



## SYMPOSIUM 2016

"STIFFNESS OF THE  
SHOULDER AND ELBOW"

### DEAR PHYSIOTHERAPISTS AND PHYSICIANS

Are you interested in shoulder and elbow pathologies and rehabilitation?

On behalf of all the EUSSE Board, I have the great honour to present and to welcome all of you to the 2016 EUSSE annual scientific meeting in Gothenburg where a body of international experts will discuss the topic of "Stiffness of the shoulder and elbow".

This topic is something that often challenges all of us, and is something that we must face in our everyday practice. Shoulder and elbow stiffness will be addressed from their possible origins to the options for treatment whilst trying to understand the causes and possible solutions. This could provide great benefits for both our patients and for ourselves in our day-to-day work.

In the spirit of the EUSSE mission to "create bridges of knowledge and expertise" every session will allow time for discussions and for your questions and contributions to empower the exchange between experts and participants.

At the end of the day the General Assembly of EUSSE members will be held giving the members in the auditorium the opportunity to analyse and discuss with the members of the Board the work done during the year by the Society and the projects for the future. Your active participation is welcomed, appreciated and encouraged: your Society needs your active support! We hope that you are excited about this topic and the day's programme and look forward to seeing you in Gothenburg on 15 October.

Marco Conti, MD., PhD. EUSSE President



#### Why not stay a few extra days?

There are still a lot to experience in Gothenburg. The fish auction, fortifications, art museum, Kronhusbodarna, archipelago adventures, Haga old town, manors and castles and much more awaits you. Visit the official visitors guide at [goteborg.com](http://goteborg.com)



EUROPEAN SOCIETY FOR  
SHOULDER AND ELBOW  
REHABILITATION

## SYMPOSIUM 2016 "STIFFNESS OF THE SHOULDER AND ELBOW"

*15 October 2016, Gothenburg, Sweden*







## REGISTRATION AND INFORMATION

Please visit [eusser.org](http://eusser.org) for online registration and more information.

### Fee

1,350 SEK for EUSSE members.

1,800 SEK for non-members, including one year "Basic membership".

### Congress venue

Konferenscentrum Wallenberg  
Medicinaregatan 20 A  
Gothenburg

### Web

[eusser.org](http://eusser.org)

### Organizing committee

Ingrid Hultenheim Klintberg, PhD, PT

Physiotherapy Department, Sahlgrenska  
University Hospital, Mölndal

Chair EUSSE International Links committee

Anki Gunnarsson Holzhausen, PT

Physiotherapy Department, Sahlgrenska  
University Hospital, Mölndal

### Congress organizer

Demo Meeting Group

Contact: Anna Verdin

Email: [info@demomeeting.se](mailto:info@demomeeting.se)

## PROGRAMME

### 07.45-08.30 Registration

### 08.30-08.40 Welcome and introduction

Anki Gunnarsson Holzhausen

Ingrid Hultenheim Klintberg

### 08.45-9.30 The normal and pathological healing process of soft tissue in the shoulder and elbow

The normal healing process and factors that inhibit or support it. What could be the key to avoid stiffness as an obstructed healing process. What do we know for certain today? There are different types of stiffness and the talk will also try to systematize the different causes.



**Ulf Sennerby, MD, Ort Surg. Sweden**

Senior head of the Shoulder and Elbow Section at the Orthopaedic Department of the General Hospital in Falun and at the

Capio Clinic in Örebro. Except for subspecialty in Shoulder and Elbow Surgery, both open and arthroscopically, special interest has been basic healing of the soft tissue. Co-founder and board member of the Swedish Society for Shoulder and Elbow as well as one of the developers and head tutor of the Axelina Concept.

### 09.30-10.00 Coffee and sandwich among the exhibitors

### 10.00-10.45 Post traumatic stiffness of the elbow

Post traumatic stiffness is a major problem with a multitude of causes. Each of these may have to be addressed in a different way. The patient's expectations, needs and compliance are factors influencing the procedure and outcome. Re-stiffening of the elbow after arthrolysis is still an unsolved problem.



**Carl Ekholm MD, PhD, Assoc. Prof. Ort. Surg. Sweden**

Head of upper limb trauma and arthroplasty at dept. Orthopaedics, Sahlgrens' University Hospital, Göteborg, Sweden. Co-founder

and board member of the Swedish Fracture Registry & Senior Faculty member, AO Trauma international. Ongoing research activities in the fields of Elbow and Shoulder Arthroplasty, and upper limb trauma.

### 11.50-11.45 Physiotherapy of the stiff elbow

The elbow is a small joint in its size, but when it's dysfunctional it can give major complaints in daily activities. How can we translate the daily activity level of the patient to our clinical setting and can we

monitor this rehabilitation process? What are the physiotherapeutic implications for the treatment of the stiff elbow? In this presentation, we will see what physiotherapists can do for these patients.



**Jelle Heisen MSc, PT, Netherlands**

Movement specialist who's crazy about elbows! Jelle is working as a performance coach / orthopaedic manual therapist at the Dutch National Handball team women and Ajax Football Club. He owns a physiotherapy practice, called 'Movamento', the foundation 'Elbowclinics.com' and started the 'Movement Academy'.

### 11.45-12.00 Discussion

### 12.00-13.15 Lunch and visiting the exhibitors

### 13.15-14.00 Post traumatic stiffness of the shoulder

- which structures causes posttraumatic stiffness?
- what is the role of different kind of surgery in shoulder stiffness?
- can we identify predisposing factors causing posttraumatic stiffness?
- will early mobilisation help?



**Michael Toft Væsel MSc, MD, Ort. Surg. Denmark**

Chief physician and head of the "Shoulder and Elbow Clinic, Regionshospitalet Viborg, Denmark". Treating both degenerative and traumatic conditions in the shoulder and elbow in close teamwork with dedicated PTs. Team doctor of Viborg premier league Soccer team.

### 14.05-15.00 Physiotherapy of the stiff Shoulder

The Stiff Shoulder from a clinical point of view. Is it "hands off"? Is physiotherapy contraindicated? Should the patient go to the gym and do exercises and training? Lisbeth will take you through her way of treating a Stiff Shoulder.



**Lisbeth Rejsenhus PT, Denmark**

PT and owner of Shoulder Clinic Viborg "Skulderklinikken Viborg" where she works with all kinds of shoulder rehabilitation as well as lecturing at courses for PT:s.

### 15.00-15.30 Coffee among the exhibitors

### 15.30-16.20 Frozen Shoulder: is it really frozen?

Frozen shoulder is characterized by significant pain and restriction of shoulder movement. The cause of stiffness in frozen shoulder is poorly understood and remains a very difficult condition to treat for both physiotherapists and medical practitioners. This presentation will examine the current evidence in this area, including new research findings that may change the way we treat frozen shoulder.



**Luise Hollman PhD student, PT, Australia**

Luise Hollmann is an experienced musculoskeletal physiotherapist specialising in the diagnosis and treatment of shoulder pain. Luise ran a successful private practice in Sydney, Australia before moving to the University of Canberra where she works as a clinician and clinical Educator. Luise is currently completing her thesis on stiffness in frozen shoulder.

### 16.20-16.35 Discussion

### 16.40-17.10 A shoulder surgeons' perspective of teamwork with physios



**Jan Nowak PhD, MD, Ort Surg, Sweden**

Shoulder surgeon for the past 25 years. Neer Award 2002 for his thesis on clavicular fractures.

Initiator to EUSSE in 2008 and later the Shoulder Committee in SECEC. Started AXELINA 15 years ago in Sweden, an evidence based concept which optimize the patient safety regarding the diagnosis and treatment of the shoulder. More than 5 000 physiotherapists and physicians have attended the instructional two-day course. The base line for all this work is that rehabilitation of the shoulder is the most important factor to optimize the result in non-surgical and surgical treatment of the shoulder.

### 17.10-17.20 Closing of the symposium

### 17.30-18.30 EUSSE Annual General Meeting