

# EFORT Fall Travelling Fellowship

Switzerland  
17 – 24 October 2010

[www.efort.org](http://www.efort.org)



## ***Welcome to Switzerland!***

Dear Fellow,

The EFORT Travelling Fellowships are organised by the National Orthopaedic Societies, members of the European Federation of National Associations of Orthopaedics and Traumatology.

The EFORT Travelling Fellowship in fall 2010 will be held in Switzerland. It is open to surgeons from European countries selected by their national association, in order to favour exchanges between the travelling fellows and the orthopaedists of the inviting nation.

The scientific programme of this fellowship course will be organised in five cities in Switzerland:

- Zurich (18 October)
- St. Gallen (19 October)
- Davos (20 October)
- Bern (21 – 22 October)
- Geneva (23 October)

We wish you a pleasant and interesting course in Switzerland!

On behalf of the organising society,

Professor Pierre Hoffmeyer  
President of the Swiss Society of Orthopaedic Surgery and Traumatology

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## Useful information

### Arrival to Zurich on Sunday, 17 October 2010

You may take any international flight to Zurich airport (ZRH), which is located 11 km outside the city. From Zurich airport, there are trains every few minutes to Zurich city centre. The cheapest way to get to the Hotel Seefeld, is by train. Take train S2 from the airport to Zurich Stadelhofen Station (00:02 and 00:32 past every hour). The hotel is in walking distance (approx 800m) from the station, taxis are also waiting outside the station. You can also take a taxi from the airport directly to the hotel, which costs approximately CHF 75 (EUR 50). No organised transportation will be available since the arrival times of each participant will be different.

### 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 Geneva on Sunday, 24 October 2010

The Swiss Society of Orthopaedic Surgery and Traumatology are offering your accommodation and stay in Switzerland from Sunday, 17 October up to your departure from Geneva on Sunday 24 October.

The international Airport of Geneva (GVA) is easily reached by a short train ride (6 minutes from the city centre).

The return flight can also be booked from Zurich airport. A bus transfer will be organised from Geneva to Zurich (3 hours) with arrival at Zurich airport at 12:00.

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## Contact for practical arrangements

Frau  
Nadia Blickenstorfer  
Orthopädische Abteilung  
Inselspital Bern  
3010 Bern  
Schweiz

Tel. +41 31 632 37 03  
Fax +41 31 632 36 00

[Nadia.Blickenstorfer@insel.ch](mailto:Nadia.Blickenstorfer@insel.ch)

## Organisers

Organised on behalf of the Swiss Society of Orthopaedic Surgery and Traumatology by:

Dr. Lorenz Büchler, Inselspital Bern, 3010 Bern

## Dates, cities and venues in Switzerland

<b>Sunday, 17 October to Sunday, 24 October 2010</b>	
Zurich	Universitätsklinik Balgrist Forchstrasse 340, 8008 Zürich
St. Gallen	Klinik für orthopädische Chirurgie, Kantonsspital St. Gallen Rorschacher Strasse 95, 9007 St. Gallen
Davos	Spital Davos Promenade 4 7270 Davos Platz  AO Foundation Clavadelerstrasse 8, 7270 Davos
Bern	Orthopädische Klinik, Inselspital Bern Freiburgstrasse 18, 3010 Bern
Geneva	Orthopedie, Hôpitaux Universitaires de Genève 24 rue Micheli-du-Crest, 1211 Geneva

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## Contact persons and addresses

Hospital	Address	Contact Person
Universitätsklinik Balgrist, Zürich	Forchstrasse 340 8008 Zürich	<b>Prof. Gerber</b> Karin Wettstein karin.wettstein@balgrist.ch Tel. : +41 44 386 38 33
Kantonsspital, St. Gallen	Rorschacher Str. 95 9007 St. Gallen	<b>Prof. Kuster</b> Dr. Fabrice Kuelling fabrice.kuelling@kssg.ch Tel. : +41 71 494 13 89
Spital Davos	Promenade 4 7270 Davos Platz	<b>Dr. Ryf</b> Dr. Richard Glaab rglaab@sec.spitaldavos.ch Tel. : +41 81 414 81 18
AO Foundation, Davos	AO Foundation Clavadelerstrasse 8 7270 Davos	<b>Karin Franke</b> karin.franke@aofoundation.org Tel.: +41 81 414 28 19
Inselspital, Bern	Freiburgstrasse 18 3010 Bern	<b>Prof. Klaus Siebenrock</b> Dr. Johannes Bastian johannes.bastian@insel.ch Tel.: +41 31 632 21 11
Universitätsspital, Geneva	24 rue Micheli-du- Crest, 1211 Geneva	<b>Prof. Pierre Hoffmeyer</b> Dr. Domizio Suva domizio.suva@hcuge.ch Tel.: +41 22 372 33 11

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## Accommodation in single rooms

Dates	Hotel name	Hotel address
Sunday to Tuesday 17 – 19 October 2010	Hotel Seefeld	Seefeldstrasse 63 8008 Zurich  Tel. No: +41 44 387 41 41 Fax No: +41 44 387 41 51 E-mail: <a href="mailto:info@hotelseefeld.ch">info@hotelseefeld.ch</a> Homepage: <a href="http://www.hotelseefeld.ch">www.hotelseefeld.ch</a>
Tuesday to Wednesday 19 – 20 October 2010	Hotel Einstein	Berneggstrasse 2 9000 St. Gallen  Tel. No.: +41 71 227 55 55 Fax No.: +41 71 227 55 77 E-mail: <a href="mailto:hotel@einstein.ch">hotel@einstein.ch</a> Homepage: <a href="http://www.einstein.ch">www.einstein.ch</a>
Wednesday to Thursday 20 – 21 October 2010	Club Hotel Davos	Promenade 23 7270 Davos Platz  Tel. No.: +41 81 141 91 00 Fax No.: +41 81 414 91 49 E-mail: <a href="mailto:info@clubhotel.ch">info@clubhotel.ch</a> Homepage: <a href="http://www.clubhotel.ch">www.clubhotel.ch</a>
Thursday to Saturday 21 – 22 October 2010	Hotel National	Hirschengraben 24 3011 Bern  Tel. No.: +41 31 381 19 88 Fax No.: +41 31 381 68 78 E-mail: <a href="mailto:info@nationalbern.ch">info@nationalbern.ch</a> Homepage: <a href="http://www.nationalbern.ch">www.nationalbern.ch</a>
Saturday to Sunday 22 – 24 October 2010	Hotel Bristol	Rue du Mont Blanc 10 1204 Genève  Tel. No.: +41 22 716 57 00 Fax No.: +41 22 738 90 39 E-mail: <a href="mailto:bristol@bristol.ch">bristol@bristol.ch</a> Homepage: <a href="http://www.bristol.ch">www.bristol.ch</a>

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## PLEASE NOTE!

Participants are asked to send their travel arrangements to [nadia.blickenstorfer@insel.ch](mailto:nadia.blickenstorfer@insel.ch).

All hotel bookings will be made on behalf of the course participants based on the schedule below. If you for some reason arrive or depart earlier or later than listed, please inform the hosting society about your schedule by e-mail to [nadia.blickenstorfer@insel.ch](mailto:nadia.blickenstorfer@insel.ch) so that the hotel bookings can be arranged accordingly.

Please also note – all extras spend in the hotel (telephone, mini-bar, video, bar, etc.) are on your own payment.

Each fellow is asked to prepare a short presentation (7 minutes) about his background and scientific interests. The presentations will be held on Wednesday evening.

Further information and documentation will be sent to the fellows prior to the trip.

Thank you!

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## Programme outline

<p><b>Sunday, 17 Oct. 2010</b></p>	<ul style="list-style-type: none"> <li>• Individual arrivals to Zurich Kloten Airport</li> <li>• Individual transfer to Hotel Seefeld</li> <li>• Meet at 19:00 in the hotel lobby to walk to the Restaurant Latino for dinner – late arrivals please proceed directly to the restaurant.</li> </ul> <p>19:00 – 22:30 Restaurant Latino Seegartenstrasse 14 8008 Zurich</p>																							
<p><b>Monday, 18 Oct. 2010</b> Balgrist University Hospital, Zürich</p>	<table border="1"> <tr style="background-color: #d3d3d3;"> <td style="text-align: center;">06:40</td> <td><b>Pick-up from hotel, transfer to the clinic</b></td> </tr> <tr> <td style="text-align: center;">07:00 – 07:45</td> <td>Morning surgery report, in room «B1/B42» (next to the auditorium)</td> </tr> <tr> <td style="text-align: center;">08:00 – 11:00</td> <td>Split up for surgery or outpatient clinic according to your choice below (first part)</td> </tr> <tr> <td style="text-align: center;">11:00 – 12:00</td> <td>Guided tour of the clinic and the labs</td> </tr> <tr style="background-color: #add8e6;"> <td style="text-align: center;">12:00 – 13:00</td> <td>Lunch break at the hospital</td> </tr> <tr> <td style="text-align: center;">13:00 – 16:00</td> <td>Second part of either surgery or outpatient clinic according to your choice below</td> </tr> <tr style="background-color: #add8e6;"> <td style="text-align: center;">16:30 - 17:00</td> <td>Coffee &amp; pastries in the foyer</td> </tr> <tr style="background-color: #90ee90;"> <td colspan="2" style="text-align: center;"><b>End of the Training</b></td> </tr> <tr style="background-color: #d3d3d3;"> <td style="text-align: center;">17:00</td> <td>Transfer to Hotel Seefeld</td> </tr> <tr style="background-color: #add8e6;"> <td style="text-align: center;">18:45</td> <td>Meet at the hotel lobby for cocktail tram tour of Zurich</td> </tr> <tr style="background-color: #add8e6;"> <td style="text-align: center;">20:00</td> <td>Dinner at Restaurant Uni-Turm</td> </tr> </table>		06:40	<b>Pick-up from hotel, transfer to the clinic</b>	07:00 – 07:45	Morning surgery report, in room «B1/B42» (next to the auditorium)	08:00 – 11:00	Split up for surgery or outpatient clinic according to your choice below (first part)	11:00 – 12:00	Guided tour of the clinic and the labs	12:00 – 13:00	Lunch break at the hospital	13:00 – 16:00	Second part of either surgery or outpatient clinic according to your choice below	16:30 - 17:00	Coffee & pastries in the foyer	<b>End of the Training</b>		17:00	Transfer to Hotel Seefeld	18:45	Meet at the hotel lobby for cocktail tram tour of Zurich	20:00	Dinner at Restaurant Uni-Turm
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**Tuesday,  
19 Oct. 2010**  
Kantonsspital  
St. Gallen

08:00 - 09:15	<b>Pick-up from hotel, transfer with bus to St. Gallen</b>	
09:30-09:45	<b>Welcome speech</b>	Prof. M. Kuster
10:00 - 13:00	Operating Room: Hip arthroscopy, Shoulder or Knee surgery, Foot surgery	Dr. Ch. Lampert, Dr. G. Stutz
13:00 - 14:00	Lunch at restaurant Concerto	
14:05 - 14:20	Is there an ideal TKA design?	Prof. M. Kuster
14:25 - 14:40	Periprosthetic fractures	Dr. J. Erhardt
14:45 - 15:00	Taylor special frame: indication and case examples	Dr. A. Schirm
15:00 - 15:15	Break	
15:15 - 15:30	Can plate osteosynthesis of stable femoral periprosthetic fractures cause early cement mantle failure around the hip stem?	Dr.K.Giesinger, MSc
15:35 - 15:50	Does navigated TKA improve patient outcome?	Dr. K. Lehnen
15:55 - 16:10	Biomechanical Laboratory	Lukas Ebnetter, MSc
<b>End of the Training</b>		
17:00	City tour St. Gallen	
18:00	Transfer to Einstein Hotel	
19:00	Dinner at: Wirtschaft zur Alten Post Gallusstrasse 4 9000 St. Gallen	



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<b>Wednesday, 20 Oct. 2010</b> Davos / AO	8:00 - 09:45	<b>Pick-up from hotel, transfer with bus to Davos</b>		
	10:00	<b>Welcome speech hospital of Davos</b>	Dr. Glaab	
	10:00 - 12:00	Tour of the hospital, OR and Labs	Dr. Glaab	
	12:00 - 13:00	Presentations on wintersport trauma and Swiss Helicopter rescue system REGA	Dr. Glaab	
	13:00 - 13:45	Lunch at the hospital		
	13:50	Transfer to AO Foundation		
	14:00	Welcome speech AO Foundation	TBA	
	14:15 - 14:30	General Information	TBA	
	14:30 - 15:45	Tour of the Foundation		
	15:50 - 16:00	Questions and Answers		
	16:00 - 16:30	Educational Offerings of AO Trauma		
	<b>End of the Training</b>			
	16:30 - 18:30	Free time at hotel or visit Davos		
	18:30	Dinner at the hotel		
19:30 - 22:00	Fireside discussion with <b>presentations of fellows</b> : Each fellow is asked to prepare a short presentation (7 minutes) about his background and scientific interests.			

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<b>Thursday, 21 Oct. 2010</b> Inselspital Bern	08:00 - 16:00	<b>Pick-up from hotel, transfer with bus to Bern via the Alps</b>	
	12:00 - 13:00	Lunch in Meiringen	
	13:00 - 14:00	Walk through Aareschlucht	
	14:00 - 16:00	<b>Transfer to Bern</b>	
	16:00 - 17:30	Arrival at Inselspital, Tour of the hospital	Dr. Büchler
	<b>End of Training</b>		
	17:30 - 17:45	Transfer and check-in Hotel National	Dr. Büchler
	18:00	Pickup at the hospital	Dr. Büchler
	18:00 - 19:00	Transfer	
	19:00 - 23:00	Dinner/ Party with Orthopaedic Department	Prof. Siebenrock

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<b>Friday, 22 October 2010</b> Inselspital Bern	07:45	<b>Pick up from the Hotel, Transfer to Inselspital</b>		
	08:00	<b>Welcome speech</b>	Prof. Siebenrock	
	08:30 - 10:30	Live surgery	Prof. Siebenrock	
	10:30 - 12:00	Tour of the labs	Dr. Büchler	
	12:00 - 13:00	Lunch at the hospital		
	13:00 - 13:15	Diagnose and treatment of Femoro Acetabular Impingement	Prof. Siebenrock	
	13:15 - 13:30	Limited open reduction and internal fixation of displaced fractures of the calcaneus	Dr. Frauchiger	
	13:30 - 13:45	Shoulder Arthroplasty	Dr. Nyffeler	
	13:45 - 14:00	Spinal surgery in osteoporotic bone	Dr. Benneker	
	14:00 - 14:15	Dynamic intratendinous stabilization ACL	Dr. Kohl	
	14:15 - 14:30	Coffee break		
	14:30 - 14:45	The dysplastic hip	Dr. Büchler	
	14:45 - 15:00	Non-operative treatment of malleolar fractures	Dr. Krause	
	15:00 - 15:15	Trauma	Prof. Keel	
	15:15 - 15:30	Spinal tumor surgery	Dr. Seidel	
	<b>End of the Training (15:45)</b>			
	16:00 - 18:00	<ul style="list-style-type: none"> <li>• Pickup at the hotel</li> <li>• Transfer with bus to Geneva</li> </ul>		
18:00	Check-in Hotel Bristol, Geneva			
19:00 - 23:00	Dinner reception in Geneva			

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<p><b>Saturday, 23 Oct. 2010</b> Universitätsspital Geneva</p>	08.30	<b>Pick-up from the hotel</b>		
	09:00	Welcome speech	Prof. P. Hoffmeyer	
	09:10 - 09:25	Disaster medicine: mission Haiti	Dr. A. Gamulin	
	09:30 - 09:45	The Geneva hip Arthroplasty Registry	Dr. A. Lübbecke	
	09:50 - 10:05	Hip arthroplasty: which surgical approach?	Dr. P. Christofilopoulos	
	10:10 - 10:25	Professional dancer's Hip: A Motion Capture Study	Dr. C. Charbonnier	
	10:30 - 10:50	Should we navigate total knee replacements?	Dr. D. Petek	
	10:50 - 11:20	Coffee break		
	11:20 - 11:35	Neuromuscular disorders: from research to clinical applications	Dr. Th. Laumonier	
	11:40 - 11:55	Noninsertional Achilles tendinopathy treated with gastrocnemius lengthening: a prospective case series	Dr. V. Duthon	
	12:00 - 12:15	Functional and radiological outcome ten to twenty years after ankle ORIF	Dr. D. Salvo	
	12:20 - 12:35	Osteo-articular infections in children due to Kingella Kingae	Dr. D. Ceroni	
	12:40 - 12:55	How to prevent orthopaedic infections?	Dr. I. Uckai	
	13:00 - 13:10	Conclusion	Prof. P. Hoffmeyer	
	13:15	Lunch		
	<b>End of the Training</b>			
	13:45	Transfer with bus to Spa Cressy Baths		
	14:00 - 17:00	Stay at the Spa. Fellows should bring swimsuits.		
	17:15	Transfer to hotel		
	19:00	Dinner reception, closing remarks	Prof. P. Hoffmeyer & Dr. Büchler	
<b>End of the Travelling Fellowship</b>				

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<b>Sunday, 24 Oct. 2010</b>	08:00 - 08:30	<ul style="list-style-type: none"><li>• <b>Breakfast at the Hotel</b></li><li>• <b>Hotel must be left no later than 11:00</b></li><li>• <b>Individual transfer to Geneva airport</b></li></ul> <b>or:</b>
	08:30 - 12:00	<b>Transfer by bus from the Hotel to Zurich airport</b>