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10 Euros to the Ukrainian Red Cross.

2nd Tartu Arthroscopic Live Surgery Days Final Programme

Around the ankle with Prof. Niek van Dijk and Prof. Jón Karlsson

Dates: 1.09-2.09.2022

Registration and info: www.artroskoopia.ee
katre.koovit@kliinikum.ee, +372 5331 9224

Venue: Tartu University Hospital
Puusepa 8 Tartu 50406, Estonia
www.kliinikum.ee

Conference language: English

Main topics: OC lesions in the ankle joint
Ankle impingement
Ankle instability
Talocrural and subtalar arthritis
Achilles tendinopathy
Achilles insertion pathologies

The presentations and live surgeries will give participants the most recent and up-to-date overview of the most common sports-related pathologies and treatment options around the ankle joint.

Scientific committee and faculty:
Highly experienced ankle surgeons from Netherlands, Scandinavia and the Baltic states

Course fee

Course fee until 31st Aug

	175€	surgeons, doctors
	95€	residents
	95€	physiotherapists
Course dinner	75€	(seats are limited)
On-site registration	250€	
Webinar	0-100€	

Registration

The number of participants is limited to a maximum of **150 persons**.

Registration form: **www.artroskoopia.ee**

Or register directly:

katre.koovit@kliinikum.ee
+372 5331 9224



Webinar registration:



Registration will be finally confirmed with an e-mail after the payment.

The registration fee includes:

Live surgeries with interactive discussions, oral presentations, physiotherapy sessions. Course documentations, lunch and refreshments during all brakes.

The number of participants in conference centre is limited to max. 150 persons.

There are no limits for Webinar quests.

The registration fee and dinner must be paid upon receipt of invoice.

Participants who cancel their registration in writing 3 weeks before the course will receive a full refund. Later cancellations is without refund.

Accommodation

For conference participants and guests, special arrangements have been made with Hotel Dorpat and Hotel Lydia. Use the keyword **“Live Surgery 2022”** for special conference rates (valid for 01.09-02.09 nights).

Hotel Dorpat

www.dorpat.ee, please only use email address
info@dorpat.ee for booking the hotel.

Hotel Lydia

www.lydia.ee, please only use email address
sales@lydia.ee for booking the hotel.

City map and location of hotels and the hospital



For more information
about transportation, events,
other accommodation options and attractions
in Tartu, see www.visittartu.com

Daily Programme 1.09 - 2.09.2022

Venue:

Main Conference Hall of Tartu University Hospital (A.Linkberg) Puusepa 8, Tartu

31.08.2022 19:00 Faculty meeting at restaurant Hõlm at Ülikooli street 14, Hotel Lydia

First Day 1.09.22

Faculty: T. Tein, M. Rahu, M. Mardna,
V. Kimtys, J-T. Kartus, J. Karlsson, N. van Dijk

07:20-08:20	Registration.
08:20-08:30	Introduction. L. Rips EST
08:30-08:50	Lecture. Estonian Orthopaedic Surgery is a Part of International Orthopaedic Community. Prof. A. Märtson, EST
08:50-09:00	Patient presentation 1
09:00-09:45	LIVE SURGERY. Anterior ankle arthroscopy. Prof. J-T.Kartus SWE
09:45-10:15	Coffee break
10:50-11:00	Patient presentation 2
11:00-12:30	LIVE SURGERY. OCL of talus. Episealer implantation. Prof. Niek van Dijk NED
12:30-13:20	Lunch
13:20-13:30	Patient presentation 3
13:30-14:30	LIVE SURGERY. Ankle instability. Prof. Jón Karlsson SWE
14:30-14:50	Lecture. Current concepts of osteochondral lesions. Prof. Niek van Dijk NED
14:50-15:10	Coffee break
15:10-15:20	Patient presentation 4
15:20-16:15	LIVE SURGERY. Ankle arthroscopy. L. Rips, M. Rahu EST
16:15-16:30	Lecture. Ankle instability rehabilitation protocols. M. Luik EST
16:30-17:15	LIVE PHYSIOTHERAPY SESSION: Modern rehabilitation of ankle instability patients. T. Koovit, M. Luik EST
17:15-18:15	Round table and discussion.
19:30-	Dinner at the Gunpowder Cellar (Lossi 28, Tartu).

Second Day 2.09.22

Faculty: T. Tein, M. Rahu, M. Mardna,
V. Kimtys, J-T. Kartus, J. Karlsson, N. van Dijk

08:00-08:20	Lecture. Achilles tendinopathy. Prof. Niek van Dijk NED
08:20-08:30	Patient presentation 5
08:30-10:00	LIVE SURGERY. Ankle arthroscopy. Dr. Vytautas Kimtys LTU
10:00-10:20	Lecture. Peroneal tendons, ruptures and dislocations, often in combination with ligament insufficiency. Prof. Jón Karlsson SWE
10:20-10:50	Coffee break
10:50-11:00	Patient presentation 6
11:00-12:00	LIVE SURGERY. Posterior ankle arthroscopy. Prof. Niek van Dijk NED
12:00-12:20	Lecture: Ankle impingement. Dr. Juris Brūklis LAT
12:20-13:00	Lunch
13:00-13:10	Patient presentation 7
13:10-14:00	LIVE SURGERY. Ankle arthroscopy. Prof. Jón Karlsson SWE
15:00-15:20	Lecture. Current concepts of Achilles tendinopathy rehabilitation. T.Koovit EST
15:20-16:00	LIVE PHYSIOTHERAPY SESSION. Modern rehabilitation of Achilles tendinopathy patients. T. Koovit, M. Luik EST
16:00-17:00	Round table and discussion.
17:00-	Final speech and presentation of certificates.

Sponsor desk: New implants and instruments are presented by major implant and instrument companies.

Faculty members and guest surgeons



Niek van Dijk, MD, PhD NED

Cornelis Nicolaas "Niek" van Dijk is an orthopaedic surgeon, a specialist in sports traumatology and arthroscopic surgery of the ankle and knee. Until 2016 Van Dijk was Full Professor in Orthopaedics and head of the Orthopaedic Department at the AMC-hospital in Amsterdam (Academic Medical Centre, University of Amsterdam). He continues his career in the FIFA Medical Centres of excellence in Madrid and Porto. He is the founder of a characteristic approach, which has come to be known as the Amsterdam Foot & Ankle School (aka The Amsterdam Approach).



Jón Karlsson, MD, PhD SWE

Jón Karlsson is Professor of Orthopaedics and Sports Traumatology at the Sahlgrenska Academy, Gothenburg University, Gothenburg, Sweden. Originally from Iceland, he has worked at Sahlgrenska University Hospital since 1981. His clinical focus is knee surgery, especially complex knee injuries, knee dislocations and revision surgery. He is also involved in Foot & Ankle surgery, hip surgery, muscle & tendon repair/reconstructive surgery, as well as trauma care.

His PhD-thesis in 1989 was devoted to "Chronic Lateral Ankle Instability", and since then he has been the author of more than 600 peer-reviewed publications, more than 150 book chapters and over 40 textbooks in Orthopaedics and Sports Traumatology.

He was executive Board Member of ISAKOS between 2005 and 2019. He is regular lecturer at the IOC Advanced Team Physician Course

He has mentored 70 PhD-students at the Sahlgrenska Academy. He is currently (since 13 years) the chief Editor of KSSTA (Knee Surgery Sports Traumatology Arthroscopy), the official journal of ESSKA. He has a past position as Associate Editor of Scandinavian Journal of Medicine and Science in Sports (SJMSS), (1997-2003) and Arthroscopy (2003-2008). He has been the care-taking physician of a professional football club (IFK Göteborg) since 1984.



Vytautas Kimtys, MD LTU

Vytautas Kimtys is working in the The Hospital of Lithuanian University of Health Sciences (LSMU) Kauno klinikos which is the largest healthcare institution in Lithuania. He is an orthopaedic surgeon, specialized in Foot and Ankle. His practice is focused on the treatment of ankle injuries and pathologies, using arthroscopic techniques.



Prof. Juri Toomas Kartus SWE

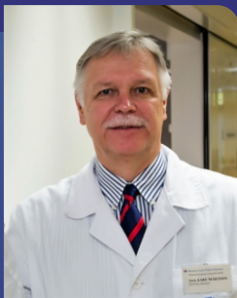
MD, Prof., Orthopaedic Surgeon, University of Gothenburg
Thesis: Donor site morbidity after ACL reconstruction using BTB autografts. 1999
Approx. 2200 ACL reconstructions
ACL-related papers 67/111
ACL-related book chapters 11
10/14 PhD students



Juris Brūklis, MD LAT

Foot and ankle surgeon-consultant at the ORTO Clinic in Riga
Trauma surgeon at the Hospital of Kuldīga and Medicīnas sabiedrība ARS
Member of the German Society for Foot and Ankle Surgery (GFFC)

Member of the Latvian Association for Trauma and Orthopedic Surgeons (LTOA)
Member of the Latvian Association for Knee and Arthroscopic Surgery (LCASA)



Prof. Aare Märtson EST

Aare Märtson is Professor of orthopedics at the University of Tartu in Estonia and visiting professor of Hue University in Vietnam. He his career has always been associated with the University of Tartu and the Tartu University Hospital. Defended his doctoral dissertation in experimental studies of bone regeneration in 2006. He has been the author of more than 60 peer-reviewed publications and mentor of 7 PhD students. He has made a significant contribution to the

development of arthroplasty and bone tumour surgery and orthopedics in Estonia. Executive Board member of EFORT and President of NOF and Estonian

Orthopaedic Society and Estonian Arthralpalsty Society is part of everyday local and international social work.



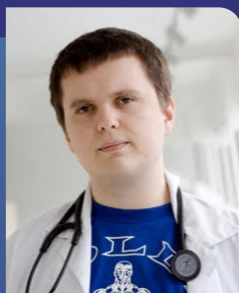
Toomas Tein, MD EST

Tartu University Hospital
Seniors arthroscopic surgeon of Tartu University Hospital
Past board member of the Estonian Arthroscopy and Sports Traumatology Society
ESSKA and ISAKOS member.



Mihkel Mardna, MD EST

MD Orthopedic Surgeon, The Hospital of Orthopaedics, Tallinn, ESTONIA
Speciality - orthopaedic sports medicine
Chairman of the Estonian Sports Medicine Foundation
CMO - Estonian Olympic Committee (EOK)
Member of the ISAKOS Sports Medicine Committee
Past president and board member of the Estonian Arthroscopy and Sportstraumatology Society (EASTS)
Member of the board of the Estonian Sports Medicine Federation (ESMF)



Reedik Pääsuke, MD EST

Tartu University Hospital
MD, Orthopaedic Surgeon, Department of Traumatology and Orthopaedics, Tartu University Hospital
Chief ringside doctor and consultant for MMA (mixed martial arts) competitions and fighters
Team doctor and consultant for premium league football club JK Tammeka
ESSKA and ISAKOS member



Kristo Kask, MD EST

Kristo Kask is an orthopaedic surgeon, completed a specialisation in that field in year 2009 at University of Tartu. Already during specialisation he was interested in arthroscopic and minimally invasive surgery. This field has been also a focus of his scientific works. At the moment besides clinical work he is socially active, is a member of the board in Estonian Arthroscopic Surgery and Sports Traumatology society and Estonian Orthopaedic Society.



Paul-Sander Vahi, MD EST

Paul-Sander Vahi is the chief of the arthroplasty department at the North Estonia Medical Center - the largest hospital in Estonia. He graduated cum laude from the University of Tartu in 2014 and completed a residency in orthopaedic surgery. He has visited numerous centres of excellence, including the Hospital for Special Surgery in New York. He focuses his clinical practice on primary and revision hip and knee replacement surgery and

arthroscopy of the knee and other joints. He is a board member of the Estonian Orthopaedic Society, Estonian Arthroscopy Society and Estonian Arthroplasty Society and a member of the European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA).



Madis Rahu, MD EST

Tartu University Hospital

Senior arthroscopic surgeon of Tartu University Hospital

Past president and board member of the Estonian Arthroscopy and Sportstraumatology Society (EASTS).

ESSKA member

Estonian Arthroscopy and Sports Traumatology Society (EASTS) ambassador in ESSKA

ACL experience since 1996



Tauno Koovit, MSc EST

Tartu University Hospital

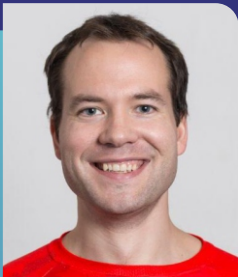
Head of the Department of Sports Medicine and

Rehabilitation Clinic Outpatient Rehabilitation Department

Physical therapist at the Tartu University Hospital Sports Traumatology Centre

ESSKA member

Specialized in rehabilitation of sports injuries. Main research areas include rehabilitation after ACL reconstruction and long-term outcome after arthroscopic surgeries.



Mihkel Luik, MSc EST

Tartu University Hospital
Physical therapist at the Tartu University Hospital
Sports Traumatology Centre.
ESSKA member
Specialized in rehabilitation of sports injuries.
Main research areas include rehabilitation after ACL
reconstruction and longterm outcome after
arthroscopic surgeries.



Leho Rips, MD EST

Tartu University Hospital
Senior arthroscopic and sport traumatology surgeon of
Tartu University Hospital
President of the Estonian Arthroscopy and Sports
Traumatology Society
ESSKA member

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