

60th Congress of the South African Orthopaedic Association

CTICC
Cape Town
South Africa
1 - 4 September 2014



www.saoa.org.za



60TH SOUTH AFRICAN
ORTHOPAEDIC ASSOCIATION
CONGRESS

CAPE TOWN 2014

New Arrival

CORETM
SPINAL SYSTEM



**Poly Axial
Pedicle Screw
(Single Lock)**

FINERTM
HIP SYSTEM

**(NON CEMENTED /
UNCEMENTED)**



**Femoral
Stem**



**Anatomical
Proximal Humerus
Locked Plate (Left & Right)**



New Gam Nail



Sharma Pharmaceutical Pvt. Ltd.

Factory : 444, G.I.D.C. Estate, Waghodia - 391 760, Dist. Vadodara, Gujarat, India.
Office : 103 & 104 Girikandra Complex, Opp. Bapod Talav, Waghodia Road, Vadodara - 390 019, Gujarat, India. **Tele. :** +91 265 6581669, 2521175
Fax : +91 265 2511997, 2521145 **Email :** info@sharmaortho.com, exports@sharmaortho.com **Website :** www.sharmaortho.com

February 2014

Dear Colleagues,

**60th Congress of South African Orthopaedic Association – 1st – 4th September 2014
CTICC, Cape Town**

We extend a warm welcome to you from Cape Town for the 60th Congress of South African Orthopaedic Association 2014.

LETTER FROM THE CHAIRMAN:

Dear Colleagues

On behalf of the Congress Committee, the SAOA Executive Committee and the Western Cape Branch of the SAOA, I welcome you to the 60th Congress of South African Orthopaedic Association in Cape Town.

Cape Town, the Mother City, is famous for its scenery, hospitality and diverse attractions to make a visit memorable.

The congress format will stay the same. For four days we will provide an informative academic programme, enjoyable social gatherings and ample opportunities to explore our beautiful city and its surroundings.

The academic programme includes various workshops, instructional courses (foot, knee and shoulder) as well as a diversity of free papers and eponymous lectures.

Our invited guest speakers are:
Dr David Beverland from Ireland
Dr Shawn O'Driscoll from the USA
Dr Lew Schon from the USA

The above are world experts on arthroplasty, knee and shoulder surgery.

We value the attendance of our members as well as their contributions. Please start preparing your abstracts for free papers and posters and submit them online at www.saoa.org.za before 30 April 2014.

For the Accompanying Persons' programme we are planning outings to Stellenbosch, Babylonstoren (to see the famous clivias) and Franschhoek, the Heart of Cape Town Museum and a Cape Malay Cooking Class with Cass Abrahams. The Golf will be at the Royal Cape Golf course and the social evenings promise to be a lot of fun!

We are looking forward to seeing you in Cape Town in September.

Kind Regards

Gert Vlok

FORMAT OF CONGRESS FOR 2014:

Sunday 31 August 2014 – Golf day at the Royal Cape Golf course
Monday 1 September 2014 – full day congress and Social function – GOLD Restaurant, Green Point, CT
Tuesday 2 September 2014 – full day congress and free evening
Wednesday 3 September 2014 – full day congress and Congress Banquet in the Grand Ballroom, Westin Hotel
Thursday 4 September 2014 – full day congress and closure of SAOA Congress

CONGRESS COMMITTEE/ ACADEMIC COMMITTEE:



Dr Gert Vlok



Dr Ajmal Ikram



Dr Johan Davis

ACCOMPANYING PERSONS' COMMITTEE:



Trix Vlok

ORTHOPAEDIC ADMIN SECRETARIAT:



Leana Fourie
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or 0861 564 7437
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CONGRESS SECRETARIAT: ICE Solution

Tel 0861 ICE 444 (0861 423 444)
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If international Tel +27 11 911 1921
If international Fax +27 911 1939
88 1st Street • Parkmore • B123 • Johannesburg • RSA
Website: www.icesolution.co.za

Email: tracey@icesolution.co.za or sam@icesolution.co.za
or jeanne-marie@icesolution.co.za or mel@icesolution.co.za

Banking Details

First National Bank, Brandwag
Melville Drive, Brandwag, Bloemfontein
Account Name: SAOA
Bank Code: 230 - 534
Account: 588 100 32 888
Swift code: FIRNZAJJ

Cell numbers:

Tracey Whittle +27 (0)82 444 0770
Sam Belcher +27 (0)83 661 8496
Jeanne-Marie +27 (0)76 802 7951
Melanie +27 (0)82 898 6247

CONGRESS VENUE:

The Congress will be held at Cape Town International Convention Centre, Cape Town, South Africa.
Arnolette Freeks
Event Executive
Tel: +27 21 410 5000 | fax: +27 21 410 5001 | arnolette@cticc.co.za
Convention Square, 1 Lower Long Street, Cape Town, 8001, South Africa
Visit our world class facility at www.cticc.co.za

INSTRUCTIONAL COURSES 2014:

- Knee
- Shoulder & Elbow
- Foot

INVITED GUEST SPEAKERS:



David Beverland – Knee

David Beverland graduated from medical school in Queen's University Belfast in 1978. He completed his professional qualifications to become a Fellow of the Royal College of Surgeons in 1982. In 1985 he completed his MD thesis. He had two fellowships, the Sir John Charnley Hip Revision Fellowship (Wrightington, England) in 1988 with Mike Wroblewski and the Orthopaedic Trauma Fellowship with special interest in pelvic and acetabular surgery (Sunnybrook Hospital, Toronto, Canada) in 1989 with Jim Kellam and Marvin Tile. In 1990 after completing his training he became a consultant orthopaedic surgeon at Musgrave Park Hospital in Belfast. Since then he has set up the Primary Joint Unit (PJU) which has performed around 1,000 primary joints annually over the last decade. The Outcomes Assessment Unit which is part of the PJU provides pre-op education and patient follow up for patients undergoing primary knee and hip replacements.

Research interests include outcome measurement and restoration of joint centre following total hip arthroplasty. He has 67 publications indexed in Pub Med with 34 of these being in the last 5 years.





Shawn O'Driscoll - Shoulder and Elbow

Dr. O'Driscoll completed his medical training and surgery as well as his Ph.D. at the University of Toronto. This was followed by fellowships in Upper Extremity Surgery and Arthroscopic Surgery at St. Michael's and Toronto Western Hospitals. He then went on to pursue another fellowship in Shoulder and Elbow Surgery and Biomechanics at the Mayo Clinic after which he returned on staff at St. Michael's Hospital, Toronto.

In 1992, he joined the Mayo Clinic in Rochester Minnesota where he is a Professor of Orthopedics, Shoulder and Elbow Fellowship Director, and Director of the Shoulder and Elbow Research Group.

Dr. O'Driscoll's academic interests are in surgery of the shoulder and elbow and cartilage repair and regeneration, as reflected by his numerous publications in these areas.

Dr. O'Driscoll has been involved in this research for the past two and a half decades. He has extensive experience with experimental surgery, biomechanics, and cartilage physiology. He is a former President of the International Cartilage Repair Society (ICRS).

He has contributed to the development of implants for fracture fixation, radial head replacement and total joint replacement of the elbow.

Dr. O'Driscoll is the Course Director of an annual "Teach the Teachers" Mayo Clinic Advanced Elbow Surgical Skills Course that is sold out every year. He has won awards at the Mayo Clinic for Best CME Course.

He and his wife, Chantal, have four boys. His greatest honor is that his boys think he is their hero; he is voted "Best Dad" every Father's Day by them. They enjoy hockey, cycling, and canoeing.



Lew Schon - Foot

Dr. Lew Schon, M.D. is an orthopaedic surgeon specializing in disorders of the foot and ankle at Medstar Union Memorial Hospital (MUMH) in Baltimore MD. He received his BS and MD at the 6 year programme at Union College and Albany Medical College in NY. After completing an internship in general surgery at the Mt Sinai Hospital, he was a resident at the Hospital for Joint Diseases, Orthopaedic Institute of New York University in NY. During his residency he completed a foot and ankle trauma fellowship at University of Washington in Seattle WA. His fellowship in Foot and Ankle was at University of Texas in Houston, Texas. Has been at Union Memorial Hospital since 1990 and runs

the fellowship there. As a faculty member of the MUMH, Johns Hopkins and Georgetown residencies, he takes an active role in training future orthopaedic surgeons. His work has earned him awards including the 2012 Johns Hopkins University Professors Award for Excellence in Teaching, the Humana Award, Mann Award and Goldner Award. He has been honored as visiting professor of named lectureships throughout the country and featured speaker on programs worldwide.

He is currently immediate past president of the American Orthopaedic Foot and Ankle Society. His special interests include all aspects of reconstructive surgery of the foot and ankle. He is a consultant to several professional and collegiate sports teams and dance companies. He has co-invented numerous orthopaedic products including the Zimmer TM Total Ankle, the Tornier Wave plate for calcaneal fractures, the DJO Aircast Airlift brace, the Arthrex ProStop for flatfoot, the Darco Pneumatic night splint, the Darco Body Amor Toe Guard and Bioactive Surgical's Stem Cell Suture. As founder of the UMH Orthobiologic lab his work includes tenocyte and mesenchymal stem cell research. Research efforts have also involved biomechanics and clinical studies resulting in over 100 peer-reviewed papers.

For recreation he enjoys skiing, photography, playing music (orthopaedic rock bands –the Sole Healers and the Stimulators) and making animations. He is the father of 5 young men and lives in Baltimore Maryland with his loving wife, Erika.

CALL FOR PAPERS – SAOA CONGRESS:

- Members are reminded that papers for this congress are now requested.
- Papers can be submitted online on www.saoa.org.za.
- The closing date for submissions is **30 APRIL 2014**.
- Abstracts received after this date will not be considered.

Rules of this Abstract:

Abstracts are required for Oral Papers & Posters.

Abstracts should be arranged as follows:

1. Purpose of study.
2. Description of methods.
3. Summary of results - it is unacceptable to state "results will be discussed".
4. Conclusion.



- Please avoid referring to authors' names, institutions or cities in the abstract as these abstracts are judged in a "blind" method.
- Abstracts must be typed in the space provided on the website and must be limited to 300 words. Do not reduce the type size to less than 12 cpi.
- All abstracts must be submitted in English. Please underline the presenting author.
- Abstracts will be published as received. Typing or other errors made by the authors will not be corrected.
- No illustrations may be included in the abstract.
- Abbreviations should be used only in common terms. For uncommon terms, the abbreviation should be given in brackets after the first full use of the word.
- Presenters will be notified of acceptance/rejection of the abstract via e-mail.

Important Note: Presenters of papers must be registered for the congress by the end of July 2014.

Important note: Papers not accepted for oral presentation may be submitted as a poster.

GT DU TOIT REGISTRAR PRIZE:

Registrars or clinical assistants who wish to apply for this prize must please complete a GT Du Toit Registrar Prize form and have it duly signed by the Department Head. Only members of the SAOA can apply. Please contact the SAOA office on 051 4303280 or info@saoa.org.za.

INSTRUCTIONS FOR NON-MEMBERS OF THE SAOA:

1. Please forward, with your abstract, a supporting letter from a Full Member of the SAOA who will sponsor you.
2. Please state your Orthopaedic Affiliation.
3. Please disclose the source of any financial support for your participation in the congress.

Those of you who wish to contribute a paper to the Congress should:

Submit your abstract electronically via congress website: www.saoa.org.za

NB: FAX TRANSMISSIONS AND POSTAL SUBMISSIONS ARE NOT ACCEPTABLE!!

E-POSTERS:

We will have eposters at the CTICC.

PROVISIONAL PROGRAMME AT A GLANCE: (subject to change)

SAOA CONGRESS 2014 PROGRAMME AT A GLANCE Note: subject to change					
Time	Sunday 31 August 2014	Monday 1 September 2014	Tuesday 2 September 2014	Wednesday 3 September 2014	Thursday 4 September 2014
07h00-07h30		REGISTRATION	REGISTRATION	REGISTRATION	REGISTRATION
07h30-07h45		Shoulder & Elbow Instructional course	Foot Instructional Course	WORKSHOPS	Knee Instructional course
07h45-08h30		Shoulder & Elbow Instructional course	Foot Instructional Course	WORKSHOPS	Knee Instructional course
08h30-09h00		Shoulder & Elbow Instructional course	Foot Instructional Course	WORKSHOPS	Knee Instructional course
09h00-09h30		Shoulder & Elbow Instructional course	Foot Instructional Course	WORKSHOPS	Knee Instructional course
09h30-10h15		OPENING CEREMONY & OPENING SPEAKER	Foot Instructional Course	WORKSHOPS	Knee Instructional course
10h15-10h45		TEA	TEA	TEA	TEA
10h45-11h30	Golf	Shoulder & Elbow Instructional course	Foot Instructional Course	RAF ACT /ETHI- CAL MEDICOLEGAL REPORTING	Knee Instructional course
11h30-12h00		Shoulder & Elbow Instructional course	Foot Instructional Course	tba	JJ Craig lecture
12h00-12h30		Shoulder & Elbow Instructional course	Free papers	GT du Toit lecture	Valedictory address & Presidential handover
12h30-13h00		Shoulder & Elbow Instructional course	Free papers	SAOA AGM	
13h00-14h00		LUNCH	LUNCH	LUNCH	LUNCH
14h00-14h30		Free papers	Free papers	Free papers	Free papers
14h30-15h00		Free papers	Free papers	Free papers	Free papers
15h00-15h30	Registration	Free papers	Free papers	Free papers	Free papers
15h30-16h00	Registration	TEA	TEA	TEA	TEA
16h00-16h30	Registration	Free papers	Free papers	Free papers	Free papers
16h30-17h00	Registration	FP Fouche lecture	Free papers	Free papers	Closure of Congress
17h00-17h30			Free papers	Free papers	
17h30-18h00			College AGM	Free papers	
		Social dinner	Free evening	19h00 Banquet/Gala dinner	



SOCIAL PROGRAMME:

Social evening – this will be held on Monday 1st September 2014 – GOLD Restaurant, Green Point, Cape Town. This is a casual evening with great food, great entertainment and the time to enjoy lots of catching up with friends and colleagues.

Congress Banquet – this will be held on Wednesday 3rd September 2014 in the Grand Ballroom of the Westin Hotel – in the traditional style of the congress, this promises again to be an elegant evening – don't miss it! Space is limited so please book timeously.

LEISURE ACTIVITY:

The official leisure activity of the Congress is the Golf, that will be held on Sunday 31st August from approximately 10h00 at the Royal Cape Golf Course in Wynberg.

www.royalcapegolf.co.za

TRANSFERS:

Transfers will be provided for the Accompanying Persons' Programme outings.

Transfers will be arranged for the Social function on Monday night.

Congress delegates and attendees will need to make their own way between their accommodation and the Convention Centre.

ACCOMPANYING PERSONS PROGRAMME:

We have some exciting and interesting excursions on offer for the Accompanying persons this year in Cape Town:

Some of the ideas include: Visit to Franschhoek for a garden tour of Babylonstoren, a day in Jonkershoek & Stellenbosch, a Cape Malay Cooking Course, and visit to the Heart of Cape Town Museum - final details will be provided in the 2nd Delegate book and the Accompanying persons letter that will be sent out.

ACCOMMODATION:

Please see website www.saoa.org.za. Information will be posted there in due course.

Group Rates have been negotiated.



1. The Westin Cape Town

Contact: Jo-Anne van Rooyen

Booking Reference: 562042

Tel: +27 21 412 99 99

Jo-Anne.vanRooyen@westin.com



2. Protea Hotel North Wharf

Contact: Crystal Stanley

Tel: +27 21 - 443 4600

groups@phnorthwharf.co.za



3. Southern Sun - The Cullinan

Contact: Juanita Minnie

Booking Reference: 137709

+27 21 492 0404

juanita.minnie@tsogosun.com



4. Southern Sun Waterfront

Contact: Juanita Minnie

Booking Reference: 137710

+27 21 492 0404

CPTRes.JuanitaM@tsogosun.com



5. Park Inn by Radisson Cape Town Foreshore

Contact: Aaliyah Faulman

Reference: SAOA 2014

Tel: +27 21 427 4800

Aaliyah.Faulman@rezidorparkinn.com

Please note: We have negotiated preferential rates with the above hotels.

The rates are subject to terms & conditions. Please book and pay directly.

You may find a better rate by going online.

These rates will be subject to different terms & conditions to the SAOA rates.



GENERAL INFORMATION:

TRANSPORT:

By car:

It is approximately 30 minutes from the Cape Town airport

Shuttle Services

CITI HOPPER

Direct Tel: +27 (0)21 936 3460/1

Cape Town International Airport

Bookings: +27 (0) 21 936 3460

Fax: +27 (0) 21 934 8282

Email: bookings@citihopper.co.za

24hrs: +27 (0) 82 773 7678

Head Office Tel: +27 (0) 21 936 3462

Fax: +27 (0) 21 934 1773

Website: www.citihopper.co.za

Online Bookings: <http://www.citihopper.co.za/booking.php>

RIKKI'S TAXI SERVICE

Tel: 0861 745 547 / 021 447 3559 (intl)

Email: bookings@rikkis.co.za

SOME CAR HIRE COMPANIES AVAILABLE IN CAPE TOWN

AVIS

www.avis.co.za

Central reservations 0861 02 1111 or Tel +27 (0) 21 927 8800

or email reservations@avis.co.za

BUDGET

Reservations or Enquiries

Telephone (24 hours): 086 101 66 22

Telephone (24 hours): +27 (0) 21 927 2750

E-mail: reservations@budget.co.za

EUROPCAR

www.europcar.co.za

24hr call centre: 0861 131 000

Tel: +27 (0) 21 935 8600

TEMPEST

www.tempestcarhire.co.za

Tel: +27 (0) 21 935-8650 or on

0861TEMPEST for SA residents

LEISURE ACTIVITIES/THINGS TO DO IN THE AREA:

THE TOP 10 ATTRACTIONS IN CAPE TOWN & THE WESTERN CAPE

1. Table Mountain Cable Way

Table Mountain, the breathtaking backdrop and icon of Cape Town & the Western Cape extends its welcome to all visitors. The Cableway takes you to the summit in under 10 minutes and the cable car's rotating floor ensure that all passengers get a 360 degree aerial view of the city.

2. Victoria & Alfred Waterfront

The very epitome of African chic, the V&A Waterfront a unique shopping & entertainment environment, is South Africa's most visited tourist attraction with about 10 million visitors a year.

3. Kirstenbosch National Botanical Gardens

Kirstenbosch National Botanical Garden is world-renowned for the beauty and diversity of the Cape flora it displays and for the magnificence of its setting against the eastern slopes of Table Mountain. Kirstenbosch grows only indigenous South African plants.

4. Robben Island

Robben Island, some seven kilometres off the coast of Cape Town, is where former South African President and Nobel Laureate Nelson Mandela, alongside many other political prisoners, spent decades imprisoned during the apartheid era.

5. Cape Agulhas - southernmost tip of Africa!

Cape Agulhas is the southernmost tip of the vast African continent where the mighty Indian and Atlantic oceans meet. Interestingly, a compass shows no real deviation between true north and magnetic north at this spot, and Agulhas also boasts one of the oldest working lighthouses in South Africa.

6. Cape Point Nature Reserve

Cape Point is the southwestern most tip of Africa and forms part of the Table Mountain National Park which stretches from Signal Hill in the north to Cape Point in the south. Nowhere else in the world does an area of such spectacular beauty and such rich bio-diversity exist almost entirely within a cosmopolitan city. Since 2004, it also forms part of the Cape Floral World Heritage Site.



7. The Whale Coast

Drive to the fishing village of Hawston and stop at Hermanus - the world's best land-based whale-watching spot. Hermanus is the only town in the world to boast a Whale Crier who ensures that visitors don't miss out on spotting the oceans gentle giants.

8. The Cape Winelands

Take a drive along the Western Cape's many wine routes and visit global award winning wine farms for a spot of wine tasting, cellar tours and an opportunity to purchase some good local, internationally recognised wines.

WHY NOT STAY ON FOR A FEW DAYS TO EXPERIENCE WINELANDS HOSPITALITY AT IT'S BEST?



The Cape Town Wine Experience is a must and the local wine routes are famous for great wines with a difference. Wine tastings are available throughout the week, book a cellar tour or take a walk through the vineyards for an unforgettable wine experience. Many of the wine farms have excellent restaurants.

If you have an eye for architecture and history, or if you just enjoy beautiful buildings and towns, Stellenbosch is the perfect place to visit. The early houses in Stellenbosch were built in the Cape Dutch style, this style is unique to the Cape and is unquestionably beautiful.

You can also just relax and unwind at a choice of upmarket health spas that offer luxurious treatments, wonderful surroundings and fabulous views.

Go on a township tour and experience true African hospitality. Our history is rich and diverse and a tapestry of stories is ready to be told. Meet our artists, find out what inspires us and be inspired yourself.

Adrenaline junkies can go quad biking in the Winelands, enjoy a round of golf, horseback riding through pristine fynbos, shark cage diving, deep-sea fishing, strolling along the long stretches of beach, diving and driving along the beautiful Clarence Drive to spot the southern right whales.



9. The Garden Route

From Mossel Bay to Plettenberg Bay, the Garden Route with its lush forests and wide meandering rivers is an adventure playground for scuba diving, golfing, surfing, snorkelling, kayaking, canoeing, rafting, biking, hiking, flying, hang-gliding, paragliding, ballooning and parachuting ... and bungee jumping!

10. The West Coast's wild flowers & fishing villages

The Cape West Coast dotted with fishing villages like Yzerfontein, St Helena Bay and Elandsbaai, is also renowned for its spectacular shows of spring wild flowers (July to October) where more than 8 600 species of flowers occur of which 68 percent are found nowhere else in the world.

We look forward to seeing you in Cape Town for the 60th congress!

Prof Gert Vlok
Congress Chairman 2014
Website: www.saoa.org.za





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