

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 10th 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 or 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	Prof. Dr. Marek Synder 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	Prof. Dr. Jarosław Czubak Tel No.: +48 22 788 9197
Dega University Hospital	61-545 Poznań, 28 Czerwca 135 Poland	Prof. Dr. Leszek Romanowski Tel No.: +48 501 695 000
Dega University Hospital	61-545 Poznań, 28 Czerwca 135 Poland	Prof. Dr. Jacek Kruczyński Tel No.: +48 505 084 566
Dega University Hospital	61-545 Poznań, 28 Czerwca 135 Poland	Prof. Dr. Marek Józwiak Tel No.: +48 664 967 529

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Accommodation in shared twin rooms

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: recepca@holiday.aquila.pl Homepage: www.holidayinn.com/jozefow
Wednesday to Saturday 07/09 to 10/09/2016	Włoski Hotel	Dolna Włda 8, 61-552 Poznań Tel No.: + 48 61 833 52 62 Email: info@hotelwloski.pl Homepage: www.hotelwloski.pl

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 or romanowski@data.pl or jarek@czubak.neostrada.pl so that the hotel bookings can be arranged accordingly.

Thank you!

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Programme outline

<p>Sunday, 4 September 2016</p>	<ul style="list-style-type: none"> • Individual arrivals to Warsaw, Chopin Airport • Individual transfers to Holiday Inn Hotel in Jozefow • Meet at hotel lobby for a dinner • Transfer to Holiday Inn Hotel after dinner 		
<p>Monday, 5 September 2016</p> <p>Conference room & Operating room</p>	<p>7³⁰ - 8⁰⁰</p>	<p>Welcome speech</p>	<p>Jarosław Czubak</p>
<p>Joint preservation procedures: tutorial for pelvic osteotomies</p>			
		<p>The principle of pelvic osteotomies surgical techniques, complications</p>	<p>Jarosław Czubak</p>
		<p>Dega osteotomy in DDH, LCP and CP</p>	<p>Jarosław Czubak</p>
<p>11⁰⁰ - 12⁰⁰ Operating room</p>		<p>PAO</p>	<p>Jarosław Czubak</p>
<p>12⁰⁰ - 13⁰⁰ Operating room</p>		<p>Safe surgical hip dislocation, Dega osteotomy</p>	<p>Jarosław Czubak</p>
<p>13⁰⁰ - 14⁰⁰</p>		<p>Lunch for all Participants in Hospital cafeteria</p>	
<p>Pelvic Osteotomies</p>			
<p>14³⁰ - 17⁰⁰</p>		<p>Different pelvic osteotomies 2 operating rooms</p>	<p>Jarosław Czubak Szymon Pietrzak</p>
<p style="text-align: center;">End of the Training</p>			
<ul style="list-style-type: none"> • Transfer to the Holiday Inn Hotel • Dinner at the hotel restaurant 			
<p>Tuesday, 6 September 2016</p> <p>Conference room Operating room</p>	<p>Joint arthroplasty</p>		
<p>8⁰⁰ - 10⁰⁰</p>		<p>Difficulties in DDH cases</p>	<p>Jarosław Czubak Adam Czwojdzinski Andrzej Sionek</p>
<p>10⁰⁰ - 11⁰⁰</p>		<p>How to choose proper implant, planning, principles, techniques</p>	<p>Jarosław Czubak Adam Czwojdzinski Andrzej Sionek</p>
<p>11⁰⁰ - 12⁰⁰</p>		<p>Approaches: anterolateral, posterolateral, direct anterior</p>	<p>Jarosław Czubak Adam Czwojdzinski Andrzej Sionek</p>
<p>12³⁰ - 13³⁰</p>		<p>Lunch for all Participants in Hospital cafeteria</p>	

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

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Thursday 8 September 2016 Conference room & operating rooms	Operative Theater		
	8 ⁰⁰ - 10 ⁰⁰	Hand surgery	Leszek Romanowski
	10 ⁰⁰ - 11 ⁰⁰	Total knee arthroplasty surgery	Jacek Kaczmarczyk
	11 ⁰⁰ - 12 ⁰⁰	Hip arthroplasty surgery	Jacek Markuszewski
	12 ³⁰ - 13 ³⁰	Lunch at the hospital cafeteria	
	Spine and Hip/Knee arthroplasty		
	13 ³⁰ - 14 ³⁰	Strategy in revision hip arthroplasty	Jacek Kaczmarczyk Jacek Markuszewski Waldemar Woźniak
	14 ³⁰ - 15 ⁰⁰	Biomechanical aspects of knee surgery	Krzysztof Ruszkowski
	15 ⁰⁰ - 16 ⁰⁰	Strategy for spine deformity treatment	Łukasz Kubaszewski
	16 ⁰⁰ - 17 ⁰⁰	Surgical treatment of infections of the spine	Franciszek Tobiasz
End of the Training			
<ul style="list-style-type: none"> • Transfer to the Wloski Hotel • Dinner at the city restaurant 			
Friday, 9 September 2016 Conference Room	Paediatric Hip		
	8 ⁰⁰ - 9 ⁰⁰	Etiology of development hip dysplastic (DDH)	Marek Józwiak
	9 ⁰⁰ - 9 ⁴⁵	Hip joint geometry in normal and pathologic conditions	Bartosz Musielak
	9 ⁴⁵ - 10 ³⁰	Anatomical consideration for pelvic osteotomy decision making process	Michał Walczak
	10 ³⁰ - 11 ¹⁵	Paediatric hip pain - diagnostic and treatment algorithm	Paweł Koczewski
	11 ¹⁵ - 11 ³⁰	Discussion	
	Paediatric Spine		
11 ³⁰ - 12 ³⁰	Geometry of paediatric spine in normal and pathologic conditions	Tomasz Kotwicki	

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	12 ³⁰ - 13 ¹⁵	Idiopathic scoliosis	Tomasz Kotwicki
	13 ¹⁵ - 13 ⁴⁵	Congenital scoliosis	Piotr Janusz
	13 ⁴⁵ - 14 ³⁰	Neurovascular scoliosis	Aleksander Koch
	14 ³⁰ - 15 ³⁰	Lunch at Agus restaurant	
	Leg Length Discrepancy and Alignment Syndromes		
	15 ³⁰ - 16 ¹⁵	Etiology and associated conditions of LLD	Milud Shadi
	16 ¹⁵ - 16 ⁴⁵	Skeletal Maturity and Growth Control Surgery	Paweł Koczewski
	16 ⁴⁵ - 17 ³⁰	Bone lengthening	Paweł Koczewski
	17 ³⁰ - 18 ⁰⁰	Limb Deficiencies - general remarks	Milud Shadi
	18 ⁰⁰ - 18 ³⁰	Discussion	
	End of the Training		
	<ul style="list-style-type: none"> • Transfer to the Wloski Hotel • Dinner at city restaurant, Old Market 		
Saturday, 10 September 2016 Conference Room	Spine and Hip/Knee arthroplasty		
	7 ³⁰ - 8 ³⁰	Revision hip and knee arthroplasty	Jacek Markuszewski Waldemar Woźniak Jacek Kruczyński
	8 ³⁰ - 9 ⁰⁰	Lessons learned from retrieval analysis of failed hip and knee replacements	Łukasz Łapaj
	9 ⁰⁰ - 9 ⁴⁵	The strategy for spine diseases treatment - case presentations Discussion	Łukasz Bartochowski Wojciech Jurasz Łukasz Kubaszewski Adam Sulewski
	9 ⁴⁵ - 10 ³⁰	The strategy for spine diseases treatment - case presentations Discussion	Łukasz Bartochowski Wojciech Jurasz Łukasz Kubaszewski Adam Sulewski
	10 ³⁰ - 11 ⁰⁰	Final remarks & farewell speech	Leszek Romanowski
	11 ⁰⁰ - 11 ³⁰	Lunch at hospital cafeteria	

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End of the Travelling Fellowship

- Transfer to the Chopin Airport in Warsaw