



11th Physiatric Summer School
Laxity
4th Nordic Meeting in Hypermobility Research
August 19th -20th, 2010

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| <i>Date</i> | <i>19. - 20.8.2010</i> |
| <i>Place</i> | <i>ORTON Foundation, auditorium</i> |
| <i>Organizer</i> | <i>ORTON Rehabilitation Centre</i> |
| <i>Course leader</i> | <i>Karl-August Lindgren, MD, PhD, ORTON Rehabilitation Centre, phone +358 9 4748 6366</i> |
| <i>Target groups</i> | <i>General practioners, occupational health physicians, medical geneticist, psychiatrists, orthopaedic surgeons, rheumatologists, physio- and occupational therapists</i> |
| <i>Object</i> | <i>The course deals with the multi-professional topics of laxity in the light of recent studies.</i> |
| <i>Fees</i> | <i>350 € (Prices include course material, lunches and coffee).</i> |
| <i>Registration</i> | <i>30.7.2010 at the latest on our website (www.orton.fi > ORTON seminars> registration form) or by e-mail: tuula.karhumaki@orton.fi.</i> |
| <i>Registration form</i> | <i>http://digiumenterprise.com/answer/?sid=429822&chk=YFX9TJAE</i> |
| <i>Accomodation</i> | <i>Please see attachment or (www.orton.fi > ORTON seminars > 11th Physiatric Summer School > Accomodation)</i> |

Learning Objectives

Upon completion of this course the participants will be able to:

- Understand Clinical and Anatomical Aspects of Laxity*
- Understand the importance of a multi-professional approach*
- Understand Different Views on Effective Training and Treatment*

Thursday 19th of August 2010

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| 8.00 - 9.00 | Registration | |
| 9.00 - 9.10 | Opening Remarks | <i>Heikki Hurri</i> , MD, PhD ORTON Rehabilitation Centre ORTON Foundation, Finland |
| 9.10 - 9.20 | Introduction of the meeting | <i>Karl-August Lindgren</i> , MD, PhD ORTON Rehabilitation Centre ORTON Foundation, Finland |
| 9.20 - 10.40 | 4th Nordic meeting in Hypermobility Research - Is there a possibility for a consensus statement? | <i>Lars Remvig</i> , MD, DMSc Rigshospitalet, Copenhagen Denmark |
| 10.40 - 11.10 | Coffee Break Exhibition | |
| 11.10 - 11.50 | Hypermobility: An important but often neglected area | <i>Rodney Grahame</i> , MD, PhD University College London, UK |
| 11.50 - 12.20 | Molecular mechanisms of classical Ehlers-Danlos Syndrome (EDS) | <i>Peter Byers</i> , MD University of Washington, Seattle, USA |
| 12.20 - 13.15 | Lunch Exhibition | |
| 13.15 - 13.35 | Which health problems are reported by individuals with Ehlers-Danlos Syndrome? | <i>Britta Berglund</i> , Nurse Karolinska University Hospital, Stockholm, Sweden |
| 13.35 - 14.00 | Functional limitations in children and adults with generalized joint hypermobility | <i>Birgit Juul-Kristensen</i> , PT, PhD Institute of Sports Science and Clinical Biomechanics, Odense, Denmark |
| 14.00 - 14.45 | Free papers | |
| 14.45 - 15.15 | Coffee Break Exhibition | |
| 15.15 - 16.45 | Free papers | |
| 16.45 | Discussion and Closing of Day 1 | |

Friday 20th of August, 2010

- 9.00 - 9.15 Recap of Day 1 *Lars Remvig*
Karl-August Lindgren
- 9.15 - 10.00 Cutaneous Laxity Syndromes - The Paradigm of the Ehlers-Danlos Syndrome, Cutis Laxans and Pseudoxanthoma Elasticum *Jouni Uitto, MD, PhD*
Thomas Jefferson University, Philadelphia, USA
- 10.00 - 10.45 Anxiety disorders and joint hypermobility syndromes *Antonio Bulbena, MD, PhD*
Universitat Autònoma Barcelona, Spain
- 10.45 - 11.30** **Coffee Break**
Exhibition
- 11.30 - 12.15 Joint hypermobility with and without musculoskeletal complaints: A physiotherapeutic approach *Raoul Engelbert, PT, PCS, PhD*
University of Applied Sciences, Amsterdam, The Netherlands
- 12.15 - 13.10** **Lunch**
Exhibition
- Panel Discussion - Consensus**
Chair: Lars Remvig
- 13.10 - 14.30 Introduction: The need to take a fresh look at criteria for hypermobility *Rodney Grahame*
Antonio Bulbena
Peter Byers
Raoul Engelbert
Lena L. Wekre
- 14.30 - 15.00** **Coffee Break**
Exhibition
- 15.00 - 16.00 Free papers
- 16.00 - 16.15 **Discussion: What have we learned during these days?**
- 16.15 - 16.30 Closing of the Summer School