

Course program

# AOTrauma Europe Masters Course— Foot and Ankle with Anatomical Specimens and AOTrauma Europe Masters Seminar—Foot and Ankle Reconstruction

October 7–9, 2015

Dresden, Germany

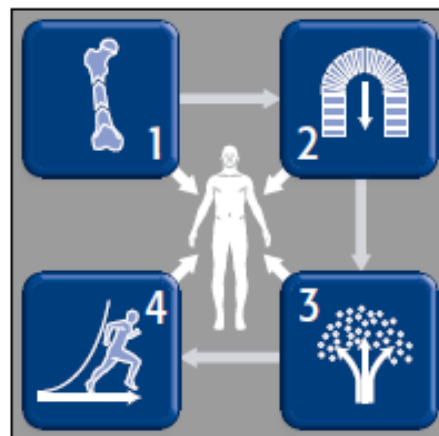
## Value statement

AOTrauma is committed to improve patient care outcomes through the highest quality education. We strive to combine the right knowledge and surgical skills that empower the orthopedic and trauma surgeons to put theory into practice and to improve fracture management for the benefit of the patient.

## The AO principles of fracture management

Fracture reduction and fixation to restore anatomical relationships.

Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.



Fracture fixation providing absolute or relative stability, as required by the "personality" of the fracture, the patient, and the injury.

Preservation of the blood supply to soft tissues and bone by gentle reduction techniques and careful handling.

## Dear AOTrauma course participant,

We have the honor to welcome you to the AOTrauma Europe Masters Course—Foot and Ankle with Anatomical Specimen and the AOTrauma Europe Masters Seminar—Foot and Ankle Reconstruction run by the AOTrauma Specialty. We hope you will enjoy your course and the entire experience.

**What is AOTrauma?** We are a clinical division—a community for Trauma and Orthopedics within the AO Foundation. As an AO Specialty we aim to integrate and to align applied and clinical research, education, and community development functions into one direction—AOTrauma for the benefit of our members, stakeholders, and patients.

**How AOTrauma benefits you?** By working as a single team we focus and better leverage our resources, expertise, and skills to create and to deliver new and greater value to our members.

**What does this mean in education?** AOTrauma is committed to providing you the best possible educational experience by continuously embracing and introducing new educational techniques to help you learn and more effectively implement your knowledge for the benefit of your patients.

**Why join AOTrauma?** Joining AOTrauma means you are part of the “Trauma & Orthopedic” community within the AO. AOTrauma helps you develop lifelong friendships and relationships; we help you access our “knowledge network” and get involved in new opportunities that advance trauma care.

Yours sincerely,

(Picture)

Kodi Kojima

Chairperson AOTrauma Education Commission

(Picture)

John (Jack) Wilber

Chairperson AOTrauma International Board

(Picture)

Peter Brink

Chairperson AOTrauma EU Education Committee

The first AO Course was held in Davos in 1960—these early courses pioneered psychomotor techniques by teaching practical skills of AO Techniques. Since those early days over 250,000 surgeons and 135,000 ORP staff from over 110 countries have attended AO Courses—we now launch AOTrauma to move our education to the next level.

# AOTrauma Europe Masters Course—Foot and Ankle with Anatomical Specimens

## Goal of the course

The AOTrauma Europe Masters Course—Foot and Ankle teaches current concepts and techniques at the highest level for experienced surgeons in orthopedic trauma. The latest techniques in operative management of fractures and dislocations at the foot and ankle dealing with the toughest orthopedic trauma problems including complex bony and soft-tissue injuries are presented, guiding participants in developing the knowledge and skills needed to treat these injuries and improve patient outcomes.

## Target participants

This course is aimed at the very experienced surgeons who are willing to share and express their experiences with other participants and specialists in the field and want to expand their special knowledge on the evaluation and treatment of foot and ankle injuries. Participants should have completed the AOTrauma Courses—Basic Principles and Advanced Principles of Fracture Management and be actively involved in trauma management. In order to make the course a valuable learning experience, English knowledge is a prerequisite.

## Course objectives

At the end of the course, participants should be able to:

- Analyse the pathomechanics of foot & ankle injuries
- Describe relevant anatomical structures that are important for surgical approaches
- Identify bony and ligamentous components associated with foot and ankle injuries
- Describe and apply appropriate fixation techniques tailored to the personality of the injury
- Apply skills in advanced reduction techniques and soft-tissue management
- Define and apply treatment plans for potential complications

## Course description

This course aims at expanding the knowledge on the evaluation and management of foot and ankle injuries, especially in the context of multiple injuries, complex trauma, and comorbidities. It focuses around anatomical specimen based practical exercises and case discussions, presenting the best evidence in the field. The open group discussions, moderated by experts, provide participants with the opportunity to share their own cases. They are explicitly encouraged to bring at least one case that they believe to be either instructional or complex for discussion—to send in to one of the course chairmen at least 2 weeks prior to the course.

## Course description

The AOTrauma Europe Masters Seminar –Foot and Ankle Reconstruction teaches current concepts and understanding at the highest level for experienced surgeons in orthopedic trauma. The latest techniques in operative management of malunions, nonunions and chronic instability after fractures and dislocations at the foot and ankle are presented. Further, most challenging problems like tumors and Charcot osteoarthropathy are dealt with. Most of the presentations will be case-based with ample time for open discussions.

# AOTrauma Europe Masters Seminar—Foot and Ankle Reconstruction

## Goal of the course

**This special seminar deals with some of the most challenging problems in foot and ankle surgery: the evaluation and management of posttraumatic and acquired deformities at the foot and ankle together with special problems like tumors and Charcot osteoarthropathy.**

It is **dedicated to Professor Hans Zwipp** who chaired the Dresden AO courses from 2002 to 2014 and set international standards in advanced Foot & Ankle Reconstruction. He will present two of the core topics from his impressive career.

The participants are encouraged to actively take part in open and case-based discussions. Personal preferences will be expressed and treatment methods for particular problems presented and discussed.

## Target participants

Participants should have completed the AOTrauma Courses—Basic Principles and Advanced Principles of Fracture Management. Participants must be actively involved in trauma management and preferably in trauma surgical care. Past experience in the field of musculoskeletal trauma is mandatory. The seminar is aimed at experienced surgeons who are willing to share and express their experiences with other participants and specialists in the field and want to expand their special knowledge on the evaluation and treatment of foot and ankle deformities.

**Participants are explicitly encouraged to bring at least one case that they believe to be either instructional or complicated for discussion. We kindly ask them to send in the case(s) to one of the course chairmen at least 2 weeks prior to the course.**

In order to make the course a valuable learning experience, English knowledge is a prerequisite.

## Course objectives

At the end of the course, participants should be able to:

- Analyse the pathomechanics of foot & ankle deformities, malunions and nonunions
- Detect and treat chronic instabilities at the foot and ankle
- Review relevant anatomical structures that are important for surgical approaches
- Plan for surgical correction of posttraumatic and acquired deformities
- Apply appropriate implants and different fixation techniques tailored to individual findings
- Improve skills in advanced osteotomy, reduction and reconstruction techniques
- Improve skills in soft tissue management

## Chairpersons

<b>Stefan Rammelt</b> University Center of Orthopaedics & Traumatology, University Hospital Carl Gustav Carus, Dresden, Germany strammelt@hotmail.com	<b>Matthieu Assal</b> Clinique La Colline, Genève, Switzerland mathieu.assal@bluewin.ch	<b>Andrew Sands (only Seminar)</b> New York Presbyterian-Lower Manhattan Hospital, New York, USA aksands@gmail.com
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## Faculty

Andoljsek	Matej	Slovenia	matej.andoljsek@sb-je.si	
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Zwipp	Hans	Germany	hans.zwipp@uniklinikum-dresden.de	only Seminar

## Course organization

### AOTrauma

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# AOTrauma Europe Masters Course—Foot and Ankle with Anatomical Specimens

## Wednesday, October 7, 2015

TIME	AGENDA ITEM	WHO
07:30–08:00	Participant registration	
08:00–08:10	Welcome and introduction to the course	S Rammelt, M Assal
<b>Module 1</b>	<b>Ankle fractures</b>	
08:10–08:25	Case example: ankle fracture	M Assal
08:25–08:35	Relevant aspects of ankle anatomy and pathomechanics	J Bartonícek
08:35–08:50	Case-based presentation: problems and pitfalls in the management of ankle fractures	S Rammelt
08:50–09:05	When and how to fix syndesmosis injuries?	T Schepers
09:05–09:30	Discussion	All faculty
09:30–09:45	COFFEE BREAK	
09:45–09:55	Should the posterior fragment be fixed?	T Mittlmeier
09:55–10:05	Fragility fractures of the ankle (osteoporotic, diabetic)	E Saura-Sanchez
10:05–10:45	Case presentations and discussion: choosing the right implant and approach	All faculty
10:45–11:15	COFFEE BREAK	
<b>Module 2</b>	<b>Talar and calcaneal fractures</b>	
11:15–11:30	Case example: talar fracture	P Symeonidis
11:30–11:40	Talar neck and body fractures	M Assal
11:40–12:20	Case-based discussion: malunion, nonunion, avascular necrosis (AVN)	E Saura-Sanchez
12:20–12:35	Case example: calcaneal fracture	J Bartonícek

12:35–12:45	Calcaneal fractures: different fractures–different approaches?	S Rammelt
12:45–13:00	Calcaneal fractures: minimally invasive fixation	T Schepers
13:00–14:00	LUNCH BREAK	
14:00–15:00	Case presentation and discussion: focus on problems and complications	M Andoljsek
15:00–15:10	LOCATION CHANGE TO ANATOMICAL SPECIMEN LAB	
15:10–18:10	<b>Anatomical specimen exercise on ankle and hindfoot</b> <ul style="list-style-type: none"> <li>• Anterior, lateral, and posterior approaches to the ankle and hindfoot</li> <li>• Syndesmotic screw</li> <li>• Anteromedial approach to the talus</li> <li>• Screw fixation of the talus</li> <li>• Lateral approaches (small and extended) to the calcaneus</li> <li>• Plate fixation of the calcaneus</li> </ul>	All faculty
18:10–18:15	LOCATION CHANGE TO LECTURE HALL	
18:15–18:45	Summary of the day, discussion	M Assal, S Rammelt



## Thursday, October 8, 2015

TIME	AGENDA ITEM	WHO
<b>Module 3</b>	<b>Fracture dislocation of the foot</b>	
08:00–08:15	Case presentation: midfoot fracture dislocation	T Schepers
08:15–08:25	Relevant aspects of midfoot anatomy	J Bartoníček
08:25–08:35	Subtalar dislocations and peripheral talar fractures	T Mittlmeier
08:35–08:45	Chopart fractures and fracture dislocations	P Symeonidis
08:45–08:55	Lisfranc fractures and fracture dislocations	M Assal
08:55–09:30	Case presentations and discussion: focus on overlooked and underestimated injuries	All faculty
09:30–10:00	COFFEE BREAK	
<b>Module 4</b>	<b>Complex trauma of the foot</b>	
10:00–10:15	Case example: complex trauma	M Andoljsek
10:15–10:30	Compartment syndrome of the foot	E Saura-Sanchez
10:30–10:40	Management of fractures with severe soft-tissue trauma	S Rammelt
10:40–10:55	Is salvage of the mangled foot always the best solution?	T Mittlmeier
10:55–12:00	Case presentations and discussion: focus on amputation versus limb salvage, management of soft-tissue defects	All faculty
12:00–13:00	LUNCH BREAK	
13:00–16:30	<b>Anatomical specimen exercise on midfoot and complex trauma</b> <ul style="list-style-type: none"> <li>• Anteromedial approach to the talonavicular joint and midfoot set for Chopart injuries</li> <li>• Screw fixation of the Lisfranc joint hindfoot nail for neuropathic fractures and talar AVN</li> <li>• Searching for foot compartments</li> </ul>	All faculty
16:30–16:40	LOCATION CHANGE TO LECTURE HALL	
16:40–17:00	Summary of the day, closing remarks, and distribution of certificates	S Rammelt, M Assal

# AOTrauma Europe Masters Seminar—Foot and Ankle Reconstruction

## Friday, October 9, 2015

TIME	AGENDA ITEM	WHO
08:00–08:30	Participant registration	
08:30–08:40	Welcome and introduction to the seminar	S Rammelt, A Sands
<b>Module 1</b>	<b>Ankle malunions</b>	
08:40–09:00	Looking beyond Volkmann—historical and current treatment of the posterior tibial edge	J Bartoníček
09:00–09:20	Saving the joint after malunions and nonunions of ankle fractures	S Rammelt
09:20–09:40	Ankle fusion—when and how?	L Grujic
09:40–10:00	Case discussion—what went wrong and why?	M Castro
10:00–10:30	COFFEE BREAK	
<b>Module 2</b>	<b>Soft tissue conditions</b>	
10:30–10:50	Rare but dangerous—tumors at the foot and ankle	K Schaser
10:50–11:10	Chronic ankle instability—techniques of reconstruction	H Zwipp
11:10–11:30	Arthroscopic techniques for ligament reconstruction	J Gerstner
11:30–11:50	Missed syndesmotic ruptures—what to do?	P Symeonidis
11:50–12:10	Case discussion	E Saura-Sanchez
12:10–13:00	LUNCH BREAK	
<b>Module 3</b>	<b>Hindfoot malunions</b>	
13:00–13:20	Osteotomies for the talar malunions	H Zwipp
13:20–13:40	Principles of corrective subtalar fusion	M Andoljsek

13:40–14:00	Osteotomies and fusions for malunited calcaneal fractures	M Swords
14:00–14:30	Case based discussion: The treatment of malunion following surgical management	T Schepers
14:30–15:00	COFFEE BREAK	
<b>Module 4</b>	<b>Midfoot deformities</b>	
15:00–15:20	Osteotomies and fusions for flat feet	L Grujic
15:20–15:40	Correction of cavus deformity	M Castro
15:40–16:00	The challenge of stabilizing Charcot feet	A Sands
16:00–16:20	Risk assessment for surgical management of non-plantigrade midfoot deformity in DNOAP	T Mittlmeier
<b>Module 5</b>	<b>Challenging cases from faculty and participants</b>	
16:20-16:50	Challenging cases from faculty and participants	S Rammelt, A Sands
16:50–17:00	Summary of the day, closing remarks, and distribution of certificates	S Rammelt, A Sands

## Course logistics

### Industrial Partner

#### DePuy Synthes

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## Course information

### Course fee

AOTrauma Europe Masters Course—Foot and Ankle with Anatomical Specimens: EUR 1600.00

AOTrauma Europe Masters Seminar—Foot and Ankle Reconstruction: EUR 150.00

Included in the course fee is a conference bag with documentation, coffee breaks, lunches, course dinner and course certificate.

### Registration

[www.aotrauma.org/coursedirectory.aspx](http://www.aotrauma.org/coursedirectory.aspx)

### Accreditation

AOTrauma Courses are accredited for continuing medical education (CME) programs. The number of credit points or hours varies from country to country. The final information and number of credit points will be distributed with the course certificate.

### Evaluation guidelines

All AOTrauma courses apply the same evaluation process, either ARS (audience response system) or paper and pencil questionnaires. This helps AOTrauma to ensure that we continue to meet your training needs. In some regions, CME accreditation is dependent on the participant's evaluation results.

### Security

Security check at the entrance of the building. Wearing of a name tag is compulsory during lectures, practicals, and group discussions.

### Intellectual property

Course materials, presentations, and case studies are the intellectual property of the course faculty. All rights are reserved. Check hazards and legal restrictions on [www.aotrauma.org/legal](http://www.aotrauma.org/legal).

Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is absolutely forbidden.

The AO Foundation reserves the right to film, photograph, and audio record during their events. Participants must understand that in this context they may appear in these recorded materials. The AO Foundation assumes participants agree that these recorded materials may be used for AO marketing and other purposes, and made available to the public.



### No insurance

The course organization does not take out insurance to cover any individual against accidents, thefts, or other risks.

### Mobile phone use

Mobile phone use is not allowed in the lecture halls and in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

### Dress code

Casual or sportswear

## Course venue

Universitätsklinikum Carl Gustav Carus  
Medizinisch-Theoretisches Zentrum (MVZ)  
Fiedlerstrasse 42  
01307 Dresden, Germany  
+49 (351) 458 0  
[www.uniklinikum-dresden.de](http://www.uniklinikum-dresden.de)

## Accommodation for participants

Kindly book your accommodation directly via  
Dresden Information:  
Phone +49 (0)351 501 501  
<http://tportal.toubiz.de/dresdende/start?reset=1&lang=eninfo@dresdeninformation.de>

## Upcoming courses

# AOTrauma Europe Masters Courses 2016

### Courses without Anatomical Specimen Dissections

Fragility Fractures and Orthogeriatrics	Rome (IT)	March 18-19	An Sermon (BE) Christian Kammerlander (DE)
Infection in Trauma	Manchester (UK)	June 16-17	Iain McFadyen (UK) Olivier Borens (CH)

### Courses with Anatomical Specimen Dissections

MIPO	Amsterdam (NL)	January 28-29	Johannes Luitse (NL) Reto Babst (CH)
Periprosthetic Fractures	Münster (DE)	February 26-27	Michael Raschke (DE) Matej Cimerman (SL)
Fractures around the Knee	Basel (CH)	April 1-2	Christoph Sommer (CH) Eduard Norberto Bayona (ES)
Humerus Fractures	Madrid (ES)	April 21-22	Josef Munoz Vives (AD) Ugur Zekeriya Isiklar (TR)
Pelvic and Acetabular Fractures	Homburg (DE)	June 22-24	Tim Pohlemann (DE) Mark Rickmann (UK)
IM Nailing	Innsbruck (AT)	July 4-5	Martin Hessmann (DE) Alexander Hofmann (DE)
Foot and Ankle	Graz (AT)	September 11-13	Matthieu Assal (CH) Matej Andoljsek (SL)
Wrist Trauma	Graz (AT)	September 14-15	Rohit Arora (AT) Daniel Rikli (CH)
Articular Fractures	Prague (CZ)	September 27-28	Martin Kloub (CZ) Rami Mosheiff (IL)



## Driving excellence and empowering the next generation

### AOTrauma membership

Discover the advantages of joining the leading global trauma and orthopedic community, providing its members with education, research and networking opportunities worldwide.

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## Join us and share your passion

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