



EFAS

European Foot & Ankle Society

SPORTS AND ARTHROSCOPY COURSE

26-27 FEBRUARY 2026

VIENNA
AUSTRIA



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Thursday, 26th of February 2026

08:00

Registration

08:45	Opening and organisatory instructions / Rules about the lab
08:50	Anterior approach / review of surgical possibilities – what we already know
09:00	Different techniques for arthroscopic (assisted) lateral ankle ligament repair / reconstruction
09:15	Is there a place for arthroscopic lateral ligament augmentation? Technique
09:30	Evidence for arthroscopic lateral ligament repair / reconstruction
09:45	Arthroscopic evaluation of the medial ankle ligament complex

09:55-10:15

COFFEE BREAK

10:15

I PRACTICAL EXERCISE

Demonstration:

- Anterior approach review
- Identification of landmarks
- Identification of the lateral ligament complex
- Identification of the medial ligament complex
- Lateral ligament reconstruction / different techniques / augmentation
- Reconstruction and evaluation of the syndesmosis
- Arthroscopic assisted ankle arthrodesis

12:45-13:45

LUNCH BREAK

13:45	Review anatomy and approaches post and subtalar arthroscopy / Sinus tarsi approach
14:00	Haglund and AT tendinopathy (endoscopic treatment possibilities)
14:15	Endoscopic vs open subtalar fusion / only posterior facet? Screw placement
14:35	Technique for endoscopic FHL transfer, evidence open or endoscopic
14:45	Treatment of AT tendinopathy with the Zadek osteotomy / evidence
15:00	Discussion

15:20-15:50

COFFEE BREAK

15:50

I PRACTICAL EXERCISE

Demonstration:

- Posterior approach / portals
- Subtalar approach / portals
- Landmarks posterior approach

Exercise by the participants

16:50

I PRACTICAL EXERCISE

- Post approach / Sinus tarsi approach
- Endoscopic treatment of Haglund exostosis
- Endoscopic FHL transfer
- Endoscopic subtalar arthrodesis

Exercise by the participants

18:00

End of the day

19:00

Course dinner with faculty and participants



Friday, 27th of February 2026

08:30	Evidence and update for osteochondral lesions of the ankle joint
08:50	Limits for ankle arthroscopy for osteoarthritis of the ankle joint
09:05	Ankle arthrodesis open or endoscopic?
09:20	Plantar fasciitis: endoscopic techniques and its evidence
09:30	Peroneal tendon pathology – role of tendinoscopy
09:35	Discussion

09:45-10:15 COFFEE BREAK

10:15	I PRACTICAL EXERCISE Demonstration: • Tendinoscopy peroneal and tib post tendon • Endoscopic treatment plantar fascia • Endoscopic subtalar arthrodesis Exercise by the participants
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12:45-13:15 LUNCH BREAK

13:15	Arthroscopy of the MTPI joint: approach and indication I PRACTICAL EXERCISE Demonstration: • Arthroscopy of the MTPI joint Exercise by the participants
15:30	Closing of the day – Summary