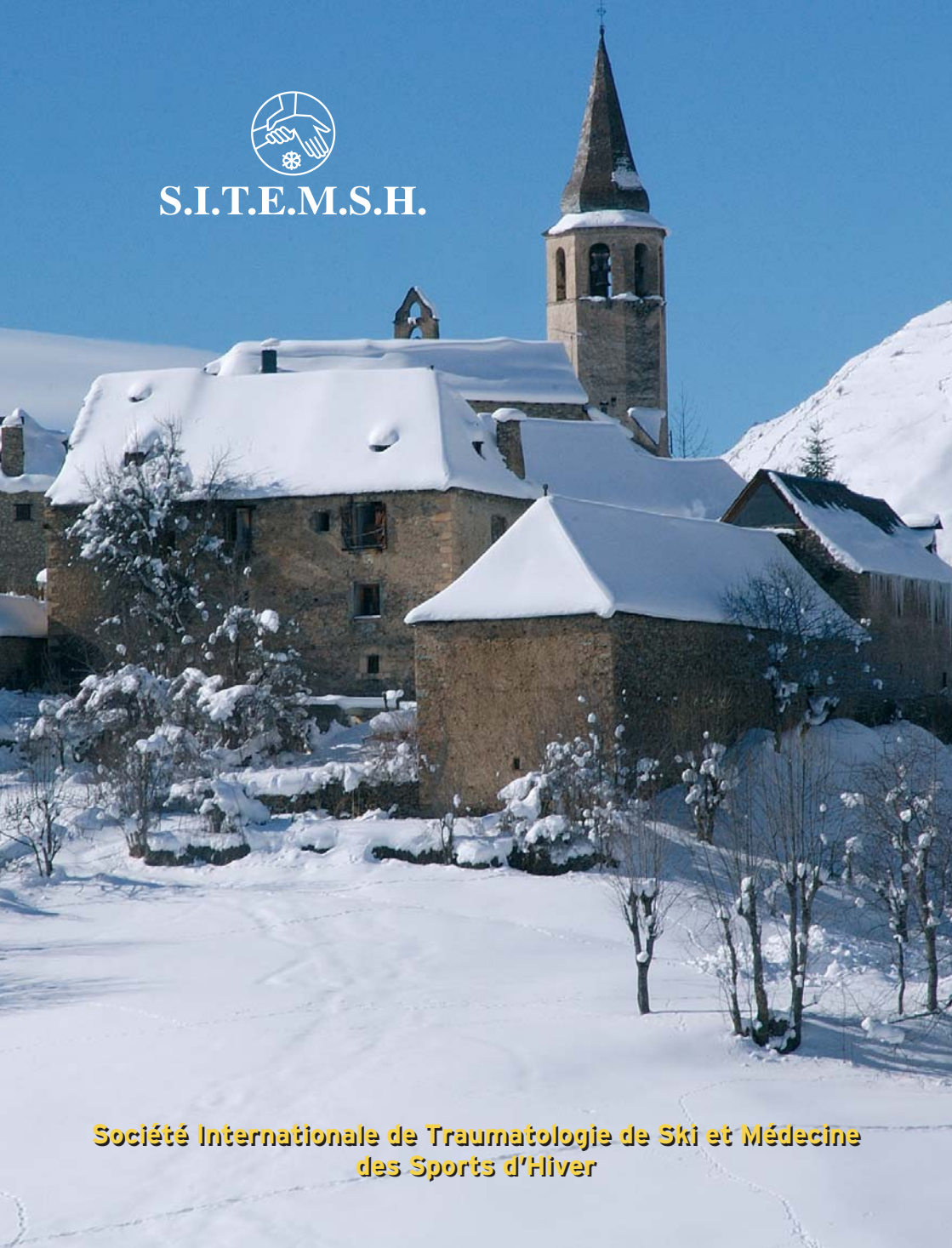


# XXVII CONGRESS

Baqueira Beret, Pyrenees, Spain  
March 30th and 31st, April 1st 2006



## S.I.T.E.M.S.H.



**Société Internationale de Traumatologie de Ski et Médecine  
des Sports d'Hiver**

## committees

### ORGANIZING COMMITTEE

Aleix VIDAL	Spain
Marc-Hervé BINET	France
Josep ESCODA	Andorra
Paolo ZUCCO	Italy

### SCIENTIFIC COMMITTEE

Alexander GENELIN	Austria
Bernat ESCODA	Andorra
Dominique LAPORTE	France
Guido PICCIONI	Italy
Juan SARASQUETE	Spain
Anton WICKER	Austria

## KNEE

J.M. AGUILERA  
L. ALCOCER  
**E. ARNALDI** (Italia)  
J. BORRELL  
J.M. CABESTANY  
R. CUGAT  
J. CABOT  
I. GINEBREDÀ  
R. GOYARROLA  
D. LAPORTE  
J.C. MONLLAU  
F. MONTSERRAT  
**R. NEGRIN** (Chile)  
J.M. SALO  
J. TUNEU  
J.M. VILARRUBIAS  
A. WICKER  
M. ZABALA  
P. ZUCCO (Italia)

# List of speakers

## SHOULDER

J. ACHALANDABASO  
A. BRU  
A. CALVO  
**A. CASTAGNA** (Italia)  
E. ESTANY  
T. ESTEVEZ  
J. FERRER  
P. GOLANÓ  
**C. GUANCHE** (USA)  
S. MASSANET  
M. MENDOZA  
S. PALAZZI  
L. PÉREZ CARRO  
F. PRIANO (Italia)  
R. PUIG ADELL  
M. SÁNCHEZ  
J. SARASQUETE

## SPINE

E. CACERES  
M. FERRAN  
A. GENELIN (Austria)  
D. MORETA  
G. PICCIONI (Italia)  
M. UBIERNA  
A. WYCKER (Austria)

## HIP

**M. PHILIPPON** (USA)  
M. RIBAS

## carta de bienvenida

Apreciado compañero:

En nombre de la Sociedad Internacional de Traumatología y Medicina de Deportes de Invierno (SITEMSH), es un placer anunciarte al próximo XXVII Congreso que se celebrará en la estación de esquí de Baqueira-Beret.

Una vez más la SITEMSH os invita a participar de las últimas novedades en traumatología de los deportes de invierno con la finalidad de profundizar en los avances de investigación y prevención de las lesiones de esquí y del snowboard.

Para conseguir esto, hemos convocado a renombrados especialistas que nos mostrarán los resultados de sus trabajos y experiencias en determinadas patologías que seleccionaremos con rigor. Nuestro agradecimiento por adelantado a todos ellos.

Tres serán los temas principales del congreso: la artroscopia de rodilla, la artroscopia del hombro y las lesiones traumáticas de la columna. Reparaciones meniscales, reconstrucciones del LCA, inestabilidades de hombro de etiología deportiva y las fracturas vertebrales, serán ampliamente evaluadas y discutidas. Finalmente, están previstos laboratorios de prácticas sobre modelos para que podáis experimentar con las últimas innovaciones en técnicas artroscópicas de hombro y rodilla.

Para completar el programa queremos animarte a que presentes al menos un trabajo, en forma de comunicación libre, relacionado con los tres temas citados anteriormente.

Esperando poderte saludar personalmente en Baqueira, recibe un afectuoso saludo.

**Dr. Aleix Vidal**

Secretario para España de la SITEMSH  
Centro Médico Baqueira-Beret

## welcome letter

Dear colleague,

On behalf of the Internacional Society for Skiing Traumatology and Winter Sports Medicine (SITEMSH), I am pleased to invite you to participate to the XXVII Congress. At this time the meeting will be held in Baqueira-Beret Ski Resort, the largest ski area in the Spanish Pyrenees.

Once again the SITEMSH is inviting us to discuss breakthroughs in winter sports traumatology and medicine, in order to identify fruitful lines of research in treatment and prevention of ski and snowboard injuries.

To achieve this, we have invited reknowned specialists who will describe the results of their work and experience on a series of subjects selected with rigour. Our thanks in advance to all the speakers.

There will be three central topics: knee arthroscopy, shoulder arthroscopy and spine trauma injuries. Meniscal repairs, ACL reconstructions, sport-related shoulder instabilities, acromio-clavicular fracture/dislocations and burst fractures in the spine, will be thoroughly reviewed. Dry workshops will be provided to experience the latest arthroscopic techniques on knee and shoulder arthroscopy. Free papers will complete the program, for your convenience.

Looking forward stimulating your interest to come to Baqueira receive our warm regards from Spain.

**Dr. Aleix Vidal**

SITEMSH Spain Secretary  
Medical Center Baqueira-Beret

## scientific program

### Thursday, March 30

#### Afternoon session

#### Knee Lectures - Epidemiology - Paralympics

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- |                   |  |
|-------------------|--|
| 3.00 pm - 4.00 pm | Registration   |
| 4.00 pm - 4.20 pm | <b>Plasma Rich Growth Factors in Knee Injuries</b><br>Ramon Cugat. Spain             |
| 4.20 pm - 4.40 pm | <b>Posterior Cruciate Ligament Injuries in Sport</b><br>Josep Borrell. Spain         |
| 4.40 pm - 5.55 pm | <b>Round Table: Epidemiology of Ski Injuries</b><br>Chair: Josep Escoda. Andorra     |
| 4.45 pm - 5.00 pm | Winter Sport Injuries<br>Paolo Zucco. Italy  |
| 5.00 pm - 5.15 pm | Ski Injuries at French Ski Resorts<br>Marc-Hervé Binet. France                       |
| 5.15 pm - 5.30 pm | Snowblade injuries. A new trauma Sport Evolution<br>Dominique Laporte. France        |
| 5.30 pm - 5.55 pm | Medical Evaluation and Injury Prevention in Ski Competition<br>Roberto Negrín. Chile |
| 6.10 pm - 6.35 pm | <b>Round Table: Winter Sports Paralympics</b><br>Chair: Anton Wicker. Austria        |
| 6.15 pm - 6.25 pm | Paralympic Sportsman Motivation<br>Josep Barrachina. Spain                           |
| 6.25 pm - 6.35 pm | Frequent Injuries in Paralympic Games. Torino 2006<br>Josep Barrachina. Spain        |
| 6.35 pm - 8.00 pm | Discussion and free papers   |
| 8.30 pm           | Welcome cocktail   |

### Friday, March 31

#### Morning session

#### Spine

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- |                    |   |
|--------------------|---|
| 8.00 am - 9.00 am  | Free papers   |
| 9.00 am - 10.30 am | <b>Round Table: Spine Injuries</b><br>Chair: Maite Ubierna. Spain |
| 9.05 am - 9.15 am  | Spinal Trauma<br>Miquel Ferran. Spain                             |

## scientific program

9.15 am - 9.25 am	Thoracolumbar Fractures. Long Term Revision David Moreta. Spain
9.25 am - 9.35 am	Modern Possibilities in Vertebral Surgery Guido Piccioni. Italy
9.35 am - 9.45 am	Treatment of Thoracolumbar Fracture Consequences Enric Cáceres. Spain
9.45 am - 9.55 am	Case Presentation Alexander Genelin. Austria
9.55 am - 10.05 am	Spinal Rehabilitation Anton Wicker. Austria
10.05 am - 10.15 am	Discussion
10.30 am - 2.00 pm	<b>Workshops: Shoulder and Knee Arthroscopy</b>

### Afternoon session

### Shoulder

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4.00 pm - 5.20 pm	<b>Round Table: Shoulder Injuries</b> Chair: Juan Sarasquete. Spain
4.05 pm - 4.25 pm	Surgical Anatomy of Shoulder: Arthroscopic Approach & Open Approach Pau Golanó. Spain
4.25 pm - 4.35 pm	Shoulder Instability Luis Pérez Carro. Spain
4.35 pm - 4.45 pm	Nerve Injuries in Shoulder's Trauma Santos Palazzi. Spain
4.45 pm - 4.55 pm	Acromioclavicular Injuries Antoni Bru. Spain
4.55 pm - 5.20 pm	Discussion
4.55 pm - 5.25 pm	<b>Mini - Battle: Rotator Cuff Repair</b> Chair: Carlos Guanche. USA
	<b>Open Repair</b> Manuel Mendoza. Spain
	<b>Arthroscopic Repair</b> Tom Estévez. Spain
5.30 pm - 5.50 pm	<b>Invited Guest Lecture. Rotator Cuff Lesson</b> Alex Castagna. Italy
5.50 pm - 6.20 pm	Discussion with Coffee and Beverages

## scientific program

- 6.20 pm - 6.50 pm      **Mini - Battle: Bicep Tendon Repair**  
Chair: Ferdinando Priano. Italy
- Open repair**  
José Achalandabaso. Spain  
**Arthroscopic Repair**  
Angel Calvo. Spain
- 6.50 pm - 7.20 pm      **Mini - Battle: Shoulder Instability**  
Chair: Eva Estany. Spain
- Open Repair**  
Jesús Ferrer. Spain  
**Arthroscopic Repair**  
Juan Sarasquete. Spain
- 7.20 pm - 7.40 pm      **Invited Guest Lecture. Shoulder Instabilities**  
Carlos Guanche. USA
- 7.40 pm - 8.00 pm      **Plasma Rich Growth Factors in Shoulder Injuries**  
Mikel Sánchez. Spain
- 8.00 pm - 8.15 pm      Discussion

### Saturday, April 1

#### Morning session

#### Hip

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- 8.15 am - 8.30 am      **MIS Treatment for Femoro Acetabular Impingement in Sport**  
Manel Ribas. Spain
- 8.30 am - 9.30 am      **Invited Guest Lecture: Hip Arthroscopy in Athletes**  
Marc Philippon. USA
- 9.30 am - 9.45 am      Discussion
- 9.45 am - 1.00 pm      **Workshops: Shoulder and Knee Arthroscopy**

#### Afternoon session

#### Knee

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- 3.00 pm - 4.00 pm      Free papers



## scientific program

4.00 pm - 5.10 pm	<b>Round Table: Knee I</b> Chair: Josep M <sup>a</sup> Saló
4.05 pm - 4.15 pm	Mechanisms of Knee Injuries in Competitive Ski Racers Enrico Arnaldi & Paolo Zucco. Italy
4.15 pm - 4.25 pm	Arthroscopic Meniscal Repair Rafael Goyarrola. Spain
4.25 pm - 4.35 pm	Meniscal Sutures Josep Tuneu. Spain
4.35 pm - 4.45 pm	Meniscal Reconstruction Paolo Zucco. Italy
4.45 pm - 4.55 pm	Meniscal Transplants Juan Carles Monllau. Spain
4.55 pm - 5.10 pm	Discussion
5.15 pm - 6.35 pm	<b>Round Table: Knee II</b> Chair: Manuel Zabala. Spain
5.20 pm - 5.30 pm	Evolution of ACL Injuries in Winter Sports Dominique Laporte. France
5.30 pm - 5.40 pm	Treatment Options for ACL Injuries Joaquim Cabot. Spain
5.40 pm - 5.50 pm	Controversies in the Treatment of ACL Injuries Ferran Montserrat. Spain
5.50 pm - 6.05 pm	Surgical Complications in ACL Reconstruction Roberto Negrin. Chile
6.05 pm - 6.15 pm	Anatomical Reconstruction of ACL. "Double Bundle" Technique Josep M <sup>a</sup> Cabestany & Aleix Vidal. Spain
6.20 pm - 6.35 pm	Discussion with Coffee and Beverages
6.35 pm - 8.00 pm	<b>Round Table: Knee III</b> Chair: Ignacio Ginebreda. Spain
6.40 pm - 6.50 pm	Arthroscopic management of Tibial Plateau Fractures Josep M <sup>a</sup> Aguilera. Spain
6.50 pm - 7.00 pm	Tibial Plateau Fractures in Ski Luis Alcocer. Spain
7.00 pm - 7.10 pm	Knee Periarticular Osteotomies Josep M <sup>a</sup> Vilarrubias & Ignacio Ginebreda. Spain
7.10 pm - 7.20 pm	Skier's Knee Physiotherapy in Professionals Anton Wicker. Austria
7.20 pm - 7.30 pm	Knee repercussions due to axial misalignments of long bones Ignacio Ginebreda. Spain
7.30 pm - 7.45 pm	Discussion
9.00 pm	Gala Dinner

Societat Internacional de Traumatologia de l'Esquí i Medicina dels Esports d'Hivern

International Society for Skiing Traumatology and Winter Sports Medicine

Internationale Gesellschaft für Skitraumatologie und Wintersportmedizin

Société Internationale de Traumatologie de Ski et Médecine des Sports d'Hiver

Società Internazionale di Traumatologia e Medicina degli Sport Invernali

Sociedad Internacional de Traumatología del Ski y Medicina de los Deportes de Invierno

With the  
acknowledgement of



Sponsored by



## registration form

Surname \_\_\_\_\_  
First name \_\_\_\_\_  
Institution \_\_\_\_\_  
Position \_\_\_\_\_  
City \_\_\_\_\_ Country \_\_\_\_\_  
Postal Code \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Fax \_\_\_\_\_

### REGISTRATION FEES

	Before February 21st, 2006	After February 21st, 2006
S.I.T.E.M.S.H. Members	<input type="checkbox"/> 348 €	<input type="checkbox"/> 406 €
S.I.T.E.M.S.H. Non members	<input type="checkbox"/> 522 €	<input type="checkbox"/> 580 €

16 % VAT include

### REGISTRATION INCLUDES

Scientific documentation, coffees and Gala Dinner

### METHOD OF PAYMENT

Cheque ordered to: XXVII S.I.T.E.M.S.H. Congress  
For bank transfers please contact the technical secretariat

### SEND TO

Technical Secretariat: Torres Pardo - Ms. Asun Marzo  
Diputación 401, bajos 08013 Barcelona - Spain  
Phone: + 34 93 246 35 66 - Fax: + 34 93 231 79 72  
e-mail: a.marzo@torrespardo.com

### CANCELLATION POLICY

Cancellations before January 15th will be refunded up to the 25% of its amount  
Cancellations after January 15th will be refunded up to the 50% of its amount  
Cancellations after February 15th will not be refunded

# XXVII CONGRESS

Baqueira Beret, Pyrenees, Spain  
March 30th and 31st, April 1st 2006



"The personal details included in this document are of a confidential nature. In accordance with the Organic Law 15/1999, of 13 December, the holder of this data will be able to exercise his or her right of access, rectification and cancellation on written application to Torres Pardo - XXVII CONGRESS."

## accommodation form

Surname \_\_\_\_\_

First name \_\_\_\_\_

Institution \_\_\_\_\_

Position \_\_\_\_\_

City \_\_\_\_\_ Country \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_ Fax \_\_\_\_\_

### **Tuc Blanc Hotel \*\*\***

Baqueira Beret 1500

Double room  434 €

Single room  538 €

These are specials rates for seven nights IN: Sunday March 26 OUT: Sunday April 2

Prices include: accommodation, breakfast, and ski pass from Monday to Saturday.  
Departure on Sunday.

### **METHOD OF PAYMENT**

Cheque ordered to: XXVII S.I.T.E.M.S.H. Congress

For wire transactions please contact the technical secretariat

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### **CANCELLATION POLICY**

Cancellation of reservations will suppose the following expenses:

10% of the total amount if the cancellation is done between 20 and 30 days before the arrival

20% if the cancellation is done between 15 and 20 days before the arrival

50% if the cancellation is done between 5 and 15 days before the arrival

100% if the cancellation is done 5 days before the arrival

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## general information

### VENUE

#### Tuc Blanc Hotel \*\*\*

Baqueira Beret 1500

Ctra. De la Bonaigua s/n 25598 Baqueira Beret

Tel: +34 97 364 43 50 Fax: +34 97 364 60 08

### IMPORTANT DATES

- February 21st, 2006
- February 21st, 2006

Deadline early registration

Deadline abstract submission

### LANGUAGE

English will be the official language of the congress.

### CALL FOR ABSTRACTS

Abstract form is available through [www.facing-bcn.com/sitemsh](http://www.facing-bcn.com/sitemsh)

### PRESENTATIONS TIMINGS

Presenters of free sessions papers should note that timings are limited to 7 minutes per paper and 2 minutes for discussion time. Laptops will not be allowed for free papers sessions.

### TECHNICAL SECRETARIAT

Torres Pardo - Ms. Asun Marzo e-mail: [a.marzo@torrespardo.com](mailto:a.marzo@torrespardo.com)

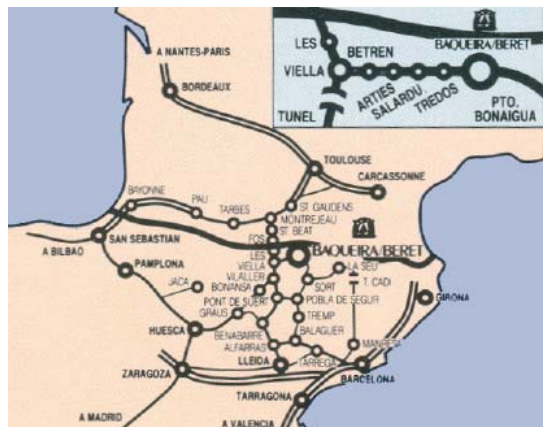
Diputación 401, bajos 08013 Barcelona - Spain

Tel: + 34 93 246 35 66 Fax: + 34 93 231 79 72

### WEB SITE

[www.facing-bcn.com/sitemsh](http://www.facing-bcn.com/sitemsh)

## situation map





# BAQUEIRA/BERET



## S.I.T.E.M.S.H.



### Technical secretariat

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Miss Asun Marzo - a.marzo@torrespardo.com