

PROGRAM

THE ELBOW 2025

The athlete's elbow: the role of arthroscopy and the treatment of sport related injuries

Tuesday, July 1st, 2025

08.30 Registration

Part 1: Arthroscopy of the Elbow

09.00 Opening and welcome

Denise Eygendaal, The Netherlands

09.05 Case discussion in small groups

09.45 Relevant Anatomy.

Tom Roeling, The Netherlands

10.00 Valgus extension overload

Marco van der Pluijm, The Netherlands

10.15 MCL insufficiency: how conservative and why surgical?

Anneluuk Lindenhovius, The Netherlands

10.30 The role of arthroscopy in degeneration in athletes

Bertram The, The Netherlands

10.45 Coffee break

11.00 Setup and portals

Carina Gerritsma & Anneluuk Lindenhovius, The Netherlands

11.10 HANDS-ON session: arthroscopy of all compartments of the elbow

Demo: The practical parts are introduced step by step with powerpoint by

Carina Gerritsma & Anneluuk Lindenhovius

On demand: plication of LCL

Instructors:

Sjaak Kodde/Denise Eygendaal/Bertram The/Lex Boerboom/Marco van der Pluijm/

Anneluuk Lindenhovius/Carina Gerritsma

13.00 Lunch

Part 2: OCD and tendinopathy of the Elbow

14.00 Case discussion in small groups

14.45 Lateral sided elbow pain

Denise Eygendaal, the Netherlands

14.55 Arthroscopic treatment of OCD

Anna vd Windt, The Netherlands

15.05 'The nervous elbow'

Bertram The, The Netherlands

15.15 Distal biceps rupture: is there a role for conservative treatment?
Lex Boerboom, The Netherlands

15.25 Biceps repair: endoscopic, single or double incisions
Sjaak Kodde, The Netherlands

15.40 Tea break

16.00 HANDS-ON session: distal biceps tendon fixation: single incision technique
Demo: The surgical technique is introduced step by step with powerpoint by
Bertram The & Sjaak Kodde

On demand: mosaic plastiek, MCL reconstruction, LCL reconstruction

17.15 'Medical pitch' in 2 minutes for elbow surgery of treatment of elbow patients
*All faculty: Sjaak Kodde/Bertram The/Lex Boerboom/
Anneluuk Lindenhovius/Denise Eygendaal /Carina Gerritsma/Marco vd Pluim/Anna vd Windt*

17.30 Closing remarks/drinks
Denise Eygendaal

18.15 Departure by bus for dinner. Faculty and participants registered for the
courses on Wednesday, Thursday and Friday are invited.