

TOPICS

- Acute and Chronic Ankle Ligaments Injuries: Lateral, Medial and Syndesmosis
- Anterior and Posterior Ankle Impingement Syndromes
- Osteochondral Lesions of the Ankle
- Achilles Tendon and Peroneal Tendons Disorders
- 5th Metatarsal Fracture and Lisfranc Injuries

REGISTRATION FEE / VAT INCLUDED)

EARLY BOOKING (Before February 28th)

- ESSKA Member 1.250€
- ESSKA Non-member: 1.550€

After February 28th

- ESSKA Member 1.350€
- ESSKA Non-member: 1.650€

REGISTRATION FORM IS AVAILABLE ON OUR WEBSITE
WWW.ICLO.EU

REGISTRATION FEE INCLUDES

SINGLE ROOM HOTEL B&B TREATMENT JUNE 20th

COURSE DINNER JUNE 20th

LUNCH AND COFFEE BREAKS

CME CREDITS

EDUCATIONAL MATERIAL

CERTIFICATE OF ATTENDANCE

COURSE VENUE

ICLO Teaching and Research Center

Via E. Torricelli 15/A - 37135 Verona

EUROPEAN CME CREDITS REQUESTED

PROFESSION: SURGEONS

DISCIPLINES: ORTHOPEDICS AND TRAUMATOLOGY, PLASTIC SURGERY, SPORT

MEDICINE, PHYSICAL

MEDICINE AND REHABILITATION, REUMATOLOGY

ORGANIZING SECRETARIAT & CME PROVIDER

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WITH THE UNCONDITIONAL TECHNICAL SUPPORT OF



ESSKA-AFAS Course All About Ankle and Hindfoot Sports Injuries

June 20th-21st, 2025

ICLO Teaching and Research Center

Verona, Italy

Course Language - English



COURSE DIRECTORS

Pietro Spennacchio, MD and Matteo Guelfi, MD

FACULTY

Mette Andersen (Norway)

Fabrizio Cortese (Italy)

Matteo Guelfi (Italy)

Andrew Hong (Singapore)

Anthony Perera (United Kingdom)

Pietro Spennacchio (Luxembourg)

Niek van Dijk (Netherlands)

Jordi Vega (Spain)

Joao Vide (Portugal)

CME CREDITS REQUESTED

SCIENTIFIC PROGRAM

Friday, 20TH of June

13:15 Registration

13:40 Welcome and introduction - *Pietro Spennacchio, Matteo Guelfi*

SESSION 1

ANTERIOR ANKLE ARTHROSCOPY AND ANKLE LIGAMENTOUS INJURIES

13:50 Acute ankle sprains: diagnostic and therapeutic principles - *Pietro Spennacchio*

14:05 Chronic Ankle instability: diagnostic and therapeutic principles - *Jordi Vega*

14:20 Anterior impingement: what do we talk about and how to treat it? - *Niek van Dijk*

14:35 Osteochondral defect of the talus: therapeutic principles - *Niek van Dijk*

14:50 VIDEO DEMO

Tips and tricks from the faculty on anterior arthroscopy techniques

- set up and portals, arthroscopy anatomy, visualization strategies
- the arthroscopic approach to ankle ligamentous injuries (lateral-medial-syndesmosis)

Niek van Dijk, Matteo Guelfi, Pietro Spennacchio

15:20 Discussion

15:30 *Coffee break*

15:45 FIRST HANDS ON SESSION: ANTERIOR ANKLE ARTHROSCOPY

- Portals and visualization of anterior room/tibiotalar space
- Syndesmosis evaluation and repair
- Ankle Ligaments repair (medial and lateral)
- Microfracture

18:00 End of the first day

Saturday, 21st of June

SESSION 2

POSTERIOR ANKLE ENDOSCOPY AND HINDFOOT PATHOLOGIES

08:15 Hindfoot endoscopy: impingement syndromes, evidence-based indications - *Mette Andersen*

08:30 Acute Achilles tendon rupture management - *Pietro Spennacchio*

08:40 Midportion Achilles tendinopathy: diagnostic and therapeutic principles - *Joao Vide*

08:50 Pathology of the Achille insertional area: how to treat it? - *Matteo Guelfi*

09:00 VIDEO DEMO

Tips&tricks from the faculty on hindfoot endoscopy and tendon disorders

- hindfoot endoscopy: set up and portals, visualization strategies and arthroscopy anatomy
- tendoscopy of the Achilles tendon, endoscopic calcaneoplasty and the endoscopic FHL transfer
- minimally invasive Achilles tendon repair

Mette Andersen, Fabrizio Cortese, Jordi Vega

09:30 Discussion

09:45 *Coffee Break*

10:00 SECOND HANDS ON SESSION: POSTERIOR ANKLE ENDOSCOPY

- Portals and visualization of posterior room
- Posterior ankle impingement and FHL pathology
- Endoscopic Calcaneoplasty
- FHL tendon transfer
- Subtalar arthrodesis
- Achilles tendon midportion and distal repair (minimally invasive and open procedure)

12:00 *Light lunch*

SESSION 3

SPORTS TRAUMATOLOGY MISCELLANEOUS

12:45 Peroneal tendon injuries in the athlete: diagnostic principles and therapeutic option - *Joao Vide*

13:00 Lisfranc injuries: diagnosis and treatment option - *Anthony Perera*

13:15 5th metatarsal base fractures: classification and treatment options - *Anthony Perera*

13:30 Open access to talar surface: indication and technical strategies - *Andrew Hong*

13:45 Clinical case discussion section: participants can bring their own cases

14:00 THIRD HANDS ON SESSION: OPEN SURGERY (PART A)

- tendoscopy of the peroneal tendons/groove deepening
- medial Malleolar osteotomy and OATS

15:00 *Coffee break*

15:15 THIRD HANDS ON SESSION: OPEN SURGERY (PART B)

- SPR repair
- open lateral ligament repair/ reconstruction
- lisfranc injuries (surgical access)

16:45 CME Evaluation

17:00 Meeting Closure