

# SWISS FEMALE ORTHOPAEDICS

presents:

## SFO Trauma Essentials Learn. Practice. Discuss.



**30<sup>th</sup> September – 1<sup>st</sup> October 2026**

Start 30.09. → 08:00

End 01.10. → 17:00



**Luzerner Kantonsspital  
Skills Lab, Haus 10  
Kantonsspital 37  
6004 Luzern**



SWISS FEMALE ORTHOPAEDICS

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## Content

- *Hands on*: common procedures on sawbone and specimen
- *Focus*: practical relevance at your current stage of training
- *Experienced faculty*: instruct, guide, discuss, tips & tricks

## Setup

Limited to 12 participants:  
4 working stations available with 3 participants each

## CME Credits

16 – swiss orthopaedics (SO)  
12 – Schweizer Gesellschaft für Chirurgie (SGC)

## Course Organization Fee

200 CHF to be paid to the SFO after approval

## Chairwomen

KD Dr. med. Judith Bering  
Luzerner Kantonsspital

## Faculty

Dr. med. Nadine Diwersi  
Kantonsspital Obwalden

Dr. med. Simone Lacher  
Kantonsspital Winterthur

Dr. med. Corina Giovanoli  
Luzerner Kantonsspital

Dr. med. Sandrine Mariaux  
Cabinet Mariaux Lausanne

## Application

- Please send your application including your CV and the required documents to:  
[mail@swissfemaleorthopaedics.ch](mailto:mail@swissfemaleorthopaedics.ch)
- Deadline: 19<sup>th</sup> July 2026

## Eligibility Criteria

- Residents in their 2<sup>nd</sup> / 3<sup>rd</sup> year in training
- Member of Swiss Female Orthopaedics (SFO)
- Course and membership are open to male and female surgeons
- Short motivational letter
- AO Trauma Basics Course completed (please add certificate)
- Required participation on both course days

## Course languages

- Presentations / slides:
  - English
- Faculty:
  - English
  - German
  - French

# Agenda – Day 1

30<sup>th</sup> September 2026

**08:00 – 08:15**

**Registration & Coffee**

08:15 – 08:30 (15 min)

Welcome, Changing & Introduction

08:30 – 08:45 (15 min)

Theoretical Input Proximal Femoral Fracture

08:45 – 10:15 (90 min)

Sawbone Proximal Femoral Fracture –  
Trochanteric Nailing System

10:15 – 10:30 (15 min)

Theoretical Input External Fixator Ankle

**10:30 – 10:45**

**Coffee Break**

10:45 – 11:30 (45 min)

Sawbone – External Fixator Ankle

11:30 – 11:45 (15 min)

Theoretical Input Lateral Malleolar Fracture

11:45 – 12:00 (15 min)

Theoretical Input Syndesmotic Injuries

12:00 – 13:00 (60 min)

Sawbone Lateral Malleolar Fracture –  
Plating & Syndesmosis Repair

**13:00 – 14:00**

**Lunch Break**

14:00 – 14:15 (15 min)

Theoretical Input Medial Malleolar Fracture

14:15 – 15:15 (60 min)

Sawbone Medial Malleolar Fracture – Plating

**15:15 – 15:30**

**Coffee Break**

15:30 – 17:00 (90 min)

Aftercare Lower Limb Injuries & Open Case Discussions

## Agenda – Day 2

1<sup>st</sup> October 2026

**08:00 – 08:15**

**Registration & Coffee**

08:15 – 08:30 (15 min)

Welcome, Changing & Introduction

08:30 – 08:45 (15 min)

Infiltration/Aspiration Shoulder Joint

08:45 – 09:00 (15 min)

Theoretical Input Proximal Humeral Fracture

09:00 – 10:30 (90min)

Specimen Proximal Humeral Fracture – Plating

**10:30 – 10:45**

**Coffee Break**

10:45 – 11:00 (15 min)

Infiltration/Aspiration Wrist Joint

11:00 – 11:15 (15 min)

Theoretical Input Distal Radius Fracture

11:15 – 12:45 (90 min)

Specimen Distal Radius Fracture – Volar Plating

12:45 – 13:00 (15 min)

Theoretical Input Olecranon Fractures

**13:00 – 14:00**

**Lunch Break**

14:00 – 15:15 (75 min)

Specimen Olecranon Fractures – Plating

**15:15 – 15:30**

**Coffee Break**

15:30 – 17:00 (90 min)

Aftercare Upper Limb Injuries & Open Case Discussions

**17:00**

**End of Course (Feedback & Certificates)**