



**19<sup>TH</sup> EFAS BASIC INSTRUCTIONAL COURSE**

**6<sup>TH</sup>-7<sup>TH</sup> APRIL 2017**

***PARK INN RADISSON, BUDAPEST, HUNGARY***



## ***PRELIMINARY PROGRAMME***



**Register Online at [www.efas.co](http://www.efas.co)**

# WELCOME

Dear Colleagues,

Welcome to the 19th EFAS Instructional Course which will be hosted in conjunction with the Hungarian Foot and Ankle Society. We are delighted to bring the EFAS Instructional Course to Hungary for the first time and the location of the course is the historic city of Budapest. The Education Committee and Faculty have worked to enhance the basic Instructional module offering participants a Gold Standard Message and an intensive overview in Foot and Ankle surgery. We thank our Local Host Judit Hetthessy and the Hungarian Foot and Ankle Society for their assistance in bringing this course to Budapest.

We hope that you will join us in Budapest for the 19th EFAS Instructional Course.



Xavier Martin

Chair, EFAS Education Committee

## FACULTY OF SPEAKERS & COMMITTEE

### Speakers

P. Amado  
J.L. Besse  
K. Bodó  
M. Czipri  
M. Delmi  
P. Felicissimo  
V. Halmai  
Z. Koós  
T. Kostuj  
X. Martin  
P. Moroney  
A. Sakellariou  
Y. Tourné

### EFAS Education Committee

P. Amado  
J.L. Besse  
B. Devos Bevernage  
J. de Halleux  
X. Martin (Chair)  
T. Mittlmeier  
P. Moroney  
A. Sakellariou  
Co-Opted:  
J. Hetthessy

### Organisation & Congress Secretariat

EFAS Secretariat  
76a Upper Georges Street  
Dun Laoghaire  
Co. Dublin  
Ireland  
Tel: +353 1 230 2591  
Fax: +353 1 230 2594

### Course Venue

Park Inn by Radisson  
Szekszárdi Utca 16 -18  
1138 Budapest  
Hungary  
Website:  
<https://www.parkinn.com/hotel-budapest/>

Thursday 6<sup>th</sup> April 2017

08.00-08.30	<b>Registration, Coffee and Exhibition</b>
08.30-08.35	<b>Welcome</b> <i>X. Martin, Chair, EFAS Education Committee</i> <i>M. Delmi, EFAS President</i> <i>J. Hetthessy, Local Host</i>
	<b>SESSION I - GENERAL FOOT AND ANKLE</b>
	Moderators: Examination and Function of the Foot and Ankle <i>A. Sakellariou</i>
	<b>SESSION II - FOREFOOT</b>
	<b>FIRST RAY PATHOLOGY: HALLUX VALGUS</b>
09.10-09.25	Aetiology, pathophysiology and assessment of Hallux Valgus <i>M. Delmi</i>
09.25-09.40	Algorithm of treatment of Hallux Valgus (including conservative treatment) <i>X. Martin</i>
09.40-09.55	Technique: DSTP + distal osteotomies (Chevron, Akin) <i>V. Halmaj</i>
09.55-10.05	Technique: Scarf osteotomy <i>P. Moroney</i>
10.05-10.20	Overall: Results and Complications (and their prevention) <i>A. Sakellariou</i>
10.20-10.35	Discussion
10.35-11.05	<b>Coffee Break and Exhibition</b>
	<b>LESSER RAY PATHOLOGY</b>
11.05-11.40	Biomechanics, aetiology and algorithm of metatarsalgia and lesser toe deformities <i>J.L. Besse</i>
11.40-11.55	Toe Deformities <i>V. Halmaj</i>
11.55-12.05	Technique: Weil osteotomy <i>A. Sakellariou</i>
12.05-12.25	Discussion
	<b>FIRST RAY PATHOLOGY: HALLUX RIGIDUS</b>
12.25-12.35	Pathophysiology and algorithm of treatment (including conservative treatment, resection arthroplasty, osteotomies, and prosthesis) <i>X. Martin</i>
12.35-12.40	Technique: Cheilectomy <i>P. Amado</i>
12.40-12.50	Indications and Technique: Arthrodesis (ball and socket and 2 flat surfaces) <i>Z. Koós</i>
12.50-13.00	Results and Complications (and their prevention) <i>J.L. Besse</i>
13.00-13.10	Discussion
13.10-14.25	<b>Lunch, Exhibition and Industry Workshops</b>
13.40-14.20	Industry Workshops
	<b>SESSION III - TRAUMA SESSION</b>
14.25-14.35	Calcaneal fractures (assessment, treatment, sequelae) <i>P. Felicissimo</i>
14.35-14.45	Navicular and Cuboid <i>T. Kostuj</i>
14.45-15.05	Lisfranc fractures <i>T. Kostuj</i>
15.05-15.15	Talus Fractures <i>P. Felicissimo</i>
15.15-15.30	Discussion
15.30-15.50	<b>Coffee and Exhibition</b>
15.50-16.40	<b>Clinical Cases (3 rooms/3 experts)</b> Room 1: Missed Injuries <i>Y. Tourné</i> Room 2: Hallux Valgus <i>X. Martin</i> Room 3: Ankle Fractures <i>P. Felicissimo</i>
19.30	Course Dinner

Friday 7<sup>th</sup> April 2017

08.00- 08.45

**\*BREAKFAST SESSION CLINICAL CASES 4 rooms/4 experts**

Room 1: Metatarsalgia *A. Sakellariou*

Room 2: Calcaneal Fractures *P. Moroney*

Room 3: Flatfoot *M. Delmi*

Room 4: Sport Lesions *P. Amado*

*\*(Light Continental Breakfast served)*

**SESSION IV - HINDFOOT AND ANKLE**

**ACQUIRED FLAT FOOT DEFORMITY**

08.45-09.05

Pathophysiology and treatment algorithm of acquired flat foot in adult (including conservative treatment) *M. Delmi*

09.05-09.20

Technique: Osteotomies (sliding OT, calcaneal lengthening) and tendon transfers (FDL) *P. Amado*

09.20-09.35

Discussion

**DEGENERATIVE HINDFOOT AND ANKLE PATHOLOGY**

09.35-09.55

Pathophysiology and treatment algorithm (including conservative treatment) *M. Delmi*

09.55-10.05

Indications and Technique: Subtalar Arthrodesis and Triple Arthrodesis *M. Czipri*

10.05-10.20

Indications and Technique: Ankle Arthrodesis (open and arthroscopic) *P. Amado*

10.20-10.35

Results and complications of ankle arthrodesis *M. Czipri*

10.35-10.50

Discussion

**10.50-11.20**

***Coffee and Exhibition***

**SESSION V - SPORTS MEDICINE**

**ANKLE DISORDERS**

Moderators:

11.20-11.30

Acute supination trauma *P. Moroney*

11.30-11.55

Chronic ankle/hindfoot instability (assessment, conservative treatment) and operative treatment of ankle instability (indications, results, complications) including Technique anatomic repair and augmentation (and variations) *Y. Tourné*

11.55-12.05

Ankle impingement (assessment, ant/post, algorithm ) *P. Moroney*

12.05-12.15

OCD Lesions (classification, algorithm of treatment) *Z. Koós*

12.15-12.25

Technique ankle arthroscopy: treatment of soft tissue/bony impingement, OC lesion (microfracturing) *X. Martin*

12.25-12.40

Discussion

**TENDON, DEGENERATIVE AND SPORTS PATHOLOGIES**

12.40-12.55

Peroneal tendon pathologies and treatment (Saltans and split) *M. Delmi*

12.55-13.15

Acute Achilles tendon rupture: Repair/conservative treatment, technique, percutaneous and open *K. Bodó*

13.15-13.30

Achilles tendon: (peri) tendonitis, tendinopathy, Haglund exostosis (patho physiology, surgical and conservative treatment) *K. Bodó*

13.30-13.45

Technique: Insertional tendinopathy treatment / Haglund exostosis *J.L. Besse*

13.45-13.55

Discussion

**13.55**

***Closing Remarks***

# GENERAL INFORMATION

**Accreditation:** The Organisers have applied for EACCME accreditation for this course.

**Course Location:** The venue for the 19th EFAS Instructional Course is:-

Park Inn by Radisson  
Szekszárdi Utca 16 -18  
1138 Budapest

Hungary

Website: <https://www.parkinn.com/hotel-budapest/>

**Course Hotel Accommodation:** The course is located in the Park Inn Hotel and EFAS has reserved a block of rooms in the hotel for the course participants. The hotel is located in the Business District with reduced EFAS Course Room rates are from €79.00 including breakfast and taxes for a standard single occupancy room. EFAS rooms can only be reserved on the online registration page at [www.efas.co](http://www.efas.co)

**Currency:** EFAS Registration, Accommodation and Social Event Fees payable in Euro (€).

**Insurance:** Attendees are advised to arrange their own travel insurance which is not included in registration fees.

**Language:** The EFAS Instructional Course language is English

**Registration:** The fees for the course are as follows;

REGISTRATION FEES				
Online Registration at <a href="http://www.efas.co">www.efas.co</a>				
Registration Fees listed below include participation in lectures session on 6th and 7th April 2017, access to exhibition, coffee breaks, lunches, 2 x Clinical Cases Sessions, conference pack, certificate of attendance.				
Fees do not include, accommodation, social event, travel or insurance.				
Registration Categories	Early Fee Before 1 <sup>st</sup> March	✓	Late Fee From 2 <sup>nd</sup> March	✓
EFAS Member	€300		€350	
Non Members - Orthopaedic Surgeon	€400		€450	
Trainee (Note 1)	€225		€275	
Trainee (Note 2)	€175		€225	
SUB-TOTAL €				

**Note 1:** Registration Form must be accompanied by letter from Head of Department confirming Trainee status. Email [efas@eventplus.ie](mailto:efas@eventplus.ie)

**Note 2:** Doctors employed in the following countries: Poland, Latvia, Lithuania, Estonia, former Soviet Union countries, Czech Republic, Slovakia, Hungary, Romania, Bulgaria, Albania, Bosnia Herzegovina, Croatia, Slovenia, FYROM, Serbia, Turkey. You must produce evidence of Trainee status in order to qualify for the reduced fee

**EFAS Onsite Registration Desk Opening Hours:**

Thursday 6<sup>th</sup> April 08:15-16:30  
Friday 7<sup>th</sup> April 07.30-14:00

## ACCESS TO BUDAPEST

Budapest Ferenc Liszt International Airport is the international airport serving Budapest is located 16 kilometres (9.9 mi) east-southeast of the centre of Budapest. The Airport offers international connections primarily within Europe, but also to Africa, the Middle East, Far East, Canada. The Airport is 30 minutes from the course venue.

### Taxi

The most direct way to reach the course venue is to take a taxi.  
Please check the rate at Log onto [www.fotaxi.hu](http://www.fotaxi.hu)

### Airport Bus to City Centre

Airport Express Bus to the City Centre <https://www.minibud.hu/en>

### Access to Park Inn Hotel /City Centre

The Blue Line metro station (line number 3) is within 500 metres from the hotel and it takes guests directly to the city centre in 10 minutes.

Parking at Park Inn Hotel: 150 car pack spaces are available at the hotel.

Driving GPS Co-ordinates: Latitude 47° 33' 11.59" N;

Longitude 19° 4' 41.85" E 47.553324 / 19.078448

**Visitor Information:** Budapest, the capital of Hungary and considered by many to be the “Paris of the East”, is one of the most culturally important metropolises in Eastern Europe and home to numerous UNESCO World Heritage Sites. Straddling the River Danube, Budapest is famous for its stunning architecture and its thermal springs, some of which have been used for therapeutic purposes. Budapest has a lot to offer. Museums and galleries, churches and synagogues, palaces and historic buildings, baths and pools are presented together with the influence of Secession in the city. Check [www.budapestinfo.hu/en](http://www.budapestinfo.hu/en) for tourist information about Budapest.

**Weather:** The temperatures become a little warmer in April and the average maximum daytime temperature in April is 15°C during daytime and the average minimum nighttime temperature is 6°C.

## EFAS COURSE DINNER

### EFAS COURSE DINNER MŰZEUM KÁVÉHÁZ ÉS ÉTTEREM

**Date:** Thursday 6th April 2017

**Time:** 19.30

Múzeum Café and Restaurant is a famous traditional Hungarian restaurant operating in Budapest since 1885. The EFAS Course Dinner will include a 3-course Dinner with wine, mineral water, tea/coffee in this memorable and atmospheric setting.

Return coach transport is provided from the Park Inn Hotel. Reserve Dinner Tickets at €38 per person using the online Registration Form [www.efas.co](http://www.efas.co)

