EFORT Instructional Course
Basel, Switzerland: 11-12 November 2011

Osteoarthritis: Joint preserving surgery (JPS) of the lower extremity

- Joint preserving surgery around the hip
- Joint preserving surgery around the knee
- Joint preserving surgery around the ankle

Hands-on Workshops:
- Hip: Osteotomies, Arthroscopy
- Knee: Osteotomies, arthroscopy, chondral repair, ligament repair
- Ankle/Hindfoot: Osteotomies, arthroscopy, chondral repair, ligament repair

info www.efort.org/ic/basel2011
Dear Colleagues,

The relevance of osteoarthritis as a condition has increased significantly in recent decades. All over the world, the treatment of osteoarthritis today still focuses on alleviating symptoms. This results in significant costs for the healthcare sector.

During the 20th century, the options for dealing with osteoarthritis evolved from resection arthroplasty and arthrodesis and from there to total joint arthroplasty. The value of joint-preserving surgery (JPS) has been highlighted in the past, and deserves our attention once again when considering the importance of keeping autologous joint structures in order to achieve normal biomechanical function and proprioception, as well as factors such as sporting activities, and the future potential use of osteochondral tissue engineering.

This course offers a comprehensive approach to joint-preserving surgery on the lower extremities. The faculty of this meeting is composed of respected experts who will share their vast experience with the audience. Basel has played an important role in the history of EFORT, and this course represents something of a trip back to our roots. Professor Erwin Morscher, former chairman of the Orthopaedic Department at the University of Basel, was one of the founding fathers of EFORT and a former EFORT president. Today we are honoured to host the EFORT Instructional Course on joint-preserving surgery here in Basel in the year in which EFORT celebrates its 20th anniversary.

We look forward to welcoming you to Basel!!

Yours,

Victor Valderrabano
Chairman

Pierre Hoffmeyer
EFORT Vice President
## Programme

**Friday, 11 November**

### Osteoarthritis: Joint preserving surgery (JPS) of the lower extremity

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Topic</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td>Opening and welcome</td>
<td>V. Valderrabano, P. Neyret</td>
</tr>
<tr>
<td>8:10</td>
<td>About EORT</td>
<td>P. Neyret</td>
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</tbody>
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**JPS around the HIP**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Topic</th>
<th>Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Osteoarthritis</td>
<td>V. Valderrabano</td>
</tr>
<tr>
<td>8:45</td>
<td>Hip arthroscopy</td>
<td>M. Dienst</td>
</tr>
<tr>
<td>9:00</td>
<td>HIP JPS - the Dresden algorithm</td>
<td>K.-P. Günther</td>
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<tr>
<td>9:15</td>
<td>HIP JPS - the Bern algorithm</td>
<td>K. Siebenrock</td>
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</tbody>
</table>

9:30 **LIVE SURGERY**

10:30 **Coffee break**

11:00 **Workshop - JPS around the HIP**

- Acetabular osteotomies  | K. Siebenrock / V. Valderrabano |
- Proximal femur osteotomies | K.-P. Günther / A. Nowakowski |
- Hip arthroscopy | M. Dienst / C. Lampert |
Osteoarthritis: Joint preserving surgery (JPS) of the lower extremity

### JPS around the KNEE

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Topic</th>
<th>Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:30</td>
<td>Ligament instability in JPS</td>
<td>G. Pagenstert</td>
</tr>
<tr>
<td>13:45</td>
<td>Meniscus preservation and transplantation in JPS</td>
<td>R. Verdonk</td>
</tr>
<tr>
<td>14:00</td>
<td>Cartilage repair in JPS</td>
<td>M. Steinwachs</td>
</tr>
<tr>
<td>14:15</td>
<td>Varus Knee OA</td>
<td>P. Koch</td>
</tr>
<tr>
<td>14:30</td>
<td>Valgus Knee OA</td>
<td>P. Neyret</td>
</tr>
<tr>
<td>14:45</td>
<td>Patellofemoral OA</td>
<td>J. Romero</td>
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<tr>
<td>15:00</td>
<td>Discussion</td>
<td></td>
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<tr>
<td>15:30</td>
<td>Coffee break</td>
<td></td>
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<tr>
<td>16:00</td>
<td>Workshop – JPS around the KNEE</td>
<td></td>
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<tr>
<td></td>
<td>Osteotomies around the knee</td>
<td>P. Koch / P. Neyret</td>
</tr>
<tr>
<td></td>
<td>Meniscus transplantation / chondral repair</td>
<td>R. Verdonk / M. Steinwachs</td>
</tr>
<tr>
<td></td>
<td>ACL and MPFL repair</td>
<td>G. Pagenstert / M. Feist</td>
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<tr>
<td>17:30</td>
<td>End of the day</td>
<td></td>
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<tr>
<td>19:30</td>
<td>Course Dinner</td>
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# Programme

Saturday, 12 November

## Osteoarthritis: Joint preserving surgery (JPS) of the lower extremity

### JPS around the ANKLE

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Topic</th>
<th>Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Ankle osteoarthritis</td>
<td>J. Nunley</td>
</tr>
<tr>
<td>8:15</td>
<td>Arthroscopic surgery of ankle degeneration</td>
<td>N. Espinosa</td>
</tr>
<tr>
<td>8:30</td>
<td>Open surgery: osteochondral &amp; cartilage ankle lesions</td>
<td>V. Valderrabano</td>
</tr>
<tr>
<td>8:45</td>
<td>Ligament repair in ankle JPS</td>
<td>J. DeOrio</td>
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<tr>
<td>9:00</td>
<td>JPS for varus ankle/hindfoot OA</td>
<td>M. Easley</td>
</tr>
<tr>
<td>9:15</td>
<td>JPS for valgus ankle/hindfoot OA</td>
<td>M. Knupp</td>
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<tr>
<td>9:30</td>
<td>Discussion</td>
<td></td>
</tr>
<tr>
<td>9:45</td>
<td>Case discussion: multilevel surgery</td>
<td>A. Frigg</td>
</tr>
<tr>
<td>10:15</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>10:45</td>
<td>Workshop – JPS around the ANKLE</td>
<td>V. Valderrabano / A. Leumann</td>
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<tr>
<td></td>
<td>AMIC in talus osteochondral lesions</td>
<td>N. Espinosa / J. DeOrio</td>
</tr>
<tr>
<td></td>
<td>Arthroscopy and ligament repair</td>
<td>M. Easley / A. Frigg</td>
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<tr>
<td></td>
<td>Tibia and calcaneus osteotomies</td>
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</tr>
<tr>
<td>12:15</td>
<td>Lessons learned</td>
<td>V. Valderrabano</td>
</tr>
<tr>
<td>12:30</td>
<td>End of the course</td>
<td></td>
</tr>
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Faculty:

James DeOrio, USA
Michael Dienst, Germany
Norman Espinosa, Switzerland
Mark Easley, USA
Markus Feist, Germany
Niklaus Friederich, Switzerland
Arno Frigg, Switzerland
Klaus-Peter Günther, Germany
Thomas Ilchmann, Switzerland
Markus Knupp, Switzerland
Peter Koch, Switzerland
Christoph Lampert, Switzerland
André Leumann, Switzerland
Philippe Neyret, France
Andrej Nowakowski, Switzerland
James Nunley, USA
Geert Pagenstert, Switzerland
Jose Romero, Switzerland
Klaus Siebenrock, Switzerland
Matthias Steinwachs, Switzerland
Victor Valderrabano, Switzerland
Rene Verdonk, Belgium

Patronage society:

SGOT - Schweizerische Gesellschaft für Orthopädie und Traumatologie
SFAS - Swiss Foot and Ankle Society
**Course fee**

**Participants**

EUR 250.00

incl. Dinner

EUR 325.00

**Residents in training**

EUR 125.00

incl. Dinner

EUR 200.00

**Credits**

approx. 9 European credits

**Course language**

English – no simultaneous translation

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**Scientific committee**

Prof. Dr. Victor Valderrabano

Dr. Geert Pagenstert

Prof. Dr. Maurilio Marcacci

**Venue**

Universitätsspital Basel

Spitalstrasse 21

4031 Basel

Switzerland

Auditorium: ZLF klein

**Registration**

www.efort.org/ic/basel2011

**Opening hours**

Friday 11 November: 07.30 - 17.30

Saturday 12 November: 08.00 - 12.30
Forthcoming EFORT IC' and ExMEx

EFORT Advanced Training Programme 2011 / 2012

EPOS-EFORT IC Vienna 2012, 18–20 March 2011
Paediatrics: Basic I

12th EFORT Congress: Copenhagen 2011, 1–4 June 2011

EPOS-EFORT IC Vienna 2011, 12–14 October 2011
Paediatrics: Trauma

Trauma ExMEx Forum Barcelona 2012, 16–17 March 2012
Periprosthetic fractures

EPOS-EFORT IC Vienna 2012, 28–30 March 2012
Paediatrics: Basic II

Hip ExMEx Forum Athens 2012, 20–21 April 2012
Advancing the science and art of Hip Arthroscopy:
Primary and Revision Hip arthroplasty

Save the date!
13th EFORT Congress: 23–25 May 2012

info
www.efort.org