



15th EFAS Instructional Course
Porto, Portugal
18-19 April 2013

PROGRAMME

THURSDAY 18 APRIL 2013

07.30-08.30
08.30-08.45

Registration
Welcome Address

08:45-09:15
08.45-9.00

SESSION I - GENERAL FOOT AND ANKLE

Function of the Foot and Ankle

E. Maceira

09.00-9.15

Examination of the Foot and Ankle

M. Davies

09.15-13.30
09.15-10.40

SESSION II - FOREFOOT

First Ray Pathology: Hallux Valgus

09.15- 9.30

'What would you advise?' ⓘ *Interactive session using voting system*

M. Davies

09.30-09.45

Etiology, pathophysiology and assessment of Hallux Valgus

F. Ceccarelli

09.45-10.00

Algorithm of treatment of Hallux Valgus (including conservative treatment)

X. Martin

10.00-10.05

DSTP (distal soft tissue procedure)

M. Delmi

10.00 - 10.15

Technique: distal osteotomies (Chevron, Akin)

P. Amado

10.15-10.25

Technique: Scarf osteotomy

B. Devos

10.25-10.40

Overall: Results and Complications (and their prevention)

A. Sakellariou

10.40-11.00

Discussion

Panel

11.00-11.30

Coffee Break and Exhibition

11.30-12.30
11.30-11.45

Lesser Ray Pathology

Biomechanics, Pathophysiology and Etiology of metatarsalgia

E. Maceira

11.45-11.55

Algorithm of treatment of metatarsalgia (conservative treatment and osteotomies)

Y. Tourné

11-55-12.05

Technique: Weil Osteotomy.

	<i>V. Fonseca</i>
12.05-12.20	Correction of lesser toe deformities <i>B. Devos</i>
12.20-12.35	Morton Neuroma <i>A. Sakellariou</i>
12.35-12.45	Discussion Panel
12.50-13.45 12.45-12.55	First Ray Pathology: Hallux rigidus Pathophysiology and algorithm of treatment (including conservative treatment, resection arthroplasty, osteotomies, and prosthesis) <i>X. Martin</i>
12.55-13.00	Technique: Cheilectomy <i>A. Sakellariou</i>
13.00 -13.10	Preface and Technique: Arthrodesis (ball and socket and 2 flat surfaces) <i>Y. Tourné</i>
13.10- 13.20	Results and Complications (and their prevention) <i>E. Maceira</i>
13.20-13.30	Discussion Panel
13:30-14:30	<i>Lunch and Exhibition</i>
14.30-15.15	Cases shown during intake, now presented again. Discussion. Take home message. <i>M. Davies</i>
10:45-12:30 15.15-15.30	SESSION III - Trauma Session 'What would you advise?' ⓘ <i>Interactive session using voting system</i> <i>T. Mittlmeier</i>
15.30-15.40	Guidelines in management of foot and ankle trauma <i>P. Felicissimo</i>
15.40-15.55	Calcaneal fractures (assessment, treatment, sequelae) <i>X. Martin</i>
15.55-16.15	Ankle fractures (assessment, treatment, sequelae) <i>A. Sakellariou</i>
16.15-16.45	<i>Coffee Break and Exhibition</i>
16.45 -17.00	Missed injuries <i>N. Real</i>
17.00 -17.15	Paediatric foot and ankle fractures

T. Mittlmeier

17.015-17.30 Discussion

17.30 - 18.15 **Cases shown during intake, now presented again.
Discussion. Take home message.**
① *Interactive session using voting system*
T. Mittlmeier

20.00 *Course Dinner & Visit to Port Cellars at Taylors Lodges*

FRIDAY 19 APRIL 2013

08:30- 09:30 **CLINICAL CASES (Flat foot....) 4 rooms/experts....**
M. Delmi, A. Sakellariou, M. Davies, B. Devos

9.30-12.30 **SESSION IV - HINDFOOT AND ANKLE**
9.30-10.15 **Acquired flat foot deformity**
9.30-9.50 Pathophysiology and treatment algorithm of acquired flat foot in adult (Including conservative treatment)
M. Delmi

9.50-10.05 Technique: Osteotomies (sliding OT, calcaneal lengthening) and tendon transfers (FDL)
P. Felicissimo

10.05-10.15 Discussion

10.15-10.45 *Coffee and Exhibition*

10.45-12.30 **Degenerative Hindfoot and Ankle Pathology**
10.45-11.05 Pathophysiology and treatment algorithm (including conservative treatment)
M. Delmi

11.05-11.15 Prefaces and Technique: Subtalar Arthrodesis and Triple Arthrodesis
F. Ceccarelli

11.15-11.30 Preface and Technique: Ankle Arthrodesis (open and arthroscopic)
N. Real

11.30-11.45 Results and complications of ankle arthrodesis
M. Davies

11.45 -12.00 Ankle Replacement (Indications, Results, Complications)
P. Amado

12.00 -12.30 Discussion

12.30-13.45 *Lunch and Exhibition*

13:45-17:45 **SESSION V - SPORTS MEDICINE**
13.45 -15.30 **Ankle disorders**

13.45 -13.55 Acute supination trauma
N. Real

- 13.55- 14.15 Chronic ankle/hindfoot instability (assessment, conservative treatment) and operative treatment of ankle instability (indications, results, complications)
Y. Tourné
- 14.15-14.25 Technique: anatomic repair and augmentation (and variations)
V. Fonseca
- 14.25-14.35 Discussion
- 14.35-14.45 **Painful ankle during sports activities including:**
Ankle impingement (assessment, ant/post, algorithm)
P. Amado
- 14.45 -14.55 OCD Lesions (classification, algorithm of treatment)
F. Ceccarelli
- 14.55 -15.10 Technique ankle arthroscopy: treatment of soft tissue/bony impingement, OC lesion (microfracturing)
B. Devos
- 15.10-15.30 Discussion
- 15.30 -16.30 Coffee Break and Exhibition**
- 16.30-17.45 Tendon, degenerative and sports pathologies**
Moderators:
- 16.30-16.40 Acute Achilles tendon rupture: Repair/conservative treatment
P. Felicissimo
- 16.40- 16.50 Technique: Repair of acute rupture of Achilles tendon, percutaneous and open
M. Delmi
- 16.50-17.05 Achilles tendon: (peri) tendonitis, tendinopathy, Haglundexostosis (pathophysiology,surgical and conservative treatment)
V. Fonseca
- 17.05-17.15 Technique: Insertional tendinopathy treatment / Haglund exostosis
T. Mittlmeier
- 17.15-17.30 Peroneal tendon pathologies and treatment (Saltans and split)
M. Davies
- 17.30-17.45 Discussion
- 17.45-18.00 Closing remarks, future events...