



# 13th EFAS Instructional Course

Radisson Blu Hotel Lietuva, Vilnius, Lithuania

15-16 April 2011

## PROGRAMME

### FRIDAY 15 APRIL 2011

07.30-08.30	Registration
08.30-08.45	Welcome Address
<b>08:45-09:15</b>	<b>SESSION I - GENERAL FOOT AND ANKLE</b>
08.45-9.15	Function and Examination of the Foot and Ankle <b>Jan-Willem Louwerens</b>
<b>09.15-13.30</b>	<b>SESSION II - FOREFOOT</b>
09.15-10.40	<b>First Ray Pathology: Hallux Valgus</b>
09.15- 9.25	'What would you advise?' <b>Frank Faber</b>
09.25-09.35	Pathophysiology, Etiology and Assessment of Hallux Valgus <b>Aleksas Makulavicius</b>
09.35-9.50	Algorithm of treatment of Hallux Valgus (including conservative treatment) <b>Xavier Martin</b>
09.50-09.55	DSTP (distal soft tissue procedure) <b>Peter Bock</b>
09.55 – 10.05	Technique: distal osteotomies (Chevron, Akin) <b>Anthony Sakellariou</b>
10.05-10.15	Technique: Scarf osteotomy <b>Yves Tourné</b>
10.15-10.35	Overall: Results and Complications (and their prevention) <b>Anthony Sakellariou</b>
10.35-10.50	Discussion <b>Panel</b>
10.50-11.25	<i>Coffee and Exhibition</i>
<b>11.25-12.30</b>	<b>Lesser Ray Pathology</b>
11.25-11.40	Biomechanics, Pathophysiology and Etiology of metatarsalgia <b>Frank Faber</b>
11.40-11.50	Algorithm of treatment of metatarsalgia (conservative treatment and osteotomies) <b>Yves Tourné</b>
11-50-11.55	Technique: Weil Osteotomy. <b>Yves Tourné</b>
11.55-12.05	Correction of lesser toe deformities <b>Julius Janavicius</b>
12.05-12.10	Technique: Soft tissue procedures and PIP resection/fusion <b>Peter Bock</b>
12.10-12.20	Morton's Neuroma <b>Anthony Sakellariou</b>

<b>12.20- 13.45</b>	<b>First Ray Pathology: Hallux rigidus</b>
12.20-12.30	Pathophysiology and algorithm of treatment (including conservative treatment, resection arthroplasty, osteotomies, and prosthesis) <b>Xavier Martin</b>
12.30-12.35	Technique: Cheilectomy <b>Tomas Sveikata</b>
12.35-12.45	Preface and Technique: Arthrodesis (ball and socket and 2 flat surfaces) <b>Peter Bock</b>
12.45-12.55	Results of MTPJ1 arthrodesis and Complications (and their prevention) <b>Jan-Willem Louwerens</b>
12.55-13.45	Cases shown during intake, now presented again. Discussion. Take home message. <b>Frank Faber</b>
<b>13:45-14:45</b>	<b>Lunch and Exhibition</b> <b>- BIOTECH Workshop</b>
<b>14.45-17.40</b>	<b>SESSION III - HINDFOOT AND ANKLE</b> <b>Degenerative Hindfoot and Ankle Pathology</b>
14.45-15.05	Pathophysiology and treatment algorithm (including conservative treatment) <b>Peter Bock</b>
15.05-15.15	Preface and Technique: Subtalar Arthrodesis and Triple Arthrodesis <b>Alexas Makulavicius</b>
15.15-15.30	Preface and Technique: Ankle Arthrodesis (open and arthroscopic) <b>Frank Faber</b>
15.30-15.40	Results and complications of ankle arthrodesis <b>Antonio Viladot</b>
15.40-16.00	Ankle Replacement (Indications, Results, Complications) <b>Jan-Willem Louwerens</b>
16.00-16.15	Discussion
16.15-16.45	Coffee break and Exhibition
<b>16.45-17.40</b>	<b>Acquired flat foot deformity</b>
16.45-17.05	Pathophysiology and treatment algorithm of acquired flat foot (Including conservative treatment) <b>Antonio Viladot</b>
17.05-17:20	Technique: Osteotomies (sliding OT, calcaneal lengthening) and tendon transfers (FDL) <b>Peter Bock</b>
17.20-17.40	Discussion
19:30	<b>Course Dinner</b>
<b>08:30- 09:50</b>	<b><u>SATURDAY 16 APRIL 2011</u></b> <b>SESSION IV - SPORTS MEDICINE</b>
08.30-08.40	<b>Ankle disorders</b> Acute supination trauma <b>Frank Faber</b>
08.40-09.00	Chronic ankle/hindfoot instability (assessment, conservative treatment) and operative treatment of ankle instability (indications, results, complications) <b>Yves Tourné</b>
09.00-09.05	Technique: anatomic repair and augmentation (and variations) <b>Yves Tourné</b>
09.05-09.15	Painful ankle during sports activities including: Ankle impingement (assessment, ant/post, algorithm of treatment )

	<b>Frank Faber</b>
09.15-09.25	OCD Lesions (classification, algorithm of treatment) <b>Anthony Sakellariou</b>
09.25-09.40	Technique ankle arthroscopy: treatment of soft tissue/bony impingement, OC lesion (microfracturing) <b>Anthony Sakellariou</b>
09.40-09.50	Discussion
09.50-10.20	<i>Coffee Break and Exhibition</i>
<b>10.20-11.30</b>	<b>Tendon, degenerative and sports pathologies</b>
10.20-10.35	Acute Achilles tendon rupture: Repair/conservative treatment <b>Aleksas Makulavicius</b>
10.35-10.45	Technique: Repair of acute rupture of Achilles tendon, percutaneous and open <b>Yves Tourné</b>
10.45-11.00	Achilles tendon: (peri) tendonitis, tendinopathy, Haglund exostosis (pathophysiology, surgical and conservative treatment) <b>Peter Bock</b>
11.00-11.05	Technique: Insertional tendinopathy treatment / Haglund exostosis <b>Frank Faber</b>
11.05-11.15	Peroneal tendon pathologies and treatment (Saltans and split) <b>Antonio Viladot</b>
11.15-11.25	Discussion
11.25-11.45	Short break
<b>11:45-13.15</b>	<b>SESSION V – Trauma Session</b>
11.45-11.55	Guidelines in management of foot and ankle trauma <b>Mathieu Assal</b>
11.55-12.15	Ankle fractures (assessment, treatment, sequelae) <b>Yves Tourné</b>
12.15- 12.30	Lisfranc injuries (assessment, treatment, sequelae) <b>Anthony Sakellariou</b>
12.30- 12.45	Calcaneal fractures (assessment, treatment, sequelae) <b>Xavier Martin</b>
12.45- 13.00	Pilon fractures (assessment, treatment, sequelae) <b>Mathieu Assal</b>
13.00- 13.10	Missed injuries <b>Yves Tourne</b>
13.10- 13.20	Compartment syndrome (assessment, management) <b>Mathieu Assal</b>
13.20 -13.35	Discussion
13.35 – 13.40	<b>EFAS Specialty Day, 12<sup>th</sup> EFORT Congress</b> , Thursday 2 <sup>rd</sup> June 2011, Copenhagen, Denmark
13.40 – 13.45	<b>3<sup>rd</sup> EFAS Advanced Symposium &amp; Workshops</b> , 9 <sup>th</sup> -10 <sup>th</sup> December 2011, Munich, Germany
13.45 – 13.50	Closing Remarks
13.50-14.15	<i>Light Lunch &amp; Depart</i>