



EFAS **Basic 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

28th SEPTEMBER 2023

08:00	Registration.
08:30	Opening and organisatory instructions. P. Bock
08:45	Welcome from Sponsors / Rules about the Lab.
08:50	Setup and instruments. P. Bock
09:00	Surgical anatomy and approaches anterior. P. Bock
09:10	Indications for anterior approach. Nasef M Nasef
09:35	Different techniques for arthroscopic lateral ligament reconstruction / repair. Nasef M Nasef
09:45	Discussion.
09:55 - 10:15	Coffee Break
10:15	PRACTICAL EXERCISE: 1. Demonstration: <ul style="list-style-type: none"> • Anterior approach. • Identification of landmarks. • Synovectomy, spur removal. • Loose bodies. • Microfracturing. Exercise by the participants
11:15	2. Demonstration: <ul style="list-style-type: none"> • Lateral ligament reconstruction / different techniques. • Reconstruction and testing the syndesmosis. • Arthroscopic assisted ankle arthrodesis with screws. Exercise by the participants
13:00 - 14:00	Lunch Break
14:00	Surgical anatomy and approaches post and subtalar arthroscopy. P. Ceccarini
14:15	Indications for posterior and subtalar arthroscopy. P. Bock
14:35	Haglund and AT tendinopathy (endoscopic treatment possibilities). Nasef M Nasef
14:50	Technique for endoscopic FHL transfer, evidence open or endoscopic. P. Ceccarini
15:05	Evidence open or endoscopic subtalar arthrodesis. D. Marcolli
15:20	Discussion.
15:35 - 16:05	Coffee Break



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THURSDAY	28 th SEPTEMBER 2023
16:05	PRACTICAL EXERCISE: 1. Demonstration: <ul style="list-style-type: none"> • Posterior approach / portals. • Subtalar approach / portals. • Landmarks posterior approach. Exercise by the participants
17:05	PRACTICAL EXERCISE: 2. Demonstration: <ul style="list-style-type: none"> • Endoscopic treatment of Haglund exostosis • Endoscopic FHL transfer Exercise by the participants
18:15	End of the day
19:00	Course dinner with faculty and participants

FRIDAY	29 th SEPTEMBER 2023
08.30	Evidence and update for osteochondral lesions of the ankle joint. M. Walther
08.50	Limits for ankle arthroscopy for osteoarthritis of the ankle joint. P. Ceccarini
09.05	Ankle arthrodesis open or endoscopic? Nasef M Nasef
09.20	Plantar fasciitis: endoscopic techniques and its evidence. P. Bock
09.30	Peroneal tendon pathology – role of tendinoscopy. P. Symeonidis
09.35	Discussion.
09:45 - 10:15	Coffee Break
10:15	PRACTICAL EXERCISE: 1. Demonstration: <ul style="list-style-type: none"> • Tendinoscopy peroneal and tib post tendon • Endoscopic treatment plantar fascia • Endoscopic subtalar arthrodesis Exercise by the participants
13:00 - 13:30	Lunch Break
13.30	Arthroscopy of the MTPI joint: approach and indication. B. Pereira
13:30	PRACTICAL EXERCISE: 1. Demonstration: <ul style="list-style-type: none"> • Arthroscopy of the MTPI joint. Exercise by the participants
15:45	Closing of the day – Summary