ORTHOPÄDIE SCHUH TECHNIK
International Trade Show and Congress
18.–19. October 2019, Cologne

The congress and seminar program

The trade fair around foot and shoe

www.OST-Messe.de
Tickets-ordering

You can order tickets for the trade fair, the congress and the seminars at www.OST-Messe.de/Tickets.

Here you can also redeem your vouchers for the trade fair tickets.

Save time and money with your online-ticket

The original tickets will be sent to you by mail as of July until the beginning of October 2019 at no charge.

Online-tickets can be ordered in the ticket-shop until 30 September 2019.

After that tickets can only bought at the box office (for seminars, if there are sufficient seats available)

<table>
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<tr>
<th>Prices</th>
<th>Online-price (until 30 September 2019)</th>
<th>Box office</th>
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<tbody>
<tr>
<td>Congress ticket Subscr.* 1 day</td>
<td>€ 140.00</td>
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<tr>
<td>Congress ticket Subscr.* 2 days</td>
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<tr>
<td>Seminars (1-hour)</td>
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<td>Apprentice seminar**</td>
<td>€ 15.00</td>
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<td>Trade fair ticket 1 day</td>
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<td>Trade fair ticket 2 days</td>
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<td>Trade fair ticket 1 day with voucher</td>
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The ticket for the trade fair is already included in the congress ticket for the respective day.

A seminar ticket is NOT included in the trade fair ticket. It has to be booked additionally.

A ticket voucher can exclusively be redeemed for a 1-day trade fair ticket.

Lectures in the forum in the trade fair hall can be visited without reservation and are included in the trade fair ticket.

* The congress price for subscribers to the journals Orthopädie-schuhtechnik, DER FUSS and MTD are only valid via advance sale!

** Apprentice seminars can only be booked together with a student card.

All prices are gross prices.

Book tickets now at: www.OST-Messe.de/Tickets
5. ORTHOPÄDIE SCHUH TECHNIK
Congress-program

Friday, 18 October 2019

9:30 am – 10:45 am
Opening of congress
Pedorthic solutions

Pedorthists present some especially challenging treatment examples.

▶ Diabetes care (Luigi Maggio, Switzerland)
▶ Custom orthotic shoes as assisting technology in Australia (Kathrin Wegener, Sydney, Australia)
▶ Challenging treatment with custom orthotic shoes (N.N.)

11:00 am – 12:15 pm
Digitalization in pedorthics

Digitalization changes our daily lives and the company processes – also for pedorthic companies. If you want to continue to be successful, you have to understand what will change and what chances there are for your own company.

▶ Pedorthists, let’s have a go with the service 4.0! A journey through successful implementation projects of digital transformation (Christoph Krause, Koblenz, Germany)
▶ We in motion – How the future creeps into pedorthics (Dr. Jessica Hohenschon, Bedburg, Germany)
▶ The digital pedorthic company – customer care in the future (Linus Kriwat, Kiel, Germany)

1:30 pm – 2:45 pm
On the track of the pain

Where it hurts is not necessarily the place of the origin of the pain. The whole trick is to find the cause of the pain, since this is the key to the right therapy. With the help of three different approaches it will be shown how this cause study can work and what consequences follow these insights.

▶ Functional causes of pain from the view of spiral dynamics (Dr. phil. Jens Wippert, Munich, Germany)
▶ Myofascial trigger points (N.N.)
▶ Biomechanic reasons for running injuries and overload damages – New findings from research (Prof. Gert-Peter Brüggemann, Cologne, Germany)

3:30 pm– 4:45 pm
Pes cavus

Cooperation with the Society for Foot Surgery (Gesellschaft für Fußchirurgie)

The pes cavus can be quickly described as having a longitudinal arch that is too strong. Its various causes and manifestations however turn it into a challenging treatment task within orthopedics, surgery and pedorthics.

▶ Causes, diagnosis and classification of a pes cavus (Dr. Hartmut Stinus)
▶ Possibilities and limits of pedorthic solutions in a pes cavus (Pedorthist Matthias Löffler)
▶ Reconstructive surgical treatment options for the therapy of the flexible pes cavus (Dr. Hartmut Stinus)

All congress lectures are interpreted simultaneously.
Arthrodeses and tendon transpositions for the therapy of the neurogenic pes cavus (Prof. Dr. Frank Braatz)

3:30 pm – 4:45 pm
Submitted lectures
The lectures submitted by speakers deal with the research on shoes and foot orthotics in this session.

- FEM-modelling of the resistance check against pressure impact according to DIN EN 12 568 for steel toe caps in safety shoes. (Nicole Dirksen, Münster, Germany)
- Do different running shoes have an influence on the gait line? (Philip Deters, Münster, Germany)
- Torsion measurements in running shoes (Klaus Peikenkamp, Münster, Germany)
- Different effects of two different foot orthotic types on the muscular activity in one-leg-landings in sports (Annette Kerkhoff, Münster, Germany)
- The formula for a harmonious gait pattern – a common assessment basis for P&O, pedorthists, physiotherapists and physicians. (Prof. Christoph Anders, Universität Jena)

Saturday, 19. October 2019

9:15 am – 10:30 am
What does “evidence” actually mean?
For the admission of new assistive appliances in the catalogue of assistive appliances the National Association of Statutory Health Insurance Funds (GKV Spitzenverband) requires scientific evidence. But for healthcare providers and producers it is not comprehensible what kind of scientific evidence will be accepted. In this session the basics of scientific evidence are presented and the ways towards more transparency and safety are discussed.

- Assistive appliances from the view of the IQWiG (Institute for Quality and Efficiency in Health Care) (Dr. Naomi Fujita-Rohwerder, Cologne, Germany)
- Study designs for the foot orthotics research (Prof. Dr. Stefan Sesselmann, Weiden, Germany)
- Evidence criteria for pedorthic assistive appliances from the view of GKV/MDK (requested)
- Panel discussion with speakers and representatives from medicine and trade

11:00 am – 12:15 pm
Evidence in pedorthic solutions
Cooperation session with the Study Association Pedorthics Hannover (Studiengemeinschaft Orthopädischschuhtechnik Hannover e.V.)
How can I check if my treatment actually helps the patient? Analysis technologies can help here, but only if the treatment aim has been defined prior to the treatment and if we define the criteria for success.

- Development of a treatment concept for the daily practice: Questions, treatment aims, measuring methods, checking, correction (Thomas Stief, Gießen, Germany)
- Practical examples for the implementation of a treatment concept (Tino Sprekelmeyer, Osnabrück, Germany)
- Round table: Practical development of treatment concepts with the help of concrete treatment cases in dialogue between speakers and audience

Please indicate when you register if you would like to use the simultaneous interpreting service.
1:30 pm – 2:45 pm
Little toes deformities
Cooperation session with the German Association for Foot and Ankle Joint (Deutsche Assoziation für Fuß und Sprunggelenk)

Little toes deformities occur frequently and they have very different names. In this session the biomechanic causes for little toes deformities are explained and conservative as well as surgical treatment options are presented and discussed.

- Little toes deformities – etiology – pathogenesis – nomenclature
  (Dr. Michael Gabel, Stuttgart, Germany)
- Silicone-toe orthotics for the correction and as alternative to surgery
  (Gianna Türk, Freudenstadt, Germany)
- Unequal load distribution, unequal motion and toe deformities. Correction and therapy with foot orthotics (Stephan Woltring, Ibbenbüren, Germany)
- Surgical treatment – what kind of procedure for what kind of deformity and what kind of patient? (Dr. Jörn Dohle, Wuppertal, Germany)
- Round table: Interdisciplinary discussion of different cases with speakers and audience.

3:30 pm – 4:45 pm
Submitted lectures

The lectures submitted by the speakers in this session deal with research on sensorimotor characteristics of feet, the treatment of diabetic feet and the use of new technologies.

- Dividing the plantar foot sole: how important is cutaneous information
  (Kelly Robb, Canada)
- „bifo-pilot-study: standardization of measurement and evaluation in the examination of the effect of diabetes adapted foot beds.
  (Klaus Peikenkamp, Münster, Germany)
- A 3D plantar surface digitizing system based on the flatbed scanner
  (Karlo Obrovac, Zagreb, Croatia)
- Interdisciplinary collaboration on developing patent pending 3D scanning and 3D printing process in foot orthotics (Dejan Tasner, Maribor, Slovenia)

Specialized program seminar

Seminars on Friday, 18 October 2019

9:30 am – 10:30 am
Digital marketing concepts in shop design and trade (Georg Sislak)

11:00 am – 12:00 am
Spiraldynamik® as functional approach in therapy (Dr. Jens Wippert)

11:00 am – 12:00 am
How to understand pedorthic shoe adjustments correctly – biomechanics meets pedorthics (Thomas Stief)

11:00 am – 12:00 am
Introduction to myofascial trigger point therapy (N.N.)

12:30 pm – 1:30 pm
K-taping therapy – supporting appliance in pedorthics (Christian Büttner)

There is only a limited amount of seats in the seminars. We recommend early registration.
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12:30 pm – 1:30 pm  
Online-marketing between chance and shitstorm *(Stefan Slaby)*

2:00 pm – 3:00 pm  
How to develop personas for your own range of customers  
*(Dr. Jessica Hohenschon)*

2:00 pm – 3:00 pm  
Orthopedic Footwear Modifications – biomechanics meet practical application *(Thomas Stief)*

3:30 pm – 4:30 pm  
From pathology to last construction *(Franz Fischer)*

3:30 pm – 4:30 pm  
Fascia training on the foot *(Daniel Pzrybilla)*

5:00 pm – 6:00 pm  
Pedorthic Education in Progress *(Fred Holtkamp)*

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**Seminars on Saturday, 19. October 2019**

9:30 am – 10:30 am  
EU-Medical Device Regulation (MDR): Implementation assistance for pedorthics *(Sephan Jehring)*

9:30 am – 10:30 am  
How to calculate surcharges correctly and how to sell them in a smart way  
*(Anton Bittler)*

9:30 am – 10:30 am  
The big toe goes astray – hallux valgus and co.  
*(Dr. Stefanie Schliwa)*

11:00 am – 12:00 am  
Current legal issues *(Burkhard Goßens)*

11:00 am – 12:00 am  
Biomechanics of the diabetic foot: What can be done surgically? *(Claudia Fischer)*

11:00 am – 12:00 am  
Detection of wishes: Be a guest on the island of the customer *(Corina Bernstein)*

12:30 pm – 1:30 pm  
Functional foot examinations and treatment with foot orthotics in case of forefoot pain *(Franz Fischer)*

12:30 pm – 1:30 pm  
Digitalization: Software suitable for “teamwork” *(Bernhard Kötte/Unica Adolphs)*

12:30 pm – 1:30 pm  
Motion analyses for beginners *(Prof. Stefan Sesselman)*

2:00 pm – 3:00 pm  
Sensorimotor foot orthotics: Creating standards for the education *(Wolfgang Best)*

2:00 pm – 3:00 pm  
Custom orthotic shoes: More than just shoes! When are they indicated? How to build them. *(Karl-Heinz Schott)*

2:00 pm – 3:00 pm  
Inertial sensors: Application possibilities in pedorthics and in motion studies *(Prof. Martin Daumer)*

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Preliminary program overview; Subject to changes, state 18 June 2019
Arriving

The 5. ORTHOPÄDIE SCHUH TECHNIK is located in hall 4.2 of the Koelnmesse. It can be reached via entrance West. Koelnmesse itself is well provided with road signs.

Arriving by the Deutsche Bahn (German Railways)

Cologne “Messe/Deutz” train station (Distance to Koelnmesse: approx. 1 km) The entrance West can be reached on foot in about 8 minutes.

Cologne Main Station (Hauptbahnhof) (Distance to Koelnmesse: approx. 2.5 km)

From there to Koelnmesse:
1. On foot across the “Hohenzollern” bridge: From the main entrance of the Cologne Main Station to the back of the Cologne cathedral (Kölner Dom), across the “Hohenzollern” bridge and then following the signs.
2. By “S-Bahn” suburban rail to the Cologne “Messe/Deutz” train station: S-Bahn lines S6, S11, S12 and S13 leave Cologne Main Station from platform 10.
3. By taxi: Leave Cologne Main Station via the main entrance. Here you will find a taxi stand.

Arriving by S-Bahn and underground

line 1 and 9: until stop “Bahnhof Köln/Deutz/Messe”
line 3 and 4: until stop “Köln-Deutz”

Arriving by air

Airport Köln/Bonn (distance appr. 16 km)

From train station “Köln/Bonn Flughafen” with the S-Bahn S 13 in direction “Horrem” or with the regional express train direction “Mönchengladbach” to the train station Cologne “Messe/Deutz”. The trip from the airport takes about 12 minutes.

Airport Düsseldorf (distance appr. 65 km)

With the Sky Train to the Cologne “Messe/Deutz” train station. From platform 4 the regional express train leaves in direction “Aachen” or “Koblenz” to the Cologne “Messe/Deutz” train station. The train ride takes about 45 minutes.

Arriving by car

There are 10 highways that end in the motorway ring around Cologne, This leads you directly to the trade fair premises without crossroads or traffic lights. Just follow the green signs “Koelnmesse”. There are sufficient parking spaces available at the trade fair premises.

Address: Messplatz 1, 50679 Köln

You will find more information on your arrival at:

www.OST-Messe.de/Anreise