

Monday 17.3.2025

TRAUMA 1 Polytrauma patient – anything new?

- 08.00-08.10 Introduction – Tim Söderlund HUS
08.10-08.50 Whole blood in acute trauma – Timo Jama Päijät-Hämeen hyvinvointialue
08.50-09.30 RAPTOR – concept in acute trauma: early experiences – Antti Lahdenranta HUS
09.30-10.00 Coffee break
10.00-10.30 Timing of orthopedic operations in polytrauma patients – anything new Mikko Heinänen, HUS
10.30-10.55 Surgical treatment of rib fractures – should it be done? – Tim Söderlund HUS
10.55-11.00 Closure

TRAUMA 2 Primary arthroplasty in shoulder, elbow and knee trauma

- 15:00-15:05 Introduction – Mikko Salmela HUS
15:05-15:35 Shoulder arthroplasty – Tuomas Lähdeoja HUS
15:35-16:05 Distal humerus hemi-arthroplasty – Toni Luukkala Keski-Suomen keskussairaala NOVA
16:05-16:35 Coffee break
16:35-17:05 Elbow arthroplasty - TBA
17:05-17:25 Proximal radius arthroplasty – Thomas Ibounig HUS
17:25-17:55 Total knee arthroplasty - TBA
17:55-18:00 Closure Mikko Salmela

Tuesday 18.3.2025

TRAUMA 3 Fix It or Fuse It – Foot and Ankle traumatology

- 8.00 Opening (pj Anssi Härkönen KYS)
- 8.05 Distal tibial fracture: fix it or fuse it (Tero Yli-Kyyny Mehiläinen, Timo Sirola HUS)
- 8.55 Hindfoot fracture: fix it or fuse it (Kari Isotalo TYKS, Mikko Hautamäki Mehiläinen)
- 9.45 Coffee Break
- 10.10 Lisfranc fracture: fix it or fuse it (Panagiotis Symeonidis Greece, Nikke Partio TAYS)
- 11.00 Closing (pj Anssi Härkönen KYS)

15:00-18:00 Group discussions (2 sets)

Discussion 1: Feedback - from assessment to learning (Teija Lund HUS, Yohan Robinson Gothenburg Sweden)

Discussion 2: How to use the KIDS Fracture Tool in practice (Topi Laaksonen HUS, Kaj Zilliacus HUS)

Wednesday 19.3.2025

ORTHO 1 What's new in hip replacement?

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| 8:00-8:05 | Introduction to the Session and Audience Survey
Rami Madanat Terveystalo |
| 8:05-8:20 | The Posterior Approach – Mastering the Gold Standard
Mikko Rantasalo, Terveystalo and Orton Hospital, Helsinki |
| 8:20-8:40 | The Anterior Revolution: Should We All Make the Switch?
Martin Aepli, Schulthess Klinik, Zurich, Switzerland |
| 8:40-9:00 | Hip Resurfacing Renaissance: From Past Lessons to Future Innovation
Matti Seppänen, Terveystalo, Turku, Finland |
| 9:00-9:15 | Discussion |
| 9:15-9:45 | Coffee Break |
| 9:45-10:05 | Return to Play: Athletic Performance After THA
Mikko Manninen, Orton Hospital, Helsinki, Finland |
| 10:05-10:15 | Discussion |
| 10:15-10:55 | Conquering Complexity - Interactive Case Discussions
Tatu Mäkinen, Pihlajalinna, Helsinki, Finland |
| 10:55-11:00 | Closing Remarks and Key Takeaways
Rami Madanat |
| 11:00 | End of Session |

Thursday 20.3.2025

ORTHO 2 Decompression of degenerative lumbar spine: is there still a role for spondylodesis/instrumentation and if so, when?

08:00 – 08:10 Welcome and Introduction – Dr. Jari Siironen, Neurosurgeon, Helsinki University Hospital, Assoc. Prof., M.D., Ph.D.

Understanding Lumbar Degeneration & Indications for Surgery

08:10 – 08:30 Lumbar Spinal Canal Stenosis, Dr. Jari Siironen, Neurosurgeon, Helsinki University Hospital, Assoc. Prof., M.D., Ph.D.

08:30 – 08:50 Spondylolisthesis, Doz. Dr. Gerd Ivanic, Orthopedic surgeon, Ortho-Graz, Graz, Austria

08:50 – 09:15 Degenerative Lumbar Spine – Do We Still Need Fusion Surgery? Dr. Jarkko Halme, Orthopedic Spine Surgeon, Kuopio University Hospital, Finland

09:15 – 09:40 Degenerative Lumbar Spine – When is Decompression Surgery Alone Enough? Dr. Tamas Fekete, Assoc. Prof., M.D., Ph.D., Neurosurgeon, Schulthess Klinik, Zürich, Switzerland

09:40 – 10:10 Coffee Break

Surgical Techniques & Advances

10:10 -10:30 Monoportal Over-the-Top Lumbar Decompression: Step-by-Step Guide
Dr. Mario Ropelato, M.D., Neurosurgeon, Schulthess Klinik, Zürich, Switzerland

10:30-10:50 Lumbar Spinal Fusion and TLIF: Technical Considerations for Optimal Outcomes, Dr. Jani Puhakka, M.D., Orthopedic Spine Surgeon, Schulthess Klinik, Zürich, Switzerland

10:50-11:00 Closure

15:00-18:00 Group discussions (2 sets)

Discussion 3: PF OA & PF Arthroplasty

Case: distal alignment & osteotomies Jörg Dickschas, GER (15 min)

Case: PF inlay solution Sillanpää (15 min)

Case: PF onlay solution TBA (15 min)

Case: PF OA+instability Dickschas & Sillanpää (15 min)

Discussion and closure (15 min)

Discussion 4: Controversies in bone tumors

I can see a bone tumour! What goes in my mind? — Hanna Liikanen HUS (15 min)

How to reconstruct after tumour removal? — Minna Laitinen HUS (20 min)

Tumour prosthesis when shit hits the fan! — Lee Jeys HUS (40 min)

Friday 21.3.2025

ORTHO 3 Optimized use of radiation in orthopedics: problem solving and tips and tricks

- 08:00-08:45 Imaging modalities of the spine and systematic approach to spine MRI interpretation – Roope Kalske HUS
- 08:45-09:15 Optimized use of radiation in OR - Jenni Liikanen Etelä-Savon hyvinvointialue, specializing hospital physicists Jasmiina Ahokas Etelä-Savon hyvinvointialue
- 09:15-09:45 Coffee break
- 09:45-10:15 How to ace the C-arm images in OR, Jenni Liikanen
- 10:15-11:00 Radiation protection B-I-N-G-O, specializing hospital physicists Jasmiina Ahokas

Closure and final remarks

- 11:00- Closure of Arctic Orthopedic Summit – AOS organisation committee