



**EURECA**

ERASMUS UPPER EXTREMITY RESEARCH  
EDUCATION & CARE FOR CHILDREN & ADULTS



**ESSER**  
MASTERCLASS

# ESSENTIAL MOTION

## elbow-work = teamwork

**COURSE DIRECTORS:**

**PROF. DR. DENISE EYGENDAAL EN DR. ANNA VD WINDT,  
ORTHOPEDISCH CHIRURGEN ERASMUS MC**

**28 MAART 2024**

**Erasmus MC**

*Erasmus*

Skills Lab  
Dr. Molewaterplein 40  
3015 GD Rotterdam

[https://essermasterclass.com/  
essential-motion/](https://essermasterclass.com/essential-motion/)

**DOELGROEP:**

- Orthopedisch chirurgen / i.o.
- Plastisch chirurgen / i.o.
- Traumachirurgen / i.o.
- Revalidatie-artsen / i.o.
- Fysiotherapeuten
- Gipsverbandmeesters
- PA / VS orthopedie

28 MARCH 2024



## FULL PROGRAM

# ESSENTIAL MOTION

08:00	Registration & Coffee General Session; Stiff Elbow
08:30	Introduction & Welcome Denise Eygendaal
08:35	What is stiff? Causes & Work-up Anna van der Windt
08:45	Assessment by application Coen Otterspeer
08:50	Non surgical treatment: Bracing Eline van Es & gipsverbandmeester
09:05	Non surgical treatment: Physiotherapy Valerie Jones
09:25	Surgical treatment algorithm and the role of osteotomy Joost Colaris
09:40	Case Discussion & Questions
10:15	Coffee break
	<b>PRACTICAL SESSIONS</b>
10.45	<b>Workshops brace technicians</b>
10.45	<b>Workshops physiotherapists</b>
10.45	<b>Wetlab: lateral approach step by step (surgeons)</b> <b>Moderator: Anna van der Windt</b>
11.00	Extensor split and lateral column approach - Lisette Langenberg
11.30	Fixation of the radial head & arthroplasty - Denise Eygendaal
12.15	Take down & fixation of the lateral collateral ligament - Bertram The
12.50	Wrap up: tips & tricks - Anna vd Windt

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## FULL PROGRAM

13.00 - 13:45	Lunch
13:45	<b>Workshops brace technicians</b>
13:45	<b>Workshops physiotherapists</b>
13:45	<b>Wetlab: Medial &amp; posterior approach step by step (surgeons)</b> <b>Moderator: Bertram The</b>
13:45	Ulnar nerve handling - Michiel Zuidam
14:15	Medial approach and repair medial collateral ligament - Joost Colaris
14:45	Posterior approach: plate fixation olecranon fracture & osteotomy - Denise Eygendaal & Dennis den Hartog
15:15	Wrap up: tips & tricks - Bertram The
15:30	Teabreak
16:00	<b>General Session 2: Stiff Elbow</b>
16:00	Post-operative treatments: physiotherapy - Val Jones
16:20	Role for CPM and bracing after surgery: preliminary results - Mark Siemensma
16:35	Future thoughts: better to prevent? - Anna van der Windt
16:45	Take home & closure Denise Eygendaal
17:00	Adjourn & Drinks

### Accreditatie:

aangevraagd bij:

- Ver. Gipsverbandmeesters NL
- kwaliteitshuis fysiotherapie
- NOV

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## FACULTY

Joke	Buijtendijk	physiotherapist, Erasmus MC
Martin	Baan	physiotherapist, Spomed
Joost	Colaris	Orthopedic Surgeon, Erasmus MC
Eline	van Es	Clinical researcher
Denise	Eygenmaal	Orthopedic Surgeon, Erasmus MC
Pjotr	Goosens	physiotherapist, Amphia Breda
Dennis	den Hartog	Traumachirurg
Valerie	Jones	Fysiotherapeut
Lisette	Langenberg	Orthopedic Surgeon, Erasmus MC
René	van der Lugt	Brace Technician, Erasmus MC, coursedirector
Coen	Otterspeer	Verpleegkundig specialist orthopedie
Mark	Siemensma	Orthopedic Surgeon, Erasmus MC
Bart	van Osta	physiotherapist, Van Osta & de Jong Rijen
Bertram	The	Orthopedic Surgeon, Amphia Breda
Anna	van der Windt	Orthopedic Surgeon, Erasmus MC
Michiel	Zuidam	Plastic Surgeon

**ErasmusMC**



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### Deelnamekosten:

Chirurg: €450  
AIOS: €350  
Fysiotherapeut: €125  
Gipsverbandmeester:

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