

# SAKS symposium 2018

## Treatment of Patellofemoral Pathology

### Program

#### Friday 14<sup>th</sup> September 2018:

**8.30 – 09.30: Registration, coffee and company exhibition.**

#### Patellofemoral anatomy, biomechanics and imaging

*Chair: Martin Rathcke + practical info*

**09.30 – 09.40:** Welcome- Intro. Epidemiology. *Martin Lind*

**09.40 – 10.00:** Anatomy of the patella femoral joint. Soft-tissue, bone dysplasi and rotational pathology. *Peter Lavard*

**10.00 – 10.30:** Imaging with X-ray, CT and MRI. *Mikael Boesen*

**10.30 – 11.15 : Coffee break and company exhibition.**

#### Patellofemoral pain condtions

*Chair: Per Holmich*

**11.15 – 11.45:** Patellofemoral pain syndrome. *Michael Rattleff*

**11.45 – 12.00:** Plica syndrome and management. *Steffen Sauer*

**12.00 – 12.10:** Discussion. *All*

**12.10– 13.10: Lunch and company exhibition.**

#### Patella instability

*Chair: Martin Lind*

**13.10 – 13.30:** Epidemiology of patella instability in children, adolescents and adults. *Petro Sillanpää*

**13.30 – 13.50:** Principles of management of patella instability and treatment decision strategy. *David Dejour*

**13.50 – 14.10:** Medial patellofemoral Ligament reconstruction. *Petri Sillanpää*

**14.10 – 14.30:** Tibial tuberosity osteotomies. *David Dejour*

**14.30 – 14.40:** Discussion. *All (10 min)*

**14.40– 15.20: Coffee break and company exhibition.**

*Chair: Peter Lavard*

**15.20 – 15.40:** When is trochleoplasty relevant and trocleoplasty techniques. *David Dejour*

**15.40 – 15.50:** Arthroscopic arthroplasty technique. *Lars Blønd*

**15.50 – 16.10:** Management of pediatric patella instability. *Petri Sillanpää*

**16.10 – 16.25:** Complex patella instability conditions, Chronic patella dislocation, habitual dislocation and patella nail syndrome. *Martin Lind*

**16.25 – 16.40:** Rehabilitation principles after patella instability surgery. *Mathilde Lundgaard-Nielsen*

**16.40 – 17.00:** Discussion. *All (20 min)*

**19.00 → Symposium Dinner 😊 → 22.00 → Social gathering 😊**

## Saturday 15<sup>th</sup> September 2018:

**07.00 – 08.00: Breakfast and company exhibition.**

### Free Sportstraumatologic Papers:

*Chair: Per Hölmich & Anders Boesen*

**08.00 – 09.00:** Free papers on Arthroscopic Surgery or Sportstraumatology.

### Registry, physiotherapy and cases.

*Chairman: Bjarne Mygind-Klavsen*

**09.00 – 09.20:** Physiotherapeutic principles for non-operative treatment of patellofemoral pain and instability. *Torsten Nielsen*

**09.20. – 09.40:** Patellofemoral instability registry. *Nis Nissen*

**09.40 – 10.20: Coffee break and company exhibition.**

### Cartilage Lesions.

*Chair: Lars Konradsen*

**10.20 – 10.40:** Management of patellofemoral cartilage lesions. *Lars Konradsen*

**10.40 – 11.20:** Management of patellofemoral osteoarthritis and extensor apparatus transplantation. *Anders Odgaard*

**11.20 – 11.30:** Discussion

**11.30 – 12.15:** Cases and panel discussion. (30 Min). *All*

**12.15 – 12.30:** Evaluation and Closing remarks + **Grab and Go lunch.**

# Program

*Symposium on*

## Treatment of patellofemoral pathology

**Friday 14<sup>th</sup> September 2018**

**Saturday 15<sup>th</sup> September 2018**

The logo for the Danish Society of Arthroscopic Surgery and Sportstraumatology (SAKS) consists of the letters 'SAKS' in a bold, blue, sans-serif font. The letters are slightly shadowed, giving them a three-dimensional appearance as if they are floating above a white surface.

**Danish Society of Arthroscopic Surgery and Sportstraumatology**