



EFAS

European Foot & Ankle Society

Instructional Course

12 & 13 APRIL 2024



SARAJEVO

BOSNIA AND HERZEGOVINA

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Instructional Course

General knowledge – Forefoot – Traumatology - Ankle and Hindfoot –Sports medicine

Faculty members

Kris BUEDTS (EFAS President) | Jean-Luc BESSE (chairman) | Paolo CECCARINI | Jacques DE HALLEUX | Albert GINÉS-CESPEDOSA | Nikolaos GOUGOULIAS | Sabine OCHMAN

Local host surgeons:

Dzenan JAHIC (co-chairman) | Bogdan AMBROZIC | Jurij STALC

Friday 12 April 2024

08:00-08:15 Registration

08:15-08:30 Welcome – Introduction(s)

Atrium hall

08:30-09:15 **SESSION I: GENERAL FOOT - ANKLE**

Atrium hall

08:30 Biomechanics, Pathomechanics, Clin.Examination. **Nikolaos Gougoulias**

08:50 Imaging. **Jacques De Halleux**

09:00 Discussion

09:15-10:30 **SESSION II: FOREFOOT**

Atrium hall

09:15 Hallux Valgus (1- Pathophysio-Assessment – 2- Treatment). **Jacques De Halleux**

09:40 Metatarsalgia (1- Pathophysio-Assessment – 2- Treatment). **Jean-Luc Besse**

10:05 Lesser toes deformities. **Paolo Ceccarini**

10:15 Hallux Rigidus. **Jacques De Halleux**

10:30-11:00 **COFFEE BREAK**

11:00 Morton's neuroma. **Dzenan Jahic**

11:15 Forefoot surgery complications. **Nikolaos Gougoulias**

11:30 Discussion

12:00-12:30 **FOREFOOT SURGICAL TECHNIQUES VIDEOS** 

Atrium hall

12:00 Scarf osteotomy. **Jean-Luc Besse**

12:05 Chevron osteotomy. **Paolo Ceccarini**

12:10 Weil osteotomy. **Albert Ginés-Cespedosa**

12:15 DMMO technique. **Dzenan Jahic**

12:20 MTP1 arthrodesis. **Nikolaos Gougoulias**

12:25 Lapidus arthrodesis. **Nikolaos Gougoulias**

12:30-13:30 **LUNCH BREAK**



Friday 12 April 2024

13:30-15:20 | SESSION III - TRAUMATOLOGY

- 13:30 Talus fractures. **Sabine Ochman**
13:50 Malleolar fractures. **Nikolaos Gougoulas**
14:00 Pilon fractures. **Sabine Ochman**
14:10 Calcaneal fractures. **Kris Buedts**
14:25 Lisfranc injuries. **Sabine Ochman**
14:35 Foot compartment syndrome. **Sabine Ochman**
14:45 Discussion

Atrium hall

15:20-16:45 | SAWBONE SESSION & CLINICAL CASE DISCUSSION: FOREFOOT

15:20 -16:00 SAWBONE SESSION

GROUP A

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP B - **Forefoot 1**

Atrium hall

GROUP C - **Forefoot 1**

Conference hall 2

GROUP D - **Trauma 1**

Mezanine hall

16:00-16:05 Change of room and sessions

16:05-16:45 SAWBONE SESSION

GROUP B

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP A - **Forefoot 1**

Atrium hall

GROUP D - **Forefoot 1**

Conference hall 2

GROUP C - **Trauma 1**

Mezanine hall

16:45-17:05 COFFEE BREAK

17:05-18:30 | SAWBONE SESSION & CLINICAL CASE DISCUSSION: FOREFOOT

17:05-17:45 SAWBONE SESSION

GROUP C

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP D - **Forefoot 2**

Atrium hall

GROUP A - **Forefoot 2**

Conference hall 2

GROUP B - **Trauma 1**

Mezanine hall

17:45-17:50 Change of room and sessions

17:50-18:30 SAWBONE SESSION

GROUP D

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP C - **Forefoot 2**

Atrium hall

GROUP B - **Forefoot 2**

Conference hall 2

GROUP A - **Trauma 1**

Mezanine hall



Saturday 13 April 2024

08:00-09:35 ISESSION IV – HINDFOOT

Atrium hall

- 08:00 Hindfoot arthritis. **Kris Buedts**
 08:15 Flatfoot (1- Pathophysio-Assessment – 2- Treatment). **Albert Ginés-Cespedosa**
 08:35 Cavovarus foot (1- Pathophysio-Assessment – 2- Treatment). **Nikolaos Gougoulias**
 08:55 Diabetic foot (1- Ulcers – 2- Charcot Foot). **Paolo Ceccarini**
 09:15 Discussion

09:35-10:35 ISESSION V – LIGAMENT - SPORTS INJURY - ANKLE

Atrium hall

- 09:35 Ankle sprain. **Albert Ginés-Cespedosa**
 09:45 Ankle instability. **Bogdan Ambrozic**
 10:00 Osteochondral lesions. **Paolo Ceccarini**
 10:15 Discussion

10:35-11:05 COFFEE BREAK

11:05-11:50 ISESSION V - LIGAMENT - SPORTS INJURY - ANKLE

Atrium hall

- 11:05 Ankle impingement syndromes. **Jurij Stalc**
 11:15 Ankle arthritis. **Kris Buedts**
 11:35 Discussion

11:50-13:10 ISESSION VI - TENDON PATHOLOGIES

Atrium hall

- 11:50 Peroneal tendons. **Dzenan Jahic**
 12:05 Achilles tendon rupture (acute, chronic). **Jean-Luc Besse**
 12:20 Gastrocnemius retraction, Plantar fasciopathy. **Albert Ginés-Cespedosa**
 12:35 Achilles tendinopathy (non-, insertional). **Jean-Luc Besse**
 12:50 Discussion

13:10-14:15 LUNCH BREAK

14:15-15:15 IHINDFOOT TECHNIQUES VIDEOS

Atrium hall

- 14:15 ORIF malleolar fracture (post approach). **Nikolaos Gougoulias**
 14:20 Ankle arthrodesis – open. **Albert Ginés-Cespedosa**
 14:25 Ankle arthrodesis - arthroscopic. **Paolo Ceccarini**
 14:30 Subtalar arthrodesis. **Sabine Ochman**
 14:35 Triple arthrodesis. **Jean-Luc Besse**
 14:43 Calcaneal osteotomy- sliding and lengthening. **Nikolaos Gougoulias**
 14:48 Tendon transfers for flatfoot. **Nikolaos Gougoulias**
 14:53 Achilles tendon repair. **Albert Ginés-Cespedosa**
 14:58 Zadek osteotomy. **Jacques De Halleux**
 15:03 Achilles tendon re-insertion + FHL transfer. **Jean-Luc Besse**



Saturday 13 April 2024

15:15-16:30 ISAWBONE SESSION & CLINICAL CASE DISCUSSION: MIDFOOT - HINDFOOT

15:15-15:50 SAWBONE SESSION

GROUP A

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP B - Trauma 2

Atrium hall

GROUP C - Hindfoot

Conference hall 2

GROUP D - Ankle-sport

Mezanine hall

15:50-15:55 Change of room and sessions

15:55-16:30 SAWBONE SESSION

GROUP B

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP A - Trauma 2

Atrium hall

GROUP D - Hindfoot

Conference hall 2

GROUP C - Ankle-sport

Mezanine hall

16:30-16:45 COFFEE BREAK

16:45-18:00 ISAWBONE SESSION & CLINICAL CASE DISCUSSION: MIDFOOT - HINDFOOT

16:45 -17:20 SAWBONE SESSION

GROUP C

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP D - Trauma 2

Atrium hall

GROUP A - Hindfoot

Conference hall 2

GROUP B - Ankle-sport

Mezanine hall

17:20-17:25 Change of room and sessions

17:25-18:00 SAWBONE SESSION

GROUP D

Conference hall 1

CLINICAL CASE DISCUSSION

GROUP C - Trauma 2

Atrium hall

GROUP B - Hindfoot

Conference hall 2

GROUP A - Ankle-sport

Mezanine hall

18:00 | CONCLUSIONS AND REMARKS

18:10 | END OF THE COURSE

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PARTNERS

The European Foot and Ankle Society would like to express its heartfelt thanks to companies that have supported the organization of this Instructional Course.



ADDIDREAM



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NOTES

A series of horizontal dotted lines for taking notes.



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