

8th Triennial

# Nordic Shoulder and Elbow Conference

16-17 May 2019

Helsinki, Finland  
International faculty

**COURSE CHAIRMAN:**  
Ilkka Sinisaari

**VENUE:**  
Clarion Hotel, Helsinki,  
Tyynenmerenkatu 2, Helsinki



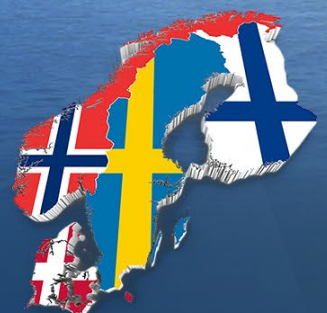
## PROGRAM



**SOKY**

Suomen Olkakirurginen Yhdistys  
The Finnish Society for Shoulder and Elbow Surgery

Organizer: Finnish Society for Shoulder and Elbow Surgery (FSSES)



# Nordic shoulder and elbow conference

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ILKKA SINISAARI

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# Welcome

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Dear colleagues and friends,

On behalf of the Finnish Society for Shoulder and Elbow Surgery I would like to welcome you to the 8th Triennial Nordic Shoulder and Elbow Conference in Helsinki.

This is the first time the conference takes place in Finland and we are very much looking forward to sharing knowledge and experience with our friends from the other Nordic societies. During this two day conference we will have sessions covering scientific evidence and knowledge translation, treatment algorithms for difficult topics in shoulder and elbow surgery, traumatology, registries, 3D planning as well as a dedicated session for physiotherapy. Our program is rounded up by some excellent free paper sessions with participants from all over the Nordic countries.

The congress venue is located in the heart of Helsinki, the capital of Finland, repetitively selected as „the happiest country in the world“ and will take place from 16 to 17 May 2019. We hope you will not only be able to enjoy a fruitful educational experience but also the hospitality of the Finnish people as well as the attractions of the greater Helsinki area and its surrounding archipelago.

We will do our best to make these days interesting and enjoyable,

Ilkka Sinisaari  
*Course chairman*

## PROGRAM

# Thursday May 16<sup>th</sup>

10:00 – 11:30

SYMPOSIUM:

### **To believe or not to believe – Scientific evidence vs. clinical practice**

MODERATORS: JANNE LEHTINEN, IMRAN SAJID

*Sometimes good scientific evidence never finds it's way into clinical practice. Sometimes, clinical practice is based on no scientific evidence, at all. Measuring patient relevant outcomes and knowledge translation from research into clinical practice should be one of our core interests.*

10:00 – 10:30

Efficacy, effectiveness, cost-effectiveness – introduction to basics

**Teppo Järvinen**

10:30 – 11:00

Treatment effect – comparing study groups

**Simo Taimela**

11:00 – 11:30

The Resistance to Change: Belief Perseverance amongst Clinicians and the Paradox of Specialism

**Imran Sajid**

11:30 – 12:30

Buffet lunch in exhibition

12:30 – 14:30

SYMPOSIUM:

### **When the going gets tough**

### **Treatment plan for tough problems – evidence and experience**

MODERATORS: MIKA PAAVOLA, LIONEL NEYTON

*I have not failed. I've just found 10,000 ways that won't work. - Thomas A. Edison*

*All of us sometimes face difficult situations where the right choice of treatment might not always seem obvious. Sharing the load and learning from others mistakes can ease our passing on that rocky road.*

12:30 – 13:00

Glenoid bone loss and arthroplasty – where are the limits

**Lionel Neyton**

13:00 – 13:30

Posterior shoulder instability and glenoid retroversion

**Karl Wieser**

13:30 – 13:50

Revise and reverse – dysfunction and pain after reverse prosthesis

**Tapio Flinkkilä**

13:50 – 14:10

Understanding posteromedial elbow instability

**Lars Adolfsson**

14:10 – 14:30

Discussion

## PROGRAM

# Thursday May 16<sup>th</sup>

14:30 - 15:00

Coffee in exhibition

15:00 - 16:00

FREE PAPERS I:

### Subacromial Pain and Rotator Cuff Tears

MODERATORS: STEFAN MOOSMAYER, VILLE ÄÄRIMAA

15:00 - 15:10

Ten-year results from a randomized comparison study between tendon repair and physiotherapy for small-to-medium sized rotator cuff tears

**Stefan Moosmayer**

15:10 - 15:20

Treatment of Nontraumatic Rotator Cuff Tears: A Randomized Controlled Trial with Five Years of Clinical Follow-up

**Juha Kukkonen**

15:20 - 15:30

Surgery for rotator cuff disease -A randomized controlled trial with two-year follow-up

**Juha Paloneva**

15:30 - 15:40

Does arthroscopic acromioplasty provide any additional value in the treatment of shoulder impingement syndrome? A randomized controlled trial with 12 year follow-up

**Janne Lehtinen**

15:40 - 15:50

Arthroscopic Subacromial Decompression versus Sham Surgery in the treatment of shoulder impingement syndrome - A 5-year follow-up

**Kari Kanto**

15:50 - 16:00

Return to work after subacromial decompression, diagnostic arthroscopy or exercise therapy for shoulder impingement: a randomised, placebo-surgery controlled clinical trial with two-year follow-up.

**Simo Taimela**

16:00 - 16:10

Subacromial decompression surgery for adults with shoulder pain: a systematic review with meta-analysis

**Tuomas Lähdeoja**

16:30 - 18:00

General assembly in national societies

19:00

Welcome drink and Gala dinner

## PROGRAM

# Friday May 17<sup>th</sup>

8:00 - 10:00

SYMPOSIUM:

### Shoulder and elbow fractures – trigger point for operative treatment

MODERATORS: JUHA PALONEVA, TORE FJALESTAD

*The goal of treatment of shoulder and elbow fractures is to restore function of the affected joint. However, many common indications for operative treatment have been questioned recently and it is not always clear whether radiological and functional outcomes are correlated. The aim of this session is to review current evidence regarding trigger points for operative treatment of fractures of the upper arm.*

08:00 - 08:20

Tuberculum majus fracture

Tore Fjalestad

08:20 - 08:40

Lateral clavicular fracture

Kaisa Virtanen

08:40 - 09:00

Humeral shaft fracture

Lasse Rämö

09:00 - 09:20

Olecranon fracture in elderly

Bo Olsen

09:20 - 09:40

Radial head fracture

Toni Luukkala

09:40 - 10:00

Discussion

10:00 - 10:30

Coffee in exhibition

10:30 - 11:30

FREE PAPERS II:

### Humerus fractures

MODERATORS: ANTTI LAUNONEN, HANNA BJÖRNSSON-HALLGREN

10:30 - 10:40

Intra- and inter-observer reliability of re-categorized Neer classification, in differentiating two-part surgical neck fractures from multi-fragmented, proximal humeral fractures of 116 patients.

Bakir Sumrein

10:40 - 10:50

Complications after non-surgical management of proximal humeral fractures: a systematic review of terms and definitions.

Stig Brorson

## PROGRAM

# Friday May 17<sup>th</sup>

10:50 - 11:00

Non-Operative Treatment Versus Open Reduction And Internal Fixation With Locking Plate After Displaced Two-Part Proximal Humeral Fractures In The Elderly. A Prospective, Randomized Controlled, Study Of 88 Patients With A Minimum Of Two-Year Follow-Up

**Antti Launonen**

11:00 - 11:10

ORIF versus Functional Bracing for Humeral Shaft Fracture, 1 year results of a RCT

**Lasse Rämö**

11:10 - 11:20

Distal humeral fractures typ C treated with parallel plates and two different surgical approaches.

**Hanna  
Björnsson-Hallgren**

11:20 - 11:30

Good Outcome after Elbow Hemiarthroplasty in Active Patients with an Acute Intraarticular Distal Humeral Fracture.

**Ali Al-Hamdani**

11:30 - 12:15

Buffet lunch in exhibition

12:15 - 13:15

### SYMPOSIUM:

## From registry data to clinical practice

MODERATORS: VILLE ÄÄRIMAA, BJÖRN SALOMONSSON

*Registries have been criticized on their adaptability on daily clinical practice. In this session we are offering view points on how a shoulder surgeon can use registry data to improve their patient care.*

12:15 - 12:35

How to interpret prosthesis survival, what to say to the patient about the risks?

**Adrian Sayers**

12:35 - 12:50

What is an acceptable result after a shoulder arthroplasty, what to expect?

**Jeppe Rasmussen**

12:50 - 13:00

Are we improving the outcome with our shoulder arthroplasties within NARA?

**Randi Hole**

13:00 - 13:15

New emerging treatment options seen through registry eyes.

**Björn Salomonsson**

13:15 - 13:30

Coffee in exhibition

## PROGRAM

# Friday May 17<sup>th</sup>

13:30 - 14:30

### PARALLEL SESSION I:

## 3D planning in demanding situations

MODERATORS: ANTTI JOUKAINEN, ANDERS EKELUND

*Numbers of shoulder arthroplasty are rising and the indications for arthroplasties are expanding. Novel technology is available also for patient specific implants and 3D planning. What is the real benefit of these innovations? Are we able to do better surgery with 3D planning, and do we have better implant solutions for complex cases? This session offers an update of advancements in shoulder arthroplasty planning and implant technology.*

13:30 - 14:00

Managing glenoid loosening and bone loss in revision arthroplasty

**Lionel Neyton**

14:00 - 14:30

I have 3d planning, what should I do with it? where to put the gleno component?

**Olivier Verborgt**

14:30 - 15:00

Cuff is intact, when to go primary reverse?

**Anders Ekelund**

13:30 - 15:00

### PARALLEL SESSION II:

## Physiotherapy, exercise or everyday life for shoulder problems

MODERATORS: JUHA PALONEVA, TERESA HOLMGREN

*It is not surgery alone that determines the outcome. This session brings insights in optimal rehabilitation of common shoulder problems.*

13:30 - 14:00

Frozen Shoulder: Don't be left out in the cold

**Jeremy Lewis**

14:00 - 14:30

Rehabilitation of patient with rotator cuff disease

**Teresa Holmgren**

14:30 - 15:00

Rehabilitation of patient with shoulder arthroplasty

**Julia Walton**



## PROGRAM

# Friday May 17<sup>th</sup>

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15:00 - 16:00

FREE PAPERS III:

### From PRP to Arthroplasty

MODERATORS: JANNE LEHTINEN, BJÖRN SALOMONSSON

15:00 - 15:10

The Treatment Of Lateral Epicondylitis: The Effect Of Platelet Rich Plasma On Healing – A Randomized Controlled Double-Blinded Trial.

**Janne Lehtinen**

15:10 - 15:20

The clinical consequences of failed rotator cuff repairs: a systematic review and meta-analysis.

**Robin Høltedahl**

15:20 - 15:30

Rotator cuff status in relation to outcome after treatment with shoulder arthroplasty for osteoarthritis. An analysis from the Swedish Shoulder Arthroplasty Registry.

**Kristofer Hallberg**

15:30 - 15:40

Patient reported outcome after stemmed versus stemless total shoulder arthroplasty for glenohumeral osteoarthritis: Protocol for a patient-blinded randomized clinical trial.

**Zaid Issa**

15:40 - 15:50

Reverse shoulder arthroplasty compared to shoulder hemiarthroplasty, in shoulders with cuff tear arthropathy, a study from the Swedish shoulder arthroplasty registry.

**Kristofer Hallberg**

15:50 - 16:00

Hemi versus Reverse Shoulder Arthroplasty in proximal humeral fractures - A study from the Swedish shoulder arthroplasty registry.

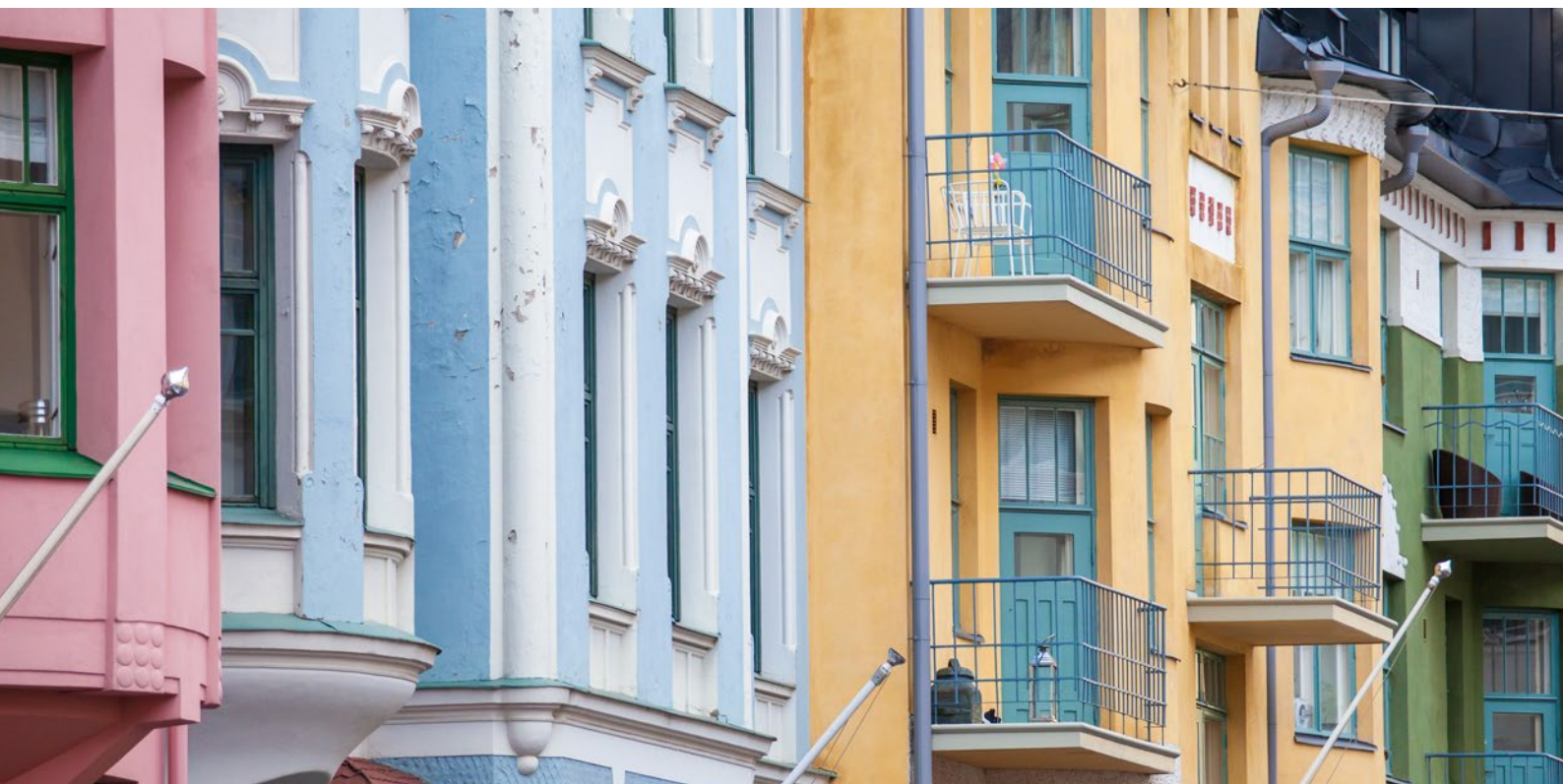
**Björn Salomonsson**

*Adjourn and coffee*

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# Things to do while staying in Helsinki

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**While visiting Helsinki for the conference this year, why not get to know the city a bit better as well? It doesn't matter if it's your first time here or if you visit regularly there is always something new to experience.**

Interested in knowing why Finns are raving about saunas all the time? Check out one of the many public saunas in Helsinki to find out for yourself, or, if culture is more of your thing then the newly opened Amos Rex museum is not to be missed.

The more traditional sights like the Temppeliaukio Rock Church and the Sibelius Monument are worth checking out as well if you haven't seen them before. After visiting the Sibelius Monument the nearby cafe Regatta with its quaint and cozy atmosphere sends you to a whole different side of Helsinki.

With pleasant weather, the best and easiest way to experience Helsinki is with the city bikes and if you would rather just enjoy the view and see all the essential spots, there are hop on hop off sightseeing busses by CityTour to take you around.

# Things to do while staying in Helsinki

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**One of the most remarkable things about Helsinki is its blend of modern capital city and lush vibrant forests and islands all around it. The archipelago surrounding Helsinki is stunning and easy to visit.**

Perhaps the most well known island in Helsinki is the old sea fortress, Suomenlinna, that was built in the 18th-century and is nowadays a UNESCO World Heritage Site. The island is completely open for you to roam and is easy to access with a ferry leaving from the Kauppatori to take you there.

A bit newer place to visit is Vallisaari which recently opened to the public after being closed off for many years due to being owned by the military in the past. This allowed the nature to thrive almost undisrupted, creating a truly unique paradise just 15 minutes away from Kauppatori.

If you decided to rent the city bikes, Seurasaari is the perfect place to visit. It is an open-air museum sending you to a journey to Finland's past with historic wooden buildings transported to the island from all corners of Finland.

Here are a few links where you can find more information about Helsinki to help you plan your visit.

[MYHELSENKI.FI/EN](https://myhelsinki.fi/en)

[MYHELSENKI.FI/EN/SEE-AND-DO/SIGHTS/TOP-12-SIGHTS-IN-HELSENKI](https://myhelsinki.fi/en/see-and-do/sights/top-12-sights-in-helsinki)

[MYHELSENKI.FI/EN/SEE-AND-DO/ACTIVITIES/SEVEN-UNIQUE-ISLAND-GEMS-IN-HELSENKI'S-ARCHIPELAGO](https://myhelsinki.fi/en/see-and-do/activities/seven-unique-island-gems-in-helsinki's-archipelago)

[MYHELSENKI.FI/EN/SEE-AND-DO/ACTIVITIES/8-PUBLIC-SAUNAS-IN-HELSENKI](https://myhelsinki.fi/en/see-and-do/activities/8-public-saunas-in-helsinki)

[CITYTOUR.FI/](https://citytour.fi/)

[ROYALLINE.FI/ENGLISH](https://royalline.fi/english)

[KAUPUNKIPYORAT.HSL.FI/EN](https://kaupunkipyorat.hsl.fi/en)

