



# ORTHOPAEDICA BELGICA

## THE SPORTS AND ORTHOPAEDICS CONGRESS

### INJURY, SURGERY, RECOVERY

## 20 NOVEMBER - ONLINE CONGRESS



## Programme

Updated 09 November 2020.

The Congress will be recorded and all the sessions will be available for 6 months.

## Thursday 19 November, Online session

### 16.00 Lifetime Sports

**Moderators:** *Everard Munting & Jan Noyez*

16.00 Welcome – *Jan Noyez*  
16.05 Sport injuries in young soccer players – *Pascal Wernaers*  
16.15 Acute spondylolysis in the adolescent athlete – *Jan Sys*  
16.25 Injury prevention – *Joke Schuermans*  
16.35 Aging tendons – *Bruno Vanhecke*  
16.45 Keep on running – *Dirk De Clercq*  
17.05 Discussion  
17.20 End of session

### 17.20 Break

### 17.35 The degenerative joint and Sports

**Moderators:** *Jan Noyez & Kris Govaers*

**Consider the alternatives!**

17.35 Injectables: where do we stand now? – *Kristof Sas*  
17.45 How to stay away from arthroplasty – *Kris Govaers*  
17.55 Orthopride report and future direction – *Jan Victor*

**Impact of sports on joint arthroplasty**

18.05 Shoulder arthroplasty and sport – *Geert Declercq*  
18.15 Impact sports after knee and Hip Arthroplasty: Should be forbidden – *Thierry Scheerlinck*  
18.25 Impact sports after Knee and Hip Arthroplasty : is perfectly possible – *Justin Cobb*  
18.35 Are there guidelines for sporting activities after arthroplasty? – *Kris Govaers*

**Moderators:** *Peter Verdonk & Jan Victor*

**Surgery in the degenerative knee**

18.45 RIZIV/INAMI analysis: Is there a sense of urgency? – *Jan Victor*  
18.55 International perspective – *Pieter-Jan Vandekerckhove*  
19.01 Orthopaedic strategy and goals – *Peter Verdonk*  
19.07 Current guidelines – *Hilde Vandenneucker*  
19.13 Discussion  
19.45 End of session

## Friday 20 November, Online session

### 16.00 Welcome & General Assembly

16.00 Welcome – *Jan Noyez*  
16.05 BVOT General Assembly – *Frank Plasschaert & Jan Noyez*

### 16.15 Trauma and sports: Frequent fractures in sports “The big five”

**Moderator:** *Gerrit De Wachter & Wim Vandesande*

16.15 Clavicle fractures in professional cyclists – *Tom Claes*  
16.30 Ankle fractures in sports – *Dan Putineanu*  
16.45 The most frequent carpal fractures – *Wim Vandesande*  
17.00 Tibial Plateaus fractures in sports – *Ionut Caracudovici*  
17.15 Sequellae of hip fractures in sports – *Marc Jayankura*  
17.30 Discussion  
17.45 End of session

### 17.45 Break

### 18.00 BFAS – Specific sports injuries

**Moderators:** *Giovanni Matricali & Geoffroy Vandeputte*

18.00 Syndesmotc lesions. How to diagnose? – *Laurent Goubau*  
18.10 How to treat missed syndesmotc lesions in athletes – *Joris Robberecht*  
18.20 Medial ankle instability: is this a concern? – *Stefan Desmyter*  
18.30 Achilles tendon rupture: is surgery the best option? – *Karolien Schwagten*  
18.40 How to manage stress fractures in “athlete’s”? – *Jeroen De Wachter*  
18.50 Subtle lesions of the MTP I joint – *Bernhard Devos Bevernage*  
19.00 Discussion  
19.15 End of session

19.15 Issue to be discussed: Circular letter FAGG/AFMPS regarding the presence in operating theatre of employees of implant companies  
19.30 Adjourn

## Instructional Course Lecture

### Physiotherapists Session in collaboration with AXXON

Recording on Friday 20 November from 09.00 to 11.00

**Broadcasting on Thursday 03 December from 20.00 to 22.00**

**Moderators:** *Peter Bruynhooghe & Antoon Van Raebroeckx*

**ACL tears**

09.00 Treatment options anno 2020 – *Thomas Luyckx*  
09.10 How I rehab the patient after ACL surgery – *Jo Verschueren*  
09.20 Q&A

**Shoulder instability**

09.30 Decision-making in anterior shoulder instability – *Olivier Verborgt*  
09.40 How I rehab a patient with shoulder instability – *Stijn Vereecken*  
09.50 Q&A

**Rotator cuff tears**

10.00 Understanding the OR, report of the surgeon – *Antoon Van Raebroeckx*  
10.10 How do I rehab a shoulder after cuff repair – *Liesbet De Baets*  
10.20 Q&A

**Carpal instability**

10.30 A challenge for the surgeon? – *Arne Decramer*  
10.40 How I rehab a wrist with carpal instability – *Maike van der Hoeven*  
10.50 Q&A

11.00 End of session

### BHG – Common Hand and Wrist problems in the recreational Athlete and how to solve them

Recording on Friday 20 November from 12.00 to 13.30

**Broadcasting on Thursday 17 December from 20.00 to 21.30**

**Moderators:** *Arne Decramer & Joris Duerinckx*

12.00 Introduction  
12.10 How to solve wrist pain in gymnasts? – *Miryam Obdeijn*  
12.20 Atraumatic dorsal wrist pain in the young athlete – *Joris Duerinckx*  
12.30 Sport bracing: options for hand and wrist – *Bart Vaneekhout*  
12.40 Discussion  
12.50 Ulnar sided wrist pain in tennis: game over? – *Frederik Verstreken*  
13.00 Cyclists: hands on the road – *Arne Decramer*  
13.10 Compartment syndrome of the forearm in athletes – *Mathieu Maroy*  
13.20 Discussion  
13.30 End of Session

### Hip – Arthroplasty and sports: A spicy debate

Recording on Thursday 19 November from 12.00 to 13.30

**Broadcasting on Thursday 14 January 2021 from 20.00 to 22.00**

**Moderators:** *Kris Govaers*

It is the approach that matters

12.00 From the front – *Kristoff Corten*  
12.15 From the back – *Jan Somers*

It is the bearing

12.30 Does sports require a specific bearing – *Thierry Scheerlinck*

It is the arthroplasty design

12.45 Resurfacing: here to stay – *Koen De Smet*  
13.00 It is the stem size: long or short? – *Justin Cobb (UK)*  
13.15 It is the head size: big balls? – *Marc Jayankura*

### Spine – Endoscopic Spinal Surgery

Recording on Thursday 19 November from 08.30 to 10.00

**Broadcasting on Thursday 21 January 2020 from 20.00 to 21.30**

**Moderators:** *Hisco Robijn & Peter Van Daele*

Full-Endoscopic Spine Surgery, it represents the future! – *Peter Van Daele*

Full-Endoscopic Spine Surgery: how it changed my practice (pitfalls, outcome)! – *Hisco Robijn*

### ORGANISED BY



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