

Friday 10. September 2021

**Sports Orthopedics – When is surgery indicated? and how to do it
SAKS Focus symposium at Comwell, Roskilde**

A symposium about the many sports related overuse problems in orthopedics, including muscle and tendon ruptures.

Aetiology, diagnosis, and treatment (Surgical as well as non-surgical) will be covered for each subject in relation to both young and middle-aged athletes.

8.30 – 9.30	Registration and coffee	
9.30 – 9.40	Welcome & introduction	Per Hölmich

Hip and groin:

Chair: Otto Kraemer

9.40 – 10.05	Lateral hip pain	Bent Lund
10.05 – 10.30	Groin and hip pain	Per Hölmich
10.30 – 10.40	Discussion	

10.40 – 11.20 Coffee break and visit the exhibitions

Lower leg:

Chair: Bjarne Mygind-Clausen

11.20 – 11.40 Linschoten	Shin splints and stress fractures	Robbart van
11.40 – 12.00	Lower leg exertional compartment syndrome	Simon Døssing
12.10 – 12.20	Fasciitis plantaris	Lars Konradsen
12.20 – 12.30	Discussion	
12.30 – 13.30	Lunch and visit the exhibitions	

Muscle injuries - using the hamstrings as the example:

Chair: Morten Boesen

13.30 – 13.50	What is happening?	Kristian Thorborg
13.50 – 14.10 Linschoten	Treatment options	Robbart van
14.10 – 14.25	Imaging of muscle injuries	Engin Kurt
14.25 – 14.35	Proximal hamstring avulsions	Per Hölmich
14.35 – 14.45	Discussion	
14.45 – 15.30	Coffee break and visit the exhibitions	

Overuse injuries in the knee:

Chair: Martin Lind

15.30 – 15.50 Linschoten	Anterior knee pain and runners' knee in sport	Robbart van	
15.50 – 16.05	Physiotherapy treatment of anterior knee pain	Kristian Thorborg	
16.05 – 16.20	Plica in the knee – diagnosis and treatment	Lars Blønd	
16.20 – 16.50	Jumpers knee – aetiology, diagnosis and treatment	Håkan Alfredsson	
16.50 – 17.00	Discussion		
19.00 –	Symposium Dinner	22.00	& Social networking

Saturday 11. September 2021

Chair: Anders Boesen & Adam Witten

8.00 – 9.00

Free papers about arthroscopy and sports orthopaedics

Athletes with early OA in the knee:

Chair: Ole Gade Sørensen

9.00 – 9.25 Linschoten	Knee pain in the middle-aged athlete	Robbart van
9.25 – 9.40	Surgical and other treatment options	Kristoffer Barfod
9.40 - 9.50	Discussion	

9.50 – 10.30 Coffee break and visit the exhibitions

The Achilles tendon:

Chair: Anders Boesen

10.30 – 11.00	Achilles tendinopathy – mid portion and insertional	Håkan Alfredsson
11.00 – 11.20	Achilles tendon rupture – current state of the art	Kristoffer Barfod
11.20 – 11.30	Discussion	
11.30 – 12.00	Cases and overall discussion	
12.15 – 12.30	Closing of the symposium & Grab and go lunch	