

# Programe

## Advanced Principles

Sofia 26-28. 02. 2016

### Day 1

08.00-08.20 Introduction – What are we here for?

#### Module 1: Application of principles

08.20-08.35 Preoperative Planning

08.35-08.50 Direct and indirect reduction – techniques and indications

08.50-09.05 LCP – limitations and risks

09.05-09.20 IM nailing – what's hot what's not

09.20-09.35 Insufficiency fractures - a sign of the future to come

09.35 Location changes to discussion groups

09.40-10.40 **Discussion groups 1** – Modern application of principles

10.40-11.00 Coffee break

#### Module 2: Upper extremity

11.00-11.15 Floating shoulder, fractures of the scapula and clavicle

11.15-11.30 Proximal humerus fractures – plate v nail v prosthesis

11.30-11.45 Complex humeral shaft fractures - plate v nail

11.45-12.00	Distal humerus intraarticular fractures and complications
12.00-12.15	Elbow fracture dislocations – terrible triad
12.15- 12.30	Distal radius fractures in young adults
12.30	Transfer to practical 1
12.35-14.00	<b>Practical exercise 1:</b> Four part proximal humerus – PHILOS
14.00-15.00	Lunch break
15.00-15.55	<b>Discussion groups 2:</b> Fractures of the upper extremity
15.55-16.15	Coffee break

### Module 3: Polytrauma, Pelvis

16.15-16.30	Indications for DCO and ETC in polytrauma patients
16.30-16.45	Unstable pelvic fractures – early and definitive treatment
16.45-17.00	Posterior fracture dislocation of the hip – definitive treatment
17.00-17.15	Mangled extremity – scoring and treatment options
17.15	Transfer to discussion groups
17.20-18.15	<b>Discussion groups 3:</b> Management of polytrauma
18.15	Transfer to practicals
18.20-19.30	<b>Practical exercise 2:</b> PFN A
19.30	End of day 1
20.30	Course dinner – faculty and participants

## Day 2

### Module 4: Lower extremity – femur

07.45 – 09.15	<b>Practical exercise 3:</b> LCP Distal femur
09.15	Transfer to lectures
09.20 -09.35	Femoral neck fractures in young adults and in the elderly
09.35 -09.50	Unstable pertrochanteric fractures – plate or nail
09.50 – 10.05	Periprosthetic femoral fractures
10.05 – 10.20	Fractures of the distal femur – treatment options
10.20. – 10.40	Coffee break
10.40 – 11.35	<b>Disussion groups 4 :</b> Fractures around the knee
11.35	Transfer to lecture room

### Module 5: Lower extremity – tibia

11.40 – 11.55	Tibial plateau fractures – early and definitive treatment
11.55 – 12.10	Tibial shaft fractures – treatment options
12.10 - 12.25	Pilon fractures - early and definitive treatment
12. 25 – 12.40	Sindesmal injuries in ankle fracture dislocations
12.40	Transfer to lectures
12.45 – 14.25	<b>Practical exercise 4 :</b> Tibial plateau bicondilar fracture
14.25 – 15.20	Lunch break
15.20 – 16.50	<b>Practcal 5:</b> Tibial pilon fracture
16.50	End of day 2

## Day 3

### Module 6: Foot and ankle

07.45 – 08.45	<b>Discussion groups 5:</b> Hip fractures – problems
08.45	Transfer to lecture room
08.50 – 09.05	Fractures of the talus
09.05 – 09.20	Calcaneal fractures
09.20 – 09.35	Fracture dislocations of the mid tarsus
09.35 – 09.55	Coffee break
09.55 – 10.55	<b>Discussion groups 6:</b> Nonunion and malunion
10.55	Transfer to lectures

### Module 7: Varia

11.00 – 11.15	Pathological fractures
11.15 – 11.30	Radiation hazards
11.30 – 11.45	Compartment syndromes
11.45 - 12.00	Malunions
12.00 – 12.15	Nonunions
12.15 – 12.30	Metal removal – tips and tricks
12.30 – 12.45	Violation of AO principles
12.45	Closing remarks