

# ExMex

Porto, Portugal

29-30 September 2017



Case-based discussions



## EFORT Expert Meet Expert Forum

Porto, Portugal: 29-30 September 2017

### Fragility Fractures: Evidence, controversies & failures

- Hip fractures
- Upper extremity fractures
- Periprosthetic fractures
- Case-based discussions
- On-site surveys
- Problems and solutions

# Welcome



Jorge Mineiro



Ulrich Stöckle



Miguel Marta

Dear Colleagues,

Population ageing worldwide is rapidly accelerating from 461 million people aged over 65 years in 2004 to an estimated 2 billion people by 2050, which has profound implications for the planning and delivery of health and social care all around the world.

With the ageing of the world population, frailty is becoming one of the most complex expressions addressing this group of human beings due to its related clinical conditions. The musculo-skeletal system is no exception to the gradual decline in physiological reserve and the loss of muscle strength. Power may be more important than changes to muscle mass as the cause of repeated falls in the age group.

Due to the multiple co-morbidities present in this group of patients, bone is sometimes more prone to fracture under minimal trauma. Fragility fractures are the end result of weaker bones and repeated falls are the ideal combination for an increasing workload not only for the healthcare systems but also for the orthopaedic trauma surgeons all over the world.

It does affect the upper and the lower extremity (as well as the spine) with a tremendous impact on the patient's quality of life. They are tricky to treat and therefore demand a lot from surgeons with expertise that deal with this type of bone.

Nowadays we have a wide armamentarium of different products developed specifically for fixation of these fractures but we need to help surgeons to develop more skills in fixing fragility fractures in frailty patients.

This session of ExMEx Forum in Porto is an opportunity not only for interactive discussions with experts but also for hands on sessions under their guidance. Feel free to bring your own cases so that we can all learn during the case discussion sessions that we have prepared for you.

Porto is a beautiful city in the north of Portugal and we have chosen a wonderful location for the next EFORT ExMEx Forum end of summer 2017.

We look forward to welcoming you in September.

Jorge Mineiro

Chairman  
ExMEx Porto

Ulrich Stöckle

Chairman  
EFORT Trauma Education  
Group

Miguel Marta

Local organiser  
ExMEx Porto

# Programme

Friday, 29 September

Schedule	Topic	Faculty
7:30	Registration	
8:30	Welcome	J. Mineiro
8:45	About EFORT	U. Stöckle

## Introduction

Moderators: Norbert Haas & Jorge Mineiro

9:00	Fragility Fractures. A biological problem?	F. Gebhard
9:15	How to improve fracture fixation and bone healing – biological means	J.-C. Bel
9:30	How to improve fracture fixation and bone healing – mechanical means	M. Marta
09:45	Coffee-break	

## Fractures of the hip

Moderators: Florian Gebhard & Miguel Marta

10:15	Hip fractures: online survey and case-based discussion	F. Gebhard
10:30	What is proven in hip fracture treatment?	J.-C. Bel
10:45	Fractures around the hip and anticoagulation medication – what to do?	P. Giannoudis
11:00	Case presentations	R. Matos J.M. Muñoz Vives
12:00	Workshops / Discussion groups	
13:00	Lunch break	

# Programme

Friday, 29 September

Schedule	Topic	Faculty
<b>Fractures of the shoulder</b>		
14:00	Workshops / Discussion groups	
	Moderators: Morten Schultz Larsen & Jacinto Monteiro	
15:00	Osteosynthesis – when, how and what can I expect?	J. M. Muñoz Vives
15:15	Replacement – when, how and what can I expect?	P. Felicissimo
15:30	Periprosthetic humeral fractures	N. Haas
15:45	Case presentations	R. Claro M. Schultz Larsen
16:30	End of the day	
20:00	Course dinner	

# Programme

Saturday, 30 September

Schedule	Topic	Faculty
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## Fractures of the elbow

Moderators: Christian Candrian & Paulo Felicissimo

9:00	Distal humerus fractures – how to treat?	C. Candrian
9:15	Elbow dislocation fractures	M. Schultz Larsen

## Fractures of the wrist

Moderators: Ulrich Stöckle & Jorge Mineiro

9:30	Online survey and case discussions	M. Schultz Larsen
9:45	Is there a place for Kirchner wire fixation?	J. Monteiro
10:00	Is there still an indication for dorsal plates?	U. Stöckle
10:15	Case presentations (elbow and wrist)	N. Sevivas C. Candrian

11:15	Coffee break	
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## Special cases

Moderators: Peter Giannoudis & Miguel Marta

11:45	Atypical femoral fractures	M. Schultz Larsen
12:00	Fractures in Paget disease and polio	J. Mineiro
12:15	Periprosthetic fractures femur	U. Stöckle
12:30	Case presentations	J. Mineiro

13:15	Closing remarks: Summary and farewell	J. Mineiro & U. Stöckle
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13:30	End of the course	
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# Faculty

## Faculty:

Jean-Christophe Bel, France  
Christian Candrian, Switzerland  
Florian Gebhard, Germany  
Peter Giannoudis, United Kingdom  
Norbert Haas, Germany  
Josep Maria Muñoz Vives, Spain  
Morten Schultz Larsen, Denmark  
Ulrich Stöckle, Germany  
Rui Claro, Portugal  
Paulo Felicissimo, Portugal  
Rui Matos, Portugal  
Miguel Marta, Portugal  
Jorge Mineiro, Portugal  
Jacinto Monteiro, Portugal  
Nuno Seivas, Portugal

## Course fees

### Early bird registration

EUR 315

### Late registration

(as of 15 September 2017)

EUR 365

### On-site registration

EUR 385

### Residents

EUR 205

### Course dinner

EUR 40

## Contact

EFORT Head Office  
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[www.efort.org](http://www.efort.org)  
[education@efort.org](mailto:education@efort.org)

## Opening hours

Friday 29 September: 07:30-16:30

Saturday 30 September: 08:00-13:30

## Venue

Faculty of Medicine  
of the University of Porto (FMUP)  
Rua Doutor Plácido da Costa  
4200-500 Porto  
Portugal

## Credits

CME accreditation in the process

## Course language

English–no translation

