

## REGISTRATION FEE / VAT INCLUDED)

EARLY BOOKING (Before February 28<sup>th</sup>)

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

After February 28<sup>th</sup>

- 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 20<sup>th</sup>

COURSE DINNER JUNE 20<sup>th</sup>

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

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 20<sup>th</sup>-21<sup>st</sup>, 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)*

**EUROPEAN CME CREDITS**

# SCIENTIFIC PROGRAM

## Friday, 20<sup>TH</sup> 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, 21<sup>st</sup> 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