

# EFORT Spring Travelling Fellowship

Croatia  
22 - 30/April

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



## **Welcome to Croatia!**

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 Spring 2015 will be held in Croatia. 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 three cities in Croatia:

- Dubrovnik (22/April – 25/April)
- Osijek (26/April – 27/April)
- Zagreb (27/April – 30/April)

We wish you a pleasant and interesting Course in Croatia!

On behalf of the EFORT, Organising Committee and Croatian Orthopaedic Society CMA:

Prof. Dr. Robert Kolundžić  
**President of Croatian Orthopaedic Society CMA**

Prof. Dr. Mikós Szendroi  
**Fellowship godfather, EFORT President 2010/2011**

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## Useful information

### Arrival to Dubrovnik Airport, on 22/April

You may take any international or domestic flight (from Zagreb airport) to **Dubrovnik - Airport Čilipi**, which is located 40 km outside the city of Dubrovnik. From Čilipi airport, there are transportation options by travel agency buses upon arrival of every regular flight, price 35 kn (5 euros), public bus transportation company "Libertas" and taxi service. 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 or shared twin** rooms. The hotels in each city will offer breakfast in the morning. Lunch and coffee will be organised at each hospital during the visit.

### Departure from Zagreb Airport on 30 April 2015

The Croatian Orthopaedic Society (CrOS CMA) as well as the Organising Committee are offering you accommodation and stay in Croatia from 22 April 2015 in Dubrovnik up to your departure from Zagreb on 30 April 2015.

## Contacts for practical arrangements- EFORT fellowship coordinators

### **Tomislav Čengić, secretary of Croatian Orthopaedic Society CMA**

University Hospital Centre Sestre milosrdnice

Draskoviceva 28, 10000, Zagreb, Croatia

Tel. No.: +385 911999344

E-mail: [cengict@me.com](mailto:cengict@me.com); [tomislav.cengic@gmail.com](mailto:tomislav.cengic@gmail.com)

### **Tadija Petrović, president of CrOS CMA youth section**

University Hospital Centre Sestre milosrdnice

Draskoviceva 28, 10000, Zagreb, Croatia

Tel. No.: +385 989656648

E-mail: [tadijap@gmail.com](mailto:tadijap@gmail.com)

### **Hrvoje Klobučar, member of Organising Committee**

Special Hospital for Orthopaedic Surgery Akromion, Krapinske Toplice

Ljudevita Gaja 2, 49 217 Krapinske toplice

Tel. No.: +385 952587458

E-mail: [hrvoje.klobucar@akromion.hr](mailto:hrvoje.klobucar@akromion.hr)

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## Organisers

Organised on behalf of:

- **Croatian Orthopaedic Society CMA**

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## Dates, cities and venues in Croatia

22 April to 30 April	
Dubrovnik (22/April - 25/April)	South Eastern European Forum on Orthopaedics and Traumatology 2015, Dubrovnik
Osijek (26/April - 27/April)	Department of Orthopaedic Surgery, University Hospital Centre Osijek
	Department of Traumatology, University Hospital Centre Osijek
Zagreb (27/April - 30/April)	Department of Orthopaedic Surgery, University Hospital Centre Zagreb,
	Department of Traumatology University Hospital Centre Sestre Milosrdnice, Zagreb
	Special Hospital for Orthopaedic Surgery Akromion, Krapinske Toplice
	Orthopaedic Specialty Hospital St. Catherine, Zabok
	Children's University Hospital, Zagreb

## Contact persons and addresses

Hospital	Address	Contact Person
Department of Orthopaedic Surgery, University Hospital Centre Osijek	Josipa Hutlera 4, 54 000, Osijek	<b>Zoran Zelić</b> Tel No.: +385 31 511800
Department of Orthopaedic Surgery, University Hospital Centre Zagreb	Šalata 6-7, 10 000 Zagreb	<b>Domagoj Delimar</b> Tel No.: +385 1 2368986
Special Hospital for Orthopaedic Surgery Akromion, Krapinske Toplice	Ljudevita Gaja 2, 49 217 Krapinske toplice	<b>Miroslav Hašpl</b> Tel No.: +385 49 587487
Clinical Hospital for Traumatology, University Hospital Centre Sestre Milosrdnice, Zagreb	Draškovićeva 19, 10 000 Zagreb, Vinogradska 20, 10 000 zagreb	<b>Aljoša Matejčić</b> Tel No.: +385 1 4697000

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Orthopaedic Specialty Hospital St. Catherine, Zabok	Bračak 8, 49 210 Zabok	<b>Damir Hudetz</b> Tel No.: +385 92 445539
Children's University Hospital Zagreb	Vjekoslava Klaića 16, 10000, Zagreb	<b>Davor Bojić</b> Tel No.: +385 91 4600 112

## Accommodation in single or shared double rooms

Dates	Hotel name	Hotel address
22/April - 25/April	Hotel Valamar Lacroma, Dubrovnik	Ulica Iva Dulčića 34, 20 000 Dubrovnik Tel No.: +385 20 449100 Email: <a href="mailto:information@valamar.com">information@valamar.com</a> Homepage: <a href="http://www.valamar.com/en/hotels-dubrovnik/valamar-lacroma-dubrovnik-hotel">http://www.valamar.com/en/hotels-dubrovnik/valamar-lacroma-dubrovnik-hotel</a>
26/April	Hotel Osijek, Osijek	Šamačka 4, 31 000 Osijek Tel No.: +385 31 230333 Fax No.: +385 31 230444 Email: <a href="mailto:info@hotelosijek.hr">info@hotelosijek.hr</a> Homepage: <a href="http://www.hotelosijek.hr/">http://www.hotelosijek.hr/</a>
27/April - 30/April	Hotel Croatia, Zagreb	Vinogradska cesta 20, 10 000 Zagreb Tel No.: +385 1 3768870 Fax No.: +385 1 3768558 Email: <a href="mailto:info@hotel-croatia.com.hr">info@hotel-croatia.com.hr</a> Homepage: <a href="http://www.hotel-croatia.com.hr/">http://www.hotel-croatia.com.hr/</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 Tomislav Čengić at [cengict@me.com](mailto:cengict@me.com) so that the hotel bookings can be arranged accordingly.

*Thank you!*

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## Program outline

<p><b>22/April 2015</b> <b>Dubrovnik</b></p> <p>Hotel Valamar Lacroma, Dubrovnik; Hall 1 and 2</p>	<ul style="list-style-type: none"> <li>Individual arrivals to Dubrovnik Čilipi Airport</li> <li>Individual transfer to Lacroma Hotel Valamar, Dubrovnik</li> <li>Meet at <b>SEEFORT (South Eastern European Forum on Orthopaedics and Traumatology <a href="http://www.seefort.eu">www.seefort.eu</a>)</b></li> </ul>		
	18:00-18:30	<b>Welcome speech</b>	R. Kolundžić D. Hudetz M. Szendrofi
	<ul style="list-style-type: none"> <li>Dinner at Hotel Restaurant, Hotel Valamar Lacroma, Ulica Iva Dulčića 34, Dubrovnik</li> </ul>		
<p><b>23/April 2015,</b> <b>Dubrovnik</b></p> <p>Hotel Valamar Lacroma, Dubrovnik; Hall 1, 2 and 3</p>	08:30-13:45	SEEFORT planned program <a href="http://www.seefort.eu">www.seefort.eu</a>	Invited speakers
	13:45-14:30	Lunch; Hotel Restaurant, Hotel Valamar Lacroma, Ulica Iva Dulčića 34, Dubrovnik	
	14:30-19:00	SEEFORT planned program <a href="http://www.seefort.eu">www.seefort.eu</a>	Invited speakers
	19:45-20:15	Opening ceremony with welcome drink	
	<b>End of the Training</b>		
	<ul style="list-style-type: none"> <li>Dinner at Hotel Restaurant, Hotel Valamar Lacroma, Ulica Iva Dulčića 34, Dubrovnik</li> </ul>		

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<p><b>24/April 2015, Dubrovnik</b></p> <p>Hotel Valamar Lacroma, Dubrovnik; Hall 1 and 2</p>	08:30-13:45	SEEFORT planned program <a href="http://www.seefort.eu">www.seefort.eu</a>	Invited speakers
	13:45-14:30	Lunch; Hotel Restaurant, Hotel Valamar Lacroma, Ulica Iva Dulčića 34, Dubrovnik, 25 Participants	
	14:30-19:00	SEEFORT planned program <a href="http://www.seefort.eu">www.seefort.eu</a>	Invited speakers
	<b>End of the Training</b>		
	<ul style="list-style-type: none"> <li>• <b>Meeting with EFORT President Stephen Cannon</b></li> <li>• Dinner hosted by CrOS at Hotel Restaurant, Hotel Valamar Lacroma, Ulica Iva Dulčića 34, Dubrovnik</li> </ul>		
<p><b>25/April 2015 Dubrovnik</b></p> <p>Hotel Valamar Lacroma, Dubrovnik; Hall 1 and 2</p>	08:30-13:45	SEEFORT planned program <a href="http://www.seefort.eu">www.seefort.eu</a>	Invited Speakers
	13:45-14:30	Closing ceremony	
	15:00-20:00	Sightseeing of Dubrovnik	
	<b>End of the Training</b>		
<ul style="list-style-type: none"> <li>• Dinner hosted by CrOS at Hotel Restaurant, Hotel Valamar Lacroma, Ulica Iva Dulčića 34, Dubrovnik</li> </ul>			
<p><b>26/April 2015 Osijek</b></p> <p>Department of orthopaedic Surgery University Hospital Centre, Osijek</p>	<ul style="list-style-type: none"> <li>• Transfer to Osijek</li> </ul>		
	Sightseeing and lunch at "Kopački rit" National Park		Z. Zelić
	<ul style="list-style-type: none"> <li>• Dinner hosted by CrOS at Restaurant "Bijelo-Plavi", M. Divalta 8, Osijek</li> <li>• Night at Hotel Osijek, Šamačka 4, Osijek</li> </ul>		

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<p><b>27/April 2015</b> <b>Osijek, Zagreb</b> Department of orthopaedic Surgery, University Hospital Centre, Osijek</p>	Department of orthopaedic Surgery, University Hospital Centre, Osijek		
	08.30 – 09.00	<b>Welcome speech</b>	Z. Zelić
	<b>▪ KNEE SECTION</b>		
	09.00 – 09.30	Knee stability after arthroscopic anterior cruciate ligament reconstruction using the middle third of the patellar ligament and quadrupled hamstring tendons grafts - a two-year follow-up	Z. Zelić V. Wertheimer
	09.30 – 10.00	Minimal invasive VS standard TKA approach	B. Žulj
	10.00 – 12.00	<b>Live surgery – TKA</b>	
	12.00-13.00	Lunch at Orthopaedic ward KBC Osijek	
	13.00-13.30	Revision TKA	B. Žulj
	13.30 – 14.30	<b>Live surgery - ACL reconstruction</b>	Z. Zelić
	14.30 – 15.00	Coffee break	
	<b>▪ TRAUMA SECTION</b>		
	15.00 – 16.00	Fractures of proximal humerus	D. Kristek
	16.00 – 17.00	Fractures of proximal femur	D. Kristek
	17.00 –18.00	Fractures around the knee	D. Kristek
	<b>End of the Training</b>		
<ul style="list-style-type: none"> <li>• Transfer to Zagreb</li> <li>• Dinner hosted by CrOS at Restaurant Vinodol, Ulica Nikole Tesle 10, Zagreb</li> <li>• Night at Hotel Croatia, Vinogradska cesta 20, Zagreb</li> </ul>			



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**28/April 2015,  
Zagreb**

Department of orthopaedic Surgery, University Hospital Centre, Zagreb

Department of Traumatology University Hospital Centre Sestre Milosrdnice, Zagreb

Department of Orthopaedic Surgery, University Hospital Centre Zagreb		
08:45-09:00	<b>Welcome speech</b>	D. Delimar
<b>▪ TREATMENT OF DEVELOPMENTAL DISORDERS OF LOWER EXTREMITIES</b>		
09:00-09:30	Current concepts in displastic hip arthroplasty-operative technique for acetabular and femoral reconstruction	D. Delimar
09:30-10:00	Inverted Bauer approach for difficult primary hip arthroplasty and revisions	G. Bičanić
10:00-10:30	Hip arthroscopy	T. Smoljanović
<b>▪ ARTHROSCOPY VS. OPEN SURGERY IN TREATMENT OF HIP DISORDERS</b>		
11:00-11:30	Spastic hip dislocation	T. Đapić
11:30-12:00	Club feet and talus verticalis- Ponseti and Dobbs treatment	I. Šmigovec
12:00-12:30	Developmental dysplasia of the hip	B. Bačić
12:40-13:40	Lunch hosted by the Orthopaedic Department	
Department of Traumatology University Hospital Centre Sestre Milosrdnice, Zagreb, Draškovićeve 19, Zagreb		
15:00-15:10	<b>Welcome speech</b>	A. Matejčić
15:10-15:40	Anniversary of organized surgical activities in the City of Zagreb	
15:40-16:10	Internal fixation with basket plate for patellar fracture – 20 year follow up	
16:10-16:40	Management of pelvis and acetabular fracture	
16:40-17:10	Spine surgery	
Discussion		

	<b>End of the Training</b>		
	<ul style="list-style-type: none"> <li>Dinner hosted by CrOS at at Restaurant "Hole in one", Vlaška 42, Zagreb</li> <li>Transfer to Hotel Croatia, Vinogradska cesta 20, Zagreb</li> </ul>		
<p><b>29/April 2015</b> <b>Zagreb</b> Special Hospital for Orthopaedic Surgery Akromion, Krapinske Toplice</p> <p>Orthopaedic specialty hospital St. Chaterine, Bračak, Zabok</p>	Special Hospital for Orthopaedic Surgery Akromion, Krapinske Toplice		
	9:00-9:10	<b>Welcome speech</b>	M. Hašpl
	<b>▪ UPPER EXTREMITY</b>		
	9:10-9:25	Arthroscopic repair of the partial supraspinatus tear	N. Čičak
	9:25-9:40	Reverse shoulder Arthroplasty for treatment of the proximal humeral fracture	N. Čičak
	9.40-9:50	Bilateral posterior shoulder dislocation – case report	T. Tabak
	9:50-10:05	Rehabilitation after total and reverse shoulder arthroplasty	N. Filipčić
	10:05-11:00	<b>Live surgery – Supraspinatus tear repair</b>	N. Čičak
	<b>▪ LOWER EXTREMITY</b>		
	11:00-11:15	Complex primary knee arthroplasty	M. Hašpl
	11:15-11:30	Menisceal repair	D. Tršek
	11:30-11:45	Forefoot reconstruction	H. Klobučar
	11:45-11:55	Do we need postoperative transfusion after hip and knee arthroplasty?	K. Oremuš
	11:55-12:05	Perioperative analgesia after hip and knee arthroplasty	S. Šošarić
	12:05-13:00	<b>Live surgery - ACL reconstruction</b>	M. Hašpl
	13:00 -14:00	Lunch, all participants	
14:30-15:00	Transfer to Orthopaedic Specialty Hospital St. Catherine, Bračak 8, Zabok		

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	Orthopaedic Specialty Hospital St. Catherine, Bračak, Zabok	
	15:00-15:30	Introduction All
	15:30-16:00	Meniscal transplantation D. Hudetz
	16:00-16:30	Biosurgery in articular cartilage repair A. Ivković
	16:30-17:00	Minimally invasive procedures in treatment of back pain K. Houra
	<b>End of the Training</b>	
<ul style="list-style-type: none"> <li>Dinner hosted by St. Catherine Hospital at Veliko Trgovišće</li> <li>Transfer to Hotel Croatia, Vinogradska cesta 20, Zagreb</li> </ul>		
<b>30/April, 2015</b> <b>Zagreb</b> Children's University Hospital Zagreb, Vjekoslava Klaića 16, Zagreb	Children's University Hospital Zagreb	
	08:30-08:45	Welcome and Introduction D. Bojić
	08:45-10:30	<b>Live surgery</b> video presentation D. Bojić
	10:30-11:00	Coffee break
	11:00-11:15	Arthroscopic knee surgery in children D.Bojić
	11:15-11:30	Tumors in children,unusual location, unique technique of treatment T.Ribičić
	11:30-11:45	Slipped Capital Femoral Epiphysis Limb-length inequality: assessment and treatment options D.Antičević
	11:45-12:00	Discussion/Closing remarks
	12:00-12:30	Lunch at Children's Hospital
	<b>End of the Training</b>	
	15:30-17:00	Individual transfer to the Zagreb airport Departure from Zagreb airport

**End of Fellowship program**