

Seminars for apprentices

These seminars are especially targeted for apprentices.
You can only book them with a copy of your student card (during registration).

Friday, 11:00 am – 12:00 am
Introduction to posture and function analysis
(Dr. Oliver Ludwig)

Friday, 12:30 pm – 1:30 pm
**Understanding feet anatomically and therapeutically:
pathologies at the hind foot**
(Franz Fischer, Dr. Jens Wippert)

Friday, 12:30 pm – 1:30 pm
Introduction to motion analysis
(Prof. Stefan Sesselmann)

Friday, 2:00 pm – 3:00 pm
Treatment with sensorimotor foot orthotics
(Dr. Manuel König)

Specialized program Forum

Friday and Saturday

There will be free lectures and panel discussions on both days at the forum in the trade fair hall.

On Friday morning the focus on the free lectures in the forum will be on training and development.

You will find the exact program in our trade fair catalogue.

You do not need to register for the forum.

Opening hours trade fair

Friday, 20. October 2023 9:00 am – 6:00 pm
Saturday, 21. October 2023 9:00 am – 5:00 pm

 **Information around the trade fair:**
www.ost-messe.de

Ticket ordering

We highly recommend you to buy your tickets in advance in order to avoid the unnecessary wait at the ticket offices

Tickets for the trade fair, the congress and the seminars can be ordered at www.ost-messe.de/ticketshop.

Prices	Online-Prices	Ticket office
Congress admission sub-premium 1 day	€ 147,00	
Congress admission sub-premium 2 days	€ 250,00	
Congress admission sub* 1 day	€ 168,00	
Congress admission sub* 2 days	€ 273,00	
Congress admission 1 day	€ 190,00	€ 230,00
Congress admission 2 days	€ 299,00	€ 350,00
Seminars	€ 50,00	€ 60,00
Day of the Apprentice-seminar**	€ 15,00	€ 20,00
Admission trade fair 1 day	€ 17,00	€ 25,00
Admission trade fair 2 days	€ 28,00	€ 35,00
Admission trade fair 1 day with voucher for visitors	free	free

The admission to the trade fair for the corresponding day is included in the **congress ticket**, but NOT in a **seminar card**.
You will have to book it additionally.

The **admission vouchers** can be redeemed exclusively online at www.ost-messe.de/Tickets.

Lectures in the **forum** in the trade fair hall can be attended without prior registration and are included in the trade fair admission.

* The congress price for **subscribers of Orthopädieschuhtechnik, DER FUSS and MTD** is only valid in case of advance purchase!

** Seminars on the day of the apprentices can only be booked with a copy of the student card.

All prices are gross prices.

 **Order your tickets now at:**
www.ost-messe.de/ticketshop

Arrival

The 7th ORTHOPÄDIE SCHUH TECHNIK will take place in Hall 4.2 of Koelnmesse. You can reach it at the west entrance. Koelnmesse itself is advertised with signs!

Arrival by train/Deutsche Bahn

▶ **Bahnhof (Train station) Köln Messe/Deutz** (distance to Koelnmesse appr. 1 km)
The entrance west can be reached on foot in appr. 8 minutes.

▶ **Hauptbahnhof(Main station) Köln** (distance to Koelnmesse appr. 2.5 km)
From there to Koelnmesse:

1. Cross over the bridge: Hohenzollernbrücke: From the main entrance of the main station of Cologne to the back of the Cologne Cathedral (Kölner Dom), cross the bridge
2. By S-Bahn (city train) to train station Bahnhof Köln Messe/Deutz: From the main station in Cologne the city trains of Linie (route) S6, S11, S12 and S13 depart from platform 10.
3. By taxi: Taxis can be found at the main entrance of the main station Cologne.

▶ Arrival by trams and subways

Linie (Route) 1 and 9: until stop "Bahnhof Köln Deutz/Messe"
Linie (Route) 3 and 4: until stop "Köln-Deutz"

Arrival by plane

▶ **Airport Köln/Bonn** (Distance appr. 16 km)
From train station "Köln/Bonn Flughafen" with S-Bahn S13 direction Horrem or with Regional-Express direction Mönchengladbach to train station "Köln Messe/Deutz": travel time appr. 12 minutes.

▶ **Airport Düsseldorf** (Distance appr. 65 km)
By Sky Train to train station "Flughafen Düsseldorf",
From platform 4 the Regional-Express direction Aachen or Koblenz departs to train station "Köln Messe/Deutz": travel time appr. 45 minutes.

Arrival by car

10 motor ways lead to the motorway ring around Cologne This ring leads you without junctions or traffic lights directly to the trade fair grounds. Just follow the green sign "Koelnmesse". At the trade fair grounds there are sufficient parking facilities available.

Address: Messeplatz 1, 50679 Köln

Congress and Seminar program



Save your tickets now!



SCAN ME

www.ost-messe.de

More information on your arrival at:
www.ost-messe.de/anreise



Friday, 20 October 2023

Friday, 20 October 2023

9:15 am – 10:30 am

Opening congress

Digital or analogue: How do we find out what the patient needs?

In cooperation with the German Association for Foot and Ankle (D.A.F.)

- ▶ Digital technologies: The end of manual examinations? (Prof. Bernhard Greitemann)
- ▶ Functional anatomy and biomechanics of the foot and the lower extremity: function, limitations, disorders (Dr. Stephan Biesenbach)
- ▶ The foot in the hand: Functional tests and palpation for diagnosis and prescription (Dr. Michael Gabel)

11:00 am – 12:15 pm

No good health without movement and agility

- ▶ Why does good health need the muscular system? (Dr. Wolfgang Laube)
- ▶ Fasciae: the Cinderella of sports medicine? (Prof. Jan Wilke)

1:30 pm – 2:45 pm

Care standards 1: How to recognize and treat disease patterns according to the compendium "Quality Standard Foot and Shoe in cooperation with the Society for Foot and Ankle Surgery (GFFC)

- ▶ The care concept of the German Association for Interprofessional Assistive Device Care (DGIHV) (Michael Möller)
- ▶ Care concept for paralysis of the foot and the leg (Dr. Melanie Horter)
- ▶ Care concept for planovalgus feet and basis of calculation (Michael Volkery)
- ▶ Care concept lower leg and knee (Dr. Hartmut Stinus)

3:15 pm – 4:30 pm

Sports: How to understand and specifically treat health problems

- ▶ Running shoe technologies – Impact on the musculoskeletal load and running-related (Prof. Gert-Peter Brüggemann)
- ▶ Function analyses in competitive sports – understanding the causes of health problems (Dr. Oliver Ludwig)
- ▶ Motion analyses ... and then? Dynamic basics of foot orthotic care (Stefan Woltring)

Saturday, 21 October 2023

9:15 am – 10:30 am

My company – my future.

Successful operational and succession concepts

- ▶ Succession in the family, business start-up, cooperations, new technologies: Company owners present successful concepts (Moderation: Anton Bittler)

11:00 am – 12:15 pm

Care standards 2:

Quality and efficiency through clear processes in the company

In cooperation with the KomZet O.S.T., the Study Association for pedorthics and the BiFO

- ▶ Care standard in pedorthics (Thomas Stief)
- ▶ Vision of a parameter-based treatment process (Dr. Annette Kerkhoff)
- ▶ Standards improve the daily treatment of patients (Tino Sprekelmeyer)
- ▶ Digitalization in the treatment process (Markus Seeble)

1:00 pm – 2:15 pm

Panel discussion: Ways into the future – perspectives for pedorthics

- ▶ What's next in pedorthics? What kind of knowledge will be required in the future? How can small companies also be successful with a clear strategy and high level competence?

Contributors to of the congress will present the results from their meetings, seminars and workshops and discuss them with the congress participants. (Moderation: Wolfgang Best)

3:45 pm – 4:00 pm

Biomechanics and assistive devices

- ▶ Do podiatric foot orthotics in children with inward rotational gait change the foot opening angle? A pilot study (Daniel Scheidl)
- ▶ Proof of efficacy in day-to-day patient's care: biomechanic feedback as tool for good treatments (Michael Weiß)
- ▶ A systematic review of the explicit knowledge used and evidence based in the process of design and fabrication of orthopedic footwear (Fred Holtkamp, T. Sonderkamp, J. Hohenschon, Y. van Zaalen)
- ▶ Biomechanic difference between two different shoe stiffnesses with respect to EMG, plantar pressure distribution and bending in the shoe (Tom Holterhus)

Specialized program Seminars

Seminars on Friday, 20 October 2023

9:30 am – 10:30 am

Fascia training from head to toe (Prof. Jan Wilke)

9:30 am – 10:30 am

Marketing of 3D-concepts in pedorthics (Georg Sislak)

9:30 am – 10:30 am

Motion analyses for beginners (Prof. Stefan Sesselmann)

11:00 am – 12:00 am

2D and 3D motion analyses in the treatment of athletes

(Tino Sprekelmeyer, Thomas Stief)



11:00 am – 12:00 am

Married couple and entrepreneurial couple – Chances and challenges

(Christa Schneider)

12:30 pm – 1:30 pm

Business start-up and business succession (Anton Bittler)

2:00 pm – 3:00 pm

Spiral dynamics* as functional approach in therapy (Dr. Jens Wippert)

2:00 pm – 3:00 pm

Pain therapy without medication (Dr. Wolfgang Laube)

3:30 pm – 5:00 pm

Pressure distribution measuring to support treatment with foot orthotics (Steven Simon)

3:30 pm – 5:00 pm

Digital revolution: How can pedorthists make themselves indispensable? Patient interaction – Assessment – Design – Manufacturing

(Fred Holtkamp, Jessica Hohenschon, Rob Verwaard, Daniel Petcu)



3:30 pm – 4:30 pm

3D-manufacturing in pedorthics – the status quo

(Frederic Großmann, KomZet O.S.T, Martin Jaeger)

5:00 pm – 6:00 pm

On the road as master pedorthist and international craftsman

(Bernd Franke)

(free, registration required)



These seminars are held in English (without translation)!

Seminars on Saturday, 21 October 2023

9:30 am – 10:30 am

2D- and 3D-motion analysis in the treatment of athletes

(Tino Sprekelmeyer, Thomas Stief)

9:30 am – 10:30 am

Hallux valgus and hallux rigidus (Dr. Ludwig Schwering)

9:30 am – 11:00 am

Women and career in pedorthics

11:00 am – 12:00 am

Spiral dynamics* as functional approach in therapy (Dr. Jens Wippert)

11:00 am – 12:00 am

The diabetic foot syndrome and the charcot arthropathy

(Dr. Ludwig Schwering and Dr. Vanni Tim Foerster)

12:30 pm – 1:30 pm

Understanding feet anatomically and therapeutically: pathologies at the hind foot (Franz Fischer, Dr. Jens Wippert)

12:30 pm – 1:30 pm

Current legal issues: Online business in pedorthics

(Lawyer Torsten Bornemann)

12:30 pm – 1:30 pm

Video consulting in the assistive devices care as add-on to the digital customer service (Maximilian Möller)

2:00 pm – 3:30 pm

Pressure distribution measuring to support treatment with foot orthotics (Steven Simon)

2:00 pm – 3:00 pm

Digital order management in the treatment with foot orthotics from practice (Maximilian Möller)

2:00 pm – 3:00 pm

How to bind and gain staff – through the correct communication

(Dario de Prisco)

