the afternoon of first day one of new therapeutic modality shock wave therapy was discussed by M Rozenblat. He represented application techniques and his large clinical experiences in tendon and muscle injuries in sports. After that M Mosconi described the basic science of platelet rich growth factors (PRGF) and their usage in knee cartilage defects. Growth factors were one of the popular topic in this meeting. Especially R Cugat's experiences and lectures were drawn attention by the participants.

Second day was started with a surprise lecture about doping in sports and gene doping. This is a question mark in recent literature and one of the intriguing topic for future of sports medicine. Related to this we want to thank to P Biosca for his speech about growth factors and doping. He well explained why growth factors are not doping agents in sports. We all agree his opinions about this topic in our clinic and admit this therapeutic modality to our patients safely.

The speech of S Woo was one of the anticipated lecture impatiently by us. He is a model of scientist all we try to follow his tracks and he told about how a research center have to be in 2020. At the opening ceremony presentation of KM Chan about Earthquake in South Asia affected everyone at the hall and we sensed many of the audiences blinked back their tears. After these emotional moments we had an opportunity to play tennis because it was the time of live surgery.

In the afternoon there were an interesting symposium at the hall 4 for us which was organized by Polish Sports Trauma Society under the management of G Adamczyk. It was a well-worked scheme by Polish team and groin problems in sports were discussed substantially. Like Polish faculty the symposium of Israel team about stress fractures under the leadership of G Mann was another well done session. Both of these sessions were witnessed of scientific brainstorming and interactive discussions were remarkable.

Otherwise, lectures for prevention of sports injuries and rehabilitation protocols drew our attention too. We tried to follow up all of them but sometimes it was difficult to choose a hall through enticing lectures at the same time in different halls, so we shared... At the Eastern Europe symposium about prevention of sports injuries, the speech of Z Bahtijarevic, team physician of Croatian National Soccer Team, was also aroused interest with no muscle injury with their prevention protocols. Furthermore audiences guffawed his joke about Slaven Bilic at the game against Turkish team. J Ekstrand's contributions in this symposium was also remarkable. The effects of artificial turfs on football injuries was interpreted by the authority from UEFA and I understood that viewpoint of Health Committee of UEFA is not unfavorable for artificial turfs.

Third day it was a golden opportunity to listen achilles tendon pathologies from N Maffulli. The symposium of extreme sports were extreme as the name implies. The organization for Gala Dinner was perfect and after the announcement of the winners of best paper and poster awards, MN Doral, the Congress President contributed to have us a red letter night by playing drum and guitar. His show was fantastic with drum accompanied by Group OPUS and Hacettepe Dance Sestet.

Finally we would like to thank to organizing committee for this unforgettable meeting across-the-board. We hope to be in Brussels in 2010 for 6th EFOSM Meeting.

With all our respects,

Dr. Gürhan Dönmez & Dr. Uğur Diliçıkık
Hacettepe University Dept. of Sports Medicine

"PHOTOS FROM EFOST MEETING"







THE NICOLA'S FOUNDATION AWARDS

Neochondrogenesis and Role of Stem Cells: An Experimental Study in Goat Model

Khay-Yong Saw¹, Paisal Hussin², Cheng-Hui Chen³

¹ Kuala Lumpur Sports Medicine Centre, Malaysia

² Orthopaedic Department, University Putra, Malaysia

³ Faculty of Veterinary Medicine, University Putra, Malaysia

Background: Subchondral drilling for articular cartilage injury usually results in fibrocartilage repair, which is inferior from a biomechanical standpoint compared to the original hyaline cartilage. We postulate that intra-articular injections with autologous marrow-derived stem cells (MSC) and hyaluronic acid (HA) can improve the quality of repair cartilage.

Methods: We tested this hypothesis in a goat model in which we induced an artificial articular cartilage defect in the stifle joint and conducted subchondral drilling. The animals were divided into three groups: control (Group A), HA (Group B), HA and MSCs (Group C). 15 animals were equally divided between the groups and sacrificed at 24 weeks after surgery where the joint was harvested and examined macroscopically and histologically.

Results: Of the 15 animals, 2 had died in Group A and 1 was excluded from Group C due to joint infection. Articular cartilage from Group C animals demonstrated superior repair tissue with almost complete coverage of the defect, and chondrogenesis with evidence of hyaline cartilage formation. Histology as assessed by Gill scoring was significantly better in Group C with one-way ANOVA giving an F-statistic of 10.611 with a p-value of 0.004 which was highly significant.

Conclusion: Intra-articular injections of MSCs and HA in subchondral drilling resulted in superior cartilage repair tissue as assessed histologically by Gill scoring in the goat model which we studied.

Development of Femoral Trochlear Groove in Growing Rabbit After Patellar Instability

Gazi Huri¹, Özgür Ahmet Atay¹

¹ Hacettepe University, Orthopaedics and Traumatology Department,
Turkey

Background: The geometry of an articular surface is an important determinant of joint function. Although the geometry of the trochlear groove is considered to be important in the pathogenesis of patellofemoral joint pathology, the effects of the patella during the development of the femoral trochlear groove is unclear. This animal study aimed to investigate the relationship between the position of patella and development of femoral trochlear groove in growing rabbits.

Materials and Methods: 24 knees of 12 rabbits were included in this study and were divided into two groups. First group consisted of the left knees and was used as a control group to which no surgical procedures were applied. Second group involved right knees to which medial soft tissue restraints release were applied before one month of age. Computed Tomographic (CT) evaluation of both knees of each rabbit was obtained in their first month of age before medial retinacular release and after post-op one year follow-up. CT measurements included both the angle and depth of the femoral trochlear groove from 3 different parts of the distal femur.

Results: For each angle and depth of the distal femoral trochlear groove, there were statistically significant increase ($p < 0.05$) in the groove angle and decrease in the depth of the distal femoral groove in group 2 with patellar instability.

Conclusion: Distal femoral groove with inadequate patellar position becomes more flattened and mark predisposition for patellar instability.

Study Design: Prospective Study

“Tie-Grip Suture”; A Novel Arthroscopic Meniscal Repair Technique for Radial Tears

Ken Nakata¹, Konsei Shino², Takashi Kanamoto¹, Yuzo Yamada¹, Norimasa Nakamura¹, Yasuhiro Tagawa¹, Yoshiari Tanaka¹, Hideki Yoshikawa¹

¹ Dept. of Orthopaedics, Osaka University Graduate School of Medicine

² Faculty of Comprehensive Rehabilitation, Osaka Prefecture University

Purpose: The radial tear of the meniscus, which interrupts its circumferential fibers, requires restoration of the hoop structure of the meniscus for repair. The purpose of this study was to elucidate the outcome of our novel arthroscopic repair technique for the radial meniscal tear.

Type of Study: Prospective follow-up study.

Methods: Thirty-eight patients (mean age, 28.8 years) with radial meniscal tear (25 lateral, 13 medial menisci) were treated. Twenty-nine patients (76%) had concomitant ACL tear, which were reconstructed simultaneously. Inside-out vertical sutures were first placed near the both edges of the radial tear as a ‘grip’, followed by three or four horizontal mattress sutures over the tear site to tie these grips to complete “Tie-Grip Suture”. Postoperatively, the knee was immobilized for 1 to 2 weeks and partial weight bearing was allowed after 4 weeks, followed by full weight bearing at 6 weeks. Subjective symptoms, the follow-up MR, weight-bearing X-ray, arthroscopy (in 27 patients) were analyzed.

Results: The patients’ rating was normal/very good in 83%, and good/fair in 17%. At the mean of 3.5 years (range, 2 to 6.3 years) follow-up, 29 knees (87%) were free from meniscal symptoms including catching, locking, pain or swelling. The follow-up arthroscopy on 31 menisci of the 27 of the 38 patients (71%) at a mean postoperative period of 9 months (range, 2 to 29 months) revealed that 20 (65%) repairs were classified as complete healing, 9 (29%) as partial healing, and 2 (6%) as failure. Two repairs failed to heal required partial meniscectomy. There was no further deterioration of cartilage damage at the follow-up arthroscopy. The flexion weight-bearing posterior-anterior radiographs on 38 patients showed no osteophyte formation or sclerotic changes of subchondral bone, whereas there were 7 patients (18%) whose joint space became narrow by more

image.

Conclusions: Our novel arthroscopic meniscal repair technique for the patients with radial tear resulted in a favorable post-operative course at the mean of 3.5 years follow-up.

Level of Evidence: Level IV, therapeutic, case series, no control group.

EFOST BEST ORAL PRESENTATION AWARDS

Platelet-Rich Plasma in Muscle Healing

Antonio Gigante¹, Michele Del Torto¹, Busilacchi Alberto¹, Manzotti Sandra², Graciotti Laura², Greco Francesco¹

¹ Orthopaedics Clinic – Polytechnic University of Marche, Ancona, Italy

² Experimental Pathology – Dept. of Molecular Pathology and Innovative Therapies, Polytechnic University of Marche, Ancona, Italy

Background: Platelet-rich plasma (PRP) is a platelet concentration obtained from a few millimetres of blood. It releases several growth factors and can enhance tissue repair. The aim of the study was to evaluate the efficacy and the safety of PRP in the treatment of experimental induced muscle lesions.

Materials and Methods: 22 adult Wistar rats were used. Blood collected from 2 rats was mixed with citrate-phosphate-dextrose and centrifugated to a gel consistency. Growth factor release was stimulated by the addition of CaCl and thrombin. Identical bilateral incisions were performed on the longissimus dorsi muscle of 20 Wistar rats. Each site was marked by placing a hollow PVC vessel containing PRP on the bottom of the defect. An empty marker was placed on the bottom of the contralateral lesion, as control. Animals were killed 40 or 60 days from surgery. Muscle samples were stained with haematoxylin-eosin. Histomorphometric parameters investigated were: number of regenerating fibres, amount of neoangiogenesis and fibrous tissue, presence of inflammatory cells, metaplasia, calcification and ossification (Leika, Quantimet SD).

Results: Treated muscles exhibited greater neoangiogenesis and a larger number of myocytes in regenerating phase compared with controls. Both groups showed a similar amount of fibrous tissue and some inflammatory cells. Metaplasia, ossification or heterotopic calcifications were seen in none of the samples.

Conclusions: To our knowledge this is the first investigation of PRP in muscle healing. Data showed that PRP is effective in improve muscle healing without adverse local effects. Additional experiments are in progress in view of a clinical trial.

The Effects of Hot And Cold Application on Human Knee Proprioception

Devrim Akseki¹, Muhammet Özer², Halit Pınar³, Murat Bozkurt⁴, Haydar Kaynak⁵

¹ Celal Bayar University, Dept. of Orthopaedics and Traumatology,

² Celal Bayar University, Coaching Education Department,

³ Dokuz Eylül University, Dept. of Orthopaedics and Traumatology,

⁴ Dışkapı Training and Research Hospital, 3rd Orthopaedics and Traumatology Department,

⁵ Celal Bayar University, Sports Management Department

Purpose: Importance of proprioception in the treatment and prevention of sports injuries has become increasingly clear. Internal and external factors such as exercise, fatigue and bandage or splint application have been shown to affect proprioceptive quality. Although they are commonly used on sportive rehabilitation, little is known about the effect of hot and cold application on proprioceptive capability. Purpose of this study was to investigate the effects of cold and heat application on knee proprioception in normal volunteers.

Patients and Methods: 13 women, 14 men, total 27 volunteers with normal knees whose right knees were dominant and with ages averaged between 19 and 28 (av. 22.2 ± 2.5) were included in the study. Proprioceptive level was measured before application of hot and cold on both knees with the technique of joint position sense by using a digital goniometer. Then, 10 minutes of heat and ice application were done with one week interval and same measurements were repeated again. Statistical analyses were done by using Mann-Whitney U, Wilcoxon Signed Ranks, T-test and Pearson Correlation tests.

Results: Proprioceptive capability significantly improved after hot application especially in further flexion angles of the knee. Deterioration of the knee proprioception was observed following cold application, in all target angles. Effects of hot and cold application on proprioceptive capability were observed to be more evident in men and non dominant sides.

Conclusion: Results of this study showed that hot application decreases the proprioceptive capability of the knee. These findings should be considered for prevention and treatment of sports injuries

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Hauser

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EFOST CONGRESS 25-27 Nov 2010
Brussels Program Chairmen: F. Almqvist-
P. Landreau

Please contact

Dr. José Huylebroek;

jose@sportsmedchirec.be

Honorary President: Bill Clancy and
René Verdonk

The Congress will include different
sessions, such as:

- Radiologic
- Foot and ankle
- Legal medicine
- History of orthopaedics in
Belgium
- PRP and regenerative medicine
- Basic research in sports medicine
and traumatology
- Magellan society
- ESSKA symposium

Application criteria for the 2009 DJO Team Physician Travelling Fellowship

Trip of 2 weeks in US in reference trauma centers linked with sport teams.
2 fellows in 4 centers (3 days / each) ending at the AOSSM specialty day during
the AAOS.

Orthopaedic surgeons must be under 40 years, to be selected through their
involvement in sport medicine field.

Selection will be based upon publications and experience as a team physician.
Report at efostr meeting and in the e-newsletter





25th International Jerusalem Symposium on Sports Medicine



In Memory of Prof. Haim Weinberg



Supported by ISAKOS
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The Israel Orthopaedic Foot and Ankle Society

The Israeli Society of Musculoskeletal Medicine

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Scientific Program

January 28-29, 2009 - Scientific Sessions

January 28, 2009 - Lower-Limb Workshop

January 29, 2009 - Arthrocare Workshop

January 30, 2009 - Course in Prolotherapy

Jerusalem, Israel

www.sportsmedicine.co.il

The Congress wishes to thank *the American Joint Distribution Committee (JDC) and the Arthur Holstein Memorial Fund, the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine (ISAKOS), Arthrex, Bauerfeind, S.I.R.A.M., Trimaco and The International Academic Friends of Israel (IAFI)*

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Scientific Program

Day I - Wednesday, January 28, 2009

08:00-09:00 Registration

09:00-11:00 SESSION I

Plenary: Keynote Lectures I

Chair: A. Finsterbush

09:00-09:30 Powers C: Pathomechanics of the Lower Extremity: A top down perspective.

09:30-10:00 The Arthur Holstein Memorial Lecture:
Johnson RJ: Single vs. Double Bundle
ACL Reconstruction: A critical review.

10:00-10:30 Opening Ceremony

- Dr. Gideon Mann, Congress Chairman
- * Meir University Medical Center
- Dr. Doron Netzer - Deputy CEO
- * Israel Olympic Committee
- Arie Rosenzweig - Honorary Secretary
- * The JDC - Dr. Dan Pins
- In memory of Dr. A. Holstein
- * The IAFI
- In memory of Prof. AV Hill and of
Prof. O. Meyerhoff
- * In memory of Prof. H. Weinberg
- Dr. Gideon Mann - Congress Chairman

10:30-11:00 Werner S: When can we Return the Athlete
Back to Sport Following ACL Reconstruction?

11:00-11:30 Coffee Break and Exhibition

11:30-13:30 SESSION II

Hall A: Epidemiology and Knee Injuries

Chairs: G. Agar, Y. Kaplan

11:30-11:55 Johnson RJ: How to do Sports Medicine
Research.

11:55-12:10 Kaplan Y: The Epidemiology of Injuries in
American Flag Football (AFF) in Israel
(AFI): First Season Injury Results.

12:10-12:35 Werner S: Risk Factors for Sports-related
Lower Extremity Injuries in Female
Soccer.

12:35-12:50 Foti C: Epidemiology of Injuries and
Illnesses in America's Cup 2004/2007
Yacht Racing Sailing Team.

12:50-13:05 Finkelstein M: Controversies in ACL
Reconstruction, What is the Magnitude
of the Problem?

13:05-13:30 **DISCUSSION**

Hall B: Rehabilitation and Physical Medicine

Chairs: M. Cale-Benzoor, S. Khamis

- 11:30-11:45 Foti C: Falls and Related Injuries Prevention in the Elderly; an Ancient Innovative Proposal Coming from China: Tai Chi Chuan (TCC).
- 11:45-12:05 Nyland J: Dynamic Trunk Stabilization: A Conceptual Back Injury Prevention Program for Volleyball Athletes.
- 12:05-12:20 Foti C: Tai Chi Chuan (TCC) vs. Aerobic Low Impact Exercise in the People with Parkinson Disease: Preliminary Study.
- 12:20-12:35 Nyland J: Can Sports Hemias be Treated Conservatively? What the Evidence Reveals.
- 12:35-12:45 Speiler N: Normal Percentage Body-Weight/Weight-Bearing (PBW/WB) Values in Common Activities of Daily Living: An Original Research Study.
- 12:45-12:55 Khamis S: The Reliability and Validity of Measuring Leg Length Discrepancy and its Clinical Interpretation.
- 12:55-13:05 Kaplan Y: The Use of Sports Rehabilitation Following Total Hip Arthroplasty (THA). The Accelerated Rehabilitation Protocol.
- 13:05-13:15 Barak Y: Percentage Body-Weight/Weight-Bearing (PBW/WB) Values in Increasing Speeds from Walking to Running.
- 13:15-13:30 **DISCUSSION**
- 13:30-14:30 **Lunch Break**
- 14:30-18:00 **SESSIONS III & IV - Hall A**
- Session III**
- Hall A - Subjects of Interest I**
- Chairs: D. Morgenstern, A. Finestone
- 14:30-14:40 Morgenstern D: A New Test for Evaluating Early Hip Impingement and Acetabular Labral Tears: The Distraction-Relocation Test.
- 14:40-14:55 Kelberine F: Hip Arthroscopy; Indications, Technique, and Complications.
- 14:55-15:15 Ravin TH: Introduction to Prolotherapy of the Knee.
- 15:15-15:30 Finestone A: NSAID'S and Stress Fractures in Military Recruits: A Possible Confounder.
- 15:30-15:40 Kelberine F: The Unstable Elbow; Causes and Approach to Treatment.
- 15:40-15:50 Dudai M: Sportsmen's Hernia; Etiology, Diagnosis and the Laparoscopic Treatment.
- 15:50-16:00 Hetsroni I: Various Modalities to Hasten Stress Fracture Healing.
- 16:00-16:30 **Coffee Break and Exhibition**

16:30-18:00 Session IV

Hall A - Subjects of Interest II

Chairs: J. Lowe, G. Mann

16:30-16:45 Mei-Dan O: Platelet Derived Growth Factors (PDGF) in the Treatment of Soft Tissue and Cartilage Injuries in Professional Athletes.

16:45-17:00 Johnson D: Use of Growth Factors in Sports Medicine.

17:00-17:15 Mann G, Mei-Dan O, Hetsroni I: Deep Vein Thrombosis and Thromboembolism in Arthroscopic Surgery.

17:15-17:30 Debi R: A Novel Biomechanical Device Improves Gait Patterns in Patients with Chronic Non-Specific Low Back Pain (NSLBP).

17:30-17:40 Dudai M: Unusual Case of Pectineus M Rupture in a Soccer Player.

17:40-18:00 Mann G, Mei-Dan O, Hetsroni I: Degenerative Joint Disease in Running.

14:30-18:30 **SESSIONS III & IV; Hall B - Workshop:**
My Approach to Examining and Treating Common Lower Limb Conditions - EBP

Prof. Suzanne Werner and
Prof. Christopher Powers

14:30-15:20 Werner S: Traumatic Knee Injuries:
- Overview and How I Approach the Subject.
- Examination Methods/Techniques for Establishing a Proper Diagnosis (includes practical).

15:20-15:30 **Discussion & Short Break**

15:30-16:20 Powers C: Overuse Knee Injuries:
- Overview and How I Approach the Subject.
- Examination Methods/Techniques for Establishing a Proper Diagnosis (includes practical).

16:20-16:30 **Discussion**

16:30-17:00 **Coffee Break and Exhibition**

17:00-17:50 **Traumatic Knee Injuries**
Werner S: Treatment/Rehabilitation Philosophy - Traumatic Injuries.
Powers C: Treatment/Rehabilitation Philosophy - Overuse Injuries.

17:50-18:00 **Discussion**

18:00-18:30 Werner S: Evaluation Clinical Outcome - Methods and Instrumentation.

18:30 Closing.

Day II - Thursday, January 29, 2009

07:30-08:10 Registration

08:10-10:30 SESSION V

Plenary: Keynote Lectures II

Chair: M. Nyska

08:10-08:30 Foti C: Tecartherapy: A New Approach in Sport and Rehabilitation

08:30-09:00 Johnson D: Meniscal Repair: Indications and Technique.

09:00-09:30 Johnson RJ: Evidence-Based Criteria for Return to Sports After ACL Surgery.

09:30-10:00 Nyland J: Current Rehabilitation Concepts Following Anterior Cruciate Ligament Reconstruction.

10:00-10:30 Brucker P: Arthroscopic Treatment of Primary Shoulder Instability in Athletes.

10:30-11:00 Coffee Break and Exhibition

11:00-12:30 SESSION VI

Hall A: Knee Surgery and Rehabilitation

Chairs: E. Adar, N. Rotem-Lehrer

11:00-11:10 Kaplan Y: Can We Successfully Return Injured Athletes to Activity Without Anterior Cruciate Ligament Reconstruction (ACLR)?

11:10-11:20 Debi R: A Novel Biomechanical Device Improves Gait Patterns and Clinical Measurements in Patients with Knee OA.

11:20-11:30 Steinfeld Y: A Biomechanical Dynamic Wedge System for the Management of Pain and Function in Patients with Knee Osteoarthritis: 2 Case Reports.

11:30-11:40 Elsner J: A Novel Polycarbonate-Urethane Meniscal Implant: Histopathological Results on Articular Cartilage in Sheep.

11:40-11:50 Linder-Ganz E: A Novel Synthetic Meniscal Implant: From Bench to Practice.

11:50-12:00 Atoun E: High Tibial Osteotomy: A Single or Triple Plane Osteotomy?

12:00-12:10 Spieler N: Rehabilitation Following Simultaneous Bilateral Anterior Cruciate Reconstruction (SBACLR): A Case Study.

12:10-12:30 Werner S: Rehabilitation Following ACL Reconstruction - Should We Differ Between Males and Females and/or Graft Choice?

Hall B: Foot and Ankle

Chairs: S. Masarawa, E. Freund

- 11:00-11:20 Kots E: Imaging in Foot and Ankle Tendinopathy.
11:20-11:40 Kelberine F: OCD of the Ankle.
11:40-11:50 Kaplan Y: Acute Achilles Tendon Rupture. Surgery vs. the Early Functional Approach. Evidence-Based Practice.
11:50-12:00 Mei-Dan O: A Dynamic US Examination for the Diagnosis of Ankle Syndesmosis Injury in Professional Athletes.
12:00-12:10 Kaplan Y: Autologous Osteochondral Mosaicplasty (AOM) in the Ankle Joint. A Case Study.
12:10-12:20 Brin YS: Treating Lisfranc Injury with the Tightrope Device - A New Indication for the New Device.
12:20-12:30 Heller E: The Use of Pressure Distribution Mat to Diagnose Subtle Ankle Instability.
12:30-12:40 Karpf R: The Outcome of Surgical Treatment of Insertional Achilles Tendinities.

12:40-13:30 Lunch Break

13:30-15:30 SESSION VII

Hall A: The Patello-Femoral Joint I

Chairs: J. J. Vatine, Z. Back

- 13:30-13:50 Werner S: Anterior Knee Pain - What are the Predisposing Factors?.
13:50-14:10 Powers C: Femoral Rotation and Patellofemoral Joint Alignment: A Comparison of Females with and without Patellofemoral Pain using Weight-bearing MRI.
14:10-14:30 Hetsroni I & Mann G: Acute First Time Lateral Dislocation of the Patella - Management (EBM).
14:30-14:45 Atoun E: Reconstruction of MPFL: Indications, Surgical Technique, Complications?
14:45-15:00 Nyland J: Conservative Treatment Following Medial Patellofemoral Ligament Reconstruction.
15:00-15:15 Herman G: Global vs. Local Strengthening in PFPS, What is Recommended?
15:15-15:30 **DISCUSSION**

Hall B: Arthrocare - Taking Your Art to a New Level of Perfection - Workshop:

Mark Haber

- 13:30-15:30 - Portal Placement in Shoulder Arthroscopy - Overview.
- The Rotator Cuff : Perfect Print - Knotless Double Row Repair with AutoCuff™.
 - Labral Repairs - Using the LabraFix™ and Labralock P™ Systems.
 - TOPAZ™ - A New Technique for Treatment of Tendinosis using the Coblation Technology.

15:30-16:00 Coffee Break and Exhibition

16:00-18:00 SESSION VIII

Hall A: The Patello-Femoral Joint II

Chairs: N. Al-Krinawi, S. Vulfson

- 16:00-16:20 Powers C: A Finite Analysis Approach to Estimate In-Vivo Patellofemoral Joint Cartilage Stress.
- 16:20-16:35 Brucker P: Mega-OATS: An Autologous Salvage Procedure for Large Osteochondral Defects of the Knee.
- 16:35-16:45 Powers C: The Dynamic Quadriceps Angle: A Comparison of Persons with and without Patellofemoral Pain.
- 16:45-16:55 Shterling A: Frictional Behavior of Polystyrene-Coated Polycarbonate-Urethane Against Cartilage.
- 16:55-18:00 **Anterior Knee Pain Syndrome, Panel Discussion:**
Agar G, Dana I, Hetsroni I, Frankl U, Powers C, Rotem-Lehrer N, Back Z.

18:00 Closing.

Hall B: The Shoulder

Chairs: V. Barchilon, O. Safran

- 16:00-16:20 Haber M & Dolev E: Dynamic Assessment of Footprint Properties of Rotator Cuff Repairs During Passive Arm Movement: Perilously Low Levels Occur with Single Versus Double-Row Repairs.
- 16:20-16:40 Haber M & Dolev E: Dynamic Assessment of Footprint Properties of Rotator Cuff Repairs Over Time: Stress-Relaxation as a Cause of Excessive Gap Formation.
- 16:40-17:00 Haber M & Dolev E: Recalcitrant Tendinitis of the Rotator Cuff Treated with Coblation - Radio Frequency: A Case Report and Review of the Literature.

17:00-17:20 Haber M & Dolev E: Push-In Locking versus Press-Fit Anchors for Fixation of Rotator Cuff Repairs: A Cadaveric Study.
17:20-17:40 Brucker P: Arthroscopic Revisions of Failed Shoulder Instability Surgery.
17:40-18:00 **DISCUSSION**
18:00 **Closing.**

Prolotherapy Post-Congress Course
Friday, January 30, 2009 - 7:30-14:30

07:30-12:00 **Morning Lectures**

07:30-08:00 Registration

08:00-12:00 **Jon Trister, MD: Introduction: Why Prolotherapy?**

What is Biotensegrity and its Relationship to Biomechanics. The History of Prolotherapy, Posture and Postural Regulation, and Wound Healing.

Bjorn Eek, MD: Soft Tissue Injury and Treatment of the Shoulder.

Joel Berenbeim, DO CSPOMM: Lumbar Spine and Sacral-Iliac Ligament Injuries.

Tom Ravin, MD: Knee Derangement Secondary to Ligamentous Laxity.

Lenord Horwitz, DPM: Ligament Repair for the Foot and Ankle.

12:00-12:30 **Coffee Break**

12:30-14:30 **Hands-on Clinic for Prolotherapy Treatment**

Bjorn Eek, MD: Shoulder.

Joel Berenbeim, DO, CSPOMM: Lumbar Spine and SI Joint.

Tom Ravin, MD: Knee.

Lenord Horwitz, DPM: Foot and Ankle.

Jon Trister, MD: Hip.

14:30 **Closing.**

**הכנס הבינלאומי ה-25 בירושלים לרפואת ספורט
מלון מעלה החמישה, 28-30 בינואר 2009**

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ת"ד 34400
ירושלים 91342

לתשומת לבכם, ההרשמה בתעריף מוזל היא עד ליום 20.1.2009

טלפונים לברורים:
052-2514608 , 052-3812112 , 02-6510122

**הכנס הבינלאומי ה-25 בירושלים לרפואת ספורט
מלון מעלה החמישה, 28-30 בינואר 2009
(המחירים בשקלים - נא לסמן בעיגול את הבחירה)**

מחבנות הרשמה והשתתפות	רפאים	מידורפיסטים שלא חברי העמותה	מידורפיסטים חברי העמותה, מתמחים ואחיות
סדמא: ינישתי לאבחון ולטיפול במחלות וכחבלות שכיחות בקי תחתון EBP הרשמה עד 24.1.09	350	320	250
סדמא: הרשמה אחרי 24.1.09	400	370	300
הרשמה ליום כנס אחד + סדמא הרשמה עד 24.1.09	550	520	450
הרשמה ליום כנס אחד + סדמא הרשמה אחרי 24.1.09	600	570	500
הרשמה ליומיים + סדמא הרשמה עד 24.1.09	780	750	680
הרשמה ליומיים + סדמא הרשמה אחרי 24.1.09	830	800	730
הרשמה ליום כנס אחד הרשמה עד 24.1.09	350	330	300
הרשמה ליום כנס אחד הרשמה אחרי 24.1.09	400	380	350
הרשמה ליומיים כנס הרשמה עד 24.1.09	580	550	480
הרשמה ליומיים כנס הרשמה אחרי 24.1.09	630	600	530
הרשמה לקורס כפחולתרפיה שייערך ביום 30.1.09	200	200	200

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