

### **Course Chairman**

Dr. Antoon Van Raebroecx

### **Scientific Committee**

Dr. Peter Ruetten

Dr. Hans Van Der Bracht

### **Invited Faculty**

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| * Dr. Roman Brzoska, Poland              | * Rudy Heylen, sport psychologist      |
| * Dr. Laurent Lafosse, France            | * Dr. Etienne Lejeune                  |
| * Dr. Thibault Lafosse, France           | * Marteleur Tim, sport physiotherapist |
| * Dr. Matt Ravenscroft, UK               | * Prof. Dr. Stefaan Nijs               |
| * Dr. Emilio Lopez Vidriero, Spain       | * Dr. Stijn Muermans                   |
| * Dr. Luc Buyse                          | * Dr. Eric Partoune                    |
| * Dr. Tom Claes                          | * Dr. Frank Pauwels                    |
| * Dr. Toon Claes                         | * Prof. Dr. Koen Peers                 |
| * Prof. Dr. Philippe Debeer              | * Dr. Gaetan Opsomer                   |
| * Dr. Tinneke De Coninck                 | * Dr. Gert Van Den Bogaert             |
| * Dr. Geert Declercq                     | * Dr. Tom Van Isacker                  |
| * Dr. Carl Dierickx                      | * Paul Van Loon, sport physiotherapist |
| * Gerrit De Loose, sport physiotherapist | * Prof. Dr. Alexander Van Tongel       |
| * Dr. Francois Hardeman                  | * Prof. Dr. Olivier Verborgt           |

## Featuring

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Shoulder trauma / Sports Shoulder / Ultrasound

Current concept review / My daily practice / Live Surgical Demonstrations

## Course intention

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During this course, we try to bring a practical overview on 4 topics concerning shoulder pathology.

This year, we have the cooperation of the SKA group. We will focus on the sporters shoulder from prevention and clinical examination over technical imaging and decision making to surgery and rehab.

We have a great session on ultrasound use in our practice. There is the possibility to register for the workshop during the break.

The presentations are followed by Live Surgery to show all tips and tricks for every subject. The session chairman will try to give a short resume of the different talks and moderates the Live Surgery.



With approval of Belss :



*Belgian Elbow & Shoulder Society*

## Program: Friday, February 8

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**13:00u**                      **Welcome**

**13:30u**                      **Introduction**      *Dr. A. Van Raebroeckx*

**13:40u**                      **Upper limb trauma and overuse in sports: multidisciplinary approach**

***Chairman: Dr. Toon Claes / Dr. S. Muermans***

13:40u                      Epidemiology: *Dr. S. Muermans*

13:50u                      The Herentals Xperience: *Dr. T. Claes*

14:10u                      The hookplate: tool of the devil or still an option?: *Dr. E. Partoune*

14:20u                      @ ac reconstruction: The Imelda Xperience: *Dr. A. Van Raebroeckx*

14:30u                      How important is the implant design?: *Prof. Dr. S. Nijs*

14:50u                      Tennis and golf elbow, a surgical update: *Dr. G. Opsomer*

15:00u                      Shock wave therapy and sports: *Prof. Dr. K. Peers*

15:20u                      Psychological impact on the athlete, how to approach: *Rudy Heylen*

**16:00u**                      **An introduction to ultrasound in the shoulder and sport practice**

***Chairman: Dr. H. Van Der Bracht / Dr. C. Dierickx***

16:00u                      The basics of ultrasound: *Prof. Dr. A. Van Tongel*

16:10u                      How to visualize the key structures: *Dr. F. Hardeman*

16:20u                      Ultrasound in the sport practice: *Dr. L. Buyse*

16:30u                      Ultrasound guided injections: *Dr. C. Dierickx*

16:40u                      Evaluation of the postoperative shoulder: *Dr. H. Van Der Bracht*

**17:00u**                      **Walking Diner + Workshop ultrasound**

**18:00u**                      **The cuff & superior labrum in the sporters shoulder**

**Chairman: Prof. Dr. P. Debeer / Dr.G. Declercq**

18:00u                      Current concepts on the superior labrum: *Prof. Dr. O. Verborgt*

18:30u                      Live surgery: biceps problem: *Dr. G. Van Den Bogaert*

18:50u                      Update on technical imaging: *Dr. T. De Coninck*

19:15u                      What is normal in TI for the overhead athlete: *Dr. G. Declercq*

19:20u                      Pasta lesion or superior capsule rupture?: *Dr. M. Ravenscroft*

19:30u                      Live surgery: superior labrum problem: *Dr. A. Van Raebroeckx*

20:00u                      Solitary biceps pathology, does it exists?: *Dr. Tom Claes*

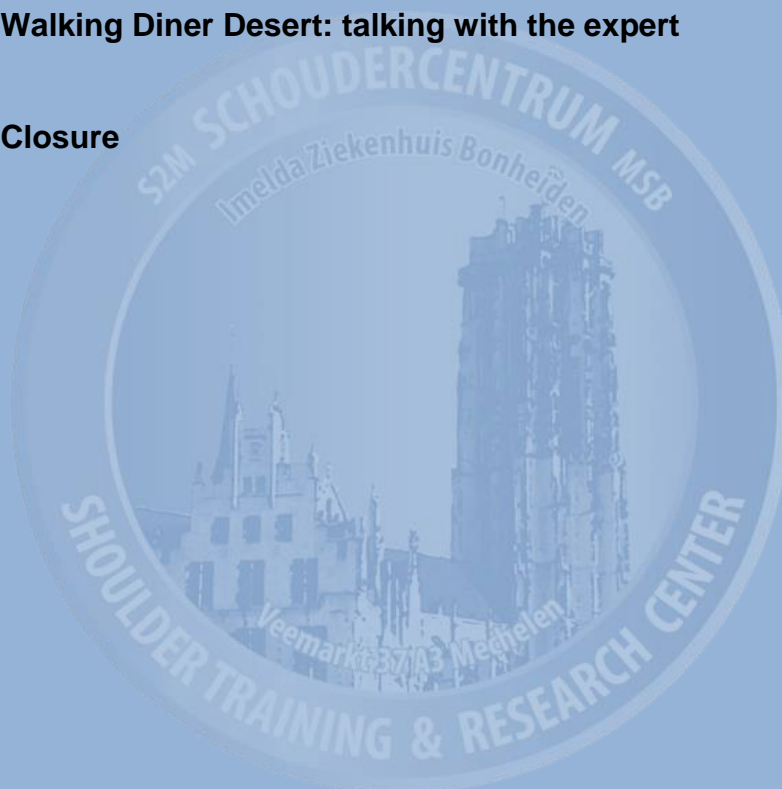
20:15u                      Cuff problems in tennis players: *Dr. E. Lopez Vidriero*

20:25u                      Prevention program in volleyball players: *Gerrit De Loose*

20:35u                      Live: Clinical examination of the sporters shoulder: *Dr. L. Lafosse*

**21:00u**                      **Walking Diner Desert: talking with the expert**

**22:00u**                      **Closure**





## Program: Saturday, February 9

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- 08:00u**                      **Welcome**
- 08:20u**                      **Introduction**     *Dr. A. Van Raebroeckx*
- 08:30u**                      **Nerves and instability in the overhead athlete**

***Chairman: Dr. T. Van Isacker / Dr. E. Lejeune***

- 08:30u                      Current concepts: *Dr. E. Lopez Vidriero*
- 09:00u                      Nerves, when to go to surgery: *Dr. M. Ravenscroft*
- 09:20u                      Live surgery: pasta lesion: *Dr. O. Verborgt*
- 09:50u                      Nerves around the shoulder, a guide map: *Dr. T. Lafosse*
- 10:10u                      Hyperlaxity of the shoulder and sports: *Dr. R. Brzoska*
- 10:20u                      Live surgery: nerve release: *Dr. L. Lafosse*
- 11:00u                      Use of Isokinetics in the athletes shoulder: *Dr. P. Ruetten / Tim Marteleur*
- 11:10u                      Role and function of taping of the upper limb: *Paul Van Loon*
- 11:20u                      Back to sports, rehab and prevention after acute trauma: *Dr. F. Pauwels*
- 11:30u                      Sports and the indication for instability treatment: *Dr. L. Lafosse*
- 11:50u                      Live surgery: BLS technique for instability: *Dr. R. Brzoska*

- 12:30u**                      **Conclusion and closure**

## Accreditation

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The organizers have submitted a request for accreditation. The course has been approved by MDEON with visum: **18/V2/5082/006362**

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## Registration

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Registration using following link : <https://goo.gl/forms/CDi50jSP0NvdYhqw1>

For questions : [info@schoudercentrum.be](mailto:info@schoudercentrum.be)

The registration fee is 120,00 euro. Residents and Belss members pay 60,00 euro.  
The payment can only be made by Bank Transfer into account number:

IBAN: BE02 3631 7751 9740  
BIC-code: BBRUBEBB  
Account Name: vzw S2M Schoudercentrum

Please indicate the name of the participant and the congress date. You will receive a confirmation of registration after payment. Certificates of payment and attendance will be provided at the day of the conference.

## General Information

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### Course Venue

Conference Hall  
Imelda Hospital Bonheiden  
Imeldalaan 9  
2820 Bonheiden (Belgium)

### Hotel accommodation : Novotel Mechelen Centre

The conference hotel is located in the centre of Mechelen. This way, the first day topics can be discussed with a nice local beer at the “Vismarkt”, the heart of Mechelen!

A hotel room for Friday night can be booked for you by the course organization. A transfer is organized from the course venue to the hotel in Mechelen, on Friday evening at 22.00 hrs and return Saturday at 8.00 hrs. The price for the room is 90,00 euro and should be paid with the registration fee.

