IBRA International Bone Research Association

Program

IBRA EDUCATION PROGRAM Master

IBRA Master Course

Fractures of the Upper Limb: From the Fingertip to the Shoulder

March 20 – 22, 2019
Cologne, Germany

UNIKLINIK KÖLN

Chairmen:
Prof. Dr. Lars P. Müller, Cologne, Germany
Dr. Radek Kebrle, Vysoké nad Jizerou, Czech Republic

Foreword

Dear colleagues,

Trauma to the Shoulder and Elbow Joint is common and often represents complex entities in daily clinical practice. The challenges lay within the intricate anatomy, and the dynamic biomechanics of these joints. In modern times, osteoporotic bone quality further increases the difficulty of the fractures. Considering short-term results especially of the partial and full prosthetic treatments of elbow pathologies, it is obvious that our ultimate goal should be the anatomical and biological reconstruction of the bony and ligamentous injury. Joint replacement should be avoided if possible.
Besides the new developments in the field of osteosynthesis techniques, the reconstruction of soft tissue injuries, especially the ligamentous injuries, play a major role with regard to the elbow joint.
In the context of the current course concept with fractured specimens with intact soft tissue envelope, we address the bony stabilization techniques and possibilities of soft tissue reconstruction.
We look forward to welcoming you in Cologne to practically oriented days full of interesting discussions with pre-fractured specimens.

Prof. Dr. med.
Lars P. Müller

PD Dr. med.
Kilian Wegmann

Foreword

Dear colleagues,

distal radius fracture treatment is THE topic in upper limb trauma surgery. Although well described, in complex situations it is controversial and challenging. The Master Training Courses in Cologne are focused on exercises in a realistic clinical setting. An intensive theoretical part focused on complex situations is followed by a practical part with pre-fractured specimens. X-ray and CT scans are part of the package. They are discussed in small groups and the best treatment strategy including tips and tricks given by their instructors is outlined. Afterwards internal fixation of the fracture is performed and finally all groups present their cases and discuss it in common. This allows participants to profit from the experiences made by each other. This is the real fracture treatment.

I look forward to welcoming you in Cologne to a great event.

Dr. med.
Radek Kebrle

Faculty
(in alphabetical order)

Chairmen

Prof. Dr. Lars P. Müller, Cologne, Germany

Dr. Radek Kebrle, Vysoké nad Jizerou, Czech Republic

Hand & Wrist

Dr. Rohit Arora, Innsbruck, AT, rohit.arora@uki.at

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Prof. Alexander van Tongel, Gent, BE, alexander_vantongel@hotmail.com

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(in alphabetical order)

Shoulder

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Prof. Alexander van Tongel, Gent, BE, alexander_vantongel@hotmail.com

Mr. Mohammad Wasseem, Macclesfield, UK, was33uk@yahoo.com

Wednesday – March 20, 2019

7:10	**Bus transfer from the Hotel Courtyard by Marriott Köln to the Institute of Anatomy**	
7:30 – 7:50	**Registration**	
7:50 – 7:55	Welcome	
7:55 – 8:00	IBRA Introduction	
8:00 – 10:00	**Session I – Hand and Wrist (120 min)**	
8:00 – 8:10	Fracture simulator – a story from Cologne	
8:10 – 8:20	Palmar plating - where is the limit?	*R. Arora*
8:20 – 8:30	Barton fracture - easy to handle?	*R. Kebrle*
8:30 – 8:40	My best tip for short fractures	*N. Schep*
8:40 – 10:00	Case discussion	
10:00 – 10:20	**Coffee Break**	

Wednesday – March 20, 2019

10:20 – 10:30	Medartis Implants and Instruments	*Medartis*
10:30 – 13:00	**Hand and Wrist Fractures – Practical Part I (150 min)**	
10:30 – 12:00	Case 1: All groups receive a pre-fractured specimen and elaborate the case	*All*
12:00 – 13:00	Presentation and Discussion Case 1	*Groups*
13:00 – 14:00	**Lunch**	
14:00 – 16:30	**Hand and Wrist Fractures – Practical Part II (150 min)**	
14:00 – 15:30	Case 2: All groups receive a pre-fractured specimen and elaborate the case	*All*
15:30 – 16:30	Presentation and Discussion Case 2	*Groups*
16:30 – 17:00	Summary and adjourn	
17:00	Transfer to the hotel	
19:30	**Social Dinner at the Brauerei Päffgen**	

Thursday – March 21, 2019

7:30	**Bus transfer from the Hotel Courtyard by Marriott Köln to the Institute of Anatomy**	
7:50 – 7:55	Registration	
7:55 – 8:00	Welcome	
8:00 – 10:00	**Session I – Elbow (120 min)**	
8:00 – 8:15	Ligamentous re-fixation	*R. Arora*
8:15 – 8:40	Case discussion	*R. Arora*
8:40 – 8:55	Distal humerus fractures	*M. Hackl*
8:55 – 9:20	Case discussion	*M. Hackl*
9:20 – 9:35	Proximal forearm fractures	*L. P. Müller*
9:35 – 9:50	Case discussion	*L. P. Müller*
9:50 – 10:00	Interdisciplinary Impulse – Studies and realities	
10:00 – 10:20	**Coffee Break**	

Thursday – March 21, 2019

10:20 – 10:30	Medartis Implants and Instruments	*Medartis*
10:30 – 13:00	**Elbow Fractures – Practical Part I (150 min)**	
10:30 – 12:00	Case 1: All groups receive a pre-fractured specimen and elaborate the case	*All*
12:00 – 13:00	Presentation and Discussion Case 1	*Groups*
13:00 – 14:00	**Lunch**	
14:00 – 16:30	**Elbow Fractures – Practical Part II (150 min)**	
14:00 – 15:30	Case 2: All groups receive a pre-fractured specimen and elaborate the case	*All*
15:30 – 16:30	Presentation and Discussion Case 2	*Groups*
16:30 – 17:00	Summary and adjourn	
17:00	Transfer to the hotel	

Friday – March 22, 2019

7:30	**Bus transfer from the Hotel Courtyard by Marriott Köln to the Institute of Anatomy**	
7:50 – 7:55	Registration	
7:55 – 8:00	Welcome	
8:00 – 10:00	**Session I – Shoulder (120 min)**	
8:00 – 8:10	Expert hints for an appropriate surgical indication in patients 65+	*L. P. Müller*
8:10 – 8:30	Case discussion	*L. P. Müller*
8:30 – 8:40	When does it make sense to use the nail, when the plate?	*M. Wasseem*
8:40 – 9:00	Case discussion	*M. Wasseem*
9:00 – 9:10	How do I reach best stability using a plate?	*J. C. Katthagen*
9:10 – 9:30	Case discussion	*J. C. Katthagen*
9:30 – 9:40	My advices for post-treatment	*A. van Tongel*
9:40 – 10:00	Case discussion	*A. van Tongel*
10:00 – 10:20	**Coffee Break**	

Friday – March 22, 2019

10:20 – 10:30	Medartis Implants and Instruments	*Medartis*
10:30 – 13:00	**Shoulder Fractures – Practical Part I (150 min)**	
10:30 – 12:00	Case 1: All groups receive a pre-fractured specimen and elaborate the case	*All*
12:00 – 13:00	Presentation and Discussion Case 1	*Groups*
13:00 – 14:00	**Lunch**	
14:00 – 16:30	**Shoulder Fractures – Practical Part II (150 min)**	
14:00 – 15:30	Case 2: All groups receive a pre-fractured specimen and elaborate the case	*All*
15:30 – 16:30	Presentation and Discussion Case 2	*Groups*
16:30 – 17:00	Summary and adjourn	
17:00	Transfer to the hotel	

General Information

Chairmen

Prof. Dr. Lars P. Müller, Cologne, Germany
Dr. Radek Kebrle, Vysoké nad Jizerou, Czech Republic

Organized by

IBRA - International Bone Research Association, Basel, Switzerland

Registration & Information

IBRA Administration Office
Hochbergerstrasse 60E, CH-4057 Basel
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info@ibra.net, website: www.ibra.net

Registration Fees

	1 day	2 days	3 days
IBRA Member	EUR 375	EUR 700	EUR 1000
Non-Member	EUR 750	EUR 1400	EUR 2000

Registration Deadline

March 1, 2019

Certification

This activity has been CME approved for a maximum of 33 points, Category C (Medical Association of North Rhine-Westphalia).

General Information

Educational hours

Theoretical Part Hand & Wrist on Wednesday, March 20 – 120 min
Practical Part Hand & Wrist on Wednesday, March 20 – 300 min

Theoretical Part Elbow on Thursday, March 21 – 120 min
Practical Part Elbow on Thursday, March 21 – 300 min

Theoretical Part Shoulder on Friday, March 22 – 120 min
Practical Part Shoulder on Friday, March 22 – 300 min

Total: 21h

Target audience

Recommended for head of departments and senior surgeons.

Main specialty of the event

An interactive Seminar and hands-on Workshop, addressing trauma and reconstruction of the wrist, elbow and shoulder with representative cases and discussions.
International faculty will apply evidence and present latest innovations in lecture format and surgical demonstration to the participating hand and orthopaedic surgeons.

Expected total number of participants

24

Educational needs

A vital scientific exchange between experts of the subspecialty reaching out for the establishment of refined standards in surgery and further improved treatment for patients has been identified as the specific need of this course level. Opening of new perpsectives and a solid sounding board. Testing and possible confirmation of individual ideas through discussion with peer experts.

General Information

Expected educational outcomes

Broadening of spectrum of good practices and their dissemination, Aware of new/improved techniques and methodologies to diagnose, treat and follow-up patients.

Nature of the event

Day one focuses on lectures with cases presentations and discussions. Panel discussions analyze cases, followed by „pearls and pitfalls“. Day two provides a hands-on cadaver lab that allows the mutual exchange of personal experience by directed instructions. The interactive course format will engage the participants and highlight the controversy linking lack of evidence and broad range of experience.

Methods to promote active learning

Multimedia presentations; time for question & answer sessions and discussion; cadaver workshop (of pre-fractured specimens) with sharing and discussion of the various cases.

International audience

Yes

Main language of the event

The official event language is English.

Simultaneous translation

No simultaneous translation will be provided.

General Information

Course Format

Since 2011, a multidisciplinary team of trauma surgeons from the University hospital of Cologne, biomechanics from the German Sport University and engineers has been specialised in creating realistic limb injuries of specimens in order to offer surgical training. Together with the University hospital of Cologne the team offers surgeons and orthopaedics practical training courses in which the participants get training on specimens with realistic bony and ligamentous injury patterns. To create these realistic osteoligamentous injuries with intact soft tissues, the team has designed a complex test-bench with multiple technical adaptations.

Compared to established courses on artificial bones or intact specimens, this new concept is designed to challenge advanced surgeons as well.

Before starting the treatment, the participants have to analyse the injury with the help of X-ray and CT imaging. After the fracture classification, the surgeons discuss the approach and realise the surgical treatment. X-ray images help to analyse the result of the treatment of the individual case and it can be discussed by the entire group.

For the indicated body parts elbow and hand, this team is able to create defined, realistic injuries. Further body parts such as shoulder and lower extremities, the team is working constantly to analyse individual sequences of injuries in order to design technical methods and to create realistic injuries.

General Information

Social Dinner

Wednesday, March 20, 2019

Time

19:30 h

Venue

Brauerei Päffgen
Friesenstr. 64-66
D-50670 Cologne
www.paeffgen-koelsch.de

Costs

For all participants – EUR 40 per person, per dinner

Course Location

Institut II für Anatomie
der Universität Köln
Gebäude 35
Joseph-Stelzmann-Straße 9
D-50937 Cologne

(for taxi, please indicate house no. 65)

General Information

Accommodation

Courtyard by Marriott Köln
Dagobertstrasse 23
D-50668 Cologne
www.colognecourtyard.com

Rooms incl. breakfast are available at EUR 109 per person (single use)

Please go to the menu item "registration" in order to register and to reserve a hotel room.

In case you require an extended hotel stay or a double occupancy, please write an email to Helene Dietrich, helene.dietrich@ibra.net

General Information

Methods of Payment

Credit Card VISA Master Card

Bank Transfer (EUR)	Bank J. Safra Sarasin AG, CH-4002 Basel
Account no.	6010055.4001
IBAN no.	CH17 0875 0060 1005 5400 1
Clearing no.	8750
SWIFT	SARACHBB

Refund Policy

All refunds must be requested in writing to the IBRA Adminstration Office. If written notification is received 3 weeks prior to the event, a full refund less a EUR 40 processing fee will be given. If written notification is received 10 days prior to the event, a refund of 50% of the registration fee will be given. For later notifications, there will be no refunds. Refunds will not be given for non-attendance.

Sponsoring

We thank our major industry partners Medartis and Hologic for contributing in-kind support (material and logistics) without which this event would not be possible. (Medartis EUR 10500, Hologics EUR 3750)

A special thanks to Medartis for providing an unrestricted educational grant for this event.

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General Information

Disclaimer and Waiver

I understand that the material presented in this educational program (the "Program") has been made available under sponsorship of IBRA (International Bone Research Association) for educational purposes only. This material is not intended to represent the only, nor necessarily the best, method or procedure appropriate for the medical situations discussed, but rather is intended to present an approach, view, statement or opinion of the faculty that may be of interest to others.

As a condition of my participation in the Program, I hereby (i) waive any claim I may have against IBRA and its officers, directors, employees, sponsor, agents, or against the presenters or speakers, for reliance on any information presented in the Program; and (ii) release IBRA, its officers, directors, employees, sponsors and agents, as well as the presenters and speakers, from and against any and all liability for damage or injury that may arise from my participation or attendance at the Program.

I further understand and agree that no reproduction of any kind, including photographs, audiotapes and videotapes, may be made of the Program.
All property rights in the material presented, including common law copyright, are expressly reserved to the presenter or speaker or to the IBRA.

IBRA is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available. Costs incurred by the registrant, such as airline or hotel fees or penalties, are the responsibility of the registrant.

I hereby certify that I am correctly vaccinated against the current diseases which could be transmitted during the dissection workshops. I also certify that my personal insurance company will take in charge the possible injuries and complications that may occur during the dissection workshops. I relieve the organizers from their responsibility concerning any injury and complication that may occur during the workshops.

By registering for the Program, I consent to the conditions of participation set forth above.

The level-1 trauma center is led by Prof. Dr. med. Lars P. Müller, a national and international renowned trauma surgeon with specialty in upper extremity surgery.

Annually more than 250 surgeries focus on the pathologies of the elbow-joint.

Specific indications for elective procedures of the elbow joint are:

- Acute and chronic instability of the elbow (e.g. after dislocation or chronic overuse)
- Fracture dislocation
- Malunion
- Septic joint disease
- Rheumatic disease of the elbow
- Primary and secondary arthritis of the elbow
- Prosthetic replacement of the elbow joint / Total elbow replacement
- Prosthetic replacement of the radial head
- Temporary stabilization with external fixators and dynamic external fixators
- Reconstruction of the medial and lateral collateral ligament with autologous and allogenic transplant
- Congenital deformities
- Post-traumatic correction of deformities and nerve injuries

The institution has established its own cadaver laboratory, which offers the possibility to undertake macro-anatomic and biomechanical studies. Regularly research projects are conducted also in cooperation with external renowned institutes. For example, in cooperation with the Technical University Jülich, 3-D imaging and finite element analyses of the upper extremity and the spine are conducted to investigate biomechanical questions.

Moreover, the institution is part of the “CCMB”, the Cologne Center for Mucoskeletal Biomechanics. The Center was founded in 2013 as a scientific cooperation between the Medical Faculty of the University of Cologne and the German Sport University Cologne and is an interface between basic and clinical research with the purpose of a pragmatic translational research (“From bench to bedside and back”). The research focuses of the CCMB are musculoskeletal injuries and diseases. The center is composed of different institutes from both universities in order to concentrate expertise and to create synergies. The research of the diverse disciplines on musculoskeletal injuries and diseases will be collated complementing each other.

At the department we welcome fellows and exchange scientists on a regular basis. Research fellows from all over the world fulfill their doctorate and commit themselves to further research projects.

The young history of the institution is marked by patient oriented care, high-level surgical procedures and innovative as well as relevant research projects.

IBRA International Bone Research Association

IBRA is a financially independent, internationally oriented non-profit organization, for specialized clinicians and research scientists. IBRA's core activity is the future-oriented advancement of bone-tissue research and management focusing particularly on:

- Bone biology, including osteointegration, bone generation and soft tissue reaction
- Maxillofacial and orthopaedic rehabilitation
- Materials research including hardware development
- Biomechanics
- Tissue engineering
- Surgical procedures & clinical management

IBRA encourages the development of innovative solutions in a friendly, loyal atmosphere. Future-oriented open-mindedness and international acceptance form the basis for first-rate assistance in realizing modern research projects and promoting individual careers. As an international forum reaching across geographic and cultural borders, IBRA offers an up-todate network for the exchange of experience and knowledge in applied bone and tissue research.

History

IBRA was founded in Zurich, Switzerland on September 25, 2004 at the initiative of eighteen forward-looking clinicians. Its primary aims are the exchange of professional knowledge, promotion of new scientific developments, engineering of the musculoskeletal system, coordinated multi-centre research and highly specialized advanced training.

Research Support

IBRA offers financial support for research projects dealing with bone biology and the improvement or development of internal fixation devices for maxillofacial and limbs surgery. With the emphasis on innovation and suitability for practical application, 95% of the research budget goes towards applied research and clinical studies and 5% towards basic research.

Education

IBRA's education area offers clinicians special courses on the application of specific methods of treatment. IBRA's particular concern is to train tomorrow's highly qualified research scientists. IBRA enhances its members' qualifications through a scholarship program.

Notes

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