



PRAGUE / CZECH REPUBLIC

14-15 APRIL 2023

EFAS Instructional Course:

Academic presentations - Sawbone workshops - Clinical cases discussions

European Foot & Ankle Society



**GENERAL PRINCIPLES – FOREFOOT – TRAUMATOLOGY
ANKLE AND HINDFOOT –SPORTS MEDICINE**

FACULTY

Kris BUEDTS (EFAS President)

EDUCATIONAL COMMITTEE:

Jean-Luc BESSE (Chairman)
Paolo CECCARINI
Jacques DE HALLEUX
Alberto GINÉS-CESPEDOSA
Nikolaos GOUGOULIAS
Chinnasamy SENTHIL KUMAR
Henryk LISZKA
Sabine OCHMAN

LOCAL HOST SURGEONS:

Rastislav HROMADKA
Jiri BEK
Libor FILIP



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FRIDAY	14 APRIL 2023
8:15-8:30	Welcome – Introduction(s)
8:30-9:15	SESSION I: GENERAL FOOT & ANKLE
8:30-8:50	Biomechanics, Pathomechanics, Clin. Examination. N. Gougoulias
8:50-9:00	Imaging. J. De Halleux
9:00-9:15	Discussion
9:15-10:30	SESSION II: FOREFOOT
9:15- 9:40	Hallux Valgus (1- Pathophysiological assessment – 2- Treatment). K. Buedts
9:40-9:55	Hallux Rigidus. J. De Halleux
9:55-10:20	Metatarsalgia (1-Pathophysiological assessment – 2- Treatment). J-L. Besse
10:20-10:30	Lesser toe deformities. R. Hromadka
10:30-11:00	COFFEE BREAK
11:00-11:15	Morton’s neuroma. H. Liszka
11:15-11:30	Forefoot surgery complications. C. Senthil Kumar
11:30-12:00	Discussion
12:00-12:30	FOREFOOT SURGICAL TECHNIQUE VIDEOS 
12:00	Scarf osteotomy. J-L. Besse
12:05	Chevron osteotomy. P. Ceccarini
12:10	Weil’s osteotomy. A. Ginés-Cespedosa
12:15	DMMO technique. H. Liszka
12:20	MTP1 arthrodesis. N. Gougoulias
12:25	Lapidus arthrodesis. C. Senthil Kumar
12:30-13:30	LUNCH BREAK



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FRIDAY	14 APRIL 2023
13:30-15:15	SESSION III - TRAUMATOLOGY
13:30-13:50	Malleolar fractures. N. Gougoulias
13:50-14:00	Pilon fractures. S. Ochman
14:00-14:10	Talus fractures. S. Ochman
14:10-14:25	Calcaneal fractures. H. Liszka
14:25-14:35	Lisfranc injuries. C. Senthil Kumar
14:35-14:35	Foot compartment syndrome. S. Ochman
14:45-15:15	Discussion
15:15-15:40	COFFEE BREAK
15:40-17:00	SAWBONE WORKSHOP - FOREFOOT: GROUPS A&B  Moderators: N. Gougoulias, R. Hromdka, K. Buedts Instructors: J. Bek, L. Filip, P. Ceccarini, A. Ginés-Cespedosa, C. Senthil Kumar 1 st ray (Scarf, Chevron) Lesser rays (Weil, DMMO) Arthrodesis (MTP1, Lapidus)
15:40-17:00	CLINICAL CASE DISCUSSIONS: GROUPS C&D GROUP C - FOREFOOT. J. De Halleux, J-L Besse GROUP D - TRAUMATOLOGY. S. Ochman, H. Liszka
16:20-17:00	GROUP C - TRAUMATOLOGY. S. Ochman, H. Liszka GROUP D - FOREFOOT. J. De Halleux, J-L Besse
17:05-18:35	SAWBONE WORKSHOP - FOREFOOT: GROUPS C&D  Moderators: N. Gougoulias, R. Hromdka, K. Buedts Instructors: J. Bek, L. Filip, P. Ceccarini, A. Ginés-Cespedosa, C. Senthil Kumar 1 st ray (Scarf, Chevron) Lesser rays (Weil, DMMO) Arthrodesis (MTP1, Lapidus)
17:05-18:35	CLINICAL CASE DISCUSSIONS: GROUPS A&B GROUP A - FOREFOOT. J. De Halleux, J-L Besse GROUP B - TRAUMATOLOGY. S. Ochman, H. Liszka
17:50-18:35	GROUP A - TRAUMATOLOGY. S. Ochman, H. Liszka GROUP B - FOREFOOT. J. De Halleux, J-L Besse
4 18:35	CLOSE



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HINDFOOT AND ANKLE – SPORTS MEDICINE

SATURDAY	15 APRIL 2023
8:00-9:35	SESSION IV - HINDFOOT
8:00-8:15	Hindfoot arthritis. K. Buedts
8:15-8:35	Flatfoot (1- Pathophysiological assessment – 2- Treatment). A. Ginés-Cespedosa
8:35-8:55	Cavovarus foot (1- Pathophysiological assessment – 2- Treatment). N. Gougoulis
8:55-9:15	Diabetic foot (1- Ulcers – 2- Charcot Foot). P. Ceccarini
9:15-9:35	Discussion
9:35-10:30	SESSION V - ANKLE
9:35-9:55	Ankle arthritis. C. Senthil Kumar
9:55-10:10	Osteochondral lesions. P. Ceccarini
10:10-10:30	Discussion
10:30-11:00	COFFEE BREAK
11:00-12:20	SESSION VI - TENDON PATHOLOGIES
11:00-11:15	Peroneal tendons. L. Filip
11:15-11:30	Achilles tendon rupture (acute, chronic). J-L. Besse
11:30-11:45	Achilles tendinopathy (non-insertional, insertional). J-L. Besse
11:45-12:00	Gastrocnemius contracture, Plantar fasciopathy. A. Ginés-Cespedosa
12:00-12:20	Discussion
12:20-13:15	SESSION VII - SPORTS INJURIES - LIGAMENT DISORDERS
12:20-12:30	Ankle impingement syndromes. J. Bek
12:30-12:55	Ankle instability. R. Hromadka
12:55-13:15	Discussion
13:15-14:15	LUNCH BREAK
14:15-15:10	HINDFOOT TECHNIQUES VIDEOS 
14:15	Ankle arthrodesis - open. A. Ginés-Cespedosa
14:20	Ankle arthrodesis - arthroscopic. C. Senthil Kumar
14:25	Subtalar arthrodesis. S. Ochman
14:30	Triple arthrodesis. J-L. Besse
14:35	Calcaneal osteotomy - sliding. J. De Halleux
14:40	Calcaneal osteotomy - lengthening. K. Buedts
14:45	Tendon transfers for flatfoot. N. Gougoulis



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SATURDAY	15 APRIL 2023
14:50	Achilles tendon repair. A. Ginés-Cespedosa
14:55	Zadek osteotomy. N. Gougoulis
15:00	Achilles tendon re-insertion + FHL transfer. J-L. Besse
15:05	Tendon transfers for dropfoot. N. Gougoulis
15:10-15:40	COFFEE BREAK
15:40-16:55	SAWBONE WORKSHOP - HINDFOOT: GROUPS C&D  Moderators: J-L. Besse, R. Hromdka, K. Buedts Instructors: J. Bek, L. Filip, J. De Halleux, H. Liszka, S. Ochman Ankle arthrodesis Triple arthrodesis Calcaneal osteotomy
15:40-16:55	CLINICAL CASE DISCUSSIONS: GROUPS A&B
15:40-16:15	GROUP A - HINDFOOT: N. Gougoulis, A. Ginés-Cespedosa GROUP B - ANKLES, SPORTS MEDICINE: C. Senthil Kumar, P. Ceccarini
16:15-16:55	GROUP A - ANKLES, SPORTS MEDICINE: C. Senthil Kumar, P. Ceccarini GROUP B - HINDFOOT: N. Gougoulis, A. Ginés-Cespedosa
17:00-18:15	SAWBONE WORKSHOP - HINDFOOT: GROUPS A&B  Moderators: J-L. Besse, R. Hromdka, K. Buedts Instructors: J. Bek, L. Filip, J. De Halleux, H. Liszka, S. Ochman Ankle arthrodesis Triple arthrodesis Calcaneal osteotomy
17:00-18:15	CLINICAL CASE DISCUSSIONS: GROUPS C&D
17:00-17:35	GROUP C - HINDFOOT: N. Gougoulis, A. Ginés-Cespedosa GROUP D - ANKLES, SPORTS MEDICINE: C. Senthil Kumar, P. Ceccarini
17:40-18:15	GROUP C - ANKLES, SPORTS MEDICINE: C. Senthil Kumar, P. Ceccarini GROUP D - HINDFOOT: N. Gougoulis, A. Ginés-Cespedosa
18:15-18:25	SUMMARY AND CLOSE OF COURSE