**/ 15th EFAS Instructional Course**

**Porto**

**18-19 April 2013**

**PROGRAMME**

**THURSDAY 18 APRIL 2013**

07.30-08.30 Registration

08.30-08.45 Welcome Address

**08:45-09:15 SESSION I - GENERAL FOOT AND ANKLE**

08.45-9.00 Function of the Foot and Ankle ***E. Maceira***

09.00-9.15Examination of the Foot and

***M. Davies***

**09.15-13.30 SESSION II - FOREFOOT**

09.15–10.40First Ray Pathology: Hallux Valgus

09.15- 9.30 ‘What would you advise?’ 🛈 *Interactive session using voting system*

*B. Devos Bevernage*

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 Lesser Ray Pathology**

11.30-11.45 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

***V. Fonseca***

12.05-12.20 Correction of lesser toe deformities

***B. Devos Bevernage***

12.20-12.35 Morton Neuroma

***A. Sakellariou***

12.35-12.45 Discussion

Panel

**12.50-13.45 First Ray Pathology: Hallux rigidus**

12.45-12.55Pathophysiology and algorithm of treatment (including conservative treatment, resection arthroplasty,

osteotomies, and prosthesis)

***X. Martin***

12.55-13.00 Technique: Cheilectomy

***A. Sakellariou***

13.00 -13.10 Preface and Technique: Arthrodesis (ball and socket and 2 flat surfaces)

***Y. Tourné***

13.10- 13.20 Results and Complications (and their prevention)

***E. Maceira***

13.20-13.30 Discussion

Panel

**13:30-14:30 *Lunch and Exhibition***

**14.30-15.15 Cases shown during intake, now presented again. Discussion. Take home message.**

***M. Davies***

**10:45-12:30 SESSION III – Trauma Session**

**15.15-15.30 ‘What would you advise?’ 🛈 *Interactive session using voting system***

***T. Mittlmeier***

15.30-15.4O Guidelines in management of foot and ankle trauma

***P. Felicissimo***

15.40-15.55 Calcaneal fractures (assessment, treatment, sequelae)

***M. Davies***

15.55-16.15 Ankle fractures (assessment, treatment, sequelae)

***A. Sakellariou***

***16.15-16.45 Coffee Break and Exhibition***

16.45-17.00 Missed injuries

***N. Real***

17.00-17.15 Paediatric foot and ankle fractures

***T. Mittlmeier***

17.15-17.30 Discussion

17.30- 18.15 **Cases shown during intake, now presented again. Discussion. Take home message.**

🛈 *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 Bevernage***

**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***

9.50-10.05Technique: 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. Corte 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

***V. Fonseca***

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)

**N. Corte Real**

14.25-14.35 Discussion

**Painful ankle during sports activities including:**

14.35–14.45 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)

***X. Martin***

15.10-15.30 Discussion

15.30**-**16.30 **Coffee Break and Exhibition**

**16.30-17.45** **Tendon, degenerative and sports pathologies**

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)

***A. Viladot***

17.30-17.45 Discussion

17.45-18.00 Closing remarks