



FINLAND
HELSINKI

EFAS

European Foot & Ankle Society



Instructional Course
16-17 May 2025

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Instructional Course

DAY 1: General knowledge – Forefoot – Traumatology

Faculty

Manfred THOMAS (EFAS President) | Jean-Luc BESSE (Chairman)

Education committee:

Paolo CECARINI | Jacques DE HALLEUX | Albert GINÉS-CESPEDOSA | Nikolaos GOUGOULIAS
Senthil KUMAR | Sabine OCHMAN

Local host:

Oliver MICHELSSON (Co-chairman) | Helka KOIVU | Anssi HÄRKÖNEN

Friday 16 May 2025

08:00-08:15 Registration

08:15-08:30 Welcome – Introduction(s)

08:30-09:15 | SESSION I: GENERAL FOOT - ANKLE

08:30-08:50 Biomechanics, Pathomechanics, Clin.Examination.

08:50-09:00 Imaging.

09:00-09:15 Discussion.

09:15-10:30 | SESSION II: FOREFOOT

09:15-09:40 Hallux Valgus (1- Pathophyso-Assessment – 2- Treatment).

09:40-10:05 Metatarsalgia (1- Pathophyso-Assessment – 2- Treatment).

10:05-10:15 Lesser toes deformities.

10:15-10:30 Hallux Rigidus.

10:30-11:00 COFFEE BREAK

11:00-11:15 Morton's neuroma.

11:15-11:30 Forefoot surgery complications.

11:30-12:00 Discussion.



Friday 16 May 2025

12:00-12:30 | FOREFOOT SURGICAL TECHNIQUES VIDEOS

- 12:00-12:05 Scarf osteotomy.
- 12:05-12:10 Chevron osteotomy.
- 12:10-12:15 Weil osteotomy.
- 12:15-12:20 DMMO technique.
- 12:20-12:25 MTP1 arthrodesis.
- 12:25-12:30 Lapidus arthrodesis.

12:30-13:30 LUNCH BREAK

13:30-15:20 | SESSION III - TRAUMATOLOGY

- 13:30-13:50 Malleolar fractures.
- 13:50-14:00 Pilon fractures.
- 14:00-14:10 Talus fractures.
- 14:10-14:25 Calcaneal fractures.
- 14:25-14:35 Lisfranc injuries.
- 14:35-14:45 Foot compartment syndrome.
- 14:45-15:15 Discussion.

15:20-16:45 | FOREFOOT : PRACTICE ON SAW BONES (2 GROUPS: A-B):

(Groupe C-D) Clinical case discussion

- 1st ray (Scarf, Chevron).
- Lesser rays (Weil, DMMO).
- Arthrodesis (MTP1).

16:45-17:05 COFFEE BREAK

17:05-18:30 | CLINICAL CASE DISCUSSIONS Forefoot (GROUP A-B):

(Groupe C-D) Practical on saw bone



Instructional Course

DAY 2: Hindfoot and Ankle - Sports medicine

Saturday 17 May 2025

08:00-09:35 | SESSION IV – HINDFOOT

- 08:00-08:15 Hindfoot arthritis.
- 08:15-08:35 Flatfoot (1- Pathophysio-Assessment – 2- Treatment).
- 08:35-08:55 Cavovarus foot (1- Pathophysio-Assessment – 2- Treatment).
- 08:55-09:15 Diabetic foot (1- Ulcers – 2- Charcot Foot).
- 09:15-09:35 Discussion.

09:35-10:35 | SESSION V – LIGAMENT - SPORTS INJURY - ANKLE

- 09:35-09:45 Ankle sprain.
- 09:45-10:00 Ankle instability.
- 10:00-10:15 Osteochondral lesions.
- 10:15-10:35 Discussion.

10:35-11:05 | COFFEE BREAK

11:05-11:50 | SESSION V - LIGAMENT - SPORTS INJURY - ANKLE

- 11:05-11:15 Ankle impingement syndromes.
- 11:15-11:35 Ankle arthritis.
- 11:35-11:50 Discussion.

11:50-13:10 | SESSION VI - TENDON PATHOLOGIES

- 11:50-12:05 Peroneal tendons.
- 12:05-12:20 Achilles tendon rupture (acute, chronic).
- 12:20-12:35 Gastrocnemius retraction, Plantar fasciopathy.
- 12:35-12:50 Achilles tendinopathy (non-, insertional).
- 12:50-13:10 Discussion.

13:10-14:15 | LUNCH BREAK

14:15-15:15 | HINDFOOT TECHNIQUES VIDEOS

- 14:15-14:20 ORIF malleolar fracture (post approach).
- 14:20-14:25 Ankle arthrodesis - open.
- 14:25-14:30 Ankle arthrodesis - arthroscopic.
- 14:30-14:35 Subtalar arthrodesis.
- 14:35-14:43 Triple arthrodesis.
- 14:43-14:48 Calcaneal osteotomy - sliding and lengthening.
- 14:48-14:53 Tendon transfers for flatfoot.
- 14:53-14:58 Achilles tendon repair.
- 14:58-15:03 Zadek osteotomy.
- 15:03-15:15 Achilles tendon re-insertion + FHL transfer.



Saturday 17 May 2025

15:15-16:30 | PRACTICE ON SAW BONES – MIDFOOT - HINDFOOT (2 GROUPS: C-D):
(Groupe A-B) Clinical case discussion
Lapidus.
Triple arthrodesis.
Calcaneal osteotomy.

16:30-16:45 | COFFEE BREAK

16:45-18:00 | CLINICAL CASE DISCUSSIONS: Ankle & hindfoot (GROUP C-D):
(Groupe A-B) Practical on saw bone

18:00 | CONCLUSIONS AND REMARKS

18:10 | END OF THE COURSE



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