



FINLAND
HELSINKI

EFAS

European Foot & Ankle Society



Instructional Course
16-17 May 2025

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Instructional Course

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

Friday 16 May 2025

08:00-08:15 Registration

08:15-08:30 Welcome – Introduction(s)

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

08:50 Imaging.
09:00 Discussion

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

09:15 Hallux Valgus (1- Pathophysio-Assessment – 2- Treatment).
09:40 Metatarsalgia (1- Pathophysio-Assessment – 2- Treatment).
10:05 Lesser toes deformities.
10:15 Hallux Rigidus.

10:30-11:00 COFFEE BREAK

11:00 Morton's neuroma.
11:15 Forefoot surgery complications.
11:30 Discussion

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

12:00 Scarf osteotomy.
12:05 Chevron osteotomy.
12:10 Weil osteotomy.
12:15 DMMO technique.
12:20 MTP1 arthrodesis.
12:25 Lapidus arthrodesis.

12:30-13:30 LUNCH BREAK

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

13:30 Talus fractures.
13:50 Malleolar fractures.
14:00 Pilon fractures.
14:10 Calcaneal fractures.
14:25 Lisfranc injuries.
14:35 Foot compartment syndrome.
14:45 Discussion



Friday 16 May 2025

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

15:20 -16:00 **SAWBONE SESSION**

GROUP A

CLINICAL CASE DISCUSSION

GROUP B - **Forefoot 1**

GROUP C - **Forefoot 1**

GROUP D - **Trauma 1**

16:05-16:45 **SAWBONE SESSION**

GROUP B

CLINICAL CASE DISCUSSION

GROUP A - **Forefoot 1**

GROUP D - **Forefoot 1**

GROUP C - **Trauma 1**

16:45-17:05 **COFFEE BREAK**

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

17:05-17:45 **SAWBONE SESSION**

GROUP C

CLINICAL CASE DISCUSSION

GROUP D - **Forefoot 2**

GROUP A - **Forefoot 2**

GROUP B - **Trauma 1**

17:50-18:30 **SAWBONE SESSION**

GROUP D

CLINICAL CASE DISCUSSION

GROUP C - **Forefoot 2**

GROUP B - **Forefoot 2**

GROUP A - **Trauma 1**



Saturday 17 May 2025

08:00-09:35 | SESSION IV – HINDFOOT

- 08:00 Hindfoot arthritis.
- 08:15 Flatfoot (1- Pathophysio-Assessment – 2- Treatment).
- 08:35 Cavovarus foot (1- Pathophysio-Assessment – 2- Treatment).
- 08:55 Diabetic foot (1- Ulcers – 2- Charcot Foot).
- 09:15 Discussion

09:35-10:35 | SESSION V – LIGAMENT - SPORTS INJURY - ANKLE

- 09:35 Ankle sprain.
- 09:45 Ankle instability.
- 10:00 Osteochondral lesions.
- 10:15 Discussion

10:35-11:05 | COFFEE BREAK

11:05-11:50 | SESSION V - LIGAMENT - SPORTS INJURY - ANKLE

- 11:05 Ankle impingement syndromes.
- 11:15 Ankle arthritis.
- 11:35 Discussion

11:50-13:10 | SESSION VI - TENDON PATHOLOGIES

- 11:50 Peroneal tendons.
- 12:05 Achilles tendon rupture (acute, chronic).
- 12:20 Gastrocnemius retraction, Plantar fasciopathy.
- 12:35 Achilles tendinopathy (non-, insertional).
- 12:50 Discussion

13:10-14:15 | LUNCH BREAK

14:15-15:15 | HINDFOOT TECHNIQUES VIDEOS

- 14:15 ORIF malleolar fracture (post approach).
- 14:20 Ankle arthrodesis – open.
- 14:25 Ankle arthrodesis - arthroscopic.
- 14:30 Subtalar arthrodesis.
- 14:35 Triple arthrodesis.
- 14:43 Calcaneal osteotomy- sliding and lengthening.
- 14:48 Tendon transfers for flatfoot.
- 14:53 Achilles tendon repair.
- 14:58 Zadek osteotomy.
- 15:03 Achilles tendon re-insertion + FHL transfer.



Saturday 17 May 2025

15:15-16:30 | **SAWBONE SESSION & CLINICAL CASE DISCUSSION: MIDFOOT - HINDFOOT**

15:15-15:50 | **SAWBONE SESSION**

GROUP A

CLINICAL CASE DISCUSSION

GROUP B - **Trauma 2**

GROUP C - **Hindfoot**

GROUP D - **Ankle-sport**

15:55-16:30 | **SAWBONE SESSION**

GROUP B

CLINICAL CASE DISCUSSION

GROUP A - **Trauma 2**

GROUP D - **Hindfoot**

GROUP C - **Ankle-sport**

16:30-16:45 | **COFFEE BREAK**

16:45-18:00 | **SAWBONE SESSION & CLINICAL CASE DISCUSSION: MIDFOOT - HINDFOOT**

16:45 -17:20 | **SAWBONE SESSION**

GROUP C

CLINICAL CASE DISCUSSION

GROUP D - **Trauma 2**

GROUP A - **Hindfoot**

GROUP B - **Ankle-sport**

17:25-18:00 | **SAWBONE SESSION**

GROUP D

CLINICAL CASE DISCUSSION

GROUP C - **Trauma 2**

GROUP B - **Hindfoot**

GROUP A - **Ankle-sport**

18:00 | **CONCLUSIONS AND REMARKS**

18:10 | **END OF THE COURSE**



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