

DFAS Maj mødet 2023

Location: **Nimb Rotunden**, Bernstorffsgade 5, 1577 Copenhagen

Achilles tendon - final programme



Friday 28 April 2023

09.00-09.30: Registration and breakfast

09.30-09.35: Welcome (Mostafa Benyahia, DFAS president)

1 – Tendons pathology/physiology (Moderator: Anna Kathrine Pramming)

9.40-9.55: The cellular structure of the Achilles tendon - Michael Kjær

9:55-10.10: Biomechanics of the Achilles tendon – Peter Magnusson

10.10-10.20: Discussion: Why is the Achilles tendon prone to injury?

2 – Tendinopathy and pain (Moderator: Jens Kurt Johansen)

10.25-10.40: What is tendinopathy and why is it painful? - Michael Kjær

10.40-10.50: Treatment with exercise – Christian Coupe

10.50-11.05: Injection treatments and risk of rupture - Jens Olesen

11.05-11.15: Discussion: Why is tendinopathy so difficult to treat?

3 – Insertion tendinopathy (Moderator: Kristian Behrndtz)

11:20-11.30: Bursitis – Finn Johannesen

11.30-11.40: Calcifications – Marianne Toft Vestermark

11.40-11.50: Haglund – Nuno Corte-Real

11.50-12.00: Systemic disorders and Achilles tendon problems – Finn Johannesen

12.00-13.00 Lunch

4 – Surgical treatment of tendinopathy (Moderator: Mostafa Benyahia)

13.00-13.20: **Battle 'Watch the tendon' vs. 'The tendon is sick and needs to go'**

Tendon-preserving surgery – Per Hølmich

Extensive surgical treatment – Norman Espinosa

13.40-14:00: scopic treatment of tendinopathy – Nuno Corte-Real

5 - Imaging: US vs. MRI (Moderator: Kristoffer W. Barfod)

14.05-14:25 Case presentation with discussion of advantages and disadvantages of US and MRI in tendinopathy and rupture - Jens Olesen and Philip Hansen

14:25-14:50: Coffee Break

6 - Acute rupture (Moderator: Marianne Toft Vestermark)

14.50-15.00: Etiology and epidemiology – Allan Cramer

15.00-15.10: Operative or non-operative treatment – Katarina Nilsson-Hellander

15.10-15.20: Open technique with extensive exposure - Susanne Schaarup

15.20-15.30: Peritendia-saving techniques and individualization – Kristoffer W. Barfod

15.30-15.40: Discussion: Should the patients be operated on and how?

7 - Chronic Rupture (Moderator: Inge Lunding Kjær)

15:45-16.10: Indication for non-surgical and surgical treatment and the surgical toolbox - Mostafa Benyahia

16.10-16.30: Achilles tendon reconstruction with Fascia/hamstring + scopic technique – Katarina Nilsson Hellander

16:30-16:40: Closure (Mostafa Benyahia, DFAS president)

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