



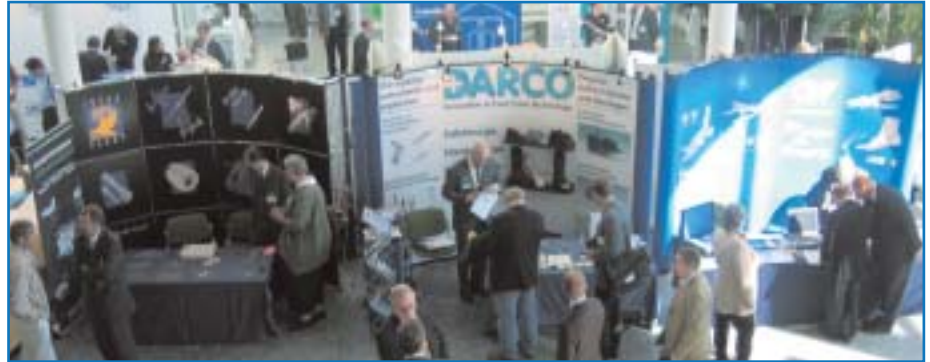
ON THE MOVE

Letter from the EFAS President

The success of a society is always directly related to the satisfaction of its members. To increase the satisfaction of our members and National Societies, continuous improvement and development of our daily work is essential.

Another important step ahead in this process was the EFAS-Instructional Course 2004 in Heidelberg, for the perfect organisation of which we would like to thank Hajo Thermann and his team as well as the EFAS Secretariat in Dublin.

The annual EFAS Travelling Fellowship 2004 provided two colleagues from Italy and Turkey with the opportunity to visit Ian Winson in Bristol/England, Greta Dereymaker in Leuven/Belgium, myself in Guetersloh and Hajo Thermann in Heidelberg/Germany. It was completed with attendance at the Heidelberg Instructional Course. You will find reports on both the Course and Fellowship later in this issue. Due to the unique possibilities the EFAS Fellowship offers, the demand is high and still rising. I would therefore be grateful, if all future applicants would send in their applications forms to the EFAS secretary early. The deadline is 14th January 2005. EFAS acknowledges the ongoing support of Newdeal for the Fellowship.



Following from this, Hakon Kofoed has put together a remarkable program for the 2005 Instructional Course in the most beautiful and attractive City of Copenhagen (6th & 7th May 2005). The geographical location of Copenhagen will hopefully be attractive to our Eastern European friends in Foot & Ankle Surgery with whom relations are progressing with the first application for membership from an eastern European Society, the Lithuanian Society. Communications regarding the founding of National Societies in the Czech Republic and Slovakia are also underway. This is a very positive development for the new European Union Countries and for EFAS, which we highly appreciate and support.

Another development in the pipeline is a US - European exchange Fellowship being sponsored by Aircast International.

EFAS acknowledges the support of Aircast in its work in international education, relationship establishment and knowledge transfer in Foot and Ankle Surgery. Further details will follow at a later stage.

Preparations are proceeding at full steam for the Triennial Meeting of the International Federation of Foot and Ankle Societies (IFFAS) from 15th to 18th September 2005 in Naples. Sandro Giannini and Francesco Malerba as Local Chairmen and the EFAS Scientific Committee are organizing this outstanding congress, and we look forward to seeing as many of you as possible there. A high level of attendance is expected and in such a marvellous location as Naples, the social programme, in addition to the scientific programme proves to be very promising.

Prof. Dr. Hans-Heino Küster

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EFAS Travelling Fellowship 2004



The fellows of the EFAS Fellowship of 2004 were Francesca Vannini from "Istituto Ortopedici Rizzoli" Bologna, Italy and Nurettin Heybeli from Baltalimani Bone Diseases Education & Research Hospital, Istanbul, Turkiye. The programme comprised of visits to four different centres in three countries.

First stop was with Mr Ian Winson at the Southmead Hospital, Bristol. Dr Heybeli was kindly picked up from the train and Dr Vannini from the airport by Mr Winson, on a sunny Sunday afternoon. After dropping the luggage to the "Ship Inn", the historic hotel the fellows stayed in, it was time to meet the Winson family. After having a very nice evening with them, the fellows were ready for a busy week.

The first day was spent observing Mr Winson in the operating theatre where he performed first metatarsal lengthening, varisation osteotomy of the distal of the tibia, total ankle prosthesis and scarf osteotomy for hallux valgus. After a busy day in the operating theatre, the fellows had a very nice dinner with Mr and Mrs Winson and together with their friends and colleagues in a typical cosy English pub-restaurant.

The following morning the fellows joined Mr Winson at the trauma centre for the early morning team meeting. A short visit to ICU followed, after which they returned to Southmead Hospital for an academic session with the

staff. This began with Mr Winson presenting a paper on "Arthroscopic Ankle Arthrodesis". Dr Vannini and Dr Heybeli also gave brief presentations on their work.

Time passed quickly and soon they had to catch the plane from Bristol to Brussels to meet

Professor Dereymaeker in Leuven, Belgium. The fellows travelled by train from the airport to Leuven and were brought to the "Hotel Professor" - very aptly named for this academic journey of learning. The fellows spent a day and a half in operating theatre with Professor Dereymaeker assisting with a number of cases - scarf osteotomy, intramedullary nailing for tibiototalcalcaneal fusion being the significant ones. The fellows also observed operations done under popliteal block anaesthesia on outpatient basis.

After two days of rest exploring Antwerp and Brugge, the fellows had a seven hour train journey with many transfers, Antwerp to Brussels, on to Cologne and finally reaching Guetersloh where they were met by Professor Kuester, and a visiting colleague from Budweis, Czech Republic, Dr Filip Libor. The fellows were kindly hosted by the Kuester family and a delicious dinner was waiting for them, prepared by Mrs Kuester.

The second week started early on Monday when the fellows accompanied Professor Kuester and Dr Libor to theatre. A modified Watson-Jones procedure, midfoot arthrodesis, tibialis pos-

terior tendon degeneration, cheilectomy were undertaken that morning. After lunch they discussed some interesting cases with a colleague, Dr Kuhn, and later on observed Professor Kuester's foot and ankle clinic. The stay finished with a very tasty dinner at an old fashioned restaurant "Linde" from the 16th century, where there was a chance to sample a typical German menu. The restaurant owner was a lovely old lady who seemed to have been there since the opening!

The next day the fellows travelled with Dr. Libor to Hiedelberg, where they met Professor Thermann, and enjoyed a walk through the romantic centre of the town. The following morning, they observed Professor Thermann in the OR, treating a navicular necrosis with bone graft and putting the final touches to his presentations for the EFAS Instructional Course.

On Friday, the 6th EFAS Instructional Course commenced where the fellows had an opportunity to meet Council and members of EFAS. They found the lectures interesting and stimulating and have no doubt that the content will be useful for their practice. Another highlight was the Conference Dinner in the "Kulturbrauerei" in the centre of the old town, which brews its own very special beer. A great night was enjoyed by all the delegates, and most of them even managed to make it in time for the early Session. The Course finished on Saturday evening and the two-week Fellowship came to an end with a rushed journey to Frankfurt to catch the planes home. The fellows would like to thank the hosts, Mr Winson and Professors Dereymaeker, Kuester and Thermann for their hospitality and for the opportunity to improve their Foot and Ankle Surgery. They would also like to thank Newdeal (sponsor of the EFAS Fellowship) and EFAS for this wonderful opportunity.

EFAS Sponsors

EFAS acknowledges the support of its official Gold Sponsors - Depuy and Newdeal.

Further details of the EFAS Sponsorship Club are available from efas@eventplus.ie

Travelling Fellowship 2005

The European Foot and Ankle Society is inviting applications for the 2005 Travelling Fellowship (sponsored by Newdeal). The Fellowship is open to medically qualified trainee orthopaedic surgeons* interested in foot and ankle surgery. The Fellows will travel to centers in Nancy, Basle, Milan and Bologna** visiting, observing and assisting some of the top foot and ankle surgeons in Europe. The Fellowship will take place in September 2005, for a two-week period either commencing or finishing at the IFFAS Congress in Naples, Italy (15th - 18th September 2005). Exact dates to be confirmed in early 2005.

*Eligibility: Medically qualified trainee orthopaedic surgeons (not yet certified), of European Nationality and working within Europe, with specific interest and experience in the field of foot and ankle.

**Centres may change for reasons beyond the control of EFAS.

To apply: Application Form available from www.efas.co.uk or by email from : efas@eventplus.ie. Closing date for applications is: 14 / 01 / 2005

Assistance Required

EFAS is seeking 2 junior doctors to assist the Scientific Committee in the preparation of scientific programmes for meetings and courses for the period 2005/2006. Interested applicants should be: Members of EFAS; less than 35 years old on 14th January 2005 and display a proven interest in Foot and Ankle Surgery. Applications in writing to EFAS at efas@eventplus.ie by submitting a summary Curriculum Vitae (maximum 2 pages), with evidence of their interest in foot and ankle surgery. Closing date for receipt of CVs is 14th January 2005 and selection will take place early in 2005. Please note that these posts are honorary and will not incur any remuneration.

2004

3rd Congress of the Asian Federation of Foot and Ankle Societies

(5th Asian Symposium of Foot Surgery)

1st - 4th December 2004

Philippines Secretariat: Tel. (+632) 410.1331

Fax (+632) 410.1283

Email: poa@i-next.net Web: <http://www.philortho.org>

SFMCP Winter Meeting, Société Française Chirurgie du Pied

4th-5th December 2004, Paris, France

Contact: <http://sfmcp.free.fr>

2005

DAF Trauma Course 2005

5th - 6th March 2005, Hannover, Germany

Contact: Richter.Martinus@MH-Hannover.de

www.fusschirurgie.de

7th European Foot and Ankle Society Instructional Course

6th - 7th May 2005, Copenhagen, Denmark

Contact: efas@eventplus.ie Tel: +353-1-230-2591

Fax: +353-1-230-2594

International Federation of Foot and Ankle Societies (IFFAS), Triennial Meeting

Joint Meeting of Asian-South American-European-North American Federations

September 15th - 18th 2005, Royal Continental Hotel,

Naples, Italy

Organizing Secretariat: www.oic.it/iffas2005

Email: IFFAS-2005@oic.it

2006

8th European Foot and Ankle Society Instructional Course

12th - 13th May 2006, Barcelona, Spain,

Contact: efas@eventplus.ie Tel: +353-1-230-2591

Fax: +353-1-230-2594

6th Congress of the European Foot and Ankle Society

Autumn 2006, Prague - exact dates to be confirmed

Contact: efas@eventplus.ie Tel: +353-1-230-2591

Fax: +353-1-230-2594

2007

9th European Foot and Ankle Instructional Course

Athens, Greece. Dates to be confirmed.

6TH EFAS INSTRUCTIONAL COURSE

Heidelberg, Germany, 17th-18th September 2004



The course chairman Hajo Thermann and the president of the EFAS Hans Heino Kuester welcomed a great faculty of speakers and 90 attendants at the German cancer research centre in the beautiful city of Heidelberg, Germany.

In the first session about forefoot pathologies, Renée Fuhrmann and Bart Burger reported about the possibilities of total joint replacement with an endoprosthesis of the first MTP-joint and the reasons for failures of the procedure. Although range of motion appears to be excellent intraoperatively, function reveals a marked impairment during the first four weeks. The altered metatarso-sesamoid articulation appears to be mainly responsible for the impaired function. More regard has to be given in future designs of prostheses to the biomechanics of the metatarso-sesamoid articulation. Osteointegration, which is the major premise for a long lasting success of the different types of "STEM-prostheses", is still questionable. Failure of the procedure though is a concurrence of reasons. Technical errors, in particular incorrect implantation and malalignment, as well as radiological deterioration of bone quality and implant breakage are commonly found. Revision arthroplasty or MTP-fusion is hard

or nearly impossible. Therefore salvage by MTP fusion is often the only way for revision.

If the Keller-Brandes operation has still an indication for primary surgery in hallux valgus or hallux rigidus deformity was discussed by Lowell S. Weil. He sees only very selective indications e.g. a low demand female or male at old age with hallux valgus and arthritis accompanied by a long great toe. His "Mini-Mayo" technique with the interposition of a capsule-fascial flap between the raw phalanx and the metatarsal head with a lesser resection decreases the risk of weakening the great toe and cause of transfer metatarsalgia.

Hammer toe deformity is more and more focussed in recent discussions. In particular, fixed deformities with severe malalignment are poorly evaluated to date. Up to now, procedures that resect are more favoured than to reconstruct. Therefore, soft-tissue procedures were particularly discussed. Capsular release of the MTP-joint, lengthening of the extensor digitorum tendon or transfer of the extensor digitorum brevis tendon are of specific interest. Lowell S. Weil confirmed the importance of these procedures later in the Master class-Symposium in varus- or valgus deformity of the lesser toe.

In flexible hammer toes, intrinsic procedures are regarded as the

Golden Standard. Instability of the second MTP-joint demands from the expert point of view a closure of the plantar structures with a transfer of the extensors for stabilisation.

Hind foot reconstruction by osteotomy and tendon transfers were presented by Patrice Diebold. Beside the classic Dwyer or varisation osteotomy rotational wedge osteotomies (acc. Hajo Thermann) for additional reconstruction of the calcaneal pitch were discussed. The indication of ankle fusion in experts shifted a little bit to the "challenging or defect cases" as ankle arthroplasty achieves more attention. Subtalar fusion should prevent hind foot malalignment and dorsiflexion of the talus. If a structural bone graft is needed, a posterior approach is easier and prevents soft tissue complications.

Triple arthrodeses is a challenging technique in severe long standing deformities. Beside the golden standards Ian Winson explained several technical tricks for a successful procedure.

The Sports Medicine session was opened by Heinz Lohrer giving his lecture on Achilles tendinopathy. The term refers to clinical syndrome characterized by a combination of pain and swelling located 2-7cm above the calcaneal insertion of the tendon. Of high importance is to differentiate other pathologies (e.g. the Haglund's disease associated with a retrocalcaneal bursitis) and not Achilles tendon related heel pain syndromes (e.g. posterior ankle impingement, FHL lesion). About 50% of all patients do not respond adequately to conservative treatment, which can include physiotherapy, special insoles and extracorporeal shockwave therapy. Surgical treatment, mainly consisting of the resection of the paratenon, and the excision of the degenerative tendon tissue, is reported to be successful in about 60-90%.

Patients need to be aware that rehabilitation is prolonged and needs about 6-12 months. Only 50% of athletes reach their preoperative level.

The options of Achilles Tendon Reconstruction were discussed by Hajo Thermann. Techniques as the "suture with reinforcement" for reruptures or neglected ruptures, the modified "two flaps technique" for the reconstruction of defects about 3-4cm and the "transfer of the flexor hallucis longus tendon" for larger defects were presented. An oblique tenotomy can restore function and strength in patients with elongation as a sequela of the Achilles tendon rupture.

Outstanding highlights were the presentations in the session about ankle replacement. With the moderators Hakon Kofoed and Hajo Thermann, the international precursors in ankle replacement Pascal Rippstein, Peter Woods and Beat Hintermann discussed emotionally with the audience the different designs of implants and its techniques. Pascal Rippstein showed the importance of standards in planning and performing for the success of the procedure. The correct implantation is of particular importance in primary cases as well as in revision surgery. In this regard, the hind foot axis has to be specifically considered. Beat Hintermann presented numerous of advanced indications and outlined that ankle arthroplasty may become more feasible in malaligned osteoarthritic ankles that were previously thought to be unsuitable candidates for ankle replacement. Although experience has grown, technical failures are common. The results of these failures and its complications were comprehensively displayed by Hakon Kofoed.

The second day started with the possibilities of arthroscopy in foot & ankle joints. The standards for ankle (Ian Winson), subtalar (Hajo Thermann), MTP (Ian Winson) and hind foot arthroscopy (Jörg Jerosch) were displayed in an excellent manner.

For ankle arthroscopy, a 2,5mm or 2,9mm arthroscope facilitates the scope of the posterior areas of the ankle. Distraction with a rigid fixation appears not to be necessary. To have the patient in lateral position is important for the success of subtalar arthroscopy. Hind foot arthroscopy seems to be a good alternative for the experienced surgeon for pathologies e.g. insertional tendinosis caused by a Haglund's Spur or tendinosis of the flexor hallucis longus tendon.

The highlight of the course was the Master class Symposium with outstanding lectures of top experts about their special field. All speakers gave a detailed presentation of their indications and techniques. Even the experienced surgeons among us could have learned some more tricks in treating Hallux valgus deformity (Patrice Diebold), Hammertoes Deformity (Lowell Weil), Tendon Transfers (Leo Doederlein) and Ankle Arthroplasty (Peter Wood).

Beat Hintermann pointed out in the first talk of the following trauma session, that ankle arthroscopy prior to the treatment of ankle fractures may help in detecting pathologies that could be overlooked and would lead to complications and ongoing pain for the patient. Brian Thornes presented an interesting technique for the stabilization of the syndesmosis after syndesmosis diastases injuries with a suture-button fixation. The convenient technique and little invasiveness make its use very attractive for the daily routine.

Hajo Thermann showed that in the reconstruction of failures after ankle fractures, three time periods have to be considered. Short term complication required immediate surgery, when the fracture is not healed, In midterm, complications is the cartilage not destroyed and can be salvage by correction osteotomies. In the long-term the arthritis of the joint is

complete and a fusion or ankle arthroplasty is obligatory.

New developments for the operative treatment in calcaneal pathologies were presented by Hans Zwipp. New techniques like semi open arthroscopic assisted surgery, new "angle- stable" plates enables the (gifted) surgeon even in comminuted fractures to achieve anatomic reconstruction.

Navigation and computer technologies were the topic of Martinus Richter. He showed upcoming possibilities in foot and ankle surgery with his outstanding tools and equipment.

"Navigated" osteotomies, "navigated" correction of malalignments and computer guided precise fracture care will help us in the future to be more successful with these procedures.

Different techniques of cartilage reconstruction of the ankle were the last topic of the course. Mikrofracturing has shown its effectiveness in a prospective study presented by Cristoph Becher/Hajo Thermann. As there are no prospective studies for OATS or autologous chondrocyte transplantation, these results are the benchmark for the other techniques presented by Sandro Giannini and Jörg Jerosch. A major advantage is also the low costs for the microfracturing compared with OATS or ACT. As long-term studies are lacking, these procedures have to be under scientific control before they could be released for a wide spread application.

In summary, the meeting was stamped by the overwhelming information on surgical concepts, techniques and tricks. The broad room for discussions enables everybody to achieve the "ultimate information" of the speakers and teachers. Every participant found a lot of practical tips that can be used in daily practice.

Hajo Thermann

JOIN EFAS IN COPENHAGEN

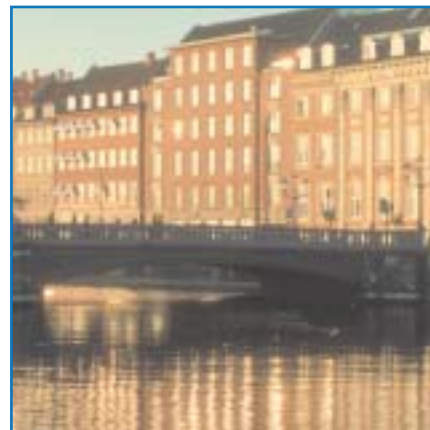
6th - 7th May 2005

EFAS members, foot and ankle surgeons and particularly our colleagues from Eastern Europe and the new EU Countries, are most welcome to the 7th EFAS Instructional Course in Copenhagen. The former EFAS courses have been well attended and the scientific content highly rated. This course will focus on treatment options for common disorders, accelerating to the most advanced treatments of the hindfoot and the uncommon cases for the specialists among us. Topics will include amongst others Toes, Hallux Valgus, Hallux Rigidus, Forefoot Pain, Hindfoot surgery, Total Ankle Replacement with full details given in the Course Programme.

The course will take place in

the Hotel Radisson Scandinavia, located in central Copenhagen. The Conference Dinner will be followed by an exciting evening at the Casino and promises to be a night of good food, great games and fun for all. May is a wonderful time to visit the beautiful old city of Copenhagen with its historic buildings and exciting entertainment facilities - on bike if you prefer - or using the water busses.

In Copenhagen, EFAS intends to continue its first class programme of instructional courses combined with an exciting opportunity to relax and socialise with colleagues from all over Europe.



You are heartily welcome to wonderful Copenhagen.

Hakon Kofoed
Local Host
Hans-Heino Küster
EFAS President

Course Programme and Registration Details available from EFAS: efas@eventplus.ie or www.efas.co.uk

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NEW COUNCIL MEMBERS

Bruno Magnan - Italy

Bruno Magnan, MD.

Born in Verona (Italy) on August 13TH, 1956.

Medical degree in 1980, University of Padua (Italy).

Fellowship at Orthopaedic Department from 1980 to 1986, University Of Verona (Italy).

Specialized in Orthopaedics and Traumatology in 1985, University of Verona .

1986-1993 Assistant, since 1993 First Assistant at the Department of Orthopaedics and Traumatology, University of Verona.

Professor at Verona University Medical Schools of Specialization in Orthopaedics, Traumatology , Paediatrics and Rehabilitation since 1987.

180 papers published in national and international Medical Journals on different topics:

- Foot and Ankle: 77
- Paediatric Orthopaedics and Paediatric Foot: 28
- General Orthopaedics: 75.

175 presentations at national and international Congresses, Meetings and Courses.

Council Member of Italian Foot and Ankle Society from 1995 to 1999, Vice-President since 2001.

Verona is located in the north-east of Italy, lying in the Padana Valley between Milan and Venice, about 100 Km far from the Adriatic sea and Dolomites. Known as "the city of Romeo and Juliet" and famous for the Arena roman amphitheater and the lake of Garda with its wines, Verona has recently become an University City leaving Padua University since 1983 with its Schools of Medicine, Economics and Law established in the years '60s.

The University Hospital, Policlinico G.B. Rossi, houses the Department of Orthopaedics and Traumatology, built in 1969 originally with 100 beds, actually 60.

The Institution had been headed by Prof. Giovanni De Bastiani since 1979 and by Prof. Pietro Bartolozzi since 1991 up to now. Almost all orthopaedic specialties are covered including hip, spine and knee surgery as well as foot and hand surgery. About 25-30% of the activity is saved for traumatology and its sequelae. During the last year 1500 surgical procedures have been performed.

Concerning Foot and Ankle, recent studies have been addressed to the development of new metatarsophalangeal implants (reabsorbable spacers), the rheumatoid foot surgery, the total ankle arthroplasty and the improvement of the minimally-invasive techniques of the foot particularly in the hallux valgus surgery and the heel fractures.

Christine Thèmar Noël - France

By the end of my medical studies in Paris, giving care to children was very attractive to me. Hence, I decided to concentrate on some specialist fields paediatrics. I am more specialized in orthopaedics and rehabilitation, sports medicine and biology in children, and podology. From 1970, I worked as full assistant in the department of Paediatric Orthopaedics at Bretonneau Hospital, then at Robert Debré Children Hospital in Paris, under the supervision of Pr Bensahel then Pr Penneçot.

I have been very involved in the field of foot deformities, and I am the chairwoman of the multidisciplinary outpatient clinic in connective tissues diseases, and also the outpatient clinic for children at the well known French Institute of Myology at La Salpêtrière Hospital. In addition, I chair the paediatric section of Diploma Interuniversitaire for Foot Surgery as well as the Diploma Interuniversitaire of Foot Medicine.

I am active member of following societies: EFAS, European Paediatric Orthopaedic Surgery (EPOS), French Society for Medicine and Surgery of Foot (SFMCP), French Association of Foot Surgery (AFCP), French study group in Paediatric

Orthopaedics (GEOP), French Society of Paediatrics (SFP), French Society of Paediatric Surgery (SFCP). Among these various activities, I would like to emphasize that having been a member of SFMCP, since 1980, I became a member of its board in 1990 and I am currently the Président of this Society.

The SFMCP is made of members in the fields of both medicine and surgery and one of my wishes, which is shared by whole Board of the SFMCP, is to unite together the members of both SFMCP and AFCP, so that foot and ankle diseases and specialties will become more and more active in France.

Harriet, thank you very much!



This summer **Harriet Duffin** retired from Event Plus and hence from the Secretariat of EFAS.

After the merger of ESFAS and EFFAS into EFAS it was decided that we needed a professionally run Secretariat. Michael Stephens recommended involving Harriet Duffin/Event Plus following their successful organisation of the ComFAS meeting in Dublin.

Since 1999 Harriet has helped the Society to consolidate and to expand its activities. Setting up the new organisation was a major task as many issues were new and had to be solved. Despite the fact that the communication with the busy members of the subsequent Councils and Committees was not always easy, Harriet was always in good spirits, patient, forgiving and never grumpy.

She and her team have been most dedicated to the EFAS goals. At first there was one meeting a year and the Journal. Now there are also the EFAS Instructional Courses, the Newsletter, Fellowships, Sponsorship Club, 3 Council meetings per year, etc. Other key issues were the change from Blackwell Science to Elsevier and sorting out problems like improving our relationship with EFORT.

In time Harriet has built a team of excellent co-workers. Although we shall miss Harriet, EFAS can trust Event Plus to maintain their good services. It is their goal to become a Secretariat fully engaged with work for EFAS.

Harriet, we wish you a happy retirement, to be enjoyed in good health. Thank you very much for all your work for EFAS, we will not forget you.

Jan Willem Louwerens - *Secretary EFAS*

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