



ONLINE-EVENT

INVITATION TO THE

FOOT AND ANKLE SYMPOSIUM 2021

Thursday 6th of May 2021

Hosts

Norman Espinosa, Institute for Foot and Ankle Reconstruction Zurich
Georg Klammer, Institute for Foot and Ankle Reconstruction Zurich



WELCOME TO THE FOOT AND ANKLE SYMPOSIUM

Dear colleagues

It is our distinctive pleasure to announce this year's Foot and Ankle Symposium.

In light of the persisting pandemic, the Foot and Ankle Symposium will be held as a **purely online event** this year.

International and world-renowned experts in their fields provide a fantastic and unique update on specific pathologies and treatments in foot and ankle surgery. Do not miss the opportunity to join into the discussions and be part of this wonderful community.

Credits: swiss orthopaedics, to be announced

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

Best regards,

Norman Espinosa, MD

Orthopaedic Foot and Ankle Surgeon

Institute for Foot and Ankle Reconstruction Zurich

Georg Klammer, MD

Orthopaedic Foot and Ankle Surgeon

Institute for Foot and Ankle Reconstruction Zurich

REGISTRATION ONLINE PARTICIPATION

Registration via

www.klinik-impark.ch/foot-symposium

After registration you will receive the link for the online participation by e-mail. The participation is free of charge.

FOOT AND ANKLE SYMPOSIUM

THURSDAY, 6TH MAY 2021

13.00

Welcome

Norman Espinosa

PARALLEL BLOCK 1: HINDFOOT AND MIDFOOT RECONSTRUCTION

13.15-14.15 ANKLE ARTHRITIS

- Arthroscopic treatment – when is it indicated?
- The varus ankle osteoarthritis – Joint salvage procedure
- The valgus ankle osteoarthritis – Joint salvage procedure
- Global ankle osteoarthritis – Total ankle replacement
- What are the requirements for a perfect total ankle replacement?

14.30-15.30 ANKLE AND SUBTALAR INSTABILITY

- Conservative measures for ankle instability
- The classic open Brostrom procedure
- The limited-open technique for lateral ankle instability
- Subtalar instability – How do I treat it
- Medial ankle instability – How do I treat it

15.45-16.45 OSTEOCHONDRAL LESIONS

- Arthroscopic treatment of osteochondral lesions
- When should I add a calcaneal osteotomy?
- Osteochondral lesions of the talus – OATS
- Osteochondral lesions of the talus – AMIC
- Osteochondral lesions of the distal tibia

17.00-18.00 SUBTALAR ARTHRITIS AND MALUNION

- Open subtalar fusion
- Arthroscopic subtalar fusion
- Subtalar distraction arthrodesis
- Romash-osteotomy
- Specific reconstructions for malunited calcaneal fractures

PARALLEL BLOCK 2: FOREFOOT DISORDERS

13.15–14.15 HALLUX VALGUS

- Is there Evidence for conservative therapy?
- Distal MT-Osteotomy: my technique
- Hallux valgus in Pes adductus
- Decompression for Hallux limitus: Evidence, how much?
- Transfer metatarsalgia? Floating Toe – what to do?
- Instability of the first ray: forefoot driven hallux valgus, when is a MT-enough – when is TMT-Fusion needed

14.30–15.00 TURF TOE

- Acute injury – my treatment algorithm
- Chronic injury – frank instability
- Chronic injury – pain, but clinically stable

15.15–16.00 SESAMOIDS

- Conservative treatment – when is this an option?
- Sesamoidectomy
- Decompressive-Osteotomy
- Gastrocnemius-Release?

16.15–17.00 METATARSALGIA

- When is correction of the first ray enough?
- When is a plantar plate repair indicated? How? Aftertreatment?
- When is a Flexor-Extensor Transfer needed?
- When is a distal MT-Osteotomy enough?
- When is a percutaneous distal MT-Osteotomy an option?

17.15–18.00 BUNIONETTE

- Open Approach
- Percutaneous Approach

LISFRANC ARTHRITIS

- Fusion?
- Arthritis of the fourth and fifth tarsometatarsal joints?
- Is Achilles tendon lengthening an option?

DIABETIC FOOT

- Prophylactic Forefoot Surgery in the Diabetes Patient

FACULTY

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