

12TH EFAS INSTRUCTIONAL COURSE



PRELIMINARY PROGRAMME

16th-17th April 2010

THE HERBERT PARK HOTEL
BALLSBRIDGE, DUBLIN,
IRELAND.



In association with 3rd IOFAS Conference, Saturday 17th April

WELCOME

Dear Colleagues,

It is with great pleasure that we introduce the 12th EFAS Instructional Course which takes place in Ballsbridge, a leafy suburb of Dublin city, on Friday 16 and 17 April 2010. The course programme has been co-ordinated by the EFAS Education Committee with assistance from the Local Organiser and it is a further development of the EFAS education modules which were introduced in Athens in 2007 and improved in Lyon 2008 and Verona in 2009. The Irish Foot and Ankle Society (IOFAS) will hold their meeting on Saturday afternoon so we hope to see a good attendance at both the EFAS Instructional Course and the local IOFAS meeting.

Dublin is a highly accessible and popular destination so we hope to see you there!



Hakon Kofoed
EFAS President

FACULTY OF SPEAKERS

F. Faber, Netherlands
S. Kearns, Ireland
P. Kelly, Ireland
X. Martin, Spain
G. Rougereau, France

A. Sakellariou, UK
M. Stephens, Ireland
Y. Tourné, France
A. Wilson, N. Ireland
I. Winson, UK

EFAS EDUCATION COMMITTEE

Peter Bock
Frank Faber
Jan-Willem Louwerens
Xavier Martin
Guillaume Rougereau
Michael Stephens (Local Host)
Yves Tourné (Chairman)

EFAS COUNCIL

OFFICERS

Hakon Kofoed, President
Jan-Willem Louwerens, Vice President
Ian Winson, Past-President
Thanos Badekas, Treasurer
Martinus Richter, Secretary

COUNCIL MEMBERS

Per-Henrik Ågren, Sweden
Francesco Ceccarelli, Italy
Andre Gomes, Portugal
Patrick Laing, UK
Bruno Magnan, Italy
Xavier Martin, Spain
Donald McBride, UK
Stephen Parsons, UK
Yves Tourné, France
Co-opted Member
Marino Delmi, Switzerland

GENERAL INFORMATION (IN ALPHABETICAL ORDER)

ACCREDITATION

The Organisers have applied for EACCME accreditation.

COURSE ORGANISERS

EFAS

76a Upper Georges Street, Dun Laoghaire, Co. Dublin, Ireland.

Tel: +353 1 2302591 Fax: +353 1 2302594 Email: efas@eventplus.ie Web: www.efas.co.uk

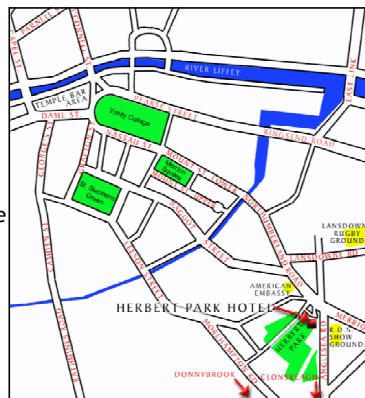
COURSE VENUE

The venue for the EFAS Instructional Course is;

The Herbert Park Hotel,
Ballsbridge, Dublin 4,
Ireland.

The venue is located 30 minutes walk from Dublin city centre or 5 minutes by taxi. The hotel is situated in a 48 acre park, Herbert Park and in a pretty suburb of Dublin city.

The venue offers visitors to Dublin a modern facility in a good location with access to public transport bus services to Dublin city centre and Dublin Airport.
(See Transport section for further information).



CURRENCY

Registration, Accommodation and Social Event Fees payable in Euro (€)

ELECTRICITY

The standard voltage in the Republic of Ireland is 220 VAC at 50Hz. Plugs are 3 pin 1363 type so for European guests an adaptor is required.

HOTEL ACCOMMODATION

The Herbert Park Hotel offers a rate of €140 single and €155 double or twin room including breakfast, VAT and service charges per night. In order to avail of these rates, please use the hotel booking section of the registration form on the online registration system available at www.efas.co.uk

INSURANCE

EFAS, the Local Organizing Committee, and the Herbert Park Hotel accept no liability for personal injuries sustained or for loss of or damage to property belonging to delegates, either during or as a result of the course. Registration Fees do not include insurance. In your own interests, you are strongly advised to check the validity of your own insurance before attending the course. Insurance should be purchased in your country of origin.

REGISTRATION

The Registration Fees for the course are as follows;

REGISTRATION FEES

Fees for *EFAS Instructional Course Only (16-17 April)	Early Fee (By 16 March)	Late Fee (from 16 March)
EFAS Members	€250	€300
Non Members - Orthopaedic Surgeons	€350	€400
EFAS Trainee Members	€100	€150
Trainee Non-Members (Note 1)	€150	€200

COMBINED FEE

EFAS Instructional Course (16-17 April) AND IOFAS Afternoon Meeting Saturday 17 April	Early Fee (By 16 March)	Late Fee (from 16 March)
EFAS and IOFAS Member	€300	€350
Non-Members- Orthopaedic Surgeons	€400	€450
EFAS Trainee Members	€150	€200
Trainee Non-Members (Note 1)	€200	€250

Note 1 - Trainees must fax proof of trainee status to +353 1 2302594

The fees include the following:

- Participation in the scientific sessions of the course
- Full access to commercial exhibition
- Congress pack including Final Programme, Presentation notes, Certificate of Attendance
- Coffee breaks and lunches

Cancellation Policy

Please note that cancellations of registrations received in writing by the organiser on or before 16th March 2010 will be refunded but a €50 administration fee will be withheld.

Cancellations of accommodation reservations received in writing by the organiser may only be cancelled if the rooms are re-sold as the hotel policy for group reservations does not allow cancellations.

EFAS Onsite Registration Desk Opening Hours:

Friday 16th April 07:30 - 18:00

Saturday 17th April 08:00 - 13:00

SPONSORSHIP AND COMMERCIAL EXHIBITION

A commercial exhibition will take place during the course on 16 and 17 April and a wide range of Sponsorship Options are available. Companies may also choose to participate in the IOFAS Exhibition. Interested companies should contact EFAS Secretariat Email: efas@eventplus.ie

TRANSLATION

The EFAS course language is English. There is no translation service.

TRAVEL AND TRANSPORT

Airport Taxi: Dublin Airport is 30 minutes by taxi to the hotel outside peak hours.

The cost is c €25-35.

Airport Bus: There is a bus service from Dublin Airport to Ballsbridge, Aircoach. The Aircoach stops across the street from the hotel (at the Toyota Centre). The buses depart from the airport every 10 minutes (06:00-19:55) and every 20 minutes at other times. The route map is available at <http://www.aircoach.ie/map.routes.ballsbridge.php> for the outward and return journeys.

VISAS

Delegates requiring a visa for entry to Ireland are strongly advised to make their application in their home country at least three months before the intended date of travel.

VENUE INFORMATION

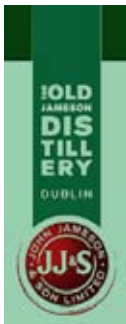
Dublin, the capital of Ireland, has a history dating back to Viking times and the city is now one of Europe's most popular city break destinations. Dublin is a vibrant city and offers visitors a rich cultural experience with a warm "Céad míle fáilte" or a "hundred thousand welcomes".

For information on the top visitor attractions in Dublin, walking and bus tours please visit the Dublin Tourism website www.visitdublin.com

WEATHER

The weather in Dublin in April is usually cool with a daytime average of 13 °C (55°F) and often lows of 4 °C (39 °F) in the evening. A warm coat and rain jacket or umbrella are recommended. April can also present some unusually warm weather however so you are advised to check the 5 day weather forecast prior to your departure!

SOCIAL EVENING, FRIDAY 16TH APRIL 2010, OLD JAMESON DISTILLERY, DUBLIN



The EFAS Course Dinner and IOFAS Dinner will take place in the Old Jameson Distillery on Friday 16th April. This special evening at the Jameson Distillery evening will comprise of;

- 19:00 Return Coach transport to Old Jameson Distillery, Smithfield, Dublin
- 19:15 Cocktail & Canape Reception in Distillery
- 19:45 Tour of Distillery & Jameson Whiskey Taste
- 20:15 3 course Dinner with wines
- 21:30 Old Jameson Distillery Entertainment

Tickets can be purchased online using the online registration facility at www.efas.co.uk and cost €80 per person.

POST-COURSE TOUR, SATURDAY 17TH APRIL, 14:30-18:00 POWERSCOURT ESTATE AND GARDENS



Depart by bus from the Herbert Park Hotel at 14:30 for a 30 minute drive south of the city into Co. Wicklow to visit the famous Powerscourt Estate. The Tour Guide will provide information on the areas of Dublin that you pass on the

drive to Powerscourt and upon arrival at Powerscourt your guide will take you through the house to the gardens where you can participate in a guided tour of the gardens or you can tour the house and gardens at your leisure.

Tickets for this tour can be purchased online using the online registration facility at www.efas.co.uk and cost €30 to include return transport, guide and entry to the Powerscourt Estate.



PROGRAMME

FRIDAY 16TH APRIL 2010

07.30-08.30	Registration
08.30-08.45	Welcome Address Hakon Kofoed, EFAS President Michael Stephens, Local Chairman
08.45-09.15	SESSION I - GENERAL FOOT AND ANKLE
08.45-9.15	Function and Examination of the Foot and Ankle <i>M. Stephens, Ireland</i>
09.15-13.30	SESSION II - FOREFOOT
09.15-10.40	First Ray Pathology: Hallux Valgus
09.15-9.25	'What would you advise?' Cases concerning only Hallux Valgus? 5 cases: HV adolescent without sublux, moderate HV with sublux, severe HV with MTP 1 arthrosis, Juvenile HV, HV with problems of the lesser rays <i>F. Faber, Netherlands</i>
09.25-09.35	Pathophysiology and Etiology of Hallux Valgus <i>G. Rougereau, France</i>
09.35-9.50	Algorithm of treatment of Hallux Valgus (including conservative treatment) <i>A. Wilson, N. Ireland</i>
09.50-10.00	Technique: distal osteotomy (Chevron, Akin) <i>Y. Tourné, France</i>
10.00-10.05	Technique : distal soft tissue procedure <i>A. Wilson, UK</i>
10.05-10.15	Technique: proximal osteotomies (scarf, proximal osteotomy MTI) <i>P. Kelly, Ireland</i>
10.15-10.30	Overall: Results and Complications and how to prevent complications <i>A. Sakellariou, UK</i>
10.30-10.50	Discussion
10.50-11.25	<i>Coffee and Exhibition</i>
11.25-12.30	Lesser Ray Pathology
11.25-11.35	Functional anatomy <i>I. Winson, UK</i>

11.35-11.45	Causes of metatarsalgia (Including conservative treatment) A. Sakellariou, UK
11.45-11.50	Correction of lesser toe deformities P. Kelly, Ireland
11.50-11.55	Technique: Soft tissue procedures and PIP resection/fusion M. Stephens , Ireland
11.55-12.00	Metatarsal osteotomies Y. Tourné, France
12.00-12.05	Technique: Weil Osteotomy. Y. Tourné, France
12.05-13.45	First Ray Pathology: Hallux rigidus
12.05-12.15	Pathophysiology and algorithm of treatment (including conservative treatment, resection arthroplasty, osteotomies, and prosthesis) G. Rougereau, France
12.15-12.20	Technique: Cheilectomy F. Faber, Netherlands
12.20-12.30	Technique: Fusion M. Stephens, Ireland
12.30-12.40	Results and Complications and how to prevent complications I. Winson, UK
12.40-13.45	Cases shown during intake, now presented again. Discussion F. Faber, Netherlands
13.45-14.45	Lunch and Exhibition
14.45-17.40	SESSION III - HINDFOOT AND ANKLE
14.45-15.15	Degenerative Hindfoot and Ankle Pathology Pathophysiology and treatment algorithm (including conservative treatment) A. Wilson, N. Ireland
15.15-15.30	Technique: Subtalar Arthrodesis and Triple Arthrodesis M. Stephens, Ireland
15.30-15.45	Technique: Ankle Arthrodesis (open and Arthroscopic) I. Winson, UK
15.45-16.00	Discussion
16.00-16.30	<i>Coffee break and Exhibition</i>
16.30-17.05	Degenerative flat foot

16.30-16.50	Pathophysiology and treatment algorithm of degenerative flat foot (Including conservative treatment) <i>S. Kearns, Ireland</i>
16.50-17.05	Technique: Osteotomies (sliding OT, calcaneal lengthening) and tendon transfers (FDL) <i>A. Wilson, N. Ireland</i>
17.05-17.15	Discussion
17.15-18.00	SESSION IV - NERVE PATHOLOGY
17.15-17.25	Morton Neuroma <i>A. Sakellariou, UK</i>
17.25-17.50	Nerve entrapment and injury in the foot <i>S. Kearns, Ireland</i>
17.50-18.00	Discussion
19.00	<i>EFAS and IOFAS Dinner, Old Jameson Distillery, Smithfield, Dublin (Coaches depart Herbert Park Hotel at 19:00 sharp)</i>

SATURDAY 18th APRIL 2009

08.30-11.50	SESSION V - SPORTS MEDICINE
08.30- 09.50	Ankle disorders
08.30-08.40	Acute supination trauma <i>F. Faber, Netherlands</i>
08.40-09.00	Chronic ankle/hindfoot instability (assessment, conservative treatment) and operative treatment Ankle Instability (indications, results, complications) <i>Y. Tourné, France</i>
09.00-09.05	Technique: anatomic repair <i>P. Kelly, Ireland</i>
09.05-09.15	Ankle impingement (assessment, ant/post, algorithm) <i>I. Winson, UK</i>
09.15-09.25	OCD Lesions (classification, algorithm of treatment) <i>A. Sakellariou, UK</i>
09.25-09.40	Technique ankle arthroscopy: treatment impingement, removal of spur, OCD lesion (microfracturing) <i>S. Kearns, Ireland</i>
09.40-09.50	Discussion
09.50-10.20	<i>Coffee Break and Exhibition</i>

10.20-11.30	Tendon, degenerative and sports pathologies
10.20-10.35	Acute Achilles tendon rupture: Repair/conservative treatment <i>Y. Tourné, France</i>
10.35-10.45	Technique: Repair of acute rupture of Achilles tendon, percutaneous and open <i>M. Stephens, Ireland</i>
10.45-11.00	Achilles tendon: (peri) tendonitis, tendinosis, Haglund exostosis (pathophysiology, surgical and conservative treatment) <i>A. Wilson , N. Ireland</i>
11.00-11.05	Technique: Insertional tendinitis treatment / Haglund exostosis <i>G. Rougereau, France</i>
11.05-11.20	Peroneal tendon Pathologies and treatment (Saltans and split) <i>S. Kearns, Ireland</i>
11.20-11.30	Discussion
11.30-11.50	Break
11.50-13.15	SESSION VI - TRAUMA SESSION
11.50-12.00	Principles of management of foot and ankle fractures <i>I. Winson, UK</i>
12.00-12.15	Ankle fractures <i>Y. Tourné, France</i>
12.15-12.25	Lisfranc fractures (assessment, treatment) <i>A.Sakellariou, UK</i>
12.25-12.35	Calcaneal fractures (principles of management) <i>X. Martin, Spain</i>
12.35-12.50	Paediatric foot and ankle fractures <i>P. Kelly, Ireland</i>
12.50-13.00	Compartment syndrome (assessment, management) <i>G. Rougereau, France</i>
13.00-13.10	Discussion
13.10-13.15	8 th EFAS Congress 2 nd -4 th September 2010 Geneva Switzerland & 13 th EFAS Instructional Course, April 2011
13.15-13:20	Meeting Close followed by Light Lunch & Depart
14.30	Afternoon Tour Option (<i>see information on previous pages for details</i>)



**3RD IOFAS CONFERENCE
SATURDAY 17TH APRIL 2010**

**THE HERBERT PARK HOTEL,
BALLSBRIDGE, DUBLIN 4, IRELAND.**

PROGRAMME

- 14.00-14.10 Inauguration & Welcome to IOFAS 2010
L. D'Souza
- 14.10-15.06 Trauma Clinical Paper Session *Sponsored by Lynch Medical*
Moderator: S. Henderson
7 papers x 8min. each
- 15.06-15.30 Coffee & Exhibition
- 15.30-16.26 Elective Paper Session *Sponsored by O'Mara Medical*
Moderator: D. Borton
7 papers x 8min. each
- 16.26-17.00 Coffee & Exhibition
- 17.00-17.30 Guest Lecture: Y. Tourné
Chair: D. Cogley
- 17.30-17.45 Closing Remarks President IOFAS, M. Stephens
17.45-18.30 IOFAS AGM

*For further information on programme and abstract submission contact:
jameswalsh@rcsi.ie*



8TH INTERNATIONAL CONGRESS OF THE EUROPEAN FOOT AND ANKLE SOCIETY

2nd- 4th September 2010

**CMU (Centre Medical Universitaire)
Geneva, Switzerland**

SYMPOSIA

***FREE PAPERS**

CADAVER WORKSHOPS

LIVE SURGERY TRANSMISSION

***POSTER SESSION**



***Call for Abstracts December 2009**

Online Abstract Submission

www.efas.co.uk

Social Events

Thursday 2nd September

Welcome Reception,
Restaurant Parc des Eaux, Geneva

Friday 3rd September

Gala Dinner,
Salle des Nations, Four Seasons Hotel, Geneva

Tours

Walking City Tour Geneva

Lakeside Tour

Chateaux & Wine Tasting

Online Registration/Accommodation reservations commence February 2010 www.efas.co.uk

EFAS Secretariat • Email: efas@eventplus.ie • Tel: + 353 1 2302591

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FORTHCOMING MEETINGS

Joint EFAS-SEMCPPT Session during 11th EFORT Congress

Madrid, 2nd-5th June 2010

Friday 4th June 2010, 08:30-10:30

Programme contact efas@eventplus.ie, Tel: +353-1-230-2591, Fax: +353-1-230-2594

Registration contact: EFORT: www.efort.org/madrid2010

8th European Foot and Ankle Society Congress

2nd - 4th September 2010, Centre Medical Universitaire (CMU) Geneva, Switzerland.

Contact: efas@eventplus.ie or view www.efas.co.uk

Tel: +353-1-230-2591, Fax: +353-1-230-2594

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