Kantonsspital Graubünden

THE PAEDIATRIC KNEE –
WHAT IS CONFIRMED, WHAT IS CONTROVERSIAL?

SwissPOS Training Day 2026

Friday 4 December 2026 from 08:30

Sala Capricorn conference room, KSGR, Chur

www.ksgr.ch

Dear colleagues

The paediatric orthopaedics team at the Cantonal Hospital of Graubünden in Chur warmly invites you to this year's SwissPOS training day on 4 December 2026.
This year's training day is entirely devoted to the paediatric knee joint.

The child's knee repeatedly presents us with particular challenges in our day-to-day work in paediatric orthopaedics. Growth and maturation continuously alter the anatomy and biomechanics, thereby influencing not only the diagnosis, but also the decisions on whether, when and how to provide treatment.

This year's training day covers the paediatric knee across its entire clinical spectrum. We begin with the basics of the **anatomy, biomechanics and development of the growing knee joint**, then turn our attention to the **swollen knee,** its **differential diagnoses** and crucial **red flags**.

Another focus is on **congenital malformations and syndromic abnormalities**, as well as knee pathologies associated with **longitudinal malformations and skeletal dysplasias**. The key question regarding **axial and torsional deviations** is: when does physiological development cross the threshold into a pathology requiring treatment? Case studies on **Blount's disease** and recent **evidence on genu vara and genu valga** as well as the **influence of torsional relationships on the knee joint** will provide material for discussion.

With the **development of the trochlea**, **patellofemoral instability** and the general **instability of the knee joint**, we turn our attention to other important topics that we are often confronted with day to day.

The training day is rounded off with a look at injuries to the adolescent knee, such as **ACL lesions** and their **reconstruction techniques, meniscus injuries**, therapeutic management of **osteochondrosis dissecans** as well as **post-traumatic deformities and physeal bridges**.

There will be an opportunity to present your own cases or give informal talks following the presentations. You are welcome to submit your materials to Caroline.Thalmann@ksgr.ch. Presentation slides should be in English; the conference languages are German, French and English.

The **General Meeting** of SwissPOS will take place after the **case presentations/open discussions**.

Afterwards, we will round off the day with a **group dinner** (separate registration required, contribution towards costs) at Restaurant H1, KSGR, in a relaxed setting.

A heartfelt thank you goes to our **sponsors**, whose support plays a key role in making this training day possible. Do please visit the sponsor exhibits.

The event is accredited with **8 continuing professional development credits** by Swiss Orthopaedics.

We look forward to seeing you there and to an exciting and thought-provoking day of professional development.

Best regards
Dr Caroline Thalmann

Programme

08:30	**Registration**	
09:00	**Welcome and introduction**	Mr Dajan Roman Dr Caroline Thalmann
Session 1	**Examination and Diagnosis**	Chair: Dr Harald Lengnick, Chair: Dr Caroline Thalmann
09:10	**The growing knee – anatomy, biomechanics and maturation:** what every surgeon should know about the characteristics of the paediatric knee joint	Dr Franziska Hatt, Zurich Children's Hospital
09:25	**A swollen knee joint:** possible differential diagnoses and red flags	Dr Eva Adank, KSGR
09:40	**Questions and discussion**	
Session 2	**Congenital knee conditions**	Chair: Dr Gyözö Lehoczky, Chair: Dr Kai Ziebarth
09:50	**How to treat:** congenital dislocations of the knee joint and patella	Dr Samuel Tschudi, Zurich Children's Hospital
10:05	**Knee disorders associated with longitudinal malformations and their treatment**	Dr Hannes Manner, Schulthess Clinic
10:20	**The knee in skeletal dysplasia**	Dr Stefan Dierauer, Sonnenhof Orthopaedics
10:35	**Questions and discussion**	
10:45	**Coffee break and trade exhibition**	
Session 3	**The impacts of axial force and torsion on the knee joint**	Chair: Dr Hanspeter Huber, Chair: Dr Caroline Thalmann
11:15	**Genu vara in infants –** when does the physiological become pathological?	Dr Kerstin Reidy, Eastern Switzerland Children's Hospital
11:30	**Blount's disease –** case studies	Dr Hannes Manner, Schulthess Clinic
11:45	**Evidence and treatment recommendations for genu vara and genu valga in growing children**	Dr Damian Gschwend, KSGR
12:00	**Torsional misalignments as a cause of knee problems –** pathomechanisms, diagnosis and treatment	Dr Kira Barlow, Pediatric and Adolescent Orthopedics Speth, Aarau
12:15	**Questions and discussion**	
12:30	**Standing lunch and trade exhibition**	

Session 4	Development and stability of the knee joint	Chair: Dr Hannes Manner, Chair: Dr Bernhard Speth
13:30	**Trochlear development and dysplasia in children**	Dr Valentine Schneebeli, Zurich Children's Hospital
13:45	**Patellofemoral instability –** analysis, indications and treatment; the latest findings	Dr Holger Grehn, KSGR
14:00	**The story of the 'Churer' trochleaplasty**	Dr Holger Grehn, KSGR
14:15	**What is knee joint instability?**	Dr Carlo Camathias, Momentum Practice
14:45	**Questions and discussion**	
15:00	**Coffee break and trade exhibition**	
Session 5	**Sports injuries**	Chair: Dr Samuel Tschudi, Chair: Dr Carlo Camathias
15:30	**ACL lesions:** when should conservative treatment be used and when surgery?	Dr Gyözö Lehoczky, UKBB
15:45	**ACL reconstruction:** graft selection and technique: transphyseal or purely epiphyseal?	Dr Alisa Schleicher, Schulthess Clinic
16:00	**Meniscus injuries in young people:** "save the meniscus"	Dr Gyözö Lehoczky, UKBB
16:15	**Osteochondrosis dissecans –** is conservative treatment involving a long period of abstinence from sport still appropriate?	Dr Stefan Schmid, Eastern Switzerland Children's Hospital
16:30	**Post-traumatic misalignments, physeal bridges**	Dr Hannes Manner, Schulthess Clinic
16:45	**Questions and discussion**	
17:00	Case presentations on the knee and general paediatric orthopaedics, followed by a discussion	
17:30	General Meeting	
around 6.00 pm	Dinner together at Restaurant H1 at the Cantonal Hospital of Graubünden (subject to separate registration)	

Registration:

www.ksgr.ch

Deadline for applications

20 November 2026

Prices

Symposium CHF 40.-

Dinner CHF 85.-

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