



# EFAS Hindfoot Specimen Lab Course

European Foot & Ankle Society

25-26 NOVEMBER 2023

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## HINDFOOT SPECIMEN LAB COURSE

### FACULTY:

F. Krause | J. Ritchie | A. Makulavicius | P. Bock | J. Hermus | J. Froekjaer  
B. Pereira | M. Benyahia | H. Lyszka | K. Klos | J. Hamel

### LOCAL HOST:

M. Thomas | B. Märkl

SATURDAY	25 <sup>th</sup> NOVEMBER 2023
08:00	Registration
08:45	Opening and organisatory instructions. <b>M. Thomas, B. Märkl</b>
08:55	Acquired flatfoot deformity (AFFD): classification- pathology- treatment. <b>F. Krause</b>
09:25	Lengthening of Achilles tendon: different techniques. <b>P. Bock</b>
09:40	Neglected Achilles tendon rupture: treatment options. <b>M. Benyahia</b>
09:55 - 10:20	Coffee break
10:20	<b>PRACTICAL EXERCISE:</b> <b>1. Demonstration: F. Krause, B. Pereira</b> <ul style="list-style-type: none"><li>Soft tissue preparation incl. spring ligament.</li><li>FDL tendon transfer.</li><li>Evans &amp; Cotton.</li><li>OsteoSinter® wedges.</li></ul> Exercise by the participants (Cadaver specimen N° 1) <b>2. Demonstration: P. Bock, M. Benyahia</b> <ul style="list-style-type: none"><li>Medial sliding osteotomy Calcaneus</li><li>Different techniques for Achilles tendon lengthening.</li><li>FHL - transfer for neglected Achilles tendon rupture.</li></ul> Exercise by the participants
13:00 - 13:45	Lunch break
13:45	Subtalar arthrodesis and Triple arthrodesis: indication and technique. <b>J. Ritchie</b>
14:05	Isolated tibio-talar arthrodesis: indication-techniques (screw/ plate, anterior or lateral or dorsal approach). <b>J. Froekjaer</b>
14:25	Pantalar arthrodesis with retrograde nailing: indication and technique. <b>A. Makulavicius</b>
14:50	<b>PRACTICAL EXERCISE PART 1:</b> <b>1. Demonstration: J. Ritchie, J. Froekjaer</b> <ul style="list-style-type: none"><li>Subtalar fusion.</li><li>Triple arthrodesis.</li></ul> Exercise by the participants (Cadaver specimen N° 2)



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SATURDAY		25 <sup>th</sup> NOVEMBER 2023
16:00-16:25	Coffee break	
16:30	<b>PRACTICAL EXERCISE PART 2:</b> <b>1. Demonstration: A. Makulavicius, K. Klos</b> <ul style="list-style-type: none"><li>• Isolated tibiotalar fusion with screws ventro - medial.</li><li>• Isolated tibiotalar fusion with plate dorsal/ medial/ ventral.</li><li>• Pantalar fusion with retrograde nailing (straight nail, angulated nail).</li></ul> Exercise by the participants	
18:30	End of the day	
SUNDAY		26 <sup>th</sup> NOVEMBER 2023
08:30	Principles of tendon transfer surgeries. <b>J. Hamel</b>	
09:00	Anterior tib. tendon transfer: indication - technique. <b>K. Klos</b>	
09:25	Cavovarus foot: classification- pathology - treatment. <b>J. Hermus</b>	
09:50 - 10:20	Coffee break	
10:20	<b>PRACTICAL EXERCISE:</b> <b>1. Demonstration: J. Benyahia, K. Klos</b> <ul style="list-style-type: none"><li>• Soft tissue preparation incl. plantaraponeurosis, tib post. Tendon transfer.</li><li>• Peroneal tendon repair.</li></ul> <b>2. Demonstration: J. Hamel, J. Frokjaer</b> <ul style="list-style-type: none"><li>• Dwyer Osteotomy.</li><li>• Lambrinudi arthrodesis.</li></ul> Exercise by the participants (Cadaver specimen N° 3)	
12:45 - 13:15	Lunch break	
13:15	Supramalleolar osteotomies: indication - planning - technique. <b>H. Lyszka</b>	
13:40	Osteotomies of fibula or distal tibia in open treatment of osteochondral defects. <b>B. Pereira</b>	
14:00	<b>PRACTICAL EXERCISE:</b> <b>Demonstration: B. Pereira, H. Lyszka, F. Krause</b> <ul style="list-style-type: none"><li>• Supramalleolar Opening wedge osteotomy.</li><li>• Supramalleolar Closing wedge osteotomy.</li><li>• Supramalleolar Dome osteotomy.</li><li>• Malleolar osteotomies and osteochondral defects.</li></ul> Exercise by the participants	
16:00	Closing of the day - Summary. <b>M. Thomas, J. Hermus</b>	