

# Advanced Techniques for Ankle & Achilles Repair

Arthrex GmbH | Erwin-Hielscher-Str. 9 | 81249 Munich | DE

Instructors	Prof. Hajo Thermann, MD   Jordi Vega, MD   Mike Carmont, MD   Christoph Becher, MD   Andreas Toepfer, MD
Date	December 7 - 8, 2018
Location	Arthrex GmbH   Erwin-Hielscher-Str. 9   81249 Munich   DE

## Program | Friday, December 7, 2018

<b>08:00 - 08:30</b>	<b>Registration, Welcome &amp; Coffee</b>	<b>Doctors' Lounge</b>
<b>08:30 - 08:40</b>	<b>Introduction and Company Presentation</b>	J. Mietzner (Arthrex)
<b>08:40 - 09:45</b>	<b>Lecture Session 1: Ankle Arthroscopy – Anterior and Posterior</b>	
08:40 - 08:50	• Anterior Ankle Arthroscopy – Indications, Setup, Portals, Standard, Diagnostics	J. Vega
08:50 - 09:00	• Osteochondral Defects	H. Thermann
09:00 - 09:10	• Arthroscopic Lateral Ankle Repair	J. Vega
09:10 - 09:20	• Arthroscopic Ankle Fusion	H. Thermann
09:20 - 09:30	• Posterior Ankle Arthroscopy – Indications, Setup, Portals, Standard Diagnostics	C. Becher
09:30 - 09:45	• Posterior Impingement / Haglund Exostosis / Subtalar Joint Fusion	M. Carmont
<b>09:45 - 10:00</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
<b>10:00 - 12:30</b>	<b>Wet Lab - Anterior and Posterior Ankle Arthroscopy</b>	
<b>12:30 - 13:00</b>	<b>Lunch Break</b>	<b>Arthrex Cafeteria</b>
<b>13:00 - 14:40</b>	<b>Lecture Session 2: Achilles Tendon Pathologies</b>	
13:00 - 13:10	• Anatomy, Biomechanics, Epidemiology and Natural History	C. Becher
13:10 - 13:20	• Clinic and Diagnosis	M. Carmont
13:20 - 13:30	• Endoscopic & Minimal Invasive Treatment – Midportion	C. Becher
13:30 - 13:40	• Achilles Insertional Tendinopathy	M. Carmont
13:40 - 13:50	• Product Update Orthobiologics	N. Schiffer (Arthrex)
13:50 - 14:00	• Biological Supplements for Tendon Healing (Achilles Tendon Rupture)	H. Thermann
14:00 - 14:10	• Conservative Treatment, Endoscopic Assisted Procedures	M. Carmont
14:10 - 14:30	• Achilles Tendon Percutaneous Midsubstance Repair (Delayed Reconstruction / Infection)	H. Thermann
14:30 - 14:40	• FHL Tendon Transfer	J. Vega
<b>14:40 - 15:00</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
<b>15:00 - 17:15</b>	<b>Wet Lab - Achilles Tendon</b>	
<b>17:30</b>	<b>Shuttle from Arthrex to Restaurant „Deutsche Eiche“</b>	
<b>18:00</b>	<b>Bavarian Dinner</b>	
<b>21:30</b>	<b>Shuttle from Restaurant to Bavaria Motel</b>	

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## Program | Saturday, December 8, 2018

<b>08:30 - 09:00</b>	<b>Exhibition &amp; Coffee</b>	<b>Doctors' Lounge</b>
<b>09:00 - 10:00</b>	<b>Lecture Session 3: Ankle Instability and Ankle Reconstruction</b>	
09:00 - 09:10	• Lateral Ankle Instability – Modified Brostrom and Augmentation	M. Carmont
09:10 - 09:20	• Lateral Ankle Reconstruction	C. Becher
09:20 - 09:30	• Medial Ankle Reconstruction (Deltoid Reconstruction)	H. Thermann
09:30 - 09:40	• Syndesmosis Injuries	C. Becher
09:40 - 09:50	• Calcaneal Sliding Osteotomy	A. Toepfer
09:50 - 10:00	• Supramalleolar Osteotomy	H. Thermann
<b>10:00 - 10:20</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
<b>10:20 - 12:15</b>	<b>Wet Lab - Ankle Instability and Ankle Reconstruction</b>	
<b>12:15 - 12:45</b>	<b>Lunch Break</b>	<b>Arthrex Cafeteria</b>
<b>12:45 - 13:50</b>	<b>Lecture Session 4: Flatfoot Reconstruction Solutions</b>	
12:45 - 13:00	• Pathophysiology of the Flatfoot	A. Toepfer
13:00 - 13:15	• The Correction of Flatfoot by Subtalar Arthroereisis in Adolescents and Adults	A. Toepfer
13:15 - 13:25	• Lateral Column Lengthening	H. Thermann
13:25 - 13:40	• FDL Transfer and Spring Ligament Repair	A. Toepfer
13:40 - 13:50	• Cotton and Lapidus Osteotomy	M. Carmont
13:50 - 14:00	Discussion and closure	
<b>14:00 - 14:15</b>	<b>Coffee Break</b>	<b>Doctors' Lounge</b>
<b>14:15 - 16:30</b>	<b>Wet Lab - Flatfoot Reconstruction Solutions</b>	
<b>16:30</b>	<b>End of Course</b>	