

17th EFAS Instructional Course

23rd - 24th April 2015

ELZENVELD, ANTWERP, BELGIUM



PRELIMINARY PROGRAMME

REGISTER ONLINE AT
WWW.EFAS.CO

WELCOME

Dear Colleagues,

Welcome to the 17th EFAS Instructional Course which will be hosted in conjunction with DOFAA and BFAS in the historic city of Antwerp. We are grateful to our colleagues in DOFAA and BFAS for their support of the course. The Education Committee and Faculty have worked to enhance the basic Instructional module offering participants a Gold Standard Message and an intensive overview in Foot and Ankle surgery. We look forward to the opportunity to share opinion and experiences over some Belgian beers and the course dinner in Bourla Restaurant will be an excellent opportunity for this important task!

We hope that you will join us in Antwerp for the 17th EFAS Instructional Course.



Xavier Martin
Chair, Education Committee

FACULTY OF SPEAKERS & COMMITTEE

FACULTY

P. Amado	X. Martin
J.L. Besse	T. Mittlmeier
M. Bloembergen	P. Moroney
B. Devos Bevernage	M. Richter
J. de Halleux	A. Sakellariou
J.W. Louwerens	Y. Tourné
	A. Witteveen

EFAS EDUCATION COMMITTEE

P. Amado
J.L. Besse
B. Devos Bevernage
X. Martin (Chair)
T. Mittlmeier
P. Moroney
A. Sakellariou

17TH EFAS INSTRUCTIONAL COURSE

23RD-14TH APRIL 2015, ELZENVELD, ANTWERP, BELGIUM

SCIENTIFIC PROGRAMME

THURSDAY 23RD APRIL 2015

08.15-08.45
08.45-08.50

Registration, Coffee and Exhibition
Welcome

X. Martin, Chair, EFAS Education Committee
M. Richter, EFAS President

SESSION I - GENERAL FOOT AND ANKLE

Moderators: P. Amado and J. de Halleux

08.50-09.25

Examination and Function of the Foot and Ankle
J.W. Louwerens



SESSION II - FOREFOOT

FIRST RAY PATHOLOGY: HALLUX VALGUS

Moderators: Y. Tourné and J.W. Louwerens

- 09.25-09.40 Aetiology, pathophysiology and assessment of Hallux Valgus
A. Witteveen
- 09.40-09.55 Algorithm of treatment of Hallux Valgus (including conservative treatment)
X. Martin
- 09.55-10.10 Technique: DSTP + distal osteotomies (Chevron, Akin)
M. Bloembergen
- 10.10-10.20 Technique: Scarf osteotomy
J. de Halleux
- 10.20-10.35 Overall: Results and Complications (and their prevention)
A. Sakellariou
- 10.35-10.55 Discussion
- 10.55-11.25 **‘What would you advise?’** ⓘ Interactive session using voting system
B. Devos Bevernage

11.25-11.45 Coffee Break and Exhibition

LESSER RAY PATHOLOGY

Moderators: X. Martin and J.L. Besse

- 11.45-12.20 Biomechanics, aetiology and algorithm of metatarsalgia and lesser toe deformities
J.L. Besse
- 12.20-12.30 Technique: Weil osteotomy
J.L. Besse
- 12.30-12.45 Morton Neuroma
A. Sakellariou

12.45-13.05 Discussion

FIRST RAY PATHOLOGY: HALLUX RIGIDUS

Moderators: B. Devos Bevernage and T. Mittlmeier

- 13.05-13.15 Pathophysiology and algorithm of treatment (including conservative treatment, resection arthroplasty, osteotomies, and prosthesis)
X. Martin
- 13.15-13.20 Technique: Cheilectomy
A. Witteveen
- 13.20 -13.30 Preface and Technique: Arthrodesis (ball and socket and 2 flat surfaces)
P. Moroney
- 13.30-13.40 Results and Complications (and their prevention),
P. Amado
- 13.40-13.45 Discussion
- 13.45-15.00 Lunch, Exhibition and Industry Workshops
- 14:10-14:50 Industry Workshops

SESSION III - TRAUMA SESSION

Moderators: B. Devos Bevernage and A. Sakellariou

15.00-15.10	Guidelines in management of foot and ankle trauma <i>T. Mittlmeier</i>
15.10-15.25	Calcaneal fractures (assessment, treatment, sequelae) <i>M. Richter</i>
15.25-15.40	Ankle fractures (assessment, treatment, sequelae) <i>T. Mittlmeier</i>
15.40-15.55	Lisfranc fractures <i>M. Richter</i>
15.55-16.05	Missed injuries <i>M. Bloembergen</i>
16.05-16.25	Discussion
16.25-16.50	What would you advise? ▫ Interactive session using voting system <i>T. Mittlmeier</i>
16.50	Adjourn
19.30	Course Dinner

FRIDAY 24TH APRIL 2015

08.30- 09.30

CLINICAL CASES 4 rooms/4 experts

1. Pushing the limits of ankle replacement *J.L. Besse*
2. Pushing the limits of joint preserving surgery in forefoot deformities *A. Sakellariou*
3. Pushing the envelope in foot and ankle sports lesions and arthroscopy *X. Martin*
4. Pushing the envelope in realignment procedures for hindfoot deformities *M. Richter*

SESSION IV - HINDFOOT AND ANKLE

ACQUIRED FLAT FOOT DEFORMITY

Moderators: J. de Halleux and M. Richter

09.30-09.50	Pathophysiology and treatment algorithm of acquired flat foot in adult (including conservative treatment) <i>J.W. Louwerens</i>
09.50-10.05	Technique: Osteotomies (sliding OT, calcaneal lengthening) and tendon transfers (FDL) <i>Y. Tourné</i>
10.05-10.20	Discussion
10.20-10.45	Coffee and Exhibition
	DEGENERATIVE HINDFOOT AND ANKLE PATHOLOGY <i>Moderators J.W. Louwerens and A. Witteveen</i>
10.45-11.05	Pathophysiology and treatment algorithm (including conservative treatment) <i>B. Devos Bevernage</i>
11.05-11.15	Prefaces and Technique: Subtalar Arthrodesis and Triple Arthrodesis <i>J. de Halleux</i>
11.15-11.30	Preface and Technique: Ankle Arthrodesis (open and arthroscopic) <i>P. Moroney</i>
11.30-11.45	Results and complications of ankle arthrodesis <i>M. Bloembergen</i>
11.45-12.00	Ankle Replacement (indications, results, complications) <i>P. Amado</i>
12.00 -12.45	Discussion
12.45-14.00	Lunch, Exhibition and Industry Workshops
13.10-13:50	Industry Workshops

SESSION V - SPORTS MEDICINE

ANKLE DISORDERS

Moderators: A. Witteveen and Y. Tourné

14.00-14.10	Acute supination trauma <i>P. Moroney</i>
14.10-14.30	Chronic ankle/hindfoot instability (assessment, conservative treatment) and operative treatment of ankle instability (indications, results, complications) <i>Y. Tourné</i>
14.30-14.40	Technique: anatomic repair and augmentation (and variations) <i>A. Sakellariou</i>
14.40-14.50	Ankle impingement (assessment, ant/post, algorithm) <i>P. Amado</i>
14.50-15.00	OCD Lesions (classification, algorithm of treatment) <i>B. Devos Bevernage</i>
15.00-15.15	Technique ankle arthroscopy: treatment of soft tissue/bony impingement, OC lesion (microfracturing) <i>X. Martin</i>
15.15-15.45	Discussion
15.45-16.10	Coffee and Exhibition

TENDON, DEGENERATIVE AND SPORTS PATHOLOGIES

Moderators: P. Moroney and M. Bloembergen

16.10-16.25	Peroneal tendon pathologies and treatment (Saltans and split) <i>Y. Tourné</i>
16.25-16.45	Acute Achilles tendon rupture: Repair/conservative treatment, technique, percutaneous and open <i>J. L. Besse</i>
16.45-17.00	Achilles tendon: (peri) tendonitis, tendinopathy, Haglund exostosis (pathophysiology, surgical and conservative treatment) <i>J. de Halleux</i>
17.00-17.15	Technique: Insertional tendinopathy treatment / Haglund exostosis <i>A. Witteveen</i>
17.15-17.30	Discussion
17.30-17.35	Closing Remarks

GENERAL INFORMATION (IN ALPHABETICAL ORDER)

ACCREDITATION The Organisers have applied for EACCME accreditation for this course.

CURRENCY Registration, Accommodation and Social Event Fees payable in Euro (€).

ELECTRICITY The standard voltage is 220v with 2 pin plug

HOTEL ACCOMMODATION We offer 2 types of Accommodation for the EFAS Course: Onsite Student Rooms at Elzenveld Course Venue at €90 for a basic student single room or €115 for a standard single room including breakfast per night and city tax. Theater Hotel (5 minute walk of the venue) at €115 single room or €140 twin/double room including breakfast per night and city tax. Rooms can be reserved on the online registration page at www.efas.co

INSURANCE Attendees are advised to arrange their own insurance

LANGUAGE The course language is English.

REGISTRATION FEES		
Registration Fees listed below <u>include</u> participation in lectures session on 23 rd and 24 th April (2 full days), access to exhibition, coffee breaks, lunch, workshops, conference pack, certificate of attendance. Fees <u>do not</u> include, accommodation, social event, travel or insurance.		
Registration Categories	Early Fee Before 13th March	Late Fee From 14th March
EFAS Member	€300	€350
Non Members - Orthopaedic Surgeon	€400	€450
EFAS Trainee Member (must be marked Trainee on National Society List otherwise not applicable)	€150	€200
Trainee Non-Member (Note 1)	€200	€250

Note 1: Registration Form must be accompanied by letter from Head of Department confirming Trainee status.

Cancellation Policy

Please note that cancellations of registrations received in writing by the organiser on or before 13th March 2015 are eligible for a refund but a €50 administration fee will be withheld. Cancellations of accommodation reservations received in writing by the organiser may only be cancelled if the rooms are re-sold as the hotel policy for group reservations does not permit cancellations.

EFAS Onsite Registration Desk Opening Hours:

Thursday 23rd April 07:30 - 17:00

Friday 24th April 08:00 - 17:45

SPONSORSHIP AND COMMERCIAL EXHIBITION will take place during the course on 23rd and 24th April. Interested companies should contact EFAS Secretariat Email: efas@eventplus.ie

TOURIST INFORMATION The course venue the Enzenveld is located in Antwerp’s historical centre. Only 12 minutes by train from the Central Station. Tramlines 4, 7 and 8 stop at Mechelseplein - right in front of the main door. The centre of Antwerp is elegantly protected by five immense historic churches, each a treasury of art and historic heritage. All were built during Antwerp’s Golden Age in the 16th or early 17th century. This beautiful quintet is mostly Gothic and Baroque and all five churches pride themselves on being associated with Antwerp’s best-known and most prominent citizen: Peter Paul Rubens. Antwerp is a splendid city with numerous attractions: Cathedral of Our Lady, several museums, Rubens House, Zoo etc. With its neo-Gothic façade, vast main hall and splendidly proportioned dome, the 1905 Antwerpen-Centraal Train Station is one of the city’s premier landmarks. The city has a myriad of beauty spots, quiet courtyards, squares and secret gardens where you can relax. You can also enjoy in Antwerp a real Flemish cuisine and the famous Belgian beers. For further information and to book tours please visit www.visitantwerpen.be

TRAVEL TO ANTWERP

Flights to Brussels Airport with Train or Bus connection to Antwerp.

Trains from Amsterdam, Cologne, Paris Nord, Rotterdam etc via Thalys High Speed Train.

View www.thalys.com

Train from Brussels Airport - The airport train station is located below the terminal (basement level-1).

Train from Brussels Airport to Antwerp Central Station - journey time 34 minutes. Cost c. €12.40.

Airport Express Bus - <http://www.airportexpress.be>. An express bus service operates between Brussels / Antwerp and there are buses every hour and price is €10 one way - travelling time is 45 minutes. Follow the indication in the airport terminal.

Taxi - To Brussels Airport by Taxi - All permanent taxi stands are located outside the Arrival Hall.

It will cost approximately €90 (to travel to Antwerp by taxi).



VENUE for the EFAS Instructional Course in Antwerp is Elzenveld - a unique historical former convent venue for courses and seminars in the centre of Antwerp.
Elzenveld, Lange Gasthuisstraat 45, 2000 Antwerpen, Belgium. Website: www.elzenveld.be

VISAS Delegates requiring a visa for entry to Belgium are strongly advised to make their application in their home country at least three months before the intended date of travel.

WEATHER The springtime climate in April sees temperatures between 14°C/57°F and 19°C/67°F. A coat and umbrella are advised as rain is always possible and the nights are much colder.

ORGANISATION & CONGRESS SECRETARIAT

EFAS Secretariat, 76a Upper Georges Street, Dun Laoghaire, Co. Dublin, Ireland.

Tel: +353 1 230 2591 Fax: +353 1 230 2594

Email: efas@eventplus.ie Website: www.efas.co

EFAS COURSE DINNER AT BOURLA RESTAURANT, GRAANMARKT, ANTWERP

Date: Thursday 23rd April

Time: 20:00

Café Restaurant Bourla is housed in a majestic building on spectacular Graanmarkt. With a relaxed atmosphere all are at home here; guests they have their regular spot, they eat their favourite dish and increasingly more visitors from outside of the city find their way to the Graanmarkt, behind the Bourla theatre, and mix effortlessly with the locals and have a really enjoyable evening. Join EFAS colleagues and friends for the EFAS Course Dinner and become part of the family!

Tickets: €50 per person (Includes 3 course dinner, wine or Belgian Beers, Mineral Water, Tea/Coffee. No transport required as the restaurant is 1 minute walking from the Theater Hotel and 5 minutes from Elzenveld). Book on the Registration Form www.efas.co



KEY COURSE SPONSOR



EFAS GIVES SPECIAL THANKS TO ITS PLATINUM SPONSORS FOR THEIR CONTINUED SUPPORT

PLATINUM SPONSORS



For information on the packages available in the EFAS Sponsorship Club or for general information on individual sponsorship for EFAS events please contact the EFAS Secretariat - Email: efas@eventplus.ie

FLATFOOT

ANKLE ARTHRITIS & DEFORMITIES

HALLUX VALGUS & HALLUX RIGIDUS

MID&HINDFOOT PATHOLOGIES

A SCREW IS A SCREW.

What makes the difference ?*

ACHILLES TENDON RUPTURE

LESSER TOE DEFORMITY

INTEGRA
LIMIT UNCERTAINTY



* Visit us on our booth.

©2015 Integra LifeSciences Corporation. All rights reserved. Integra and the Integra logo are registered trademarks of Integra LifeSciences Corporation in the United States and/or other countries. 0296405-1

<http://www.integralife.eu>