

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

08:00 - 08:30	Registration, Welcome & Coffee	Doctors' Lounge
08:30 - 08:40	Introduction and Company Presentation	J. Mietzner (Arthrex)
08:40 - 09:45	Lecture Session 1: Ankle Arthroscopy – Anterior and Posterior	
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	• Subtalar Joint Fusion & Cartilage Repair	H. Thermann
09:45 - 10:00	Coffee Break	Doctors' Lounge
10:00 - 12:30	Wet Lab - Anterior and Posterior Ankle Arthroscopy	
12:30 - 13:00	Lunch Break	Arthrex Cafeteria
13:00 - 14:40	Lecture Session 2: Achilles Tendon Pathologies	
13:00 - 13:10	• Anatomy, Biomechanics, Epidemiology and Natural History	C. Becher
13:10 - 13:20	• Clinic and Diagnosis, Conservative Treatment	C. Becher
13:20 - 13:30	• Endoscopic & Minimal Invasive Treatment – Midportion	H. Thermann
13:30 - 13:40	• Achilles Insertional Tendinopathy	A. Toepfer
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	• Achilles Tendon Percutaneous Midsubstance Repair (Delayed Reconstruction / Infection)	H. Thermann
14:10 - 14:30	• FHL Tendon Transfer	J. Vega
14:30 - 14:40	• Discussion	
14:40 - 15:00	Coffee Break	Doctors' Lounge
15:00 - 17:15	Wet Lab - Achilles Tendon	
17:30	Shuttle from Arthrex to Restaurant „Deutsche Eiche“	
18:00	Bavarian Dinner	
21:30	Shuttle from Restaurant to Bavaria Motel	

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Program | Saturday, December 8, 2018

08:30 - 09:00	Exhibition & Coffee	Doctors' Lounge
09:00 - 10:00	Lecture Session 3: Ankle Instability and Ankle Reconstruction	
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
10:00 - 10:20	Coffee Break	Doctors' Lounge
10:20 - 12:15	Wet Lab - Ankle Instability and Ankle Reconstruction	
12:15 - 12:45	Lunch Break	Arthrex Cafeteria
12:45 - 13:50	Lecture Session 4: Flatfoot Reconstruction Solutions	
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	
14:00 - 14:15	Coffee Break	Doctors' Lounge
14:15 - 16:30	Wet Lab - Flatfoot Reconstruction Solutions	
16:30	End of Course	