

# 9th Stockholm Arthroscopy and Rehabilitation Conference

12-13 October 2023

## CONTROVERSIES IN SPORTS ORTHOPEDICS

### Thursday

**8.15-8.30**

Welcome to Stockholm Sports Trauma Research Center

**8.30-9.30**

#### **PATELLOFEMORAL INSTABILITY**

1. Keynote lecture - Riccardo Gobbi, Brazil - 25-30min
2. Challenges and controversies - Eva Moström - 5 min
3. Long term outcome - Frida Hansson - 10 min
4. Return to sport after surgery, obstacles to overcome in rehab - Åsa Lönnqvist – 15min

**9.30-10.00 Coffee**

**10.00-11.00 (12 minutes lectures, 3 min for discussion)**

#### **CONTROVERSIES IN ACL SURGERY AND REHABILITATION PART 1:**

Moderators: Anders Stålman, Riccardo Cristiani

1. ACL SURGERY IN HYPERMOBILITY – Camilo Helito, Brazil
2. Peroneus longus tendon as a graft in ACL surgery – Filip Vuletic
3. QUAD TENDON IN ACL SURGERY – Anders Stålman
4. The MCL in ACL surgery – Riccardo Cristiani

*Short break 15 min*

**11.15-12.15 (12 minutes lectures, 3 min for discussion)**

**CONTROVERSIES IN ACL SURGERY AND REHABILITATION PART 2:**

Moderators: Anders Stålman, Riccardo Cristiani

5. The ligamentization process in ACL reconstruction. Capacity of muscle derived stem cells and pericytes to promote tendon graft integration - Damir Hudetz, Croatia
6. ACL REPAIR - Umer Butt, Pakistan/England
7. Controversies in ACL rehabilitation – Eric Hamrin Senorski
8. The Return to sport dilemma – from research to clinical practice - Tobias Wörner

**12.15-13.30 Lunch**

**13.30-14.15**

**KEYNOTE LECTURE:**

**LATERAL EXTRAARTICULAR RECONSTRUCTION** – Camilo Helito, Brazil

Moderator Anders Stålman

**14.15-15.30**

**ACL RECONSTRUCTION, ON WHOM, WHY AND WHEN... AND WHAT HAPPENS THEN?** Moderator Anders Stålman

Panel: Camilo Helito, Riccardo Cristiani, Eric Hamrin Senorski, Tobias Wörner. Damir Hudetz

**An open discussion about current practice in ACL surgery and rehabilitation between an experienced physiotherapist and an experienced orthopedic surgeon.** *Joanna Kvist and Björn Barenius*

- Why and on who do we do an ACL reconstruction?
- If we decide to do an ACL reconstruction – when should we do it?
- Is there a possibility for a safe return to sport after an ACL injury?
- What is a good result and what is most important for outcome after an ACL injury?

**15.30-16.00 Coffee**

**16.00-17.00**

**SHOULDER PAIN AND MANAGEMENT**

Moderator Christoffer von Essen.

1. Stefan Moosmayer - “Operative versus non-operative treatment of rotator cuff tears” and “Assessment of the natural course of rotator cuff tears”
2. Mikkel Bek Clausen - “Subacromial pain syndrome – pain mechanisms, exercise adherence and clinical decisions”
3. Kajsa Johansson – “Shoulder problems in the overhead athlete – clinical reasoning and evidence regarding preseason exercises and rehabilitation”

**19.00 DINNER**

**Friday**

**8.30-10.00**

**NEW PERSPECTIVES ON MENISCUS SURGERY AND REHABILITATION**

1. Ramp lesions: what we know so far - Riccardo Cristiani
2. Meniscus root tears - The silent epidemic? Should we always fix it or sometimes leave it alone? - Riccardo Gobbi, Brazil
3. Exercise therapy vs surgery in young patients with meniscus tears - Jonas Bloch Thorlund, Danmark
4. Treatment of complex meniscus tears - a case based discussion - Kalle Eriksson
5. New insights into rehabilitation after meniscus repair - Eric Hamrin Senorski

**10.00-10.30 Coffee**

**10.30-12.00**

## **WHY SHOULDN'T REHAB HURT**

Moderator Joanna Kvist

1. Pain as an indicator for load during tendon healing – Pernilla Eliasson, Göteborg
2. Psychological aspects on pain during rehabilitation - Mari Lundberg, Sophiahemmet
3. Injury or pain? Applications of pain science in sport and exercise – Sinead Holden, Ireland/Denmark
4. Pain management during tendon rehabilitation – Annelie Brorsson, Göteborg

**12.00-13.00 Lunch**

**13.00-13.45**

## **EJNAR ERIKSSON LECTURE**

Moderator Björn Engström

” How to become a Sports Medicine Icon. What to learn from Ejnar Eriksson” - Jan Ekstrand

**13.45-15.00**

## **RAPID FIVE MINUTES**

Moderators Riccardo Cristiani, Marita Harringe

1. Vasileos Sarakatsianos – To predict the diameter of the quadruple semitendinosus tendon and the impact of the graft diameter in revision rate, knee laxity and KOOS.
2. Frida Hansson - Outcome after ACLR in young patients with knee hyperextension
3. Dzan Rizvanovic - Surgeon experience and clinic volume in primary ACLR - does it matter?
4. Daniel Castellanos - Nationwide incidence of ACL-R in higher level athletes in Sweden
5. Melanie Svensson - Trajectories of return to physical activity after an ACL injury
6. Ida Åkerlund - Injury prevention in youth sports
7. Christoffer von Essen - Two-staged procedure of meniscal tears suitable for repair with concomitant ACL injury yields a significant higher risk for meniscal failure
8. David Holmgren - Quadriceps muscle recovery 7 months post ACL surgery – a comparison of 3 different grafts

15.00-15.30 Coffee

**15.30-16.30**

**FIFA Seminar**

Moderator Alexander Sandon

1. Returning to football after ACL reconstruction - an outcome or rather a decision? – Isabelle Hållén
2. Medical teamwork in Degerfors IF, mission impossible or possible? - Natalie Morgenstern
3. Hamstring muscle injuries in elite male football players - Jan Ekstrand
4. Characteristics of adolescent female football players – Ulrika Tranaeus

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