Rotator Cuff Disorders

An International Balgrist Shoulder Course: Bases, Cases, Discussions, Live Surgeries

March 28th - 30th, 2019
Balgrist University Hospital, Zurich

Course program
Dear colleagues and friends

The Balgrist Shoulder Unit is proud to announce and is honored to welcome you to the International Balgrist Shoulder Course 2019.

This three-day course will cover the entire spectrum of rotator cuff tears, from etiology to arthroscopic RC repair techniques, from basic science aspects to tendon transfers and from augmented repairs to the latest developments in reverse shoulder arthroplasty.

The program includes lectures, case discussions and live surgeries performed by leading international shoulder surgeons.

The congress venue, the Balgrist University Hospital is located in the heart of Zurich, the business and cultural center of Switzerland, repetitively selected as „city with the world's best quality of life“ and will take place from 28 to 30 March 2019. You will not only enjoy an outstanding educational experience but also the warm Swiss hospitality with a combination of traditional and modern side events.

We are looking forward to welcome you to the Balgrist Shoulder Course 2019!

Karl Wieser Dominik Meyer Christian Gerber

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Course Chairmen
- Karl Wieser, Head of Shoulder and Elbow Surgery, Balgrist University Hospital Zurich
- Dominik Meyer, Senior Consultant Shoulder and Elbow Surgery, Balgrist University Hospital Zurich

Honorary Chairman
- Christian Gerber, Professor and Chairman emeritus, Department of Orthopaedics, University of Zurich, Balgrist University Hospital Zurich

Faculty
- Jens D. Agneskirchner, Consultant, Partner and Chief of Service of GelenkchirurgieOrthopädie Hannover
- Samy Bouaicha, Senior Consultant Shoulder and Elbow Surgery, Balgrist University Hospital Zurich
- Andrew Carr, Head Nuffield Department of Orthopaedics Rheumatology and Musculoskeletal Sciences & Director Botnar Research Centre, University of Oxford
- Eugene Ek, Consultant Shoulder Surgeon, Melbourne Orthopaedic Group, Associate Professor, Monash University, Melbourne
- Bassem T. Elhassan, Orthopedic Surgeon Children’s Center, Pediatric and Adolescent Medicine, Orthopaedic Surgery, Mayo Clinic Rochester, Minnesota
- Laurence Higgins - Chief of Sports Medicine and Shoulder Service, Department of Orthopedic Surgery, Brigham & Women’s Hospital Boston
- Bernhard Jost, Chief of Department, Head of Shoulder and Elbow Surgery, Orthopaedics and Traumatology, Kantonsspital St. Gallen
- Alexandre Lädermann, Medical Specialist, Orthopaedic Surgery and Traumatology, Centre de l’épaule Genève
- Laurent Lafosse, Shoulder and Upper Limb Extremity Surgery, Clinique Generale Annecy
- Georg Lajtai, Medical Director, Privatklinik Maria Hilf Klagenfurt
- Rolf Leuzinger, Orthopaedic Surgeon, Etzelclinic, Pfäffikon
- Teruhisa Mihata, Director Shoulder and Elbow Surgery and Sports Medicine, Department of Orthopedic Surgery, Osaka Medical College
- Andreas M. Müller, Department Head of Shoulder and Elbow Surgery, University Hospital Basel
- Christian Pfirrmann, Chief of Radiology, Deputy Medical Director, Balgrist University Hospital Zurich
- Jess Snedeker, Head of Biomechanics, Balgrist Campus, Zurich
- Markus Scheibel, Department Head, Shoulder and Elbow Surgery, Schulthess Klinik Zurich
- Hiroyuki Sugaya, Chairman Sports Medicine & Joint Center, Funabashi Orthopaedic Hospital
- Olivier Verborgt, Consultant Orthopaedic Surgeon, AZ Monica & Antwerp University Hospital
- Jon J.P. Warner, Chief, MGH Shoulder Service, Chair Quality and Safety Committee for Orthopedics, Professor of Orthopaedic Surgery, Harvard Medical School, Co-Director, Boston Shoulder Institute
- Matthias Zumstein, Teamhead & Deputy Director Dept. of Orthopaedics and Traumatology, University of Bern, Inselspital Bern
Thursday, March 28th, 2019
Topic: Rotator Cuff (RC) repair techniques

08.00 Registration
08.30 Welcome K. Wieser & C. Gerber
08.40 RC anatomy and tear pattern G. Lajtai
08.50 Prevalence and risk factors for RC tears A. Müller
09.00 Osseous anatomy and its influence on RC tear S. Bouaicha
09.10 My preferred clinical and imaging algorithms for identifying and quantifying RC pathologies C. Gerber
09.20 Partial tears: Indications for operative repair and techniques M. Zumstein
09.30 Live surgery: Arthroscopic PASTA repair H. Sugaya
10.00 Case discussion: Partial tears K. Wieser
Panel: J. Agneskirchner, J. Leuzinger, L. Lafosse, M. Zumstein
10.20 - 10.40 Coffee break @ industry exhibition
10.40 Midesize tears: What are the indications for operative repair? B. Jost
Why and when do I do a single row? C. Gerber
Why and when do I do a double row? L. Higgins
11.10 Case discussion: Midesize tear (single vs. double row) S. Bouaicha
Panel: C. Gerber, L. Higgins, B. Jost, H. Sugaya
11.30 Live surgery: Arthroscopic Double Layer Lasso Loop RC repair L. Lafosse
12.00 - 13.00 Lunch @ industry exhibition
Thursday, March 28th, 2019

**Topic:** Rotator Cuff (RC) repair techniques

13.00 The massive posterosuperior tear: when and how to repair

J. Agneskirchner

13.10 Live surgery: Arthroscopic RC repair - massive tear

J.P. Warner

14.00 Case discussion: Acromioplasty – anterior, lateral, not at all?

Panel: B. T. Elhassan, C. Gerber, L. Lafosse, T. Mihata

14.20 Indications for suprascapular nerve release in RC repair?

A. Müller

14.30 Is pseudo-paralysis a contraindication for RC repair?

B. Jost

14.40 Subscapularis tears (diagnosis and repair)

L. Lafosse

14.50 Live surgery: Arthroscopic subscapularis repair

C. Gerber

15.30 - 16.00 Coffee break @ industry exhibition

16.00 Biologically enhanced RC healing

M. Zumstein

16.10 Do we have to protect our repair? (postoperative rehabilitation)

A. Lädermann

16.20 Subacromial balloon spacer to protect my RC repair

J. Agneskirchner

16.30 What do we do with the biceps tendon?

E. Ek

16.40 Natural history of RC tears

K. Wieser

16.50 Long term results of RC repairs

E. Ek

17.00 Socio-economic aspects of RC disease and its treatment in Europe

A. Carr

17.10 Socio-economic aspects of RC disease and its treatment in the US

L. Higgins

17.20 Case discussion: RC repair


18.00 Tour of Balgrist Campus and cocktail reception

References

*In vivo animal testing has demonstrated that the composite material is bioabsorbable and is replaced by bone. Results of in vivo simulation have not been shown to quantitatively predict clinical performance.


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Friday, March 29th, 2019
Topic: Rotator Cuff (RC) augmentation & tendon transfers

08.30 The properties of RC tendons
J. Snedeker

08.40 Pre- and postoperative evaluation of RC tendons:
The radiologists perspective
C. Pfirrmann

08.50 Pre- and postoperative evaluation of RC integrity:
The surgeons perspective
H. Sugaya

09.00 Why do RC repairs fail?
A. Lädermann

09.10 RC (re-)repair with patch augmentation:
My indications, surgical technique and clinical experience
J. Leuzinger

09.20 Should we use patches for RC repair?
What is the evidence and what do I expect in the future
A. Carr

09.30 The story behind the latissimus dorsi transfer
C. Gerber

10.20 Live surgery:
Artroscopic-assisted latissimus dorsi tendon transfer
K. Wieser

11.30 Superior capsular reconstruction (rational and biomechanics)
T. Mihata

11.45 Superior capsular reconstruction: Does it heal?
M. Scheibel

11.55 Outcome after latissimus dorsi transfer, lower trapezius transfer and superior capsular reconstruction
J.P. Warner

10.00 - 10.20 Coffee break @ industry exhibition

10.20 Lower trapezius tendon transfer: Biomechanics, indications and technique
B.T. Elhassan

12.05 - 13.30 Lunch @ industry exhibition

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Friday, March 29th, 2019
Topic: Rotator Cuff (RC) augmentation & tendon transfers

13.30 Live surgery: Arthroscopic superior capsular reconstruction

14.40 Partial repair or subacromial balloon for the irreparable tear in the young
Panel: B.T. Elhassan, B. Jost, T. Mihata, E. Ek

14.50 Case discussion: Irreparable posterior-superior RC tear
S. Bouaicha

15.10 - 15.30 Coffee break @ industry exhibition

15.30 Pectoralis major tendon transfer for irreparable subscapularis tears
B. Jost

15.40 Anterior latissimus dorsi transfer for irreparable subscapularis tears
D. Meyer

15.50 Anterior latissimus dorsi transfer: My surgical technique
B.T. Elhassan

16.00 Case discussion: Irreparable subscapularis tear
Panel: A. Carr, A. Lädermann, L. Lafosse, J. Leuzinger

16.20 What is the value of RC repair and how should we measure it?
J.P. Warner

16.30 The borderline between RC reconstruction and RTSA:
Factors which lead me to decide for one or the other
C. Gerber

16.40 Case discussion: The advanced RC tear: borderline cases
Panel: C. Gerber, H. Sugaya, J.P. Warner, M. Zumstein
K. Wieser

18.30 Course dinner at the Restaurant „Zunfthaus zur Zimmerleuten“
Evening program Friday, March 29th, 2019

We cordially invite you to the reception and dinner at the historical “Zunfthaus zur Zimmerleuten”. After experiencing a fire in 2007, this medieval guild house with a rich history was completely renovated. Whether in the rustic “Küfer” room or the magnificent guild hall, you can once again enjoy outstanding, traditional cuisine here featuring many Zürich and Swiss specialties. The historic guild house lies in the center of Zürich right on the River Limmat and offers a lovely view of the Old Town.

Zunfthaus zur Zimmerleuten, Limmatquai 40, 8001 Zürich

18.30 Reception
19.00 Dinner

Directions
From Balgrist: Tram No. 11 (Direction Auzelg) to Stadelhofen, change to Tram No. 15 (Direction Bucheggplatz) to Helmhaus
From Zürich Mainstation: Tram No. 4 (Direction Tiefenbrunnen) to Helmhaus

Parking available within walking distance at Urania or Hohe Promenade car park.
Saturday, March 30th, 2019

Topic: Reverse Total Shoulder Arthroplasty (RTSA)

08.30 Biomechanics of RTSA: Best position and implant design  M. Zumstein
08.45 Augmented baseplates in RTSA  M. Scheibel
08.55 The value and validity of preoperative planning of RTSA  J.P. Warner
09.05 (When) do we need patient specific instrumentation in RTSA?  O. Verborgt
09.15 Case discussion: RTSA design and planning  S. Bouaicha
Panel: C. Gerber, A. Lädermann, O. Verborgt, M. Zumstein
09.35 Live Surgery: RTSA using patient specific instrumentation  B. Jost

10.40 – 11.00 Coffee Break @ industry exhibition

11.00 Combined superior capsular reconstruction and anatomical shoulder arthroplasty as alternative to RTSA  T. Mihata
11.10 Indication for tendon transfer in RTSA  E. Ek
11.20 Lepiscopo or latissimus dorsi (double incision) transfer?  J.P. Warner
11.30 Case discussion: RTSA and tendon transfer  K. Wieser
Panel: E. Ek, B.T. Elhassan, B. Jost, J.P. Warner
11.50 RTSA with pedicled pectoralis transfer in patients with deltoid paralysis  B.T. Elhassan

12.00 Live Surgery: RTSA and latissimus dorsi transfer  C. Gerber
13.00 Closing remarks  K. Wieser
Information

Credits
Swiss Society of Orthopaedic Surgery and Traumatology: 16 Credits

Location
Balgrist University Hospital
Auditorium Christian Gerber
Forchstrasse 340
8008 Zürich - Switzerland

Directions
Balgrist University Hospital has excellent links to public transport and can be reached quickly and easily.
From Zurich main station take the number 11 tram in the direction of Rehalp and alight at the «Balgrist» tram stop (journey time approx. 20 minutes).
From Stadelhofen station take the Forch light railway S18 in the direction of Esslingen or tram number 11 towards Rehalp and alight at the «Balgrist» tram stop (journey time approx. 10 minutes).
From Zurich airport, take the train (SBB) to Zurich main station or Stadelhofen station and change to either the tram or the light rail connection mentioned previously and alight at the «Balgrist» stop (journey time approx. 40 minutes).

Download of presentations and videos after the course
www.balgrist.ch/kongressarchiv

Information
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