



# EFAS

European Foot & Ankle Society

Hindfoot specimen lab Course

7-8 DECEMBER 2024



# AUGSBURG

GERMANY

[www.efas.net](http://www.efas.net)



ORGANISATION GÉNÉRALE : MCO Congrès

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## Local Host

M. Thomas | B. Märkl

## Hindfoot Specimen Lab Course

**Saturday 7 December 2024**

- 08:00 Registration  
08:45 Opening and organisatory instructions. **M. Thomas, B. Märkl**  
08:55 Acquired flatfoot deformity (AFFD): classification- pathology- treatment.  
09:25 Lengthening of Achilles tendon: different techniques.  
09:40 Neglected Achilles tendon rupture: treatment options.

### 09:55-10:20 COFFEE BREAK

#### 10:20 | PRACTICAL EXERCISE:

##### 1. Demonstration

- Soft tissue preparation incl. spring ligament.
- FDL tendon transfer.
- Evans & Cotton.
- OsteoSinter® wedges.

Exercise by the participants (Cadaver specimen N° 1)

##### 2. Demonstration

- Medial sliding osteotomy Calcaneus
- Different techniques for Achilles tendon lengthening.
- FHL - transfer for neglected Achilles tendon rupture.

Exercise by the participants

### 13:00-13:45 LUNCH

- 13:45 Subtalar arthrodesis and Triple arthrodesis: indication and technique.  
14:05 Isolated tibio-talar arthrodesis: indication-techniques (screw/ plate, anterior or lateral or dorsal approach).  
14:25 Pantalar arthrodesis with retrograde nailing: indication and technique.

#### 14:50 | PRACTICAL EXERCISE PART 1

##### 1. Demonstration

- Subtalar fusion.
- Triple arthrodesis.

Exercise by the participants (Cadaver specimen N° 2)

### 16:00-16:25 COFFEE BREAK



## Saturday 7 December 2024

### 16:30 | PRACTICAL EXERCISE PART 2

#### 1. Demonstration

- Isolated tibiotalar fusion with screws ventro - medial.
- Isolated tibiotalar fusion with plate dorsal/ medial/ ventral.
- Pantalar fusion with retrograde nailing (straight nail, angulated nail). Only demonstration of technique

Exercise by the participants

### 18:30 End of the day

## Sunday 8 December 2024

08:30 Principles of tendon transfer surgeries.

09:00 Peroneal tendon pathologies and treatment

09:25 Cavovarus foot: classification- pathology - treatment.

### 09.50-10:20 COFFEE BREAK

### 10:20 | PRACTICAL EXERCISE:

#### 1. Demonstration

- Soft tissue preparation incl. plantaraponeurosis, tib post. Tendon transfer.
- Peroneal tendon repair.

#### 2. Demonstration

- Dwyer Osteotomy.
- Lambrinudi arthrodesis.

Exercise by the participants (Cadaver specimen N° 3)

### 12:45-13:15 LUNCH

13:15 Supramalleolar osteotomies: indication - planning - technique.

13:40 Osteotomies of fibula or distal tibia in open treatment of osteochondral defects.

### 14:00 | PRACTICAL EXERCISE:

#### Demonstration

- Supramalleolar Opening wedge osteotomy.
- Supramalleolar Closing wedge osteotomy.
- Supramalleolar Dome osteotomy.
- Malleolar osteotomies and osteochondral defects.

Exercise by the participants

### 16:00 Closing of the day - Summary.