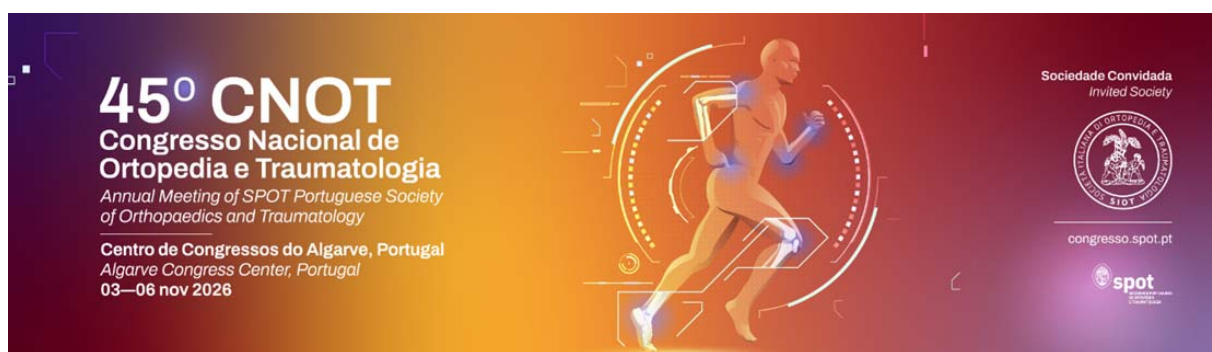




Instructions for Preparing Free Paper Presentations 2026:

The Free Papers to be presented at the 45th Annual Meeting of the Portuguese Society of Orthopaedics and Traumatology were evaluated by a panel of reviewers and subsequently selected by the members of the Congress Scientific Committee.

The supporting Microsoft PowerPoint® presentation must be prepared using the official template provided as an attachment.

Each Free Paper presentation is allocated 5 minutes. After every four Free Paper presentations, there will be a 10-minute discussion period.

Presentation time will be strictly monitored using a countdown timer visible to both the presenter and the session moderators.

Only Free Paper presentations that have been uploaded and validated by the presenting author at the Slide Desk will be accepted. Presentations must be submitted at least 4 hours before the start of the afternoon sessions, or by 6:00 p.m. on the previous day for presentations scheduled in the following morning sessions.

The Congress auditoriums and meeting rooms are equipped for the projection of Microsoft PowerPoint® presentations.

The use of personal laptop computers for presentations is not permitted.

Presenters should use Microsoft Office® (Windows or Mac).

1. The recommended format for embedded videos is MP4. If codecs are required, please use the latest version of the DivX codec package. Video and image files should be stored in the same folder as the PowerPoint presentation.
2. The recommended image formats are .jpg and .gif. Other image formats may be used, provided they are compatible with Microsoft PowerPoint®.
3. The presentation should use fonts included in the standard Microsoft Windows® installation. The recommended fonts are Times New Roman, Arial, and Verdana. Please use large font sizes; the minimum recommended size is 18 pt.
4. Save your presentation in .ppt or .pptx format, according to the version of Microsoft PowerPoint® used to create the file.