



Welcome to Norway!

Dear Fellow,

The EFORT Travelling Fellowship Courses are organised by the National Orthopaedic Societies, member of the European Federation of National Associations of Orthopaedics and Traumatology.

The EFORT Travelling Fellowship of 2009 will be held in Norway. It is open to surgeons from European countries selected by their National Association, in order to favour exchanges between the Travelling Fellows and the Orthopaedics of the inviting nation.

The Scientific Programme of the Fellowship Course will be organised in three cities in Norway:

- Bergen (Monday/11 May – Tuesday/12 May)
- Trondheim (Wednesday/13 May – Thursday/14 May)
- Oslo (Friday/15 May – Saturday/16 May)

We wish you a pleasant and interesting Course in Norway!

On behalf of the Organising Society NOF,

Electronic Signature
Hebe Désirée Kvernmo, MD., PhD.
President of the Norwegian Orthopaedic Association

Useful information

Arrival to Bergen Airport, on Sunday 10 May 2009

You may take any international or domestic flight to Bergen and Flesland airport, which is located 5 km outside the city. From Flesland airport, there is bus transportation to the Bergen city which costs approximately NOK 100. You should get off at the final bus station. Then take a taxi from the bus station to Grand Terminus Hotel. You can also take a taxi from the airport directly to the Hotel, which costs approximately NOK 350. No organised transportation will be available since the arrival times of each participant will be different. We suggest you use the cheapest form of transportation.

Accommodation and meals

Accommodation will be arranged in single rooms. The hotels in each city will offer breakfast in the morning. Lunches and coffees will be organised at each hospital during the day time.

Departure from Oslo, Gardemoen Airport on Sunday 17 May 2009

The Norwegian Orthopaedic Association and the Organising Committee are offering your accommodation and stay in country from Sunday May 10th up to your departure from Oslo on Sunday May 17th.

Contact for practical arrangements

Norwegian Orthopaedic Association
Kristin Solstad

Tel. No.: +47 92654255

Fax No.: +47 66904024

E-mail: kristin@ksci.no

Organisers

Organised on behalf of NOF by:

- President Hebe Désirée Kvernmo, MD, PhD, Head of Neuro- and Orthopaedic Clinic, Northern Norway University Hospital
- Vice-president Ketil Holen, MD, PhD
- Board Member and Editor Nof bulletin Knut Fjeldsgaard, MD
- Board Member and Director Nof website Per Reidar Høiness, MD, PhD
- Professor Ove Furnes, MD, PhD, Head of Department of Orthopaedic Surgery, Haukeland University Hospital
- Professor Arild Aamodt, MD, PhD, Head of Department of Orthopaedic Surgery, St. Olavs Hospital

- Trine Sand Kaastad, MD, PhD, Head of Division for ENT, Plastic and Orthopaedic Surgery and Department of Orthopaedic Surgery, Rikshospitalet University Hospital
- Professor Lars Engebretsen, MD, PhD, Head of Research, Orthopaedic Centre, Ullevaal University Hospital
- Professor Lars Nordsletten, MD, PhD, Head of Orthopaedic Centre, Ullevaal University Hospital

Dates, cities and venues in Norway

Sunday, 10 May to Saturday 17 May 2009	
Bergen Monday/May 11 th – Tuesday/May 12 th	Haukeland University Hospital Address: Department of Orthopaedic Surgery, Jonas Liesvei 65, N-5021 Bergen
Trondheim Wednesday/ May 13 th – Thursday/ May 14 th	St. Olavs Hospital Address: Department of Orthopaedic Surgery, Olav Kyrresgt. 17, N-7006 Trondheim
Oslo Friday/May 15 th	Rikshospitalet University Hospital Address: Department of Orthopaedic Surgery, Sognsvannveien 20, Gaustad, N-0027 Oslo
Oslo Saturday/May 16 th	Ullevål University Hospital Address: Orthopaedic Centre, Kirkeveien 166, N-0407 Oslo

Contact persons and addresses

Hospital	Address	Contact Person
Haukeland University Hospital	Address: Department of Orthopaedic Surgery Jonas Liesvei 65, N-5021 Bergen	Professor Ove Furnes Board member Knut Fjeldsgaard Tel No.: +47 55 97 56 80

St. Olavs Hospital	Address: Department of Orthopaedic Surgery, Olav Kyrresgt. 17, N- 7006 Trondheim	Professor Arild Aamodt Vice president Ketil Holen Tel No.: +47 73 86 74 78
Rikshospitalet University Hospital	Address: Department of Orthopaedic Surgery, N-0027 Oslo	Board member Per Reidar Høiness Head o clinic Trine Sand Kaastad Tel No.: +47 23 07 00 00
Ullevål University Hospital	Address: Orthopaedic Centre, Kirkeveien 166, N-0407 Oslo	Professor Lars Nordsetten Professor Lars Engebretsen Tel No.: +47 22 11 80 80

Accommodation in single rooms

Dates	Hotel name	Hotel address
Sunday-Tuesday 10th - 12th	Grand Terminus Hotel	Zander Kaaes st 6, 5015 Bergen Tel No.: +47 55212527 Fax No.: +55212501 Email: booking@ght.no Homepage: www.grand-hotel-terminus.no
Tuesday-Thursday 12th - 14th	Thon Hotel	Kongensgate 15, 7013 Trondheim Tel No.: +47 73884788 Fax No.: +47 73516058 Email: trondheim@thonhotels.no Homepage: www.thonhotels.no/trondheim
Thursday-Sunday 14th - 17th	Norlandia Gaustad Hotel	Sognsvannveien 20, 0027 Oslo Tel No.: +47 23077000 Fax No.: +47 23077119 Email: service@gaustad.norlandia.no Homepage: www.norlandia.no/gaustad

PLEASE NOTE!

All hotel bookings will be made on behalf of the course participants based on the schedule above. If you for some reason arrive or depart earlier or later than listed above, please inform the hosting Society about your schedule by e-mail to kristin@ksci.no so that the hotel bookings can be arranged accordingly.

Thank you!

Programme outline

<p>Sunday, May 10th</p>	<ul style="list-style-type: none"> • Individual arrivals to Bergen, Flesland Airport • Individual transfer to Grand Terminus Hotel • Meet at the lobby at 8 p.m. Dinner at restaurant close to the hotel. • Walk to Grand Terminus Hotel 		
<p>Monday, May 11th Haukeland University Hospital</p>	09.00-09.30	Welcome speech	President Hebe D. Kvernmo Prof. and Head of Department Ove Furnes Dr. Knut Fjeldsgaard Dr. Torgeir Vestad
	<p>▪ The Norwegian Arthroplasty Register</p>		
	09.30-12.00	Results of Hip and Knee Arthroplasty in Norway	Prof. Leif Ivar Havelin Prof. Ove Furnes Dr. Stein Håkon Lygre Dr. Geir Hallan Prof. Lasse Engesæter
	12.00-13.00	Lunch at Personalkantinen	Compliments of Haukeland University Hospital
	13.00-14.00	Results of shoulder, ankle, elbow and hand arthroplasty in Norway	Dr. Bjørg Tilde Fevang Prof. Leiv Hove Prof. Ove Furnes
	14.00-14.30	Coffee	
	<p>▪ The Norwegian Hip Fracture Register</p>		
	14.30-16.30	Results of Hip Fractures in Norway	Prof. Lasse Engesæter Dr. Jan Erik Gjertsen Dr. Jonas Fevang Dr. Kjell Matre Dr. Tarjei Vinje
	16.30-17.00	Discussion	
	<p style="text-align: center;">End of the Training at 17.00</p>		

	<ul style="list-style-type: none"> • Sightseeing at Bryggen and Fløien 17.00-19.00 • Dinner at Fløien restaurant at 19.00 (Compliments of Haukeland University Hospital) • Transfer to Grand Terminus Hotel 		
<p>Tuesday, 12th Haukeland University Hospital</p>	07.40	<ul style="list-style-type: none"> ▪ Presentation of the Department of Orthopaedic Surgery, Haukeland University Hospital 	Professor and Head of Department, Ove Furnes
	07.45-09.30	Morning meeting, X-ray meeting, walk through the wards, operating theatre, outpatient clinic and day surgery department	Dr. Knut Fjeldsgaard Professor and Head of Department, Ove Furnes
	09.30-10.00	Coffee break	
	<ul style="list-style-type: none"> ▪ Radius fractures ▪ Sarcoma treatment 		
	10.00-11.00	Sarcoma treatment in Scandinavia	Professor Clement Trovik
	11.00-12.00	Treatment of distal radius fractures	Dr. Yngvar Krukhaug
	12.00-13.00	Lunch at Personalkantinen	Compliments of Haukeland University Hospital
	<ul style="list-style-type: none"> ▪ Biomechanical studies 		
	13.00-13.30	Biomechanical studies of distal radius plates	Dr. Yngvar Krukhaug
	13.30-14.00	Biomechanical studies of bone cements	Dr. Markus Nottrott
	14.00-16.00	Visit to Biomechanical lab	Dr. Knut Fjeldsgaard Professor and Head of Department, Ove Furnes
	<p>End of the Training in Bergen at 16.00</p>		
	<ul style="list-style-type: none"> • Transfer to Flesland Airport at 16.00 • Departure for Trondheim at 17.25 • Arrivals at Værnes Airport, Trondheim 18.25 • Transfer to Thon Hotel. • Meet at Reception at 7 p.m. Dinner at restaurant close to 		

	<p>the hotel.</p> <ul style="list-style-type: none"> • Walk to Thon hotel
--	--

<p>Wednesday, May 14th St. Olavs Hospital</p>	09.00-09.10	Welcome speech	Professor Arild Aamodt Dr. Ketil Holen	
	09.10-09.35	Presentation of Trondheim University Hospital	Hospital director Gunnar Bovim	
	09.35-10.00	Presentation of Orthopedic Department in the new St. Olav Hospital (short sightseeing?)	Head of Clinic, Vigleik Jessen,	
	10.00-12.00	Sightseeing at the hospital	Head of Clinic, Vigleik Jessen Professor Arild Aamodt Dr. Ketil Holen	
	12.00-13.00	Lunch at Personalkantinen	Compliments of St.Olav University Hospital	
	<ul style="list-style-type: none"> ▪ The Custom Made Prosthesis 			
	13.00-13.00	The Ide behind the Custom Made Prosthesis	Professor emeritus Pål Benum	
	13.30-14.00	Results of the Custom Made Prosthesis	Professor Arild Aamodt	
	14.00-15.00	The Custom Made prosthesis – operative procedures	Professor Arild Aamodt	
	15.00-15.30	Coffee break		
	15.30-17.00	Live surgery	Professor Pål Benum Professor Arild Aamodt	
	End of the Training			
	<ul style="list-style-type: none"> • Sightseeing in Trondheim 16-18 • Dinner at the home of Vice-President Ketil Holen at 20.00. Meet at the lobby at 19.30 for transfer • Transfer to Thon hotel 			

<p>Thursday, May 13th St.Olav Hospital</p>	07.40-09.00	<ul style="list-style-type: none"> ▪ Presentation of the Department of Orthopaedic Surgery, St.Olav University Hospital 	Professor Arild Aamodt Dr. Ketil Holen
	09.00-09.30	Coffee Break	
	<ul style="list-style-type: none"> ▪ Prosthesis Infections 		
	09.00-10.30	Infections after THR/TKR, general aspects	Dr. Eivind Witsø
	10.30-11.30	Biofilm and prosthesis infections	Dr. Eivind Witsø
	11.30-12.00	NKSOI: A valuable spin off from the customized hip prosthesis project	Dr. Ole A. Foss
	12.00-13.00	Lunch	Compliments of St. Olav University Hospital
	<ul style="list-style-type: none"> ▪ Ultrasound 		
	14.30-15.00	Developing world class ultrasonography	Prof. Bjørn Angelsen
	15.00-15.30	The use of ultrasound in Orthopedics	Dr. Agnar Tegnander and Ketil Holen
	<p style="text-align: center;">End of the Training in Trondheim at 15.30</p> <ul style="list-style-type: none"> • Transfer to Værnes Airport at 15.30 • Departure for Oslo Airport at 17.40 • Arrival in Oslo at 18.35 • Transfer to Norlandia Gaustad Hotel • Meet at the lobby at 20.00. Dinner at Aker Brygge. • Transfer to the Hotel 		

<p>Friday, 15th Rikshospitalet</p>	09.00-09.20	<ul style="list-style-type: none"> ▪ Welcome speech at Rikshospitalet 	Head of Clinic, Dr. Trine Sand Kaastad Dr. Per Reidar Høiness
	<ul style="list-style-type: none"> ▪ Spine surgery 		
	09.20-09.40	VEPTR and thoracic insufficiency syndrome	Dr. Rolf Riise

	09.40-10.00	All screw construct in AIS	Dr. Raphael Adobor
	10.00-10.20	Treatment of sagittal imbalance	Dr. Roger Sørensen
	10.20-10.50	Coffee break	
	▪ Pediatrics		
	10.50-12.10	Calve-Legg-Perthes disease	Dr. Ola Wiig
	12.10-12.30	Cerebral palsy and multilevel surgery	Prof. Terje Terjesen
	12.30-12.50	Ilizarov correctional surgery of lower extremity deformities	Dr. Joachim Horn
	12.50-13.10	Demonstrations at the Biomechanical lab and the Motion Analysis lab	Drs. Joachim Horn, Harald Steen and Terje Terjesen
	13.10-14.00	Lunch at Rikshospitalet	Compliments of Rikshospitalet
	▪ Hand surgery		
	14.00-14.40	Congenital malformations of the upper extremity	Dr. Mona Winge
	14.40-15.10	Tendon transfers in the upper extremities in spastic patients	Dr. Lars-Eldar Myrseth
	15.10-15.40	Coffee break	
	15.40-16.30	Fracture/dislocations of the forearm	Dr. Jan-Ragnar Haugstvedt
	16.30-17.00	Microsurgical grip reconstruction after traumatic amputation	Dr. Magne Røkkum
	End of the Training at Rikshospitalet at 17.00		
<ul style="list-style-type: none"> • Transfer to Norlandia Gaustad Hotel • Dinner at Home of Dr. Trine Sand Kaastad, Lille Stranden 2 (with compliments of Rikshospitalet University Hospital) at 19.30 • Transfer to Norlandia Gaustad Hotel 			

Saturday, May 16th Ullevål University Hospital	09.00–09.10	Welcome speech	Professor Lars Nordsletten Professor Lars Engebretsen
	<ul style="list-style-type: none"> • Sports medicine and arthroscopy research 		

09.10-09.30	Tendons and ligaments- the effect of NSAIDs on healing	Dr. Sigbjørn Dimmen
09.30 10.00	Knee ligaments: The posterolateral injuries- anatomy, biomechanics and clinical work.	Dr. Steinar Johansen
10.00-10.30	Coffee break	
10.30-11.00	New knowledge on the medial side of the knee- anatomy and biomechanics	Professor Lars Engebretsen
11.00-11.30	Knee dislocations	Dr. Steinar Johansen and Professor Lars Engebretsen
11.30-12.00	An approach to sports injury prevention:	Professor Lars Engebretsen
12.00-13.00	Lunch at Personalekantinen	Compliments of Ullevål University Hospital
<ul style="list-style-type: none"> • Basic and clinical cartilage research 		
13.00-13.30	Cartilage. Animal studies- stem cells	Dr. Sverre Løken
13.30-14.00	Cartilage. Clinical studies: Natural history and long term follow up	Dr. Sverre Løken Dr. Asbjørn Årøen
14.00-14.30	The Norwegian Knee ligament registry	Dr. Lars Petter Granan
14.30-15.00	Coffee break	
<ul style="list-style-type: none"> ▪ Current concept of clinical treatment: whats new in... 		
15.00 15.20	Hip arthroscopy	Dr. Tom Ludvigsen
15.20-15.40	Wrist arthroscopy	Dr. Torstein Husby
15.40-16.00	Elbow arthroscopy	Dr. Stein Tyrdal
16.00-16.20	Rotator cuff and arthroscopic repair	Dr. Kirsten Lundgren
16.20-16.40	Bankart repair	Dr. Frode Mauroy



	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #e0e0e0; width: 30%;"></td> <td style="width: 70%;"></td> </tr> <tr> <td style="background-color: #e0e0e0;"></td> <td style="background-color: #ccccff; text-align: center;">End of the Travelling Fellowship</td> </tr> <tr> <td style="background-color: #e0e0e0;"></td> <td style="background-color: #d9ead3;"> <ul style="list-style-type: none"> Transfer to the home of Professor Lars Engebretsen where food, wine and beer is served at 17.00 - with compliments of Ullevaal University Hospital. Address: Bergslia 22. Oslo by night by Dr. Steinar Johansen Transfer to Norlandia Gaustad Hotel </td> </tr> </table>				End of the Travelling Fellowship		<ul style="list-style-type: none"> Transfer to the home of Professor Lars Engebretsen where food, wine and beer is served at 17.00 - with compliments of Ullevaal University Hospital. Address: Bergslia 22. Oslo by night by Dr. Steinar Johansen Transfer to Norlandia Gaustad Hotel
	End of the Travelling Fellowship						
	<ul style="list-style-type: none"> Transfer to the home of Professor Lars Engebretsen where food, wine and beer is served at 17.00 - with compliments of Ullevaal University Hospital. Address: Bergslia 22. Oslo by night by Dr. Steinar Johansen Transfer to Norlandia Gaustad Hotel 						
<p>Sunday, May 17th</p>	<ul style="list-style-type: none"> Social event (optional): National day in Oslo, Tribune place in front of The Royal Castle Transportation to Oslo airport, Gardemoen at 13.00 						