

AO Trauma Course— Approaches and Fracture care in practice with human anatomical specimens

October 15–16, 2026

Leiden, Netherlands

PROGRAM



Mission

The AO's mission is promoting excellence in patient care and outcomes in trauma and musculoskeletal disorders.

The AO principles of fracture management

1



Fracture reduction and fixation to restore anatomical relationships.

2



Fracture fixation providing absolute or relative stability, as required by the "personality" of the fracture, the patient, and the injury.

3



Preservation of the blood supply to soft-tissues and bone by gentle reduction techniques and careful handling.

4



Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.

Welcome

Dear participant,

We are honored to welcome you to the AO Trauma Course—Approaches and Fracture care in practice with human anatomical specimens. We hope you will enjoy your event and the entire experience.

What is AO Trauma? We are a "clinical division"—a community for trauma and orthopedic's within the AO Foundation. As a clinical division we aim to integrate and align applied and clinical research, education, and community development functions into one direction—AO Trauma for the benefit of our members, stakeholders, and patients.

How can AO Trauma benefit you? By working as a single team, we focus and leverage our resources, expertise, and skills to create and deliver new and greater value to our members.

Why join AO Trauma? Joining AO Trauma means you are part of the trauma and orthopedic community within the AO. AO Trauma will help you develop lifelong friendships and relationships. We will help you access our "knowledge network" and take part in new opportunities that advance trauma care.

Yours sincerely,



Rodrigo Pesantez
Chairperson AO Trauma
Education Commission



Wa'el Taha
Chairperson AO Trauma
International Board

Your experiences with us, over the next few days, will result in the realization of new and meaningful knowledge, skills, and understanding that we hope will translate into improved patient care.

Goal of the event

The AO Trauma Course – Approaches and fracture care in practice with human anatomical specimens aims to create a clinically centered learning environment where principles and techniques of surgical exposures and techniques of internal fixation can be understood, applied and demonstrated.

Target participants

This two-day course is designed for general trauma surgeons and orthopedic trauma surgeons, those in training and those who at some point need to refresh their anatomical and trauma- surgical knowledge and training. It is mandatory that the students master the basic principles of operative fixation of fractures, such as taught in the AO Principles Course.

Learning objectives

At the end of this course, participants should be able to:

1. Demonstrate understanding of pre-operative decision making and the indications and contraindications of those decisions
2. Identify anatomical landmarks per specific anatomical area
3. Apply anatomical principals of dissection
4. Identify potential risks of approaches per specific anatomical area
5. Perform the standard surgical approaches to the wrist, forearm and elbow
6. Describe and apply the most common principles of internal fixation in the wrist, forearm and elbow
7. Perform the standard surgical approaches to the ankle and tibia plateau
8. Describe and apply the most common principles of internal fixation in the ankle and tibia plateau
9. Recognize and treat compartment syndromes of the lower and upper extremity.

Event description

This is an interactive practical course in which participants will be able to understand and practice surgical approaches and internal fixation techniques for fractures of the upper and lower extremities. The course will mainly concentrate on the practical trainings in which the participants will focus on the surgical approaches, definition of anatomical landmarks fixation techniques and potential pitfalls.

At the conclusion of the course, participants will have a broader and more secure comprehension of approaches to fractures of the upper and lower extremities in clinical practice.

Chairpersons



Niels Schep
Maasstad Ziekenhuis,
Rotterdam



Inger Schipper
Leids Universitair Medisch Centrum,
Leiden

National faculty

Joost Colaris	Erasmus Medical Centre, Rotterdam
Job Doornberg	Universitair Medisch Centrum Groningen, Groningen
Berry Meesters	Zuyderland MC, Heerlen
Simon Knops	Ikazia Hospital, Rotterdam
Jelle Raats	Ikazia Hospital, Rotterdam
Eric Twiss	Leids Universitair Medisch Centrum, Leiden
Dominique Olthof	Haga Ziekenhuis, Den Haag
Robert Jan Derksen	Zaans Medisch Centrum, Zaandam
Marco De Ruiter	Leids Universitair Medisch Centrum, Leiden

Thursday

October 15, 2026

08:00–08:30	Registration with welcome coffee and tea	
08:30–08:40	Introduction and goals	I Schipper, N Schep
08:40–08:50	Preoperative planning: the importance of anatomy and landmarks	D Olthof
08:50–09:10	Wrist – Anatomy and landmarks	M De Ruiter
09:10–09:30	Wrist – Approaches for distal radius and scaphoid	R J Derksen
09:30–09:50	Discussion and cases	R J Derksen
09:50–10:05	Coffee Break	
10:05–10:35	Wrist – Practical exercise scaphoid fracture palmar and dorsal approach	All faculty
10:35–11:20	Wrist – Practical exercise wrist fracture fixation volair approach (with X-ray control)	All faculty
11:20–12:05	Wrist – Practical exercise wrist fracture fixation dorsal approach (with X-ray control)	All faculty
12:05–12:35	Lunch Break	
12:35–12:50	Elbow – Anatomy and landmarks	M De Ruiter
12:50–13:05	Elbow – Approaches, osteosynthesis techniques (radial head, olecranon osteotomy)	E Twiss
13:05–13:25	Discussion and cases	E Twiss
13:25–14:10	Elbow – Practical exercise radial head fracture	All faculty
14:10–14:40	Elbow – Practical exercise olecranon osteotomy and fixation	All faculty
14:40–15:00	Forearm – Anatomy and landmarks	M De Ruiter
15:00–15:15	Coffee Break	
15:15–15:30	Forearm – Approaches for fracture fixation ulna and radius shaft fractures	J Colaris

15:30–15:45	Discussion and cases	J Colaris
15:45–16:20	Forearm – Practical exercise Henry approach forearm fractures (with X-ray control)	All faculty
16:20–16:55	Forearm – Practical exercise Thompson approach forearm fractures (with X-ray control)	All faculty
16:55–17:10	Forearm – Compartment syndrome	B Meesters
17:10–17:30	Forearm - Practical exercise fasciotomy + demonstration	All faculty
17:30–17:40	Take home messages by participants	
18:30	Course dinner	

Friday

October 16, 2026

08:30–09:00	Registration with coffee and tea	
09:00–09:20	Ankle – Anatomy and landmarks	M De Ruiter
09:20–09:40	Ankle – Approaches, for fracture fixation	S Knops
09:40–09:50	Discussion and case	S Knops
09:50–10:05	Coffee Break	
10:05–10:20	Ankle – Practical exercise lateral approach	All faculty
10:20–10:45	Ankle – Practical exercise medial approach	All faculty
10:45–11:15	Ankle – Practical exercise anterior approach	All faculty
11:15–12:00	Ankle – Practical exercise fracture fixation via dorsolateral approach (with X- ray control)	All faculty
12:00–12:40	Lunch Break	
12:40–13:00	Knee and lower leg – Anatomy and landmarks	M De Ruiter
13:00–13:20	Knee and lower leg – Approaches for fracture fixation tibial plateau	J Doornberg
13:20–13:35	Knee and lower leg – Compartment syndrome	D Olthof
13:35–13:45	Discussion and cases	J Doornberg
13:45–14:25	Knee and lower leg – Practical exercise Tibiplateau fracture fixation lateral approach (with X- ray control)	All faculty
14:25–15:05	Knee and lower leg – Practical exercise Tibiplateau fractures medial approach	All faculty
15:05–15:20	Coffee Break	
15:20–16:00	Knee and lower leg – Practical exercise Tibiplateau fractures dorsal approach	All faculty
16:00–16:35	Knee and lower leg – Four compartment fasciotomy	All faculty

16:35–16:55 Take home messages by participants

16:55–17:05 Wrap-up: Closure & End of the course
Feedback Content & Faculty Ratings

I Schipper, N Schep

Event information

Organization

AO Foundation

Julio Zapata
Project Manager
AO Foundation
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Participants' contact

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Event Specialist ESA NORTH
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Registration fee

Member Fee: 945 EUR
Non-Member fee: 1,049 EUR

Included in the registration fee are coffee/lunch breaks, a course dinner on 15th October, a course materials and a certificate.

Ready to jump in and become an AO Trauma member? [Click here!](#)

Cancellation policy

Cancellation policy: 50% until 30 days before the event. No refund thereafter.

Online registration

[LINK](#)

Language

Nederlands/Dutch

Venue

Leiden University Medical Center (LUMC)

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The Netherlands
Visiting address: Albinusdreef 2, 2333 ZA Leiden
Tel. +31-(0)71-52 69983/69987

Phone: + 31-(0)71-52 69111
E-mail: Anatomyskills@lumc.nl
Website: [LUMC webpage](#)

General information

Event organization compliance

In certain countries where AO has no office but offers educational events, the AO cooperates with third party companies to conduct local organization and logistics, as well as to communicate with participants in the local language. In these cases, the AO has put rules and guidelines in place to ensure that this cooperation has no impact on the curricula, scientific program, or faculty selection.

AO funding sources

Unrestricted educational grants from different sources are collected and pooled together centrally by the AO.

All events are planned and scheduled by local and regional AO surgeon groups based on local needs assessments. We rely on industrial/commercial partners for in-kind support to run simulations/skills training if educationally needed.

Evaluation guidelines

All AO events apply the same evaluation process, which includes pre- and post-event online evaluation and on-site written questionnaires.

These evaluation tools help ensure that AO continues to meet your training needs.

Disclosures and conflicts of interest

Disclosure information and potential conflicts of interest (COI) can be viewed at the event webpage.

Intellectual property

Event materials, presentations, and case studies are the intellectual property of the event faculty. All rights are reserved. For more information, please see: www.aofoundation.org/legal.

Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is absolutely forbidden.



The AO Foundation reserves the right to film, photograph, and audio record during their events. Participants must understand that in this context they may appear in these recorded materials. The AO Foundation assumes participants agree that these recorded materials may be used for AO marketing and other purposes and made available to the public.

Security

There will be a security check at the entrance of the building. Wearing of a name tag is compulsory during lectures, workshops, and group discussions.

No insurance

The event organization does not take out insurance to cover any individual against accidents, theft, or other risks.

Use of mobile phone

Mobile phone use is not allowed in the lecture halls and in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

Sponsor

We thank our major industry partner Johnson & Johnson MedTech for contributing key in-kind support (materials and logistics), without which this event would not be possible, as well as an unrestricted educational grant.

Johnson & Johnson
MedTech

Notes

Notes

Principles of AO educational events

1. Academic independence

Development of all curricula, design of scientific event programs, and selection of faculty are the sole responsibilities of volunteer AO network surgeons.

All education is planned based on needs assessment data, designed and evaluated using concepts and evidence from the most current medical education research, and reflects the expertise of the AO Education Institute (www.aofoundation.org).

Industry participation is not allowed during the entire curriculum development and planning process to ensure academic independence and to keep content free from bias.

2. Compliance to accreditation and industry codes

All planning, organization, and execution of educational activities follow existing codes for accreditation of high-quality education:

- Accreditation Criteria of the Accreditation Council for Continuing Medical Education, US (www.accme.org)
- ACCME Standards for Commercial Support: Standards to Ensure Independence in CME Activities (www.accme.org)
- Criteria for Accreditation of Live Educational Events of the European Accreditation Council for Continuing Medical Education (www.uems.eu)

Events that receive direct or indirect unrestricted educational grants or in-kind support from industry also follow the ethical codes of the medical industry, such as:

- Eucomed Guidelines on Interactions with Healthcare Professionals (www.medtecheurope.org)
- AdvaMed Code of Ethics on Interactions with Health Care Professionals (advamed.org)
- Mecomed Guidelines on Interactions with Healthcare Professionals (www.mecomed.org)

3. Branding and advertising

No industry logos or advertising (apart from the AO Foundation and its clinical divisions) are permitted in the area where educational activities take place.

Sponsors providing financial or in-kind support are allowed to have a promotional booth or run activities outside the educational area with approval from the event chairperson.

4. Use of technologies and products in simulations

In case simulations are chosen as an educational method to educate skills, we only use technology approved by the AO Technical Commission—a large independent group of volunteer surgeons developing and peer reviewing new technology.

More information about the AO Technical Commission and its development and approval processes can be found on the AO's website: www.aofoundation.org.

5. Personnel

Industry staff members are not permitted to interfere with the educational content or engage in educational activities during the event.



Find your next learning activity



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More information at
www.aofoundation.org