



**SPECIALITY
DAYS 2023**
24-25 NOVEMBER
WARSAW, POLAND



INSTABILITY IN ATHLETE'S
FOOT AND ANKLE, BEYOND
THE LATERAL LIGAMENTS

AFAS – Ankle & Foot Associates

INSTABILITY IN ATHLETE'S FOOT AND ANKLE, BEYOND THE LATERAL LIGAMENTS

AFAS Programme – DAY 1 – Friday 24/11/2023

SESSION 1: 08:15-09:45

The peroneal tendon in the athlete

Current concepts in treating peroneal tendon pathology in the athlete.

Low lying muscle belly of the peroneus, pathology or just a normal variant.

Battle:

- Surgical management of the acute dislocation of the peroneal, groove deepening is enough.
- Surgical management of the acute dislocation of the peroneal, don't forget the retinaculum.

End of the line in treatment of peroneal problems, what are the options?

Free paper session

Mark GLAZEBROOK (Canada)
Chris PEARCE (Singapore)

Pim VAN DIJK (Netherlands)

Daniel HAVERKAMP (Netherlands)

Niek VAN DIJK (Netherlands)

James CALDER (United Kingdom)

Jordi VEGA (Netherlands)

SESSION 2: 10:45-12:45

Syndesmosis injuries in the athlete

High ankle sprain anatomy, mechanism of injury and clinical assessment.

Imaging and grading of injury

Treatment of the acute injury.

Repair the deltoid as well? Augmentation?

Trimalleolar fracture. Where are we now?

Chronic syndesmotic instability - what to do?

Free paper session

Daniel HAVERKAMP (Netherlands)
Thomas BAUER (France)

Tahir OGUT (Turkey)

James CALDER (United Kingdom)

Joao VIDE (Portugal)

Pieter D'HOOGHE (Oman)

Chris PEARCE (Singapore)

Stephane GUILLO (France)

SESSION 3: 14:15-15:45

Lisfranc injuries in the athlete

Anatomy and biomechanics of the Lisfranc.

Weight bearing CT scans in Lisfranc injuries, a must have?

Lisfranc injuries in the athlete, temporary fixation or immediate fusion?

Lisfranc fusion, open or minimal invasive?

Lisfranc injuries in the athlete, career ending?

Free paper session

Pietro SPENNACCHIO (Luxembourg)
Gino KERKHOFFS (Netherlands)

Miki DALMAU-PASTOR (Spain)

Gino KERKHOFFS (Netherlands)

Marek NAPIONTEK (Poland)

Thomas BAUER (France)

James CALDER (United Kingdom)

SESSION 4: 16:45-18:15

Potpurri and Case Discussions

**BRAND
NEW!**

Spring ligament injuries.

Turf toe.

Subtalar instability.

Assessment modalities of CAI surgical outcome: space for improvement.

Unstable cartilage lesions.

Interactive case discussions in which participants can bring in their own cases.

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Mark GLAZEBROOK (Canada)
Luigi CANATA (Italy)

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Frederick MICHELS (Belgium)

Pietro SPENNACCHIO (Luxembourg)

Gino KERKHOFFS (Netherlands)

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Marek NAPIONTEK (Poland)

Programme subject to change. Please consult the online programme for latest version on www.esska-specialitydays.org



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AFAS Programme – DAY 2 – Saturday 25/11/2023

SESSION 5: 08:30-10:00

Return to play after injuries to foot and ankle,
a combined ESMA-AFAS session

Mike CARMONT (*UK*)
Patricia THOREUX (*France*)

Return to play is teamwork, but how do you manage
your team and provide best care for the patient.

Luigi CANATA (*Italy*)

Return to play in Foot and Ankle injuries,
my experience in the Polish high level athletes.

Urszula ZDANOWICZ (*Poland*)

Return to play after syndesmosis injuries
in the elite athletes

Pieter D'HOOGHE (*Oman*)

Is return to play different for tendinopathy
compared to acute injuries regarding
recurrence rates and recovery.

Mike CARMONT (*UK*)

Return to play in instability,
how fast can we go without risking reinjury.

Thomas BAUER (*France*)

Is neuromuscular training proven as prevention for
ankle strains, and should we implement it widely?

Piotr BADYLAK (*Poland*)

Interactive case discussions in which
participants can bring in their own cases.

Pietro SPENNACCHIO (*Luxembourg*)
Marek NAPIONTEK (*Poland*)

SESSION 6: 10:45-12:15

Ankle instability, a focus on medial instability.

Stephane GUILLO (*France*)
Helder PEREIRA (*Portugal*)

Anatomy of the ankle ligaments,
with a focus on the deltoid complex.

Miki DALMAU-PASTOR (*Spain*)

Function of the deltoid complex,
a biomechanical perspective.

Joao VIDE (*Portugal*)

Reliable diagnostics in assessing deltoid instability,
which tools do we need?

Akos KYNSBURG (*Austria*)

Deltoid injuries in the athlete, how to treat?

Mark GLAZEBROOK (*Canada*)

European perspective on medial instability

Jordi VEGA (*Spain*)

Medial instability, which lessons can be learned
from flat foot deformity correction?

Ernst ORTHNER (*Austria*)

HIGHLIGHT SPEAKERS:

James CALDER (*United Kingdom*)
Miki DALMAU-PASTOR (*Spain*)
Gino KERKHOFFS (*Netherlands*)
Niek VAN DIJK (*Netherlands*)
Jordi VEGA (*Spain*)



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