



Luxembourg, 25 April 2016

Press release

The ESSKA cycle for science initiative

The Luxembourg-based European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA), a scientific society with more than 2,500 members from over 100 countries, is organising its first « Cycle for Science Tour » (www.cycleforscience.com). ESSKA is the most representative society in the field of sports-related injuries in Europe. Sports injuries gain epidemic proportions and bear many negative consequences in the short- and long-term. They may not only have a negative impact on an athlete's immediate sports career, but may also influence the later social and professional life.

A group of dedicated orthopaedic surgeons will bicycle from Amsterdam (2014 ESSKA Congress hosting city) bringing the ESSKA congress "flame" to the 2016 ESSKA Congress in Barcelona. The tour will raise funds for the ESSKA Foundation (www.fdlux.lu/en/foundation/esska-foundation) to stimulate research on the preventive effect of motion, exercise and sport on musculoskeletal problems and general health. A group of North American Orthopaedic Surgeons will be part of the team, representing the American Orthopaedic Society of Sports Medicine (AOSSM).

The participants will be hosted by the Department of Orthopaedic Surgery of the Centre Hospitalier Luxembourg, the Sports Medicine Research Laboratory of the Luxembourg Institute of Health and the Department of Orthopaedic Surgery of the University of Homburg/Saar, Germany. As part of this tour and sports-medical conference calendar, a symposium has been organised in Luxembourg with international renowned speakers on

Monday 25 April 2016

17:00 to 19:30 H

[Hotel Parc Belle Vue](#)

5 Avenue Marie-Thérèse,
L-2132 Luxembourg

It will cover the topic "Prevention of osteoarthritis, joint disease and sports injuries in children and adolescents" and participation in the symposium is for free.

Programme

14:00 Arrival of cyclists in Luxembourg

16:00 Short reception/welcome

17:00 **Scientific symposium "Prevention of Osteoarthritis, Joint Disease & Sports Injuries"**
General Introduction/opening Cycle For Science: Prof. Romain Seil(Luxembourg) and Prof. Dieter Kohn (Homburg/Saar)

17:15 Dr Brian Giordano (University of Rochester, USA): Hip Abductor Disease and its

Influence on the Presence and Progression of Osteoarthritis.

- 17:30 Ms Caroline Mouton (CHL, LIH Luxembourg): Knee Laxity Measurements – from Baseline Data to Clinical Relevance.
- 17:45 Dr Daniel Whelan (University of Toronto, Canada): Evidenced Based Orthopaedics – where are we now and where are we headed?
- 18:00 Break with refreshments
- 18:30 PD Dr med. Olaf Lorbach (University of Saarland): The Athlete’s Shoulder.
- 18:45 Dr Robert Creighton (University of North Carolina, USA): MRI, Biomarker, and Biomechanical Predictors of Osteoarthritis in ACL–Injured Patients.
- 19:00 Prof. Edward Wojtys (University of Michigan, USA): ACL Injury in the Skeletally Immature Athletes.
- 19:15 Prof. Philippe Beaufils (Versailles, France), “Honorary Guest Lecture”: Meniscus Horizontal Cleavage Lesions in Young Athletes.
- 19:30 Closing remarks

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