

# EFORT Autumn Travelling Fellowship 2015

The Netherlands  
From 04 -10 October  
2015

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



## ***Welcome to The Netherlands !***

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 autumn 2015 will be held in the Netherlands. 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 Program of the Fellowship Course will be organised in 3 cities in the Netherlands:

- Rotterdam (5 and 7 October 2015)
- Leiden (6 October 2015)
- Amsterdam (8 and 9 October 2015)

We wish you a pleasant and interesting Course in the Netherlands!

On behalf of the organising Society NOV,

Prof. dr. Jan Verhaar  
Second Efort vice-president  
Immediate past-president Dutch Orthopaedic Association (NOV)

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## Useful information

### Arrival to Schiphol Airport, on 04 October 2015

You may take any international flight to Schiphol-Amsterdam airport, which is located 45 km outside Rotterdam, where the program will start.

From Schiphol-Amsterdam airport there is a direct train connection with Rotterdam. Schiphol railway station is situated directly below the airport. You can pick up a free baggage trolley from the platform. Via Schiphol Plaza, you can walk straight to railway station. Train tickets are available from the Ticket- and Service desks, which are situated close to the red/white-checked cube at Schiphol Plaza. You should get off at Rotterdam Central Station. You can walk to the Emma Hotel within 5 minutes from the Central Station or take a taxi from Station to the hotel.

You can also take a taxi from the airport directly to the Hotel, which costs approximately 95 Euro (but may even be higher!). No organised transportation will be available since the arrival times of each participant will be different. We suggest the cheapest and fastest form of transport, which is by train.

## Accommodation and meals

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

### Departure from Schiphol-Amsterdam Airport on 10 October 2015

The Dutch Orthopaedic Association and the Organising Committee are offering your accommodation and stay in the Netherlands from 05 October 2015 up to your departure from Amsterdam on 10 October 2015.

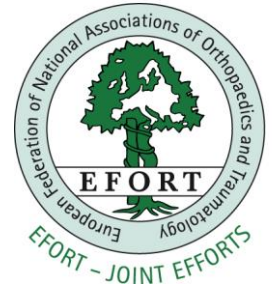
## Contact for practical arrangements

Mrs Simone Bleeker (secretary of Professor Verhaar)  
's-Gravendijkwal 230  
3015 CE Rotterdam  
The Netherlands  
Tel. No.: +31 10 703 3281  
E-mail: [s.bleeker@erasmusmc.nl](mailto:s.bleeker@erasmusmc.nl)

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## Organisers

Organised on behalf of NOV by:

- Prof. Dr. Jan Verhaar  
2 Vice-president of Efort  
[s.bleeker@erasmusmc.nl](mailto:s.bleeker@erasmusmc.nl) +31 10 703 3281  
or [j.verhaar@erasmusmc.nl](mailto:j.verhaar@erasmusmc.nl)

Local Hosts:

- Rotterdam
  - Dr. Duncan Meuffels
  - Dr. Olav van der jagt
- Leiden
  - Prof.dr. Rob Nelissen
- Amsterdam VUMC
  - Dr. Jantine Posthuma de Boer
  - Prof.dr. Barend van Royen
- Amsterdam AMC
  - Dr. Peter Struijs
  - Prof.dr. Niek van Dijk

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## Dates, cities en venues in the Netherlands

4 October to 10 October 2015	
Rotterdam 5 and 7 October 2015	<b>Erasmus MC, 's-Gravendijkwal 230, 3015 CE Rotterdam.</b> <a href="http://www.erasmusmc.nl">www.erasmusmc.nl</a> Contact person Dr. Olav van der Jagt
Leiden 6 October 2015	<b>LUMC, Albinusdreef 2, 2333 ZA Leiden</b> <a href="http://www.lumc.nl">www.lumc.nl</a> Contact person Prof.dr. Rob Nelissen
Amsterdam 8 October 2015	<b>VUMC, De Boelelaan 1117, 1081 HZ Amsterdam</b> <a href="http://www.vumc.nl">www.vumc.nl</a> Contact person Dr. Jantine Posthuma de Boer
Amsterdam 9 October 2015	<b>AMC, Meibergdreef 9, 1105 AZ Amsterdam</b> <a href="http://www.amc.nl">www.amc.nl</a> Contact person Dr. Peter Struijs

## Contact persons and addresses

Hospital	Address	Contact Person
<b>Erasmus MC</b>	's-Gravendijkwal 230, 3015 CE Rotterdam.	<b>Dr Olav van der Jagt</b> Tel No.: +31 6 24947220 o.vanderjagt@erasmusmc.nl
<b>LUMC</b>	Albinusdreef 2, 2333 ZA Leiden	<b>Prof Rob Nelissen</b> Tel No.: +31 6 51095529 R.G.H.H.Nelissen@lumc.nl
<b>VUMC</b>	De Boelelaan 1117, 1081 HZ Amsterdam	<b>Dr Jantine Posthuma de Boer</b> Tel No.: +31 6 48330997 j.posthumadeboer@vumc.nl
<b>AMC</b>	Meibergdreef 9, 1105 AZ Amsterdam	<b>Dr Peter Struijs</b> Tel No.: +31 6 24769133 p.a.struijs@amc.uva.nl

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## Accommodation in single rooms

Dates	Hotel name	Hotel address
4 October 2015 to 7 October 2015 Rotterdam	Hotel Emma	Nieuwe Binnenweg 6, 3015 BA Rotterdam  Tel.: +31-(0)10-436 55 33 Fax: +31-(0)10-436 76 85  Email: info@hotelemma.nl Homepage: www.hotelemma.nl
8 October 2015 to 10 October 2015 Amsterdam	Conscious Hotel Vondelpark	Overtoom 519, 1054 LH, Amsterdam  Tel No.: +31-(0)20 -820 33 33 Fax No.: +31-(0)20- 820 33 34  Email: vondelpark@conscioushotels.com Homepage: <a href="http://www.conscioushotels.com/hotelsVondelpark">http://www.conscioushotels.com/hotelsVondelpark</a>

## 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 [s.bleeker@erasmusmc.nl](mailto:s.bleeker@erasmusmc.nl) so that the hotel bookings can be arranged accordingly.

Thank you!

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## Program outline

<p><b>Sunday 4 October 2015 Rotterdam</b></p>	<ul style="list-style-type: none"> <li>• Individual arrivals to Rotterdam</li> <li>• Individual transfer to Emma Hotel</li> <li>• Meet at 17.00 in Café Boudewijn, which is situated 50 meters from the hotel.</li> </ul> <p>Thereafter dinner at the <i>Euromast</i> with official welcome by the president of the Dutch Orthopaedic Society dr Henk Koot. Address: Parkhaven 20, 3016 GM Rotterdam</p>														
<p><b>Monday 5 October 2015 Rotterdam</b></p>	8.30	<b>Welcome speech</b>	Jan Verhaar												
<p>▪ <b>Tendon</b></p>															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #fff2cc;">8.40 - 9.00</td> <td style="background-color: #fff2cc;">Introduction</td> <td style="background-color: #fff2cc;">Duncan Meuffels</td> </tr> <tr> <td style="background-color: #fff2cc;">9:00 - 9:45</td> <td style="background-color: #fff2cc;">Tendon and tendinopathies</td> <td style="background-color: #fff2cc;">Robert-Jan de Vos</td> </tr> <tr> <td style="background-color: #fff2cc;">9:45 - 10:00</td> <td style="background-color: #fff2cc;">Hamstring regeneration</td> <td style="background-color: #fff2cc;">Duncan Meuffels</td> </tr> <tr> <td style="background-color: #e0f7fa;">10:00-10:30</td> <td style="background-color: #e0f7fa;">Coffee break</td> <td style="background-color: #e0f7fa;"></td> </tr> </table>				8.40 - 9.00	Introduction	Duncan Meuffels	9:00 - 9:45	Tendon and tendinopathies	Robert-Jan de Vos	9:45 - 10:00	Hamstring regeneration	Duncan Meuffels	10:00-10:30	Coffee break	
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<p>▪ <b>ACL Repair</b></p>															
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<p>▪ <b>Fellow presentations -1-</b></p>															
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<p><b>End of the Training</b></p>															
<ul style="list-style-type: none"> <li>• Rotterdam Harbour tour followed by</li> <li>• Dinner at Quartier du Port, Van Vollenhovenstraat 48-50, 3016 BJ Rotterdam</li> <li>• Transfer to the Emma hotel (walking distance)</li> </ul>															

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**Tuesday  
6 October 2015  
Leiden**

- **Departure From Rotterdam – Leiden by train**
- **Departure Hotel Emma: 7.30**
- **Arrival LUMC - Leiden: 8.15**

8.30	<b>Welcome speech</b>	Rob Nelissen
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▪ **RSA**

08.35-08.50	RSA: impact clinic	Rob Nelissen
09.00-09.30	RSA: wear, kinematics	Edward Valstar
09.30-10.15	RSA Core lab	Bart Kaptein
10.15-10.30	Coffe Break	

▪ **Oncology**

10.30-10.50	Chondrosarcoma	Judith Bovee
11.00-11.30	Osteosarcoma	Sander Dijkstra
11:45-11:15	Giant Cell Tumors	Michiel van de Sande
11.30-12.15	Clinical cases Quiz	Dijkstra / van de Sande
12.30 - 13.30	Lunch; LUMC with residents / staff	

▪ **Registers / Brachial plexus**

13.45-14.15	Why National registries?	Rob Nelissen
14.15-15.15	Discussion and real time analysis	Rob Nelissen

**End of the Training**

- 16.00: Small Courtyard Walk Old City of Leiden
- 18.00 – 21.20: Dinner at Faculty Club Leiden, Rapenburg 73, Leiden
- 22.00: return by train to Emma hotel Rotterdam

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<b>Wednesday 7 October 2015 Rotterdam</b>	<b>Arrival Erasmus MC - Rotterdam, at 08.15</b>		
	<b>▪ Cartilage from bench to bedside</b>		
	8:30 – 9:30	Cartilage: basics and beyond	Gerjo van Osch
	9:30 – 10:00	Tour orthopaedic research laboratory	
	10:00-10:45	Transfer with visit to the accident and emergency department and coffee break	Olav van der Jagt
	10:45-11:15	Revision total hip prosthesis: work-up and preplanning	Koen Bos
	11:15-12:00	Revision total knee prosthesis: work-up and pre-planning	Jan Verhaar
	12:00 – 13:00	Lunch. HS-Building	
	<b>▪ Cam impingement/ Paediatrics</b>		
	13:00-13:45	Rise and fall of the hip	Rien Heijboer
	13.45-14.30	The growing hip and deformity	Gert Bessems
	14:30-15:00	Coffee break	
	<b>▪ Fellow presentations -2-</b>		
	15:00-17:30	Fellow Presentations	Fellows
	<b>End of the Training</b>		
	18:00 Dinner at Hotel New York - transport by water taxi		



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<b>Thursday 8 October 2015 Amsterdam</b>	<ul style="list-style-type: none"> <li>▪ <b>Departure From Rotterdam – Amsterdam by train</b></li> <li>▪ <b>Departure Hotel Emma Rotterdam: 08.00</b></li> <li>▪ <b>Arrival Railway Station Amsterdam-Zuid 09.30</b></li> <li>▪ <b>Arrival VUMC 09.50, Lecture hall De Waver</b></li> <li>▪ <b>Welcome and Coffee</b></li> </ul>		
	10.45-11.00	<b>Welcome speech</b>	Barend van Royen
	<ul style="list-style-type: none"> <li>▪ <b>Basic science: Stem cell technology and Biomechanics</b></li> </ul>		
	11.00-11.20	Stem cells in orthopaedics; the one step surgical procedure	Marco Helder
	11.20-11.40	Stem cells for intervertebral disc therapy	Suzanne Detiger
	11.40-12.00	The Loaded disc culture system	Pieter Paul Vergroesen
	12.00-12.30	Mechanobiology in skeletal tissue engineering	Theo Smit
	12.30-13.30	Lunch; The Basket (VU campus) all Participants	
	<ul style="list-style-type: none"> <li>▪ <b>Spine surgery</b></li> </ul>		
	14.00-14.20	Spinal Stability following single level lumbar laminectomy	Arno Bisschop
	14.20-14.40	The outcome and survival of palliative surgery in thoraco- lumbar spinal metastases	Tim Jiya
	14.40-15.00	The future role of registries in spine surgery	Marinus de Kleuver
	<ul style="list-style-type: none"> <li>▪ <b>Scoliosis an deformity</b></li> </ul>		
	15.20-15.40	Posterior releases in scoliosis surgery; the law of diminishing returns	Roderick Holewijn
	15.40-16.00	Optimal surgical care for adolescent idiopathic scoliosis	Marinus de Kleuver
	16.00-16.20	Sagittal Spinal deformity, preoperative planning	Agnita Stadhouders
<b>End of the Training</b>			

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	<ul style="list-style-type: none"> <li>• 17:00 Departure for canal cruise at the Olympic Stadium (baggage drop and check in at the Conscious Hotel Vondelpark en route), followed by</li> <li>• 19:00 Dinner at Restaurant van Puffelen. Address: Prinsengracht 377, Amsterdam.</li> <li>• 22:00 Transfer back to the Conscious Hotel Vondelpark. Address: Overtoom 519, Amsterdam.</li> </ul>
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<b>Friday 9 October 2015 Amsterdam</b>	<b>8:00 Departure from Conscious Hotel Vondelpark Transfer from hotel to AMC – Amsterdam Arrival 8.45</b>		
	<b>▪ Elbow / Complex foot problems</b>		
	09.00-09.20	Elbow trauma	Denise Eygendaal
	09.20-09.40	Elbow osteotomies	Denise Eygendaal
	09.40-10.00	Elbow stiffness	Denise Eygendaal
	10.00-10.30	The flexible flatfoot	Peter Struijs
	10.30-11.00	Coffee Break	
	<b>▪ Complex Foot problems / Trauma</b>		
	11.00-11.30	The (neuropathic) cavovarus foot	Peter Struijs
	11.30-12.00	Open tibia fractures: flap or VAC	Peter Kloen
	12.00-12.30	Tibia plateau fracture mapping	Peter Kloen
	12.30-13.30	Lunch	
	<b>▪ Ankle / Hindfoot</b>		
	13.30-13.50	Posterior impingement	Zwiers
	13.50-14.10	The hemicap	Reylingh
	14.10-14.40	Talar OCDs	Gino Kerkhoffs
<b>▪ (Complex) trauma Surgery</b>			
14.40-15.00	Future perspectives	Gino Kerkhoffs	
15.00-15.10	<b>Farewell Speech</b>	Peter Struijs	

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	<p style="text-align: center;"><b>End of training</b></p> <p>16.00 Social Activity in Amsterdam City Center followed by farewell dinner with AMC staff in Song Kwae (Thai restaurant) 22.30 Return to hotel (het Conscious Vondelpark Hotel )</p>
<p><b>Saturday 10 October 2015 Amsterdam</b></p>	<ul style="list-style-type: none"><li>▪ Individual transfer to Schiphol Airport Amsterdam</li></ul>