



AUSTRIA
VIENNA

EFAS

European Foot & Ankle Society



**Sports and arthroscopy
techniques**

06-07 March 2025

www.efas.net



Faculty members

Peter Bock (local host) | Kris Buedts | Kajetan Klos | Henryk Liszka | Xavier Martin | Madeleine Willegger

Thursday 06 March 2025

08:00	Registration
08:45	Opening and organisatory instructions / Rules about the Lab. P. Bock
08:50	Setup and instruments. P. Bock
09:00	Surgical anatomy and approaches anterior. X. Martin
09:10	Indications for anterior approach. K. Klos
09:20	Different techniques for arthroscopic lateral ligament reconstruction / repair & evidence. M. Willegger
09:35	Arthroscopic evaluation of the medial ankle ligament complex. K. Buedts
09:45	Discussion

09:55-10:15 COFFEE BREAK

10:15	I PRACTICAL EXERCISE PART 1 1. Demonstration: • Anterior approach. P. Bock • Identification of landmarks • Synovectomy, spur removal • Loose bodies • Microfracturing + AMIC Exercise by the participants 2. Demonstration: • Lateral ligament reconstruction / different techniques. M. Willegger • Reconstruction and testing the syndesmosis • Arthroscopic assisted ankle arthrodesis with screws Exercise by the participants
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12:45-13:45 LUNCH BREAK

13:45	Surgical anatomy and approaches post and subtalar arthroscopy. X. Martin
14:00	Indications for posterior and subtalar arthroscopy. H. Liszka
14:20	Haglund and AT tendinopathy (endoscopic treatment possibilities) / Zadek OT. K. Klos
14:35	Technique for endoscopic FHL transfer, evidence open or endoscopic. K. Buedts
14:50	Evidence open or endoscopic subtalar arthrodesis. M. Willegger
15:05	Discussion

15:20-15:50 COFFEE BREAK

Thursday 06 March 2025

15:50

I PRACTICAL EXERCISE PART 2**1. Demonstration:**

- Posterior approach / portals. **X. Martin**
- Subtalar approach / portals
- Landmarks posterior approach

Exercise by the participants

2. Demonstration:

- Endoscopic treatment of Haglund exostosis. **K. Klos**
- Endoscopic FHL transfer. **K. Buedts**

Exercise by the participants

18:00

End of the day

Friday 07 March 2025

08:30

Evidence and update for osteochondral lesions of the ankle joint. **K. Buedts**

08:50

Osteochondral and ligament lesions of the young athlete – therapeutic options. **M. Willegger**

09:05

Ankle arthrodesis open or endoscopic? **H. Liszka**

09:20

Plantar fasciitis: endoscopic techniques and its evidence. **P. Bock**

09:30

Peroneal tendon pathology – role of tendinoscopy. **K. Klos**

09:35

Discussion

09:45-10:15

COFFEE BREAK

10:15

I PRACTICAL EXERCISE PART 1**1. Demonstration:**

- Tendinoscopy peroneal and tib post tendon. **K. Klos**
- Endoscopic treatment plantar fascia. **P. Bock**
- Endoscopic subtalar arthrodesis. **M. Willegger**

Exercise by the participants

12:45-13:15

LUNCH BREAK

13:15

Arthroscopy of the MTPI joint: approach and indication. M. Willegger

13:15

I PRACTICAL EXERCISE PART 2**1. Demonstration:**

- Arthroscopy of the MTPI joint + open AMIC. **M. Willegger**

Exercise by the participants

15:30

Closing of the day – Summary