



GERMANY
AUGSBURG

EFAS

European Foot & Ankle Society



Hindfoot

13-14 December 2025

www.efas.net





Saturday 13 December 2025

08:00 **Registration**

08:45 **Opening and organisatory instructions.**

08:55 Progressive collapsing foot deformity (PCFD): classification- pathology- treatment.

09:25 Lengthening of Achilles tendon: different techniques.

09:40 Insertional tendinitis of tendo achilles: Diagnose and Therapy.

09:55-10:20 COFFEE BREAK

10:20 **PRACTICAL EXERCISE:**

1. Demonstration

- Soft tissue preparation incl. spring ligament
- FDL tendon transfer
- Evans/ Hintermann osteotomy
- Cotton osteotomy

Exercise by the participants (Cadaverspecimen N° 1)

2. Demonstration

- Medial sliding osteotomy Calcaneus
- Different techniques for Achilles tendon lengthening
- Zadek Osteotomy and direct approach to tendo achilles insertion

13:00-13:45 LUNCH BREAK

13:45 Subtalar fusion, Double 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
- Double/ Triple arthrodesis

Exercise by the participants (Cadaverspecimen N° 2)

16:00-16:25 COFFEE BREAK

16:30 **PRACTICAL EXERCISE PART. 2:**

2. 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)

Exercise by the participants

18:30 **End of the day**



Sunday 14 December 2025

- 08:30 Principles of tendon transfer surgeries.
 09:00 Pathologies of peroneal tendons.
 09:20 Cavo varus foot: classification- pathology – treatment.

09:55-10:20 COFFEE BREAK

- 10:20** **PRACTICAL EXERCISE:**
1. Demonstration
 • Tibialis posterior tendon transfer
 • Cole osteotomy midfoot

2. Demonstration
 • Dwyer Osteotomy
 • Lambrinudi arthrodesis
Exercise by the participants (Cadaverspecimen N° 3)

12:45-13:15 LUNCH BREAK

- 13:15 Supramalleolar osteotomies: indication- planning- technique.
 13:40 Treatment of osteochondral defects in the ankle.

- 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**