

PROGRAM

THE ANKLE 2023

The basics of ankle arthroscopy: Anatomical and practical approach to ankle arthroscopy.

Monday, July 3, 2023

07.30 Registration

Part 1: Arthroscopy of the Ankle

08.00 Opening and welcome

Matthijs Somford

08.05 Anatomy and portals; what do we like to avoid?

Tom Roeling

08.20 Indications for anterior ankle arthroscopy, anatomy and physical examination.

...Who are the winners – Menno Bloembergen

08.35 Indications for posterior ankle arthroscopy, anatomy and physical examination.

...Who are the winners – Joost Schrier

08.50 Portals and technique anterior and posterior arthroscopy

Marjolein Morssinkhof

09.05 Case discussion in small groups

09.45 Coffee break

10.00 General setup and portals. (refresher lecture)

Menno Bloembergen

10.10 HANDS-ON session: arthroscopy of anterior ankle

Moderator: Somford

Instructors: all

11.30 Lunch

Part 2: Specific pathologies that can be treated arthroscopically

12.15 Anteromedial and anterolateral impingement

Menno Bloembergen

12.30 Treatment of OCD

Matthijs Somford

12.45 Ankle arthritis

Joost Schrier

13.00 Posterior impingement

Sander Wuite

13.15 Flexor hallucis tendinopathy

Marjolein Morssinkhof

13.30 TEA BREAK

13.45 HANDS-ON session: posterior arthroscopy

The practical parts are introduced step by step with powerpoint

15.30 Closing remarks/drinks

Matthijs Somford

16.00 Departure by bus for a dinner/drinks