

# EFORT Autumn Travelling Fellowship 2016

Poland  
from 4 to 10 September  
2016

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## *Welcome to Poland!*

Dear Fellow,

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

The EFORT Travelling Fellowship of **Autumn 2016** will be held in **Poland**. 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 next fellowship will be organised in **two** cities in **Poland**:

- **Otwock** (Sunday, 4 September to Wednesday, 7 September 2016)
- **Poznan** (Wednesday, 7 September to Saturday, 10 September 2016)

We wish you a pleasant and interesting fellowship in Poland!

On behalf of the organising Polish Society of Orthopaedics and Traumatology,

**Prof. Dr. Marek Synder**

President of the Polish Society of Orthopaedics and Traumatology

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## Useful information

### Arrival to WARSAW Airport, on Sunday, 4 September 2016

You may take any international or domestic flight to Chopin Airport in Warsaw, which is located about 10 km outside the city. From the Chopin Airport in Warsaw, there are transportation possibilities by train and busses (approximately 50 zł (12.00 Euro), or taxi (35.00 Euro) to the city centre. Transfer from the Chopin Airport to the Holiday Inn Hotel in Jozefow by taxi takes about 40 minutes (25 km distance) and the average cost for this travel is about 150,00 zł = 40.00 Euro.

### Accommodation and meals

Accommodation will be arranged in shared twin 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 the WARSAW Airport, on Saturday, September 10<sup>th</sup> 2016

The Polish Society of Orthopaedics and Traumatology and the Organizing Committee are offering your accommodation and stay in Poland from Sunday, 4 September up to your departure from Warsaw on Saturday, 10 September 2016.

## Contact for practical arrangements

Prof. Dr. Marek Synder  
Polish Society of Orthopaedics and Traumatology  
92-213 Lodz, Pomorska Str 251

Tel. No.: +4842 2014250

Fax No.: +4842 2014251

E-mail: [msynder@pro.onet.pl](mailto:msynder@pro.onet.pl) or [marek.synder@umed.lodz.pl](mailto:marek.synder@umed.lodz.pl)

## Organisers

Organised on behalf of the Polish Society of Orthopaedics and Traumatology by:

- Prof. Dr. Marek Synder
- Prof. Dr. Jarosław Czubak
- Prof. Dr. Leszek Romanowski

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## Dates, cities and venues in Poland

Monday, 5 September to Friday, 9 September 2016	
Otwock	Orthopaedics, Paediatric Orthopaedics and Traumatology, The Centre of Postgraduate Medical Education in Warsaw Konarskiego 13, 05-400 Otwock, Poland, Tel No.: +48 22 788 9197
Poznan	Dega University Hospital Poznań 61-545 Poznań, 28 Czerwca 135, Poland, Tel No.: +48 501 695 000

## Contact persons and addresses

Hospital	Address	Contact Person
Clinic of Orthopaedics and Paediatric Orthopaedics Medical University of Lodz	Pomorska Str 251 92-213 Lodz Poland	<b>Prof. Dr. Marek Synder</b> Tel No.: +48 602 739 453
Department of Orthopaedics, Paediatric Orthopaedics and Traumatology, The Centre of Postgraduate Medical Education in Warsaw	Konarskiego 13, 05-400 Otwock Poland	<b>Prof. Dr. Jarosław Czubak</b> Tel No.: +48 22 788 9197
Dega University Hospital	61-545 Poznań, 28 Czerwca 135 Poland	<b>Prof. Dr. Leszek Romanowski</b> Tel No.: +48 501 695 000
Dega University Hospital	61-545 Poznań, 28 Czerwca 135 Poland	<b>Prof. Dr. Jacek Kruczyński</b> Tel No.: +48 505 084 566
Dega University Hospital	61-545 Poznań, 28 Czerwca 135 Poland	<b>Prof. Dr. Marek Józwiak</b> Tel No.: +48 664 967 529

## Accommodation in shared twin rooms

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Dates	Hotel name	Hotel address
Sunday to Wednesday 04/09 to 07/09/2016	Holiday Inn	05-420 Jozefow, Telimeny Str. 1 Tel No.: +48 22 778 3000 Fax No.: +48 22 778 3001 Email: <a href="mailto:recepca@holiday.aquila.pl">recepca@holiday.aquila.pl</a> Homepage: <a href="http://www.holidayinn.com/Jozefow">www.holidayinn.com/Jozefow</a>
Wednesday to Saturday 07/09 to 10/09/2016	Włoski Hotel	Dolna Wilda 8, 61-552 Poznań Tel No.: + 48 61 833 52 62 Email: <a href="mailto:info@hotelwloski.pl">info@hotelwloski.pl</a> Homepage: <a href="http://www.hotelwloski.pl">www.hotelwloski.pl</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 [msynder@pro.onet.pl](mailto:msynder@pro.onet.pl) or [romanowski@data.pl](mailto:romanowski@data.pl) or [jarek@czubak.neostrada.pl](mailto:jarek@czubak.neostrada.pl) so that the hotel bookings can be arranged accordingly.

Thank you!

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## Programme outline

<b>Sunday, 4 September 2016</b>	<ul style="list-style-type: none"> <li>• Individual arrivals to <b>Warsaw, Chopin Airport</b></li> <li>• Individual transfers to <b>Holiday Inn Hotel in Jozefow</b></li> <li>• Meet at hotel lobby for a dinner</li> <li>• Transfer to Holiday Inn Hotel after dinner</li> </ul>		
<b>Day 1 Monday, 5 September 2016</b>  <b>Conference room &amp; Operating room</b>	7 <sup>30</sup> – 8 <sup>00</sup>	<b>Welcome speech</b>	Jarosław Czubak
	<b>Joint preservation procedures: tutorial for pelvic osteotomies</b>		
	8 <sup>00</sup> - 9 <sup>40</sup>	The principle of pelvic osteotomies surgical techniques, complications	Jarosław Czubak
	9 <sup>45</sup> -10 <sup>20</sup>	Dega osteotomy in DDH, LCP and CP	Jarosław Czubak
	10 <sup>20</sup> -10 <sup>50</sup>	Presentation fellows	3 fellows
	11 <sup>00</sup> - 12 <sup>00</sup> Operating room	PAO	Jarosław Czubak
	12 <sup>00</sup> -13 <sup>00</sup> Operating room	Safe surgical hip dislocation, Dega osteotomy	Jarosław Czubak
	13 <sup>00</sup> - 14 <sup>00</sup>	Lunch for all Participants in Hospital cafeteria	
	<b>Pelvic Osteotomies</b>		
	14 <sup>30</sup> -17 <sup>00</sup>	Different pelvic osteotomies 2 operating rooms	Jarosław Czubak Szymon Pietrzak
	<b>End of the Training</b>		
	<ul style="list-style-type: none"> <li>• Transfer to the Holiday Inn Hotel</li> <li>• Dinner at the hotel restaurant</li> </ul>		
<b>Day 2 Tuesday, 6 September 2016</b>  <b>Conference room Operating room</b>	<b>Joint arthroplasty</b>		
	8 <sup>00</sup> - 9 <sup>45</sup>	Difficulties in DDH cases	Jarosław Czubak Adam Czwojdzinski Andrzej Sionek
	9 <sup>45</sup> -10 <sup>20</sup>	How to choose proper implant, planning, principles, techniques	Jarosław Czubak Adam Czwojdzinski Andrzej Sionek
	10 <sup>20</sup> - 11 <sup>30</sup>	Approaches: anterolateral, posterolateral, direct anterior	Jarosław Czubak Adam Czwojdzinski Andrzej Sionek
	11 <sup>30</sup> - 12 <sup>00</sup>	Presentation fellows	3 fellows
	12 <sup>20</sup> - 13 <sup>30</sup>	Lunch for all Participants in Hospital cafeteria	
	<b>Limb reconstruction</b>		

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	14 <sup>00</sup> - 15 <sup>00</sup>	TSF	Szymon Pietrzak, Adam Czwojdzinski	
	15 <sup>00</sup> -16 <sup>00</sup>	Ilizarow frame, computer assisted Ilizarow technique	Szymon Pietrzak, Adam Czwojdzinski	
	16 <sup>00</sup> -17 <sup>00</sup>	Guided growth for angular correction	Szymon Pietrzak, Adam Czwojdzinski	
	<b>End of the Training</b>			
<ul style="list-style-type: none"> <li>• Transfer to the Holiday Inn Hotel</li> <li>• Dinner at the hotel restaurant</li> </ul>				
<b>Day 3</b> <b>Wednesday</b> <b>7 September 2016</b>  <b>Conference room</b>	<b>General Orthopaedics</b>			
	7 <sup>30</sup> – 8 <sup>00</sup>	Summary of training	Jarosl�w Czubak	
	8 <sup>00</sup> – 9 <sup>00</sup>	Question and answers	Jarosl�w Czubak Adam Czwojdzinski Andrzej Sionek	
	9 <sup>00</sup>	Departure from Warsaw to Poznan		
	<b>End of the Training</b>			
	<ul style="list-style-type: none"> <li>• Transfer to the Wloski Hotel in Poznan</li> <li>• Lunch at Hotel restaurant</li> <li>• Transfer to the Dega University Hospital</li> </ul>			
	<b>General Orthopaedics knee arthroplasty</b>			
	13 <sup>30</sup> - 14 <sup>00</sup>	<b>Welcome speech</b>	Leszek Romanowski	
	14 <sup>00</sup> - 15 <sup>00</sup>	Aspects of cemented and cementless knee arthroplasty	Jacek Kaczmarczyk Jacek Kruczyński	
	15 <sup>00</sup> -16 <sup>00</sup>	Periprosthetic fractures of the hip/knee-treatment options	Jacek Markuszewski Jacek Kruczyński	
16 <sup>00</sup> -16 <sup>30</sup>	Discussion			
16 <sup>30</sup> -17 <sup>00</sup>	Presentation fellows	3 fellows		
<b>End of the Training</b>				
<ul style="list-style-type: none"> <li>• Transfer to the Wloski Hotel in Poznan</li> <li>• Dinner at Hotel restaurant</li> </ul>				
<b>Day 4</b> <b>Thursday</b> <b>8 September 2016</b>  <b>Conference room &amp; operating rooms</b>	<b>Operative Theater</b>			
	8 <sup>00</sup> - 9 <sup>50</sup>	Hand surgery	Leszek Romanowski	
	9 <sup>50</sup> -10 <sup>50</sup>	Total knee arthroplasty surgery	Jacek Kaczmarczyk	

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	10 <sup>50</sup> - 11 <sup>50</sup>	Hip arthroplasty surgery	Jacek Markuszewski
	11 <sup>50</sup> - 12 <sup>20</sup>	Presentation fellows	3 fellows
	12 <sup>30</sup> - 13 <sup>30</sup>	Lunch at the hospital cafeteria	
	<b>Spine and Hip/Knee arthroplasty</b>		
	13 <sup>30</sup> - 14 <sup>30</sup>	Strategy in revision hip arthroplasty	Jacek Kaczmarczyk Jacek Markuszewski Waldemar Woźniak
	14 <sup>30</sup> - 15 <sup>00</sup>	Biomechanical aspects of knee surgery	Krzysztof Ruzzkowski
	15 <sup>00</sup> - 16 <sup>00</sup>	Strategy for spine deformity treatment	Łukasz Kubaszewski
	16 <sup>00</sup> - 17 <sup>00</sup>	Surgical treatment of infections of the spine	Franciszek Tobiasz
	<b>End of the Training</b>		
	<ul style="list-style-type: none"> <li>• Transfer to the Wloski Hotel</li> <li>• Dinner at the city restaurant</li> </ul>		
	<b>Day 5</b> <b>Friday,</b> <b>9 September 2016</b>  <b>Conference Room</b>	<b>Paediatric Hip</b>	
8 <sup>00</sup> - 9 <sup>00</sup>		Etiology of development hip dysplastic (DDH)	Marek Józwiak
9 <sup>00</sup> - 9 <sup>40</sup>		Hip joint geometry in normal and pathologic conditions	Bartosz Musielak
9 <sup>40</sup> - 10 <sup>20</sup>		Anatomical consideration for pelvic osteotomy decision making process	Michał Walczak
10 <sup>20</sup> - 11 <sup>10</sup>		Paediatric hip pain – diagnostic and treatment algorithm	Paweł Koczewski
11 <sup>10</sup> - 11 <sup>30</sup>		Presentation fellows	2 fellows
<b>Paediatric Spine</b>			
11 <sup>30</sup> - 12 <sup>30</sup>		Geometry of paediatric spine in normal and pathologic conditions	Tomasz Kotwicki
12 <sup>30</sup> - 13 <sup>15</sup>		Idiopathic scoliosis	Tomasz Kotwicki
13 <sup>15</sup> - 13 <sup>45</sup>		Congenital scoliosis	Piotr Janusz
13 <sup>45</sup> - 14 <sup>30</sup>		Neurovascular scoliosis	Aleksander Koch
14 <sup>30</sup> - 15 <sup>30</sup>	Lunch at Agus restaurant		

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<p><b>Day 6</b> <b>Saturday,</b> <b>10 September</b> <b>2016</b></p> <p><b>Conference Room</b></p>	<b>Leg Length Discrepancy and Alignment Syndromes</b>		
	15 <sup>30</sup> - 16 <sup>15</sup>	Etiology and associated conditions of LLD	Milud Shadi
	16 <sup>15</sup> - 16 <sup>45</sup>	Skeletal Maturity and Growth Control Surgery	Paweł Koczewski
	16 <sup>45</sup> - 17 <sup>30</sup>	Bone lengthening	Paweł Koczewski
	17 <sup>30</sup> - 18 <sup>00</sup>	Limb Deficiencies –general remarks	Milud Shadi
	18 <sup>00</sup> - 18 <sup>30</sup>	Discussion	
	<b>End of the Training</b>		
	<ul style="list-style-type: none"> <li>Transfer to the Wloski Hotel</li> <li>Dinner at city restaurant, Old Market</li> </ul>		
	<b>Spine and Hip/Knee arthroplasty</b>		
	7 <sup>30</sup> - 8 <sup>30</sup>	Revision hip and knee arthroplasty	Jacek Markuszewski Waldemar Woźniak Jacek Kruczyński
	8 <sup>30</sup> - 9 <sup>00</sup>	Lessons learned from retrieval analysis of failed hip and knee replacements	Łukasz Łapaj
	9 <sup>00</sup> - 9 <sup>45</sup>	The strategy for spine diseases treatment – case presentations Discussion	Łukasz Bartochowski Wojciech Jurasz Łukasz Kubaszewski Adam Sulewski
9 <sup>45</sup> - 10 <sup>30</sup>	The strategy for spine diseases treatment – case presentations Discussion	Łukasz Bartochowski Wojciech Jurasz Łukasz Kubaszewski Adam Sulewski	
10 <sup>30</sup> - 11 <sup>00</sup>	<b>Final remarks &amp; farewell speech</b>	Leszek Romanowski	
11 <sup>00</sup> -11 <sup>30</sup>	Lunch at hospital cafeteria		
<b>End of the Travelling Fellowship</b>			
<ul style="list-style-type: none"> <li>Transfer to the Chopin Airport in Warsaw</li> </ul>			