



# ARAB HEALTH CONGRESS

Middle East Orthopaedic Conference  
26 – 28 January 2009

## Day 1: Monday, 26 January 2009

09:20 **Welcome and introduction: Dr. Maarten Spruit**, Consultant Orthopaedic Surgeon, Dubai Bone and Joint Centre, UAE

### Session 1: Knee I: Primary TKA

**Moderators:** Dr. Mike van Steijn and Dr. Gijs van Hellemond

09:30 **Unicompartmental Arthrosis: Unicondylar KA or High Tibia Osteotomy?**  
Dr. Gijs van Hellemond, Chief of Orthopaedics, St. Maartenskliniek, Nijmegen, The Netherlands

09:50 **TKA In The Next Decade: What Will The Future Bring?**  
Dr. Jan M. K. Victor, Orthopaedic Surgeon, St. Lucas Hospital, Brugge, Belgium

10:10 **Improving Flexion in TKA**  
Dr. Saeed Al Thani, Assistant Professor, Department of Surgery, United Arab Emirates University; Consultant Sport Medicine, Arthroscopy and Joint Reconstruction, Tawam Hospital, Al Ain, UAE

10:30 **Ligament Balancing in TKA**  
Dr. Michael J. A. van Steijn, Senior Consultant Orthopaedic Surgeon, Dubai Bone & Joint Centre, UAE

10:50 Q & A

11:00 *Coffee break*

### Session 2: Knee II: Revision TKA

**Moderators:** Dr. Saeed Althani and Dr. Jan Victor

11:30 **Basic Principles in Revision TKA**  
Dr. Jan M. K. Victor, Orthopaedic Surgeon, St. Lucas Hospital, Brugge, Belgium

11:50 **Two Stage Revision Strategy for the Infected TK**  
Dr. Chris Whately, BSc, MD, FRCS (Canada), Orthopaedic Surgeon, Medcare Hospital, Dubai, UAE

12:10 **Instability/Malposition of Implants: Revision Strategy**  
Dr. Gijs van Hellemond, Chief of Orthopaedics, St. Maartenskliniek, Nijmegen, The Netherlands

12:30 **Managing Bone Loss in Revision TKA**  
Dr. Michael J. A. van Steijn, Senior Consultant Orthopaedic Surgeon, Dubai Bone & Joint Centre, UAE

12:50 Q & A

13:00 *Lunch break*

### Session 3: Hip

**Moderators:** Dr. Maarten Spruit and Dr. Mooza Kazim

14:30 **Total Hip Replacement in the Young Patient**  
Dr. Chris Whately, BSc, MD, FRCS (Canada), Orthopaedic Surgeon, Medcare Hospital, Dubai, UAE

15:00 **THA: Literature Review on Un-Cemented Cups**  
Dr. Maarten Spruit, Consultant Orthopaedic Surgeon, Dubai Bone and Joint Centre, UAE

15:30 **Hip Arthroscopy: The Pitfalls When You Start Yourself**  
Dr. Moosa Kazim, FACS, FRCS (C), Medical Director & Orthopaedic Surgeon, Orthosports Medical Centre, Dubai, UAE

15:50 Q & A



16:00 *Coffee break*

**Session 4: Foot and Ankle**  
**Moderators: Dr. Shah Khan**

16:30 **Surgical Technique in the Management of Flatfoot**  
**Mr. Martin Klinke**, Consultant Orthopaedic Surgeon, Foot and Ankle Clinic, London Bridge Hospital, HCA Hospitals, UK

16:50 **Emerging Methods for Treating Ankle Arthritis**  
**Mr. Martin Klinke**, Consultant Orthopaedic Surgeon, Foot and Ankle Clinic, London Bridge Hospital, HCA Hospitals, UK

17:10 **Hallux Valgus Deformity**  
**Dr. M. Ashfaq Konchwalla, MBBS, FRCS (Eng), FRCS (Glasgow), FRCS (TR & Ortho), MFSEM (UK), Dip. Sports Med (UK), CCT (UK)**, Orthopaedic Surgeon, Medcare Hospital, Dubai, UAE

17:30 *Close Day 1*

**Day 2: Tuesday, 27 January 2009**

**Session 1: Spine I: Degenerative Lumbar**  
**Moderators: Dr. John O'Dowd and Dr. Zbiggy Brodzinsky**

09:30 **Minimal Invasive Surgery for Symptomatic Discs**  
**Dr. Zbiggy J. Brodzinsky**, Consultant Orthopaedic Spinal Surgeon, Adult Spine Elective & Trauma, Dubai Bone & Joint Centre, Dubai, UAE

09:50 **Lumbar Spinal Stenosis and Degenerative Spondylolisthesis: Surgical Strategy**  
**Prof. Dante Marchesi**, Specialist for Orthopaedic Surgery & Traumatology Spine Surgery, Clinique Bois-Cerf, Lausanne, Switzerland

10:10 **Axialif: A Less Invasive Approach to Anterior Lumbar Spine Fusion**  
**Dr. Dick Zeilstra**, Neurosurgeon, Neurosurgical Centre, Zwolle, the Netherlands

10:30 **Conservative Treatment Algorithm for Low Back Pain**  
**Mr. Rashid Buhari, PT**, Senior Physiotherapist, Dubai Bone and Joint Centre, UAE

10:50 Q & A

11:00 *Coffee break*

**Session 2: Spine II: Low back pain: Fusion vs. TDR vs. Functional Rehabilitation**  
**Moderators: Dr. Maarten Spruit and Dr. Dante Marchesi**

11:30 **Fusion**  
**Dr. Maarten Spruit**, Consultant Orthopaedic Surgeon, Dubai Bone and Joint Centre, UAE

11:50 **TDR**  
**Dr. Dick Zeilstra**, Neurosurgeon, Neurosurgical Centre, Zwolle, the Netherlands

12:10 **Functional Rehabilitation Program**  
**Dr. John K. O'Dowd, MD, FRCS**, Director, Real Health Institute, London, UK

12:30 Discussion and Q&A

13:00 *Lunch break*

**Session 3: Spine III: Semi-Rigid Fixation Presentation**  
**Moderators: Dr. Zbiggy Brodzinsky and Dr. Maarten Spruit**

14:30 **Semi-Rigid Lumbar Fixation and the Adjacent Segment Presentation**



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**Prof. Hani Abdel Aziz**, Consultant Neurosurgeon, Assistant Professor & Head of Neurosurgical Unit, King Abdullah University Hospital, Jordan University of Science & Technology, Jordan

15:00 **Demonstration of Semi-Rigid Instrumentation**

15:20 Q & A

15:30 *Refreshment break*

**Session 4: Sports**

**Moderators: Dr. William Murrel and Dr. Mike van Steijn**

16:00 **The Athlete's Shoulder**

**Dr. William D. Murrell, Jr, MD**, Orthopaedic Surgeon, Dubai Bone & Joint Centre, UAE

16:20 **Anatomic ACL Reconstruction**

**Dr. Charles Brown**, Medical Director, Abu Dhabi Knee & Sports Medicine Centre, Abu Dhabi, UAE

16:40 **Arthroscopic Rotator Cuff Repair**

**Dr. William D. Murrell, Jr, MD**, Orthopaedic Surgeon, Dubai Bone & Joint Centre, UAE

17:00 **Cartilage Lesions and Treatment Options**

**Dr. Michael J. A. van Steijn**, Senior Consultant Orthopaedic Surgeon, Dubai Bone & Joint Centre, UAE

17:20 Q & A

17:30 *Close Day 2*

**Day 3: Wednesday 28 January 2009**

**Session 1: Paediatric Orthopaedics**

**Moderators: Dr. Shah Khan and Dr. Anil Jain**

09:30 **Single Event Multiple Level Resections (SEMLR) for Lower Limbs in Cerebral Palsy**

**Dr. Shah Alam Khan, MS Ortho, DNB Orth, MRCS Ed, MChOrth (Liverpool)**, Orthopaedic Surgeon, Paediatric Orthopaedics, Dubai Bone & Joint Centre, UAE

09:50 **Legg-Calvé-Perthes: Update**

**Dr. Pierre Moens**, Paediatric Orthopaedic Surgeon, Department of Orthopaedic Surgery, Pellenberg, Leuven, Belgium

10:10 **Septic Arthritis of the Hip**

**Dr. Anil Jain**, Professor of Orthopaedics, University College of Medical Sciences, Delhi, India

10:30 **Management of Flat Foot- The Best Foot Forward!**

**Dr. Shah Alam Khan, MS Ortho, DNB Orth, MRCS Ed, MChOrth (Liverpool)**, Orthopaedic Surgeon, Paediatric Orthopaedics, Dubai Bone & Joint Centre, UAE

10:50 **Clubfoot**

**Dr. Anil Jain**, Professor of Orthopaedics, University College of Medical Sciences, Delhi, India

11:10 Q & A

11:20 *Coffee break*

**Session 2: Basic Workshop Taylor Spatial Frame**

**Moderators: Dr. Pierre Moens and Dr. Shah Khan**

12:00 **Taylor Spatial Frame: Concept and Application**

**Dr. Robert Hill**, Consultant Paediatric Orthopaedic Surgeon, Portland Hospital for Women and Children, HCA International Hospitals, London, UK



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13:00 **Demonstration and Workstation with Saw Bones**

13:30 *Lunch break*

## **Session 3: Lower Limb Reconstruction**

**Moderators: Dr. Marc Sinclair**

15:00 **Lower Extremity Surgery and Neuromuscular Problems**

**Dr. Robert Rosenthal**, Paediatric Orthopaedic Surgeon, Children's Hospital, Boston, Massachusetts, USA

15:20 **Management of Tibia Non Union**

**Dr. Robert Hill**, Consultant Paediatric Orthopaedic Surgeon, Portland Hospital for Women and Children, HCA International Hospitals, London, UK

15:40 **Pectus Excavatus**

**Dr. Jozef Bielek**, Department of Paediatric Surgery, University Children's Hospital, Basel, Switzerland

16:00 **Growth Plate Injury**

**Dr. Marc Sinclair**, Paediatric Orthopaedic Surgeon, Medcare Hospital, Dubai, UAE

16:00 Q & A

16:10 *Coffee break*

## **Session 4: Hand and Wrist**

**Moderators: Dr. Mike van Steijn**

16:30 **Congenital Hand Surgery**

**Dr. Paul Smith**, Consultant Plastic & Hand Surgeon, The Portland Hospital for Women and Children, HCA International Hospitals, London, UK

16:50 **Radial Club Hand**

**Dr. Paul Smith**, Consultant Plastic & Hand Surgeon, The Portland Hospital for Women and Children, HCA International Hospitals, London, UK

17:10 **Dupuytren Contracture of Hand**

**Dr. M. Ashfaq Konchwalla**, MBBS, FRCS (Eng), FRCS (Glasgow), FRCS (TR & Ortho), MFSEM (UK), Dip. Sports Med (UK), CCT (UK), Orthopaedic Surgeon, Medcare Hospital, Dubai, UAE

17:20 **Close of Orthopaedic Conference by Chair Dr. Maarten Spruit**

### **INVITED SPEAKER FACULTY:**

**Chair: Dr. Maarten Spruit**, Consultant Orthopaedic Surgeon, Dubai Bone and Joint Centre, UAE

**Prof. Hani Abdel Aziz**, Consultant Neurosurgeon, Assistant Professor & Head of Neurosurgical Unit, King Abdullah University Hospital, Jordan University of Science & Technology, Jordan

**Dr. Saeed Al Thani**, Assistant Professor, Department of Surgery, United Arab Emirates University; Consultant Sport Medicine, Arthroscopy and Joint Reconstruction, Tawam Hospital, Al Ain, UAE

**Dr. Jozef Bielek**, Department of Paediatric Surgery, University Children's Hospital, Basel, Switzerland

**Dr. Zbiggy J. Brodzinsky**, Consultant Orthopaedic Spinal Surgeon, Adult Spine Elective & Trauma, Dubai Bone & Joint Centre, UAE

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