

Orthopedic Symposium

Approaching Achilles tendon ruptures in 2023

Friday February 10th, 2023, Auditorium Frontbygg, 08.45-16.00
Department of Orthopedic Surgery, Ahus, Sykehusveien 25, 1478 Nordbyhagen
Price: physical attendance 1000 NOK (includes lunch), online attendance 500 NOK

08.45-09.00 **Registration and coffee**

09.00-09.15 **Welcome and introduction**

Asbjørn Årøen (MD, prof. Head of Research, Department of Orthopedic Surgery, Ahus)

09.15-09.50 **Epidemiology of Achilles tendon ruptures**

Tor Kristian M. Andresen (MD, Orthopedic consultant, Department of Orthopedic Surgery, Ahus)

09.50-10.05 **Break**

10.05-10.40 **Nonoperative vs surgical treatment of acute Achilles tendon rupture**

Ståle B. Myhrvold (MD, PhD, Orthopedic consultant, Department of Orthopedic Surgery, Ahus)

10.40-11.15 **Interpretation of the results by an orthopedic surgeon**

Rune B. Jakobsen (MD, PhD, Orthopedic consultant, Department of Orthopedic Surgery, Ahus)

11.15-11.45 **Lunch**

11.45-12.20 **The neglected Achilles tendon rupture, how to approach**

Elisabeth Ellingsen Husebye (MD, PhD, Orthopedic consultant, Oslo University Hospital)

12.20-12.55 **Tendon transposition with chronic Achilles tendon rupture**

Mike Carmont (MD, PhD, Orthopedic consultant, Shrewsbury & Telford Hospital NHS Trust, UK)

12.55-13.10 **Break**

13.10-13.45 **Missing parts in our understanding of Achilles tendon rupture**

Nicola Maffulli (MD, MS, Professor of Trauma and Orthopaedic Surgery, Queen Mary University of London, UK)

13.45-14.20 **How to rehabilitate a patient with Achilles tendon rupture**

Karin Rydevik (PT, M.Sc., Specialist in sportsphysiotherapy, Volvat NIMI)

14.20-14.30 **Break**

14.30-15.05 **Treatment of Achilles tendon elongation after rupture**

Katarina Nilsson Helander (MD, Ass. Prof., Consultant Orthopedic Surgeon, Department of Orthopaedics, Sahlgrenska University Hospital/Mölndal, Sweden, University of Gothenburg)

15.05-15.40 **Returning to sports after Achilles tendon rupture. A report from an injury**

Awaiting lecturer

15.40-16.00 **Summary and evaluation**