International Foot & Ankle Mega Course
Arthroscopy, Fore-, Mid- and Hindfoot Surgery

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

Faculty
Andreas Toepfer, MD I Guillaume Cordier, MD I Manuel Resende Sousa, MD I Rhys Thomas, MD I Stefan Hofstätter, MD I Ahmad Malik, MD

Date
November 16-17, 2018

Location
Arthrex GmbH I Erwin-Hielscher-Str. 9 I 81249 Munich I DE

Program I Friday, November 16, 2018

09:15 - 09:45 Registration, Welcome, Coffee and Exhibition

09:45 - 11:00 Didactic Session 1 – Anterior Arthroscopy and Ankle Instability

15’ • Introduction and Company Presentation
10’ • Orthobiologics at Arthrex
10’ • Ankle Arthroscopy: Indications, Setup, Ports and Techniques (Anterior Decompression, Loosen Bodies, Synovitis and Talar Osteochondral Defect)
10’ • Arthroscopic Lateral Ankle Repair Options (ArthroBrostrom®, Arthroscopic Brostrom and Arthroscopic Brostrom-Gould)
10’ • Arthroscopic Lateral Ankle Reconstruction (TightRope®, Tenodesis)
10’ • Posterior Arthroscopy: Indications, Setup, Ports and Techniques (Arthroscopic Os Trigonum Excision, Talocrural and Subtalar Fusion, Arthroscopic FHL-Transfer)

10’ Discussion

11:00 - 11:20 Coffee Break

11:20 - 13:15 Wet Lab


13:15 - 14:00 Lunch Break
Program | Friday, November 16, 2018

13:15 - 14:00 Lunch Break | Arthrex Cafeteria

14:00 - 15:20 Didactic Session 2 – Ankle Sports and Trauma Pathologies
10’ • Lateral Ankle Instability: Modified Brostrom Repair and InternalBrace™ R. Thomas
10’ • Syndesmosis Injuries R. Thomas
10’ • Achilles Insertional Tendinopathy A. Toepfer
10’ • Achilles Tendon Percutaneous Midsubstance Repair M. Resende Sousa
10’ • Endoscopic Plantar Fascia Release and Gastroc Lengthening C. Renner
10’ • Overview of the Arthrex Foot Trauma Systems: 5th Metatarsal Fractures, Calcaneal Fractures, Ankle Fractures R. Thomas
10’ • Surgical Outcomes System™ (SOS) S. Henrich
10’ Discussion

15:20 - 15:40 Coffee Break | Doctors’ Lounge

15:40 - 18:00 Wet Lab
• Modified Brostrom-Gould with InternalBrace™, Lateral and Medial Ankle Reconstruction, Foot & Ankle Trauma, Syndesmosis TightRope®, Percutaneous Achilles Tendon Repair, Achilles Tendinopathy Treatment, Endoscopic Plantar Fascia / Gastroc Release, Ankle Fractures Solutions

18:00 - 18:15 Meetingpoint at the Entrance of Arthrex

18:10 - 18:30 Walk from Arthrex to the Restaurant “Aubinger Einkehr”

19:00 Bavarian Dinner
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Program  I  Saturday, November 17, 2018

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<tr>
<td>08:30 - 09:00</td>
<td>Coffee and Exhibition</td>
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<tr>
<td>09:00 - 10:15</td>
<td>Didactic Session 3 – Flatfoot Reconstruction Solutions</td>
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<td>10’</td>
<td>Pathophysiology of the Flatfoot</td>
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<td>10’</td>
<td>The Correction of Flatfoot by Subtalar Arthroereisis in Adolescents and Adults</td>
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<td>15’</td>
<td>Osseous Corrections (Calcaneal Slide, Evans and Cotton Osteotomy)</td>
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<td>10’</td>
<td>The Importance of the Spring Ligament Repair for Flatfoot Treatment: Combined FDL Transfer and Spring Ligament Augmentation</td>
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<td>10’</td>
<td>Techniques and Implants for Ankle an Mid- and Hindfoot Fusion</td>
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<td>10’</td>
<td>First experiences with a new Ankle Spacer Device</td>
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<td>Discussion</td>
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<td>10:15 - 10:30</td>
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<td>10:30 - 12:15</td>
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<td>12:15 - 13:00</td>
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Arthrex Café
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12:15 - 13:00 Lunch Break
Arthrex Cafeteria

13:00 - 14:10 Didactic Session 4 – Treatment Options for Forefoot Pathologies
10’ Basic Minimal Invasive Forefoot Surgery G. Cordier
10’ Dorso-medial and Plantar Lapidus Procedure for Hallux Valgus Repair A. Toepfer
10’ Double Osteotomy (Proximal Opening Wedge and Distal Reverdin-Green) C. Renner
10’ Metatarso-Phalangeal Arthrodesis and Hemiarthroplasty A. Toepfer
10’ Techniques for PIP-Fusion, Plantar Plate Repair and Toe Alignment Correction S. Hofstätter
10’ Hallux Varus Repair M. Resende Sousa
10’ Discussion

14:10 - 14:40 Coffee Break
Doctors' Lounge

14:40 - 16:30 Wet Lab
• MIS, Phalanx Arthrodesis, Chevron Osteotomy, Scarf / Akin Osteotomy, Metatarso-Phalangeal Fusion and Hemiprostheses, Hammertoe, Plantar Plate Repair, Hallux Varus with Mini TightRope®, Hallux Varus InternalBrace™ Ligament Augmentation Repair, Lapidus combined with 1.1 mm TightRope®, Low Profile Opening Wedge

16:30 End of Course