



# EFAS **Advanced Course** on Ankle Arthroscopy

European Foot & Ankle Society

**28-29 SEPTEMBER 2023**

**www.efas.net** **MUNICH / GERMANY**



## COURSE DIRECTOR

**Peter Bock**

## FACULTY

**Paolo Ceccarini | Daniele Marcolli | Nasef Mohamed Nasef**  
**Bruno Pereira | Panos Symeonidis | Markus Walther**

THURSDAY	28 <sup>th</sup> SEPTEMBER 2023
08:00	Registration.
08:30	Opening and organisatory instructions. <b>P. Bock</b>
08:50	Anterior approach / review of surgical possibilities – what we already know. <b>M. Walther</b>
09:00	Different techniques for arthroscopic (assisted) lateral ankle ligament repair / reconstruction. <b>B. Pereira</b>
09:15	Is there a place for arthroscopic lateral ligament augmentation? Technique. <b>B. Pereira</b>
09:30	Evidence for arthroscopic lateral ligament repair / reconstruction. <b>P. Symeonidis</b>
09:45	Arthroscopic evaluation of the medial ankle ligament complex. <b>M. Walther</b>
09:55 - 10:15	Coffee Break
10:15	<b>PRACTICAL EXERCISE:</b> <b>1. Demonstration:</b> <ul style="list-style-type: none"> <li>• Anterior approach review.</li> <li>• Identification of landmarks.</li> <li>• Identification of the lateral ligament complex.</li> <li>• Identification of the medial ligament complex.</li> <li>• Lateral ligament reconstruction / different techniques / augmentation.</li> <li>• Reconstruction and evaluation of the syndesmosis.</li> <li>• Arthroscopic assisted ankle arthrodesis.</li> </ul> <b>Exercise by the participants</b>
13:00 - 14:00	Lunch Break
14:00	Review anatomy and approaches post and subtalar arthroscopy / Sinus tarsi approach. <b>P. Symeonidis</b>
14:15	Haglund and AT tendinopathy (endoscopic treatment possibilities). <b>B. Pereira</b>
14:30	Endoscopic vs open subtalar fusion / only posterior facet? Screw placement. <b>M. Walther</b>
14:50	Technique for endoscopic FHL transfer, evidence open or endoscopic. <b>P. Symeonidis</b>
15:00	Treatment of AT tendinopathy with the Zadek osteotomy / evidence. <b>M. Walther</b>
15:15	Discussion.
15:35 - 16:05	Coffee Break



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<b>THURSDAY 28<sup>th</sup> SEPTEMBER 2023</b>	
16:05	<b>PRACTICAL EXERCISE:</b> <b>1. Demonstration:</b> <ul style="list-style-type: none"> <li>• Posterior approach / portals.</li> <li>• Subtalar approach / portals.</li> <li>• Landmarks posterior approach.</li> </ul> <b>Exercise by the participants</b>
17:05	<b>PRACTICAL EXERCISE:</b> <b>2. Demonstration:</b> <ul style="list-style-type: none"> <li>• Post approach / Sinus tarsi approach.</li> <li>• Endoscopic treatment of Haglund exostosis.</li> <li>• Endoscopic FHL transfer.</li> <li>• Endoscopic subtalar arthrodesis.</li> </ul> <b>Exercise by the participants</b>
18:15	<b>End of the day</b>
19:00	<b>Course dinner with faculty and participants</b>
<b>FRIDAY 29<sup>th</sup> SEPTEMBER 2023</b>	
08.30	Evidence and update for osteochondral lesions of the ankle joint. <b>M. Walther</b>
08.50	Limits for ankle arthroscopy for osteoarthritis of the ankle joint. <b>P. Ceccarini</b>
09.05	Ankle arthrodesis open or endoscopic? <b>Nasef M Nasef</b>
09.20	Plantar fasciitis: endoscopic techniques and its evidence. <b>P. Bock</b>
09.30	Peroneal tendon pathology – role of tendinoscopy. <b>P. Symeonidis</b>
09.35	Discussion.
09:45 - 10:15	<b>Coffee Break</b>
10:15	<b>PRACTICAL EXERCISE:</b> <b>1. Demonstration:</b> <ul style="list-style-type: none"> <li>• Tendinoscopy peroneal and tib post tendon</li> <li>• Endoscopic treatment plantar fascia</li> <li>• Endoscopic subtalar arthrodesis</li> </ul> <b>Exercise by the participants</b>
13:00 - 13:30	<b>Lunch Break</b>
13.30	Arthroscopy of the MTPI joint: approach and indication. <b>B. Pereira</b>
13:30	<b>PRACTICAL EXERCISE:</b> <b>1. Demonstration:</b> <ul style="list-style-type: none"> <li>• Arthroscopy of the MTPI joint.</li> </ul> <b>Exercise by the participants</b>
15:45	<b>Closing of the day – Summary. P. Bock</b>