



European Federation of  
National Associations  
of Orthopaedic Sports  
Traumatology

[www.efost2015.org](http://www.efost2015.org)



European Federation of  
National Associations  
of Orthopaedic Sports  
Traumatology



POLITECNICO  
DI TORINO



UNIVERSITÀ  
DEGLI STUDI  
DI TORINO

27-28 NOVEMBER 2015  
TORINO - ITALY

8th EFOST  
CONGRESS 2015

# TORINO INTERNATIONAL CONGRESS ON SPORTS TRAUMATOLOGY

8 CME CREDITS

20 CME CREDITS E-LEARNING COURSE: "MANAGEMENT OF SPORTS INJURIES"

PRESIDENTS

GIAN LUIGI CANATA - GERNOT FELMET



Towards New  
Horizons with  
Enthusiasm

**TORINO2015**  
CAPITALE EUROPEA DELLO SPORT

POLITECNICO DI TORINO  
CORSO DUCA DEGLI ABRUZZI 20  
TORINO

# PROGRAMME

[www.efost2015.org](http://www.efost2015.org)

## You are cordially invited

to the 8th Biennial EFOST Congress in Torino, Italy. The EFOST Congress offers a diverse and stimulating opportunity for attendees to share, discuss and learn the latest advancements in sports traumatology.

The two-day Congress will include a variety of educational opportunities such as paper presentations, “how I do” sessions, debates, lectures, symposia and instructional course lectures. Lunch time workshops, electronic posters and technical exhibits will also be offered. The EFOST Congress with an European faculty consisting of renowned specialists and expert leaders in the field ,including engineering scientists, will allow attendees to expand their knowledge and enhance their skills.

Thank you for submitting your abstracts. Abstracts will be considered for podium presentations and/or electronic posters. In addition, exceptional abstracts are considered for several EFOST Awards for outstanding clinical or laboratory research. Awards include honoraria and free registration and are recognized in an Awards Ceremony at the Congress. Basic science experts, orthopaedic surgeons, rehabilitation physicians, physical therapists and sports science specialists are invited.

In the beautiful city of Torino, first Capital of Italy, all Congress attendees and their guests will participate in a variety of social events such as; the gala dinner , a spouse and guest program and a special tour program.

We hope you will plan to participate in this international experience.

We look forward to seeing you in Torino!



**Gian Luigi Canata**  
*President of the congress*  
*Vice President EFOST*

## Dear colleagues and friends,

as president of EFOST, the European Federation of National Associations of Orthopedic Sports Traumatology, I look with great pride and a sense of great responsibility to all of my predecessors. In the last 23 years, they have formed EFOST.

The field of orthopedics and sports traumatology is still fascinating, and constitutes the basis for our good relationship and friendship. In this year, we sent again three colleagues from different European countries to our US Fellowship. Once again, EFOST will strive for European Centres.

We were able to choose excellent training facilities in Europe. Our next Fellowship will be a tour not only for American Fellows but also for Europeans in Europe and will end in our Congress in Torino, Italy.

This Congress will highlight the most important topics with international accepted speakers in orthopedics and sports traumatology and rehabilitation. Beside the scientific questions we also want to elucidate health care questions over the borders in sports traumatology.

This congress also will be an important step into the future to a new European Orthopedic Sports Medicine Association with ESSKA.

On behalf of EFOST I welcome you in Torino, the European Capital of Sports 2015.

See you in Torino



**Gernot Felmet**  
*President of the congress*  
*President EFOST*

## About EFOST

The European Federation of National Associations of Orthopaedic Sports Traumatology (EFOST) was founded in Palma de Mallorca, in 1992: a new organisation dealing with sports trauma, based on the association of different nations in Europe after the First World Congress of Sports Traumatology. Promoters were Jean-Claude Imbert and Hans Paessler.

## EFOST Mission:

The mission of EFOST is to promote scientific research and education in sports traumatology, to exchange knowledge in prevention, diagnosis, treatment and rehabilitation of sports injuries, as well as support and cooperate with scientific associations working in the same field for the establishment of a common language and to unify scientific efforts.

## EFOST Past Presidents:

- . Jean Claude Imbert 1993-1995
- . Giuliano Cerulli 1995-1997
- . Hans Paessler 1998-2000
- . Mahmut Doral 2000-2002
- . Paco Biosca 2003-2004
- . Franco Benazzo 2004-2006
- . Jose Huylebroek 2007-2010
- . Francois Kelberine 2010-2012
- . Nicola Maffulli 2012-2014

## EFOST Congresses:

- . Munich 2001, Hans H. Paessler
- . Monaco 2003, Jean-Claude Imbert
- . Madrid 2004, Pedro Guillen & Paco Biosca
- . Pavia 2006, Franco Benazzo
- . Antalya 2008, Mahmut Nedim Doral
- . Brussels 2010, Jose Huylebroek
- . London 2012, Francois Kelberine & Roger Hackney (Combined with World Sports Trauma Congress)
- . Torino 2015, Gian Luigi Canata & Gernot Felmet

## EFOST Executive Board 2014- 2016:

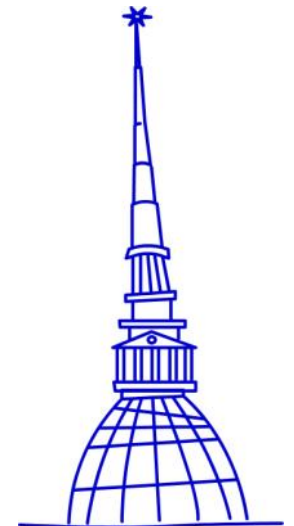
- . Gernot Felmet - President
- . Gian Luigi Canata - Vice President
- . Henrique Jones – Secretary
- . José Huylebroek - Treasurer
- . Madis Rahu
- . Pericles Papadopoulos
- . Nicola Maffulli
- . Burt Klos
- . Grzegorz Adamczyk

## EFOST Board at Large:

- . Mike Carmont
- . Patricia Thoreux
- . Josef Lowe
- . Luigi Pederzini
- . Bas Pijnenburg
- . Wojciech Widuchowski
- . Mahmut Nedim Doral
- . Igor Zazirny
- . Dimitri Karataglis
- . Artur Pereira de Castro
- . Fernando Avila Espana
- . Mihkel Mardna

## EFOST Young Board:

- . Nicolas Gravelau
- . Omer Mei Dan
- . Rocco Papalia
- . Dror Lindner
- . Gazi Huri



## WELCOME TO TORIN

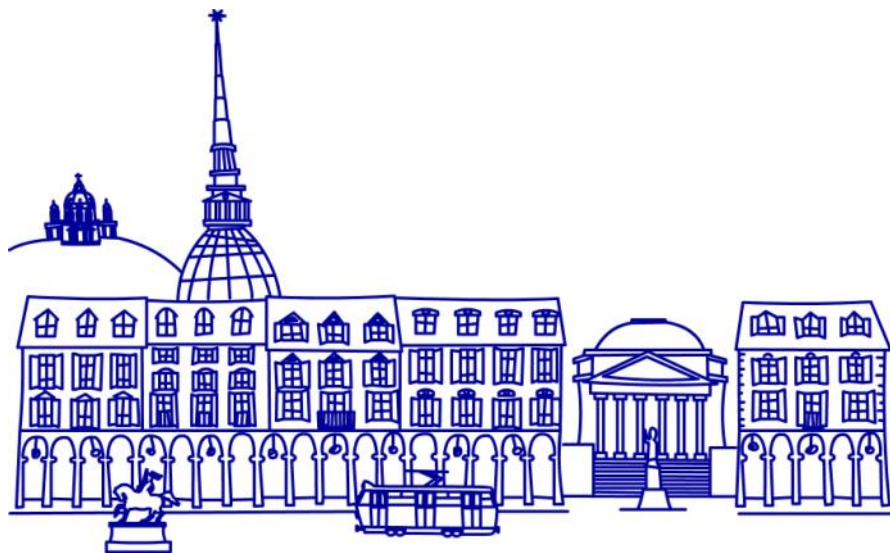
## TORINO AND PIEMONTE ONE TERRITORY, INFINITE EMOTIONS

Lively and elegant, always in movement, nonetheless **Torino is incredibly a city set in the heart of verdant areas: gently resting on the hillside and enclosed by the winding course of the River Po**, it owes much of its charm to its enchanting location at the foot of the western Alps, watched over by snowy peaks.

**The first Capital of Italia** invites you to discover its ancient and modern history, the palaces and the museums, the parks and tree-lined avenues, the river and the hills, the restaurants and historic coffee houses, the long colonnaded streets and the multiethnic neighbourhoods, the great events and the many little pleasures which have always made it unique, in a balance between the rational Roman town layout, the measured pomp of Piemonte baroque and the originality of the modern and contemporary architecture.

**Come to Torino, live it, breathe its spirit... you're sure to be taken completely by surprise!**

For further information about Museums, Royal Residences and Food & Wine, **download the brochure of TurismoTorino!**



## CONGRESS VENUE

## POLITECNICO DI TORINO

**Corso Duca degli Abruzzi n. 20 - Torino**

### FROM TURIN AIRPORT

**By Car / Taxi:**

**From Turin Airport the Journey will take 40 minutes:**

- From the Airport, take the SP2 to RA19 and follow the signs to 'TORINO Centro'
- Follow to the FA10 towards Torino Centro/Tangenziale
- Take the exit toward Cenisia/Vallette/M. Campagna - Corso Grosseto
- Turn Left onto Corso Potenza and continue onto Corso Lecce
- Go straight from Piazza Rivoli onto Corso Trapani
- Turn Left onto Corso Peschiera
- Continue down Corso Peschiera
- Turn Right onto Corso Duca degli Abruzzi, you will arrive after 50 meters
- A taxi will be the most convenient way to travel and will cost approximately 50€.

**By Bus:**

**From Turin Airport the journey will take 50 minutes:**

There is a shuttle link (SADEM) from the airport to the Porta Nuova railway station which leaves every 15 minutes, costing 5€, and takes around 35 minutes. Tickets can be purchased from the SADEM ticket office, within the airport terminal.

The time table can be downloaded from the following link:

<http://www.sadem.it/media/5191/000020.pdf>.

From Porta Nuova Railway Station you can get the Bus number 33 towards Politecnico and leave the bus after 4 stops

### FROM TURIN RAILWAY STATION

**Porta Nuova Railway Station**

From Porta Nuova Railway Station you can get the Bus number 33 towards Politecnico and leave the bus after 4 stops

**Porta Susa Railway Station**

From Porta Susa take Railway Station the tram number 10 towards Settembrini. Leave the tram after 3 stops

### FROM MILAN AIRPORT

**From Milan Malpensa Airport**

The bus company 'SADEM' also runs a shuttle service from Milan Malpensa Airport (one-way ticket 18€) which takes 2 hours to arrive at Porta Susa railway station.

The time table can be downloaded from the following link: <http://www.sadem.it/media/5191/000020.pdf>.

From Porta Susa take the tram number 10 towards Settembrini. Leave the tram after 3 stops

**PRESIDENTS**

Gian Luigi CANATA - Italy  
Gernot FELMET - Germany

**SCIENTIFIC COMMITTEE**

Grzegorz ADAMCZYK - Poland  
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Nicola MAFFULLI - Italy  
Giuseppe MASSAZZA - Italy  
Pericles PAPADOPULOS - Greece  
Madis RAHU - Estonia

**SCIENTIFIC SECRETARY**

Catena Cottone - studio@ortosport.it

**ORGANISING COMMITTEE**

**CUS TORINO** - Via Braccini, 1 – TORINO  
**IKOS Srl** – Corso Trapani, 98 – TORINO  
**FEDERSANITA' ANCI PIEMONTE** – P.zza Palazzo di Città, 1 – TORINO



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Ardèvol Jordi - Spain  
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Balboni Enrico - Italy  
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Del Regno Chiara - Italy  
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Piana Raimondo - Italy	Zanetta Gianpaolo - Italy
Piscitelli Luigi - Italy	Zanetti Elisabetta - Italy
Pijnenburg Bas - Netherlands	
Pivato Giorgio - Italy	
Ponteggia Fabrizio - Italy	

# Scientific Programme



27-28 November 2015

TORINO - ITALY

## FRIDAY, November 27

## MAIN HALL

## 7.30 Congress Registration

## 8.25 - 8.30 Welcome

8.30 - 9.40 **SESSION I: ACL: anatomy, biomechanics, surgical indications**

Chairs: Gernot Felmet, Jacques Menetray, Luigi Pederzini

Anatomy of cruciate ligaments and landmarks - *Robert Smigielski*ACL biomechanics and measurements - *Maurilio Marcacci*Imaging of the injured knee - *Carlo Faletti*Is there a conservative treatment method with which one can expect a stable knee? - *Roland Jakob*Which graft for the Athlete - *Claudio Zorzi*9.40 - 10.50 **SESSION II: Knee ligaments**

Chairs: Gian Luigi Canata, Maurilio Marcacci, José Huylebroek

Implant free ACL reconstruction with patellar tendon - *Peter Hertel*ACL reconstruction with out-in femoral technique - *Luigi Pederzini*ACL reconstruction with hamstring foreign material free with bone dowles - *Abdel Aziz El Singergy*Conservative treatment of PCL lesion - *Bas Pijnenburg*Surgical treatment of PCL lesions - *Ezio Adriani*

## 10.50 BREAK

11.00 - 12.20 **SESSION III: ACL: combined lesions and revisions**

Chairs: Pierre Chambat, Roland Jakob, Stefano Zaffagnini

Anterolateral instabilities - *Stefano Zaffagnini*Anteromedial instabilities - *Gian Luigi Canata*ACL reconstruction and osteotomies - *Jacques Menetray*Single stage revision - *Gernot Felmet*Two stage ACL revision - *Andrea Achtnich*

## 12.20 CONGRESS OPENING

*Gian Luigi Canata* - President of the Congress*Gernot Felmet* - President of the Congress*Marco Gilli* - Rettore Politecnico di Torino*Gianmaria Ajani* - Rettore Università degli Studi di Torino*Stefano Gallo* - Assessore Città di Torino- Capitale Europea dello Sport 2015*Gian Paolo Zanetta* - Presidente Federsanità Piemonte12.45 - 13.00 **Lecture: My way to try to understand the complex function of this joint: the knee** - *Werner Muller*Chair: *Gian Luigi Canata*13.00 - 13.45 **HOW I DO**Chairs: *Jordi Ardèvol, Luigi Pederzini*Anatomic ACL reconstruction - *Simon Ball*POL and ALL reconstruction - *Ralph Akoto*Achilles tendon repair - *Nicola Maffulli*

## 13.45 LUNCH

14.45 - 15.00 **Lecture: History and future of sports traumatology-** *Ejnar Eriksson*Chair: *Gernot Felmet*15.00 - 15.15 **Lecture: History of ACL reconstruction** - *Pierre Chambat*Chair: *Stefano Zaffagnini*15.15 - 16.45 **ESSKA SESSION: Prevention of overload and injuries in sports**Chairs: *Hermann Mayr, Henrique Jones*Introduction - *Hermann Mayr*Major causes of sports injuries - *Nicolas Lefevre*General prevention principles of overload damage in sports - *Henrique Jones*Specific aspects of throwing sports - *Elvire Servien*Specific aspects of football - *Simon Ball*Specific aspects of alpine skiing - *Hermann Mayr*Implementation of prevention in sports - *Fabrizio Tencone*Back to sports - *Mirco Herbort*Discussion - *Henrique Jones*

## 16.45 BREAK

17.00 - 18.15 **COMBINED EFOST-ICRS SESSION: Cartilage in 2015**Chairs: *Alberto Gobbi, Antonio Gigante, Bas Pijnenburg*Classification of chondral lesions - *Gunther Spahn*Osteochondral lesions management - *Giuseppe Filardo*Micro and nano fractures - *Massimo Berruto*OATS in athletes - *Venanzio Iacono*Innovative arthroscopic cartilage repair - *Ulrich Schneider*Stem cells: past, present and future - *Alberto Gobbi*18.15 - 18.30 **Nomination of the new honorary members**Chairs: *Gian Luigi Canata, Gernot Felmet, Nicola Maffulli**Ejnar Eriksson, Werner Muller*18.30 - 18.45 **TOP LEVEL COACH EXPERIENCE: Mauro Berruto**Chair: *Livio Berruti*

## ROOM 2

**13.00 - 13.45 Workshop:** ACL press fit reconstruction - Gernot Felmet

**13.45 LUNCH**

**13.45 - 14.45 Workshop Amedrix/BioTis:** ChondroFiller, the cellfree matrix for autore-generation of articular cartilage defects.

**14.45 - 15.45 SESSION I:** Injections in sports traumatology in 2015

Chairs: Ramon Cugat, Piero Volpi, Davide Bonasia

PRP and ligaments - Ramon Cugat

PRP and cartilage - Giuseppe Filardo

Local approaches for management of sport-induced muscle strains - Piero Volpi

Ultrasound guided diclofenac sodium injections in athletes - Emanuele Muraro

Gold induced cytokines: treatment and supplementation - Ulrich Schneider

**15.45 - 16.45 Israeli Sports- Arthroscopy Knee- Hip Session**

Chairs: Gideon Mann, Iftach Hetsroni, Lior Laver

The effect of HBO treatment on spontaneous osteonecrosis of the knee - Dror Lindner

All- autograft combined and multi-ligament knee reconstruction - Iftach Hetsroni

Hip arthroscopy: intra- and extra- articular procedures - Dror Lindner

The effect of low-impact physical activity on knee symptoms and quality of life in patients with moderate osteoarthritis - Gideon Mann

**16.45 BREAK**

**17.00 - 18.25 Combined ISAKOS-EFOS SESSION:** Ankle

Chairs: Helder Miguel Duarte Pereira, Madis Rahu, Sandro Giannini

Evaluation of acute ankle injuries - Bas Pijnenburg

Ankle sprains and syndesmotic injuries - Sandro Giannini

Repair of lateral ankle ligaments - Helder Miguel Duarte Pereira

Peroneal tendon injuries - Luigi Milano

Arthroscopic treatment of osteochondral ankle injuries - Madis Rahu

Syndesmotic injuries - Lior Laver

## ROOM 3

**14.45 - 15.45 Free paper session - Knee and ACL**

Chairs: Burt Klos, Umile Giuseppe Longo, Alessandro Tripodo

The impact of autologous platelet factors to femoral tunnel widening after ACL-reconstruction with hamstrings - **Panayiotis D. Megaloikonomos**, Panagopoulos GN, Starantzis KA, Zampeli F, Vottis C, Galanopoulos I, Koulalis I, Mastrokalos DS

Functional outcomes after ACL graft placement using a transtibial or anteromedial portal technique: challenging current paradigm - **Osman Riaz**, Fahad Hossain, Asim Siddiqui

Transtibial vs Anteromedial tunnel ACL reconstruction in soccer players: correlation between clinical and radiographic results - **Leonardo Osti**, Buda M, Cheli A, Soldati F, Del Buono A, Maffulli N.

Extended-duration thromboprophylaxis with bemparin versus rivaroxaban after ACL reconstruction: a prospective randomized study - **Chouliaras Vasileios**, Spiridon Kaliardas, George Kavalari, Vasiliki Tsagou, Vasiliki Vergi, Fotini Galani.

Outcome of anterior cruciate ligament reconstruction. A study of 127 cases - **Kraiem Fethi**, Lahmar AA, Kherdani K, Rekik MA, Trigui I

High incidence of ALL/ Segond avulsion in Ultrasound Imaging - **Burt Klos**, Konijnenberg S, Scholtes M

**15.45 - 16.00 Lecture:** Disability and Sports - Massimiliano Gollin

Chair: Tiziana Nasi

**16.00 BREAK**

**16.15 - 18.15 FORTE SESSION:** Sports trauma

Chairs: Gazi Huri, Giuseppe Massazza, João Vide

FORTE News - João Vide

The role of the young generation in sports medicine - what do we expect? - Giuseppe Massazza

Massive cuff tears (from biologic approaches to arthroplasty) - Gazi Huri

Current concepts in ACL reconstruction - Egemen Turhan

Management of articular defects - José Huylebroek

Ankle injuries in pediatric athletes - João Vide

What is new in Achilles tendon? - Mahmut Doral





## SATURDAY, November 28

## MAIN HALL

7.30 Congress Registration

7.00 - 8.00 EFOST General Assembly

8.00 - 9.30 **SESSION I: Shoulder and Elbow in sports**

Chairs: Alessandro Castagna, François Kelberine, Pericles Papadopoulos

Anatomy and investigation - Dinamic shoulder imaging - *Giuseppe Monetti*Scores for shoulder evaluation - *Davide Blonna*Cuff tear: what is the best reconstruction - *Alessandro Castagna*Micro instability: conservative treatment - *Pericles Papadopoulos*Solutions for irreparable cuff lesions - *Filippo Castoldi*The painful elbow - *Luigi Pederzini*Elbow instabilities - *François Kelberine*9.30 - 10.45 **Team session: How to prevent and manage top level team injuries. Round table**

Chairs: Franco Benazzo, Henrique Jones, Artur Pereira de Castro

*Fabrizio Tencone, Paco Biosca, Piero Volpi, Jose Huylebroek, Ramon Cugat, Jordi Ardèvol, Flavio Quaglia, Agostino Tucciarone, Gian Luigi Canata, Vincenzo Ieracitano.*

Juventus, Chelsea, Inter, Anderlecht, Barcelona, Napoli, Italian Athletic Federation, Italian Rugby Federation

10.45 - 11.00 **Lecture: How to evaluate knee injuries - Giuliano Cerulli**

Chair: Jose Huylebroek

11.00 BREAK

11.15 - 12.45 **SIGASCOT Session: Return to sport after surgery for...**

Chairs: Giacomo Zanon, Claudio Mazzola, Stefano Zaffagnini

Patellar instability - *Chiara Del Regno*Shoulder instability - *Fabrizio Ponteggia*Rotator cuff Repair - *Alessandro Giannini*Tendon repair - *Mario Ronga*Cartilage repair - *Daniele Srepis*Meniscal repair - *Alberto Vascellari*Knee replacement - *Paolo Adravanti*12.45 - 13.00 **Lecture: Hip and knee replacement and sports - Franco Benazzo**

Chair: Mahmut Doral

13.00 LUNCH

14.00 - 14.15 **Lecture: Osteotomies around the knee - Roland Jakob**

Chair: Gernot Felmer

14.15 - 15.30 **SESSION II: Return to sport after ACL reconstruction**

Chairs: Jose Huylebroek, Henrique Jones, Francesco Giron

Return to sports: do top athletes heal faster? - *Jose Huylebroek*Rehabilitation for high level athletes - *Lior Laver*Complications: prevention and management - *Alexander Barié*The role of the physiotherapist - *Paco Biosca*

15.30 BREAK

15.45 - 16.00 **Lecture: Achilles tendon. History and new tendencies - Mahmut Doral**

Chair: Burt Klos

16.00 - 16.15 **Lecture: Management of cartilage lesions of the ankle - Niek Van Dijk**

Chair: Gian Luigi Canata

16.15 - 17.15 **SESSION III: Nutrition, endocrinology and sports**

Chairs: Ezio Ghigo, Maurizio Casasco

Hormone use and abuse in sports: general overview - *Fabio Lanfranco*Highlights on hormone abuse detection in athletes - *Christian Strasburger*17.15 - 17.30 **EFOST Nostalgia: Mahmut Doral**

Chair: Franco Benazzo

17.30 - 17.50 **EFOST fellows report**

Chair: Burt Klos

American team report - *Duncan Meuffels, Mirco Herbolt*European team report - *Timo Rahnel, Pierre Rotzius*17.50 - 18.00 **Awards ceremony**

Chairs: Gian Luigi Canata, Gernot Felmet, José Huylebroek, Stefano Zaffagnini

EFOST Award

SIGASCOT Award

Nicola Cerulli Award

## ROOM 2

**8.00 - 9.00 HOW I DO**

**Chairs:** Mahmut Doral, Madis Rahu, Roberto Rossi

AMIC for osteochondral defects - *Roland Jakob*  
 All inside ACL reconstruction - *Wojciech Widuchowski*  
 Press fit ACL and PCL reconstruction - *Gernot Felmet*

**9.00 - 10.00 SESSION IV: Meniscal management in 2015**

**Chairs:** Renè Verdonk, Dirk Holsten, Paolo Adravanti

Management of difficult meniscal tears - *Lior Laver*  
 Meniscus: salvation and replacement techniques and results - *Dirk Holsten*  
 Indications and limits of meniscal allografts - *Peter Verdonk*  
 What we have learned - *Renè Verdonk*

**10.00 - 11.00 WRIST Combined session EFOST - ISSPORTH**

**Chairs:** Grzegorz Adamczyk, Loris Pegoli

Evaluation of wrist sports injuries - *Grzegorz Adamczyk*  
 Ulnar wrist pain in sports - *Loris Pegoli*  
 Endoscopy in wrist and forearm sports pathologies - *Giorgio Pivato*  
 Management of neural wrist sports injuries - *Bruno Battiston*

**11.00 BREAK****11.15 - 12.25 SESSION V: Hip**

**Chairs:** Alessandro Massè, Jan Van Melkebeek, Carlo Faletti

Anatomy and biomechanics of normal and abnormal hip - *Alessandro Massè*  
 Imaging - *Carlo Faletti*  
 Athlete's hip in different sports activities - *George Tsikouris*  
 Hip impingements - *Jan Van Melkebeek*  
 Indication for open or arthroscopic treatment - *Alessandro Aprato*

**12.30 - 12.45 Lecture: Venous thromboembolism prophylaxis in sports traumatology**

- **Nicolaas Budhiparama**

**Chair:** Henrique Jones

**13.00 LUNCH****13.00 - 13.30 Workshop M.I.T. Italia - Interim clinical results on zlig multicentric study****14.00 - 15.30 Session: Technology and Engineering**

**Chairs:** Enrico Macii, Laura Montanaro

Mesoporous glasses as a smart platform for future, targeted therapies in pathological bone and skin

*Chiara Vitale-Brovarone, Sonia Lucia Fiorilli, Gianluca Ciardelli, Aldo Roberto Boccaccini, Georg Duda, Sheila MacNeal, Maria Vallet-Regi*

The challenge of new materials in total hip replacement

*Paola Palmero, Jerome Chevalier*

Variability of sEMG spatial distribution in individual muscles: possible confounding factor in muscle assessment

*Marco Gazzoni, Alessio Gallina*

Biomechanical methods for the evaluation of human joints loads, functionality and repair

*Cristina Bignardi, Mara Terzini, Alberto Audenino, Elisabetta Zanetti, Bernardo Innocenti, Antonio Marmotti*

EMG-Based Control for Rehabilitative Robotics

*Nicolò Celadon, Marco Paleari, Alain Favetto, Silvia Appendino, Paolo Ariano*

Custom design of orthopedic implants and prosthesis by additive manufacturing

*Diego Giovanni Manfredi, Flaviana Calignano, Elisa Paola Ambrosio, Massimo Lorusso, Jukka Pakkanen, Francesco Trevisan, Paolo Fino*

**15.30 BREAK****15.45 - 16.00 Lecture: Orthopaedic oncology and Sports: Raimondo Piana**

**Chair:** Alessandra Linari

**16.00 - 17.00 Free papers session - knee and lower limb**

**Chairs:** Wojciech Widuchowski, Alberto Vascellari

Arthroscopically assisted treatment of tibial plateau fractures - **Alexandra Silva Terinte**, *Radulescu R, Badila AE*

Posterior tibial artery deficiency mimicking chronic exertional compartment syndrome: a case report - **Bertrand Parcels**, *Lavery K, Hosea T*

Surgical treatment for acute rupture of Achille's tendon: comparison study between open surgery and ultrasound assisted - **Luigi Piscitelli**, *Bisaccia M, Schiavone A, Teodori J, Rinonapoli G, Caraffa A*

High ankle sprain. Arthroscopic treatment of the syndesmosis tibio-fibularis partial rupture - **Marek Krochmalski**

Epidemiology of injuries and overuse diseases in rugby: observational study of Perugia Rugby's players - *Michele Bisaccia, Piscitelli L, Teodori J, Schiavone A, Rinonapoli G, Caraffa A*

External fixation in athletes: why and why not? - **Kristian Zoccola**, *Aloj D, Desayeux S, Petruccelli E, Arrigoni C*

## ROOM 3

**8.00 - 9.00 Free Paper Session - Upper Limb**

Chairs: Rocco Papalia, Davide Blonna

Scapula dyskinesia: a review of current concepts and evaluation of assessment tools - *Gihan Jayasinghe, Butt D, Alexander S*

Complications of surgically treated midshaft fractures of the clavicle with intramedullary nails compared to anatomic locking plates: can the indication for TEN be extended? - *Christian Ehrnthaller, Eickhoff A, Fischer M, Gebhard F*

Anatomic primary Repair of the Biceps Tendon with a minimally invasive technique in athletes - *Valentina Casale, Canata GL, Chiey A*

Treatment methods of rotator cuff repair - *Turcu Razvan Nicolae*

Antero superior cuff lesions in the over- seventies - *Andrea Losana, Balboni E, Pesce C*

Median nerve compression at elbow, a case report - *Ismahal Beressa, Azzouz M*

**9.00 - 10.00 EUROPEAN HEALTHCARE IN SPORTS TRAUMATOLOGY - Care Over the Borders**

Chairs: Gernot Felmet, Igor Zazirnyi, Alfonso Forte

*Thorsten Bröske*, Die Schwenninger Krankenkasse (Health Care Insurance)

*Frank Hoffmann*, Frankfurt Oder, Germany - German Polish society

**11.00 BREAK****11.15 - 13.15 SESSION for rehabilitation and physiotherapy**

Chairs: Giuseppe Massazza, Paco Biosca, Lior Laver

Giving them wings: global integration of the sporting shoulder - *Joanne Elphinston*

Tricks and pearls on return to sports after ACL surgery - *Suzanne Werner*

Return to sport after knee surgery - *Stefano Respizzi*

Physiatric prevention of knee injuries - *Giorgio Diaferia*

Return to sport: role of postural control and footwear - *Rocco Papalia*

**13.15 LUNCH****13.15 - 14.15 Workshop Sewon Cellontech - Cartifill: Refinement of microfracture procedures: a liquid collagen matrix that can be used transartroscopically - Georg Linsinger, Marc Wahler****14.15 - 16.30 Ultrasounds in sports traumatology**

Chairs: Giuseppe Monetti, Burt Klos, Jordi Ardèvol

Musculo skeletal elastosonography - *Giuseppe Monetti*

Dynamic ultrasounds - *Burt Klos, Stephan Konijnenberg*

Upper extremity nerve entrapment in sports medicine: US exam and US assisted treatment - *Jordi Palau*

## ROOM 4

**CORSO PER GIORNALISTI:****SCIENZA: VERITÀ CONTRO ILLAZIONI.****GESTIONE, INTERPRETAZIONE E DIVULGAZIONE DELLA NOTIZIA A CARATTERE SCIENTIFICO****8.45 - 9.00 REGISTRAZIONE****9.00 - 9.20 SALUTI ISTITUZIONALI**

*Alberto Sinigaglia* - Presidente ordine giornalisti del Piemonte

*Gianpaolo Zanetta* - Presidente Federsanità Anci Piemonte

**9.20 - 9.40 I nuovi media: come comunicare la notizia scientifica**

*Bruno Babando* - Direttore de "Lo Spiffero.com"

**9.40 - 10.10 Radio baccano: aiutare i media a fare ordine**

*Laura Bettini* - giornalista radiofonica

**10.10 - 10.40 L'ufficio stampa tra dovere di cronaca e servizio aziendale**

*Maria Teresa D'Aquino* - Responsabile Ufficio Stampa A.O. Novara

**10.40 - 11.10 Pericoli e rischio sanitario: sensazionalismo, realtà e dato scientifico**

*Bartolomeo Griglio* - Medico veterinario, Presidente Ceirsa

**11.10 - 11.40 Deontologia e aspetti legali**

*Claudia Zucca* - Avvocato Responsabile Ufficio legale Asl To5

**11.40 - 12.10 Quando al centro della notizia c'è un vip**

*Franco Benazzo* - Medico Sportivo, Direttore struttura ortopedia Ospedale San Matteo di Pavia, ex Medico F.C. Inter

**12.10 - 12.20 Conclusioni**

*Alberto Sinigaglia* - Presidente ordine giornalisti del Piemonte



## Registration fee

In order to participate in all the activities of the **8th EFOST CONGRESS 2015** - Torino International Congress on Sports Traumatology a formal subscription to the congress is necessary.

**Registration on [www.efost2015.org](http://www.efost2015.org)**

	SUBSCRIPTION FEE		
	UNTIL 16/11/2015	FROM 17/11/2015 TO 24/11/2015	ON SITE
SUBSCRIPTION FEE	€ 140,00	€ 170,00	€ 220,00
EFOST PARTNER / SIGASCOT PARTNER	€ 100,00	€ 130,00	€ 220,00
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POSTGRADUATES / STUDENTS / GRADUATES IN MOTOR SCIENCE	€ 50,00	€ 70,00	€ 110,00

*The amounts are VAT-free according to art.10, paragraph 1, no.20, D.P.R. 633/72.*

**The registration fee to the Congress includes:**



- Participation in the Congress works in the PLENARY ROOM
- Participation in the parallel sessions
- Congress kit
- CME material
- Certificate of attendance ( handed over at the end of the Congress)
- Opening ceremony
- Coffee break on 27th and 28th November
- **No. 8 CME credits** (for those who are entitled) (the ECM credit certificate will be available in pdf format within 50 days from the end of the Congress under the registration profile).
- Registration fee for participants to the congress includes free access to the e-learning course **“Management of Sports Injuries”**, **No. 20 CME credits**. The course will be held in English and Italian.
- Simultaneous translation in Main Hall

To register and pay your fees please visit [www.efost2015.org](http://www.efost2015.org).

Please state on your registration form which parallel sessions you wish to attend.

You can safely register and pay online through our protected pay system powered by Banca Sella, Paypal. You can also pay by bank transfer.

Registration deadline is set for Tuesday 24th November 2015. While it would still be possible to register at the door, only payment by credit or bank card will be accepted.

We strongly advise that you avoid registering at doors due to the expected long queues that will arise following the required administrative and tax procedures that need to be carried out on registration.

For any further information, do not hesitate to email [info@efost2015.org](mailto:info@efost2015.org) or IKOS Srl, ph: +39 011 377717 - fax +39 011 3806229

## Registration Confirmation

Upon receipt of you registration form and payment, an attendance confirmation will be sent to you by email

## Cancellation

In case of cancellation communicated in writing at [info@efost2015.org](mailto:info@efost2015.org) by 02/11/2015, 50% of the paid fees will be refunded after the Congress has taken place. Cancellations received after 02/11/2015 will not attract a refund

## Official Language

You are reminded that a service of simultaneous translation (English- Italian, Italian-English) will be exclusively activated in the MAIN HALL, whilst in the other Rooms the reports will be discussed in English language.





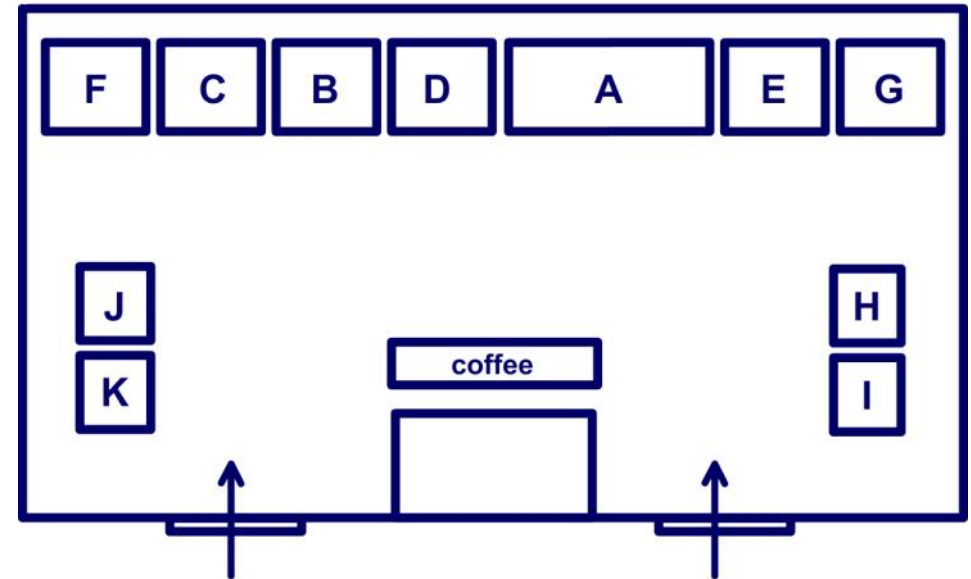
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