



FOOT AND ANKLE SYMPOSIUM 2023

INSTABILITY DISORDERS OF THE FOOT AND ANKLE – EVIDENCE-BASED TREATMENT

9-10 NOVEMBER 2023

HOSTS: PD Dr. med. Norman Espinosa, Dr. med. Georg Klammer

Location: Papiersaal & Folium, Sihlcity, Kalanderplatz 6, Zurich

Credits: swiss orthopaedics 16 CME

DEAR COLLEAGUES,

It is our great pleasure to invite you all to this year's Foot and Ankle Symposium. We are especially pleased that after an online event in 2021, we will once again be able to hold the symposium on site in the heart of Zurich.

International and world-renowned experts in their fields will provide unique updates on the treatment of instability disorders of the foot and ankle. Do not miss the opportunity to join in the discussions and case studies and to be part of the community.

Date: Thursday and Friday, 9-10 November 2023

Location: Papiersaal & Folium, Sihlcity, Kalanderplatz 6, Zurich

Credits: swiss orthopaedics 16 CME

Attendance fee: CHF 150

We cordially invite you to this event and look forward to having you here with us.

Best regards,

PD Dr. med. Norman Espinosa

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PLEASE SIGN UP HERE:

www.klinik-impark.ch/footsymposium



FOOT AND ANKLE SYMPOSIUM

THURSDAY, 9 NOVEMBER

8:30–8:50	Registration and Coffee	
9:00	Welcome	Norman Espinosa
FOREFOOT		
9:05–9:15	Anatomical and biomechanical aspects of <ul style="list-style-type: none">• MTP-sagittal instability• MTP-transversal instability	Pablo Wagner
9:15–9:30	Turf toe: treatment strategies	Hans-Jörg Trnka
9:30–9:45	Lesser toe plantar plate instability	Mostafa Benyahia
10:00–10:15	Open versus closed DMMO	Emilio Wagner
10:15–10:30	Direct plantar plate repair vs ‘old’ Girdlestone-Taylor	Stephan Wirth
10:30–11:15	Coffee break Commercial exhibition	
11:15–11:30	Is it necessary to repair the plantar plate?	Hans-Jörg Trnka
11:30–11:45	How to deal with transversal deformity	Fabian Krause
11:45–12:00	How to deal with stiffness after plantar plate repair	Anish Kadakia
12:00–12:15	How to deal with floating toes after plantar plate repair	Norman Espinosa
12:15–12:30	Guest lecture: IBRA talks	Tobias Hövekamp
12:30–13:45	Lunch break Commercial exhibition	
LISFRANC		
14:00–14:15	Acute Lisfranc injury	Stefan Rammelt
14:15–14:30	Subtle Lisfranc injury	Stefan Rammelt
14:30–14:45	Chronic Lisfranc injury	Andy Molloy

14:45-14:55	Forefoot driven planovalgus deformity: medial ray instability	Manuel Monteagudo
14:55-15:05	How much stability is achieved by metatarsal osteotomy and cotton-osteotomy?	Pablo Wagner
15:05-15:15	When to fuse Lisfranc, when to fuse NC, when the medial column?	Roxa Ruiz
15:15-15:30	Discussion	
15:30-16:15	Coffee break Commercial exhibition	
PERITALAR AND CHOPART JOINT INSTABILITY		
16:15-16:30	Peritalar and subtalar instability: biomechanics and diagnosis	Markus Knupp
16:30-17:00	Treatment of peritalar instability	Beat Hintermann
17:00-17:30	Chopart joint instability: diagnosis and treatment	Victor Valderrabano
17:30-17:45	Discussion	
18:00	End of day one	

FRIDAY, 10 NOVEMBER

7:30-8:00 Registration and Coffee

SYNDESMOTIC INSTABILITY		
8:00-8:15	Anatomy	Andy Molloy
8:15-8:30	Acute injury: first line assessment & treatment	Markus Preis
8:30-8:45	Volkman-Fracture: when is fixation needed?	Anish Kadakia
8:45-9:00	Chronic syndesmotic lesion	Stefan Rammelt
9:00-9:15	Discussion	

9:15–9:30	Impaired ROM after ligament injury: biomechanics and consequences for gait and sports?	Mostafa Benyahia
9:30–9:45	Impaired ROM after ligament injury: treatment?	Manuel Monteagudo
9:45–10:00	Discussion	
10:00–10:45	Coffee break Commercial exhibition	
MEDIAL ANKLE INSTABILITY		
10:45–11:00	Anatomy of the deltoid and spring ligament	Pablo Wagner
11:00–11:30	Biomechanical analysis of (over)pronation – where are the limits and how to treat it?	Beat Hintermann
11:30–11:50	Acute deltoid ligament injuries – when to treat them?	Markus Preis
11:50–12:15	Classification and treatment of chronic injuries of the deltoid-spring ligament complex	Roxa Ruiz
12:15–12:30	Discussion	
12:30–13:30	Lunch break Commercial exhibition	
13:30–14:15	Rethink leadership from a cockpit perspective Guest lecturer: Martin Weth, Capitum Consulting	Martin Weth
LATERAL ANKLE INSTABILITY		
14:15–14:30	Anatomy of the lateral ankle ligaments	Andy Molloy
14:30–14:40	Conservative treatment	Fabian Krause
14:40–14:50	Is there any indication for surgery in the acute setting?	Victor Valderrabano
14:50–15:30	Surgical Management in chronic lesions <ul style="list-style-type: none"> • Broström (10') • Tendon transfer (when and how) (10') • The role of ostetomies (10') • Ankle fusion as end-treatment strategy (10') 	Andy Molloy Stephan Wirth Markus Knupp Victor Valderrabano
15:30–16:00	Discussion	
End of day 2		

FACULTY

Mostafa Benyahia, MD

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SPECIAL GUESTS

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Capitum Consulting

Tobias Hövekamp

IBRA (International Bone Research
Association)

SPONSORS



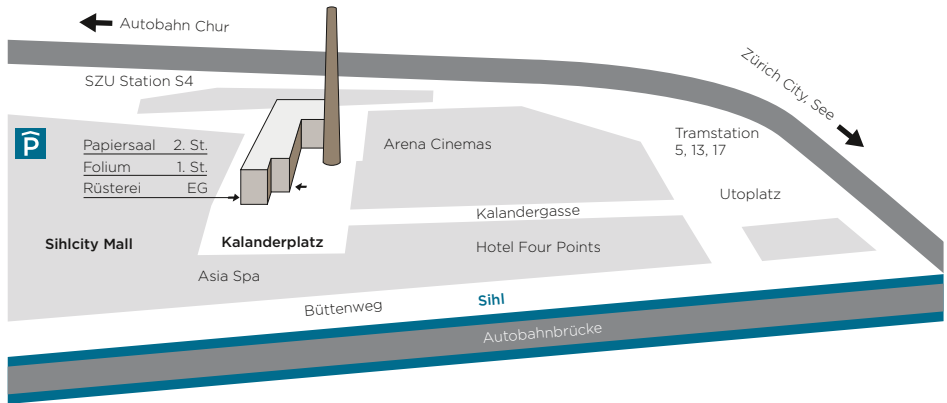
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NEUTROMEDICS



LOCATION

Papiersaal & Folium, Sihlcity
Kalanderplatz 6, Zurich



Die Location ist im Rahmen von Sihlcity verkehrstechnisch sehr gut erschlossen. Unmittelbar in der Nähe ist ein Parkhaus mit über 800 Parkplätzen und es führen die Tramlinien 5, 13 und 17 direkt ins Sihlcity sowie die S-Bahn 4 (5 Minuten Fahrzeit vom HB) und die Buslinie 89.

The location has very good transport connections due to its proximity to the Sihlcity shopping centre. A car park with more than 800 spaces is located nearby and trams number 5, 13 and 17 go directly to Sihlcity, as does the S4 S-Bahn (5 minutes from the main train station) and the 89 bus.

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