

www.saoa.org.za



FIRST
DELEGATE
announcement



Unity in Diversity

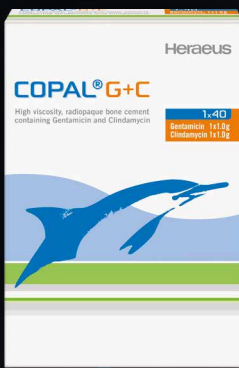
Combined 65th SOUTH AFRICAN
ORTHOPAEDIC CONGRESS 2019

ICC DURBAN 2-6 SEPT

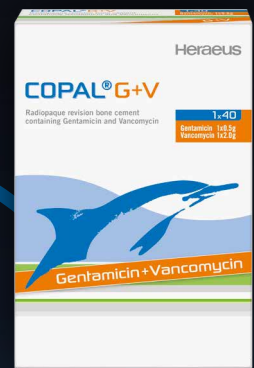


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Revision



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INVITATION AND CALL FOR PAPERS

February 2019

Dear Colleagues,



Planning is well underway for the 65th Congress of the South African Orthopaedic Association in Durban from 02 – 06 September 2019. This will be the second year that the SAOA will host a Combined Congress in collaboration with the orthopaedic sub-specialty groups.

The congress will be held at the Inkosi Albert Luthuli International Convention Centre Complex (www.icc.co.za)

We look forward to welcoming you to KwaZulu Natal!

“The SAOA Congress for 2019 promises to be a fantastic opportunity for both academic learning and to network. The Congress takes on the format of a Combined meeting involving all the Special Interest groups of the SAOA with invitations having been extended to over 25 international speakers.”



FORMAT OF THE CONGRESS

Monday 02 September 2019

Full day congress and networking cocktail party

Tuesday 03 September 2019

Full day congress and free evening

Wednesday 04 September 2019

Full day congress and gala dinner

Thursday 05 September 2019

Full day congress and free evening. Trade stands to break down after mid afternoon tea.

Friday 06 September 2019

Full day congress.





LETTER FROM THE CHAIRMAN



Dr Ian Stead
2019 SAOA
Congress Chairman

On behalf of the SAOA congress committee 2019, and the SAOA executive committee I would like to extend a warm welcome to all attending delegates, and in particular to our visitors from overseas and from Africa.

The SAOA Congress for 2019 promises to be a fantastic opportunity for both academic learning and to network. The Congress takes on the format of a Combined meeting involving all the Special Interest groups of the SAOA with invitations having been extended to over 25 international speakers.

The theme for the congress is “Unity in Diversity”, reflecting both the collaboration of the diverse special interest groups, as well as the vision of the “Rainbow Nation”. The Durban ICC provides the perfect venue for the congress, not far from the warm heart of the Indian Ocean.

I look forward to both an engaging academic program as well as a pleasant and interesting social and accompanying partners’ programme.

See you in Durban!

LETTER FROM THE PRESIDENT



Leon Rajah
President of the South African
Orthopaedic Association 2019

The vision is that at one meeting over 5 days experts will discuss: hip and knee arthroplasty, knee Surgery, foot and ankle surgery, shoulder and elbow surgery, hand surgery, paediatric surgery, hip arthroscopy and hip preservation surgery, spine surgery, orthopaedic trauma surgery including limb reconstruction, current thinking in the management of sepsis in orthopaedic surgery, tumour surgery and orthopaedic research.

At the SAOA, we are excited by and committed to the idea of a Combined Congress. We will create a vibrant and fun educational experience driven by sub-specialty societies in a time and cost-effective fashion.

I invite you to be part of this journey that promises so much and allows us to be positive about ourselves, our profession and our country.

∨
The SAOA Congress for 2019 promises to be a fantastic opportunity for both academic learning and to network.



CONGRESS / ACADEMIC COMMITTEE



Dr Ian Stead



Dr Len Marais



Dr Andre Human



Dr Joe Mabusha



Dr Leon Rajah

PARTNERS' PROGRAMME COMMITTEE



Alta Stead



Kara Human

ORTHOPAEDIC ADMIN SECRETARIAT



COO: Leana Fourie

Address: 21 Reid Street, Reid Plaza
no 1, Westdene, Bloemfontein 9301
PO Box 12918, Brandhof, 9324
Tel: +27 51 430 3280
Fax: +27 86 564 7437
Cell: +27 83 391 2715
Email: info@saoa.org.za

SAOA BANKING INFO



Name: SAOA

Bank: First National Bank (FNB), Brandwag

Branch Code: 230-534

Account number: 62 337 246 062

SWIFT CODE: FRNZAJ

IBAN/BIC: 23053462337246062

SAOA CHIEF EXECUTIVE OFFICER



CEO: Sara Mather

Email: sara@saoa.org.za
Tel: +27 83 459 8967

CONGRESS SECRETARIAT ICE SOLUTION



TRADE / SPONSORSHIP & EXHIBITIONS

Colette Diamond

+27 83 788 0010 – diamond@icesolution.co.za

DELEGATE REGISTRATION / ABSTRACT SUBMISSIONS & SOCIAL FUNCTIONS

Collette Hoppé

+ 27 82 906 1961 – collette@icesolution.co.za

PRESIDENTS /ACCOMPANYING PERSONS' PROGRAMME

Sam Belcher

+27 83 661 8496 - sam@icesolution.co.za

PROGRAMME / INVITED SPEAKERS

Tracey Whittle

+27 82 444 0770 - tracey@icesolution.co.za

& Busi Khuzwayo

+27 79 254 4117 – busi@icesolution.co.za



CONGRESS VENUE

The Inkosi Albert Luthuli International Convention Centre Complex is an events center complex located in the city centre of Durban, KwaZulu-Natal. A focal point of Durban's business district, the Durban International Convention Centre is a functional space in an aesthetic environment.

Contact : Londiwe Ngcamu

Email : londiweg@icc.co.za

Telephone : 031 360 1361

Address : 45 Bram Fischer Road, Durban, 4001

Website : www.icc.co.za

INSTRUCTIONAL COURSES

Foot and Ankle

Knees

Tumours and Infection

Spine

SUB-SPECIALITY GROUPS

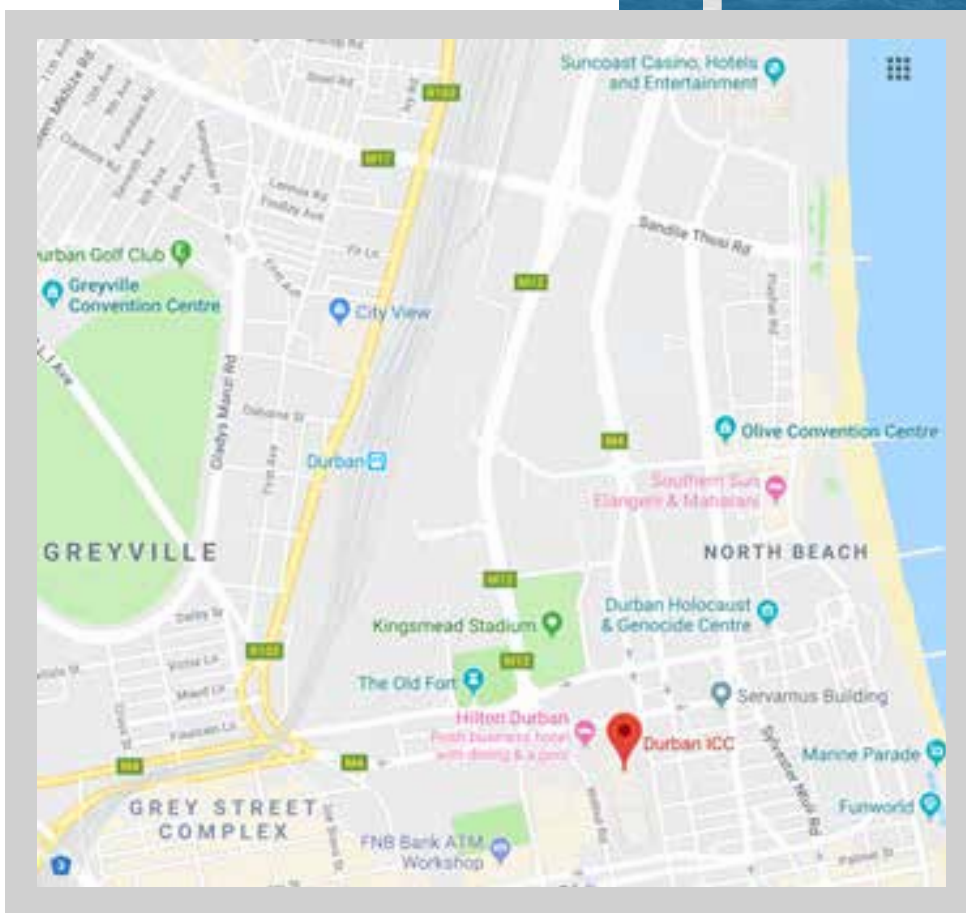
In Durban in September 2019, the following sub-specialty groups will conduct their meeting under the banner of the Combined SAOA congress:

1. SA Arthroplasty Society (SAAS)
2. SA Knee Society (SAKS)
3. SA Shoulder and Elbow Surgeons (SASES)
4. SA Foot Surgeons' Association (SAFSA)
5. SA Orthopaedic Trauma Society (SAOTS)
6. SA Paediatric Orthopaedic Society (SAPOS)
7. SA Society for Hip Arthroscopy/ Hip Preservation (SASHA)

IN ADDITION, WE LOOK FORWARD TO:















1. The launch and inaugural meeting of the South African Orthopaedic Oncology and Limb Preservation Society (SOLS) (previously part of the Tumour and Infection Society)
2. Specialized focus sessions by the Infection working group
3. Dedicated sessions for Registrars-in-training to present scientific research papers and symposia on research methods.

scientific research papers and symposia on research methods.



INVITED SPEAKERS



	AUSTRALIA	Prof Peter Choong <i>Melbourne, Australia</i> SAAS & SOLS Dr David Martin <i>Adelaide, Australia</i> SAKS & SAPOS Mr Marinis Pirpiris <i>Melbourne, Australia</i> SAOTS
	NEW ZEALAND	Mr Rod Maxwell <i>Christchurch, New Zealand</i> SAAS & SAFSA
	BELGIUM	Prof Peter Verdonk <i>Antwerp, Belgium</i> SAKS
	SCOTLAND	Prof Colin Howie <i>Edinburgh, Scotland</i> SAAS
	BRAZIL	Prof Kodi Kojima <i>Sao Paulo, Brazil</i> SAOTS
	SINGAPORE	Dr Christopher Pearce <i>Jurong East, Singapore</i> SAFSA
	CANADA	Dr Mark Glazebrook <i>Halifax, Canada</i> SAFSA
	SWITZERLAND	Prof Andreas Imhoff <i>Basel, Switzerland</i> SASES & SAKS Dr Mario Morgenstern <i>Basel, Switzerland</i> Infection /SAOTS
	FRANCE	Dr Mathieu Thaunat <i>Lyon, France</i> SAKS
	UK	Mr Phil Chapman-Sheath <i>Southampton, UK</i> SAAS Mr Andrew Porteous <i>Bristol, UK</i> SAAS Mr Nick Nicolaou <i>Sheffield, UK</i> SAPOS Prof Lee Jeys <i>Birmingham, UK</i> SOLS Prof Phil Turner <i>Manchester, UK</i> SAAS Mr Andy Williams <i>London, UK</i> SAKS Mr Anthony Perera <i>Cardiff, UK</i> SAFSA Mr Tony Andrade <i>Reading, UK</i> SASHA
	GERMANY	Dr Ludwig Seebauer <i>Munich, Germany</i> SASES
	ITALY	Dr Alberto Constantini <i>Rome, Italy</i> SASHA
	USA	Prof Christopher Harner <i>Pittsburgh, USA</i> SAKS Dr Christopher DiGiovanni <i>Boston, USA</i> SAFSA Prof Marc Safran <i>Stanford, USA</i> SASHA
	NETHERLANDS	Dr Jaap Willems <i>Amsterdam, Netherlands</i> SASES

ABSTRACT SUBMISSION GUIDELINES

CALL FOR PAPERS



Papers can be submitted online on bit.ly/2HsD4IE

All registrars, clinicians, educators and scientists are invited to submit abstracts of their scientific research in the field of orthopaedics for consideration for an oral or poster presentation at the 2019 SAOA congress.

The closing date for submissions is 17h00 on 30th April 2019.



ABSTRACT GUIDELINES

Abstracts should be in English, no more than 350 words in length and composed as follows:

Background: State the aims of the study, the hypothesis that was tested or a description of the problem being analysed.

Methods: Provide a concise outline of the research methodology that was followed, including the study design, sample strategy, inclusion/exclusion criteria, data collection and analysis strategies that was employed.

Results: Provide a clear description of the findings.

Conclusion: Explain the significance of the main findings and the future implications of these results.

- Please avoid referring to authors, hospital, institution or city names in the abstract as these will be undergoing blinded review.
- Please do not include any figures or references in the abstract. If you have to use abbreviations, please provide the abbreviation in brackets after the first use of the full term.
- Abstracts will be reviewed and published as received. Typing and errors will not be corrected. It remains the responsibility if the authors to ensure that all information is accurate and that the language and presentation is of acceptable standard.

ABSTRACT SUBMISSION CATEGORIES

During the submissions process you will be asked to indicate to which category you would like to submit. The options are:

- *General*
- *Arthroplasty*
- *Paediatrics*
- *Trauma*
- *Shoulder & Elbow*
- *Spine*
- *Hands*
- *Knees*
- *Hip arthroscopy and preservation*
- *Foot & Ankle*
- *Oncology*
- *Infection*





*The SAOA
CONGRESS 2019
will focus on
UNITY IN
DIVERSITY*

PLEASE NOTE

Submission of registrar/MMED projects needs to be identified as such. All registrar submissions will be eligible for the prestigious GT du Toit.

Presenters will be notified of acceptance/rejection of the abstract via e-mail by the end of May (date to be confirmed).

Abstract submissions will be reviewed and confirmed as either:

- Formal Oral / Free Paper Presentation (10-minute presentation), or
- Poster (electronic)
- Papers not accepted for oral presentation may be considered for poster.

Presenters of papers must be registered for the conference. Failure to do so will result in their paper being removed from the programme. Presenters will be notified as soon as delegate registration opens.

Only on-line abstract submissions will be considered. Fax transmissions and postal submissions will not be accepted.

Closing date for submissions is 17h00 on 30th April 2019.

Should you require any additional assistance, please email **Collette at collette@icesolution.co.za**

Instructions for Non-Members of the SAOA:

1. Please forward, with your abstract, a supporting letter from a Full Member of the SAOA who will sponsor you.
2. Please state your Orthopaedic Affiliation.
3. Please disclose the source of any financial support for your participation in the congress. Those of you who wish to contribute a paper to the Congress should submit your abstract electronically via congress website - www.saoa.org.za

E-POSTERS

We will have e-posters at the SAOA congress

SOCIAL PROGRAMME

MONDAY

The Cocktail /Networking function will be held onsite at the ICC

TUESDAY

Free evening

PROGRAMME OUTLINE

The Programme will be made available in due course.

WEDNESDAY

This year's Congress Banquet will be held at the Aquarium – this is always a great evening to catch up with colleagues and friends and to enjoy something different!

THURSDAY

Free evening



WE ARE THE RISK SPECIALISTS

As an experienced niche market insurance specialist, ShackletonRisk is pleased to offer you access to a ground-breaking **Medical Malpractice Insurance** product.

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As underwritten by

genoa
Underwriting Managers

FSP Number 38225

 **ShackletonRisk**

FSB Number 33621

ACCOMMODATION OPTIONS



HILTON DURBAN



Booking ref and link

bit.ly/2HosoLm

Contact person: Carmel Daniels

Tel: 27 31 336 8100

Email: carmel.daniels@hilton.com

Website: www.durban.hilton.com

Rates:

- King Guestroom (R1 950.00 /R2 400.00)
- Twin Guestroom (R1 950.00 R2 400.00)
- King Deluxe Room (R2 600.00 / R3 050.00)
- King Executive Room (R2 950.00 / R3 400.00)

Release dates apply from June with final Release Date being 01 August 2019

CITY LODGE



Booking ref

SAOA 2019 (no booking link)

Contact person: Buyi

Tel: +27 31 332 1447

Email: cldurb.resv@clhg.com

Website: www.clhg.com

Rates:

- Single occupancy – R1353.40 per room per night – room only
- Double Occupancy – R1595.80 per room per night – room only

Breakfast is available at a cost of R175 per person per day

Rates include VAT and tourism levy

Release date: 2 August 2019 (one month before)

SOUTHERN SUN ELANGENI MAHARANI



Booking ref and link

bit.ly/2R5szKM

Contact person: Siphesihle Zulu

Tel: 031 337 3341

Email: Siphesihle.Zulu@tsogosun.com

Website: <https://www.tsogosun.com/southern-sun-elangeni-maharani>

Rates: Single R1,915.00 /R2190.00 sharing per night

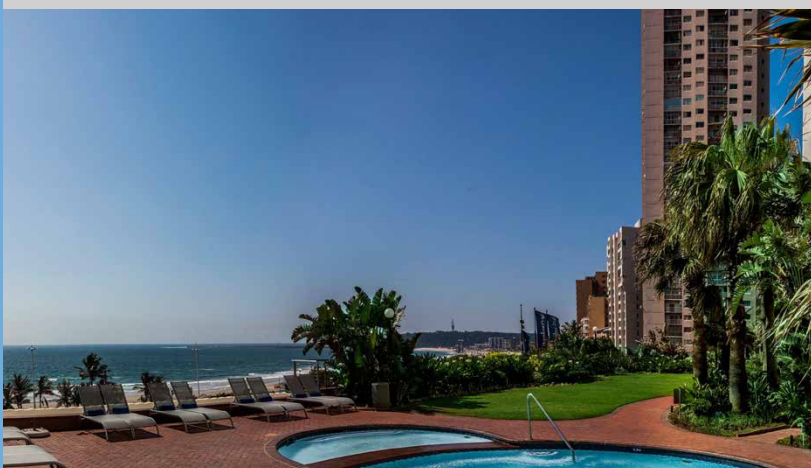
Includes: Breakfast and VAT

Excludes: tourism levy & parking

Release dates: apply from June with final Release Date being 01 August 2019

Policies : Full prepayment required at time of making reservation and Reservations cancelled within 29 days prior arrival a 100% full cancellation fee will apply

GARDEN COURT SOUTH BEACH



Booking ref and link

bit.ly/2R5szKM

Contact person: Siphesihle Zulu

Tel: 031 337 3341

Email: Siphesihle.Zulu@tsogosun.com

Website: <https://www.tsogosun.com/garden-court-marine-parade>

Rates: Single R1,140.00/ 1,415.00 sharing per night

Includes: Breakfast and VAT

Excludes: tourism levy & parking

Release dates: apply from June with final Release Date being 01 August 2019

Policies : Full prepayment required at time of making reservation and Reservations cancelled within 29 days prior arrival a 100% full cancellation fee will apply

GARDEN COURT MARINE PARADE



Booking ref and link

bit.ly/2R5szKM

Contact person: Siphesihle Zulu

Tel: 031 337 3341

Email: Siphesihle.Zulu@tsogosun.com

Website: <https://www.tsogosun.com/garden-court-marine-parade>

Rates: Single R1,420.00/ R1,695.00 per night

Includes: Breakfast and VAT

Excludes: tourism levy & parking

Release dates: apply from June with final Release Date being 01 August 2019

Policies : Full prepayment required at time of making reservation and Reservations cancelled within 29 days prior arrival a 100% full cancellation fee will apply

SOUTHERN SUN SUNCOAST HOTEL & TOWERS



Booking ref

bit.ly/2R5szKM

Contact person: Siphesihle Zulu

Tel: 031 337 3341

Email: Siphesihle.Zulu@tsogosun.com

Website: <https://www.tsogosun.com/garden-court-marine-parade>

Rates: Single R1510.00 / R1760.00 sharing per night

Includes: Breakfast and VAT

Excludes: tourism levy & parking

Release dates: apply from June with final Release Date being 01 August 2019

Policies : Full prepayment required at time of making reservation and Reservations cancelled within 29 days prior arrival a 100% full cancellation fee will apply

For accommodation queries please contact Sam –
sam@icesolution.co.za

ACCOMPANYING PERSONS' PROGRAMME



We are planning some interesting and fun outings for the Accompanying persons' programme in Durban this year – options that we are currently exploring include the following:

- A full day painting workshop followed by lunch at Mitchell park
- A full day creative workshop in the Foundry with lunch and possibly a beer or gin tasting
- A full day cooking course (with an Indian theme to keep in the Durban vibe) in the Umhlanga area
- Morning High tea at the glorious Oyster box hotel in Umhlanga rocks overlooking the Indian Ocean

More information will follow in the 2nd delegate announcement

TRANSPORT

UBER operates in Durban

Airlines

Safair <https://www.safair.co.za>

Kulula <http://www.kulula.com/>

Mango <https://www.flymango.com/>

SAA <https://www.flysaa.com/>

British Airways <http://www.britishairways.com/>

CAR HIRE COMPANIES

TEMPEST - www.tempestcarhire.co.za

AVIS - www.avis.co.za

BUDGET - www.budget.co.za

PRE AND POST TOURS - AFRICAN EAGLE TOURS

Please quote booking code: ICEAEDBN

Keenan Mally daytours@aect.co.za

Tel: 021 4644 266 Cell: 078 3988 040

www.africaneagle.com

Tours in and around Durban

Half day tours

- Durban city tour
- Valley of 1000 hills
- Durban "wildlife" tour
- Ushaka marine world
- Indian heritage tour
- Kwa Mashu township tour
- Tala safari

Full day tours

Inland safari

- Durban / Ushaka tour
- Shakaland Zulu experience
- Giants castle san rock art
- St Lucia wetlands
- Midlands meander
- Hluhluwe game reserve
- Sani pass/Lesotho
- Anglo-Zulu battlefields

Overland tours

- Hluhluwe / St Lucia
- Drakensberg mountains
- Zululand culture/wildlife
- Anglo-Boer war battlefields

LEISURE ACTIVITIES/THINGS TO DO IN THE AREA



Built for the 2010 FIFA World Cup, the enormous stadium has many adrenaline-inducing activities on offer. The Sky Car, a single cabin that runs up steel tracks on the northern arch of the stadium and is designed to roll down the arch under its own gravity (in case of load shedding), has a 106m vantage point. Tickets cost R60 per adult and R30 for kids under the age of 12. There's also the Big Swing ride, the tallest swing in the world since 2011 (at R695 per person it exceeds our budget but is cheaper than sky-diving and looks just as nerve-wracking). Then there's a Big Sky Walk along the arch of the stadium (don't look down!) or a beach glide on a Segway for those seeking a more serene adventure. The Beach Glide costs R250 for 45 minutes.

44 Isaiah Ntshangase Road, Durban. Call: 031 582 8222.

Open Monday to Sunday, from 09:00 – 17:00.

Durban Stadium – Walk on the Sky at Moses Mabhida Stadium



The Durban Botanical Gardens boasts the rarest cycad collection in the world. Cycads, have been around before the dinosaurs and have survived three mass extinction events although they are in danger of extinction today. Wood's Cycad is reputed to be the world's rarest plant. You can find it growing peacefully near the old reservoir. The orchid collection and palm grove are also worth visiting. Entrance to the gardens is free. Attend one of the concerts at the lake which take place throughout the year. Read up on the concert schedule and buy tickets.

9A John Zikhali Road, Berea, Durban.

Open Monday to Sunday from 07:30 – 17:45 in summer, and from 07:30 – 17:30 in winter

Botanical Gardens



The Wave Park at Gateway flaunts some great waves. Tear things up on the Flow rider or for something a little tamer have a go on the Supertube rides (perfect for keeping the kids busy in the school holidays). The Flow rider is R140 an hour. The supertube costs R150 for the whole day.

Galaxy Gateway Theatre of Shopping, Palm Boulevard, Durban. Call: 031 584 9400.

Open Monday to Sunday, from 08:30 – 17:00.

Conquer the waves at Wave Park Gateway



Also known at Sunrise Chip 'N Ranch, Johnny's Rotis is an institution. You haven't been to Durban if you haven't eaten the triple cheese and chip roti with mutton gravy after a night of jolling hard. They're open 24/7.

89 Sparks Road, Durban. Call: 031 209 2020.

Open 24 hours.

Eat curry



Famous for their tender lamb curry, mini-bunny chows and spicy bean curry, House of Curries is an old favourite on Florida Road. Relaxed Durban vaab for days. You can choose a main course for under R100.

275 Florida Road, Morningside, Durban. Call: 031 303 6076.

Open Monday to Sunday, from 09:00 - 22:30.

House of Curries



A trip to Durban wouldn't be complete without trying out the hot dishes that form part of the city's famed reputation! One of the most unconventional treats you must taste is a spicy pineapple from the Spice Emporium. Besides the mix of sweet and hot, you'll also find a huge stock of spices at the emporium.

31 Monty Naicker Road, Durban. Call: 031 332 5888

Open Monday to Saturday from 08:00 - 17:00, and Sunday from 09:30 - 15:30.

Spice Emporium



CNN has crowned Umhlanga Pier the most beautiful pier in the world. The whale-bone skeleton structure is striking and the favourite of sunset Instagrammers. The pier also performs an important function as an extension of an underground culvert that helps disperse excess storm water into the sea.

McCausland Crescent, Umhlanga. Call: 083 587 7573

Umhlanga Pier – the Most Beautiful Pier in the World



This modern, airy building is an inviting space. Along with upcoming and experimental artists the gallery has an extensive collection of well-known South African artists such as Penny Siopis and Isaac Sithole. Enjoy a cold drink and cheese cake in the gallery café which spills out into the garden. Entrance is free.

166 Bulwer Road. Call: 031 277 1705.

Open Tuesday to Saturday from 09:00 – 17:00, and Sunday from 10:00 – 15:00.

KZN SA Gallery



The Big Rush Big Swing has been officially named the world's tallest swing by the Guinness Book of Records since 14 May 2011. Not your average swing, the aptly named Big Swing allows you to take the thrilling leap swinging out into a massive 220m arc where you soar into the centre of the stadium.

Go on, take the leap.



Moses Mabhida Stadium – Big Rush Big Swing

