BOFAS
British Orthopaedic Foot & Ankle Society

4 – 6 NOVEMBER 2026
WALES ICC, NEWPORT

Wisdom in Practice

BOFAS CONGRESS 2026

WISDOM *in* PRACTICE

A congress dedicated to the human side of foot and ankle surgery

LEARN
from experience

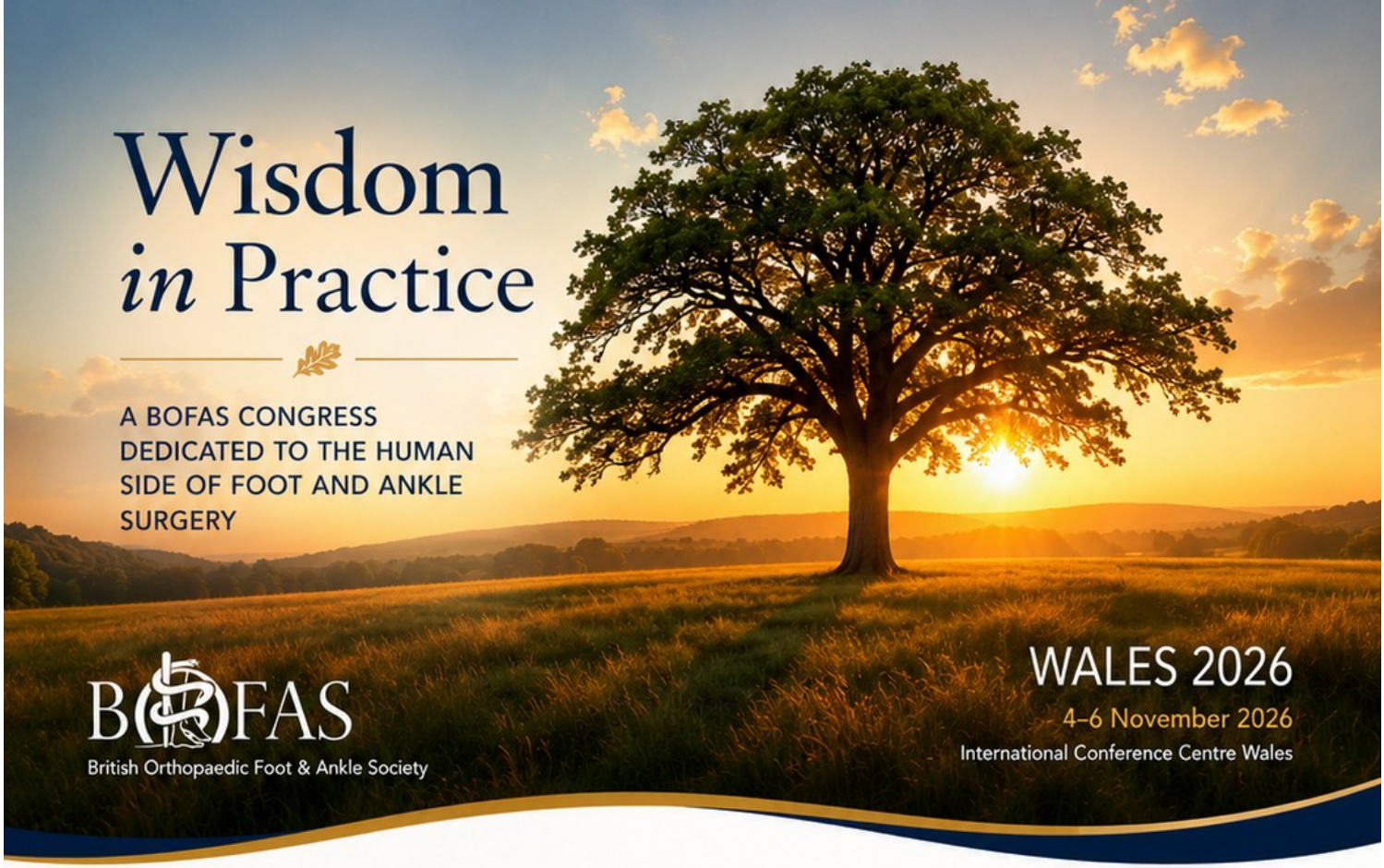
CHALLENGE
conventional wisdom

CONNECT
with colleagues and friends

BUILD
a fulfilling and sustainable career

INSPIRING EXCELLENCE • SHAPING THE FUTURE • TOGETHER

SCIENCE • EDUCATION • INNOVATION • COLLABORATION



Wisdom *in* Practice

A BOFAS CONGRESS DEDICATED TO THE HUMAN SIDE OF FOOT AND ANKLE SURGERY

BOFAS
British Orthopaedic Foot & Ankle Society

WALES 2026
4–6 November 2026
International Conference Centre Wales

Dedicated to the human side of foot and ankle surgery

Beyond techniques, implants and protocols lies the lived experience of surgical practice. The decisions that test us, the assumptions we inherit and the moments that shape our careers. This year's congress invites us to pause, reflect and look again at what we believe we know.

Learn from experience

Through honest reflections from senior surgeons, we will explore cases that did not go to plan, operations we no longer perform and lessons that only experience can teach. These sessions are not about failure but about wisdom. The kind that improves patient care and protects professional integrity.

Challenge conventional wisdom

With contributions from surprise guest speakers outside orthopaedics, we will examine how evidence evolves, how cognitive bias influences surgical decision-making and why "common sense" in research and practice sometimes deserves re-examination.

Build a fulfilling and sustainable career

Sessions on purpose, balance and professional identity will explore what it means to find success and happiness across a lifetime in surgery. Concepts such as Ikigai will be used not as philosophy for philosophy's sake but as practical frameworks for aligning what we do, what we love and what sustains us.

For surgeons at every stage

From trainees forming habits to experienced clinicians refining judgment, this congress offers insights that resonate across every stage of your career.

> *"Excellence in foot and ankle surgery is not just technical, it is deeply human."*

4–6 NOVEMBER 2026 | INTERNATIONAL CONFERENCE CENTRE WALES | bofas.org.uk

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DAY 1 | WEDNESDAY 4 NOVEMBER 2026

TIME	TITLE	SPEAKER
09:30 – 10:00	Networking	—
10:00 – 11:15	**INSTRUCTIONAL 1 – WISDOM IN PRACTICE**	
10:00 – 10:15	Operations I don't do anymore and why	Manuel Monteagudo
10:15 – 10:30	The MRI made me do it : Are we overtreating F&A pathology?	Scott Ellis
10:30 – 10:45	The wisdom of uncertainty : Making decisions when the evidence isn't clear	Callum Clark
10:45 – 11:00	The complication that changed my practice	Julie Kohl
11:00 – 11:15	Q&A session	
11:15 – 11:45	Tea break	
11:45 – 12:10	**Presidential Guest Speaker**	Cristian Ortiz
11:50 – 12:10	Three lessons I learnt the hard way	
12:10 – 12:35	**Maud Forrester-Brown Lecture**	Deepa Bose
12:15 – 12:35	Against all odds	
12:35 – 13:00	**BOFAS Key Note**	Jit Mangwani
12:40 – 13:00	A quasi academic's insights	
13:00 – 14:00	Lunch	
14:00 – 15:15	**INSTRUCTIONAL 2 – SURGICAL IKIGAI**	
14:00 – 14:15	Performing under pressure : The art of being at your best when it matters most	James Tomlinson
14:15 – 14:30	The surgeon's Ikigai : Why we get up in the morning?	Annabel Hayward
14:30 – 14:45	The long game : Building a surgical career that lasts	Andrea Sott
14:45 – 15:00	Beyond the operation : Creating your legacy through teaching	Anna Chapman
15:00 – 15:15	Q&A session	
15:15 – 15:45	Tea break	
15:45 – 17:00	**INSTRUCTIONAL 3 – SCIENTIFIC**	
15:45 – 16:00	Sacred cows and surgical myths : Which F&A beliefs still survive the evidence?	Sarah Johnson-Lynn
16:00 – 16:15	Big data, registries and AI : Are we entering a new era of surgical wisdom?	Andy Goldberg
16:15 – 16:30	From publication to practice : Why good evidence often fails to change behaviour	Xavier Griffin
16:30 – 16:45	The next decade in F&A surgery : What will future surgeons think we got wrong?	Robert Clayton
16:45 – 17:00	Q&A session	
17:00 – 17:15	BOFAS President Session	Hiro Tanaka
19:00 – 22:00	Gala Dinner	

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DAY 2 | THURSDAY 5 NOVEMBER 2026

TIMINGS	SESSION	SPEAKER(S)
09:00 – 10:00	Networking (Members meet council)	
10:00 – 11:15	**INSTRUCTIONAL 4 – THE BIG DEBATE**	
10:00 – 10:15	Should experience ever trump evidence?	Cristian Ortiz / Maneesh Bhatia
10:15 – 10:30	Is super-specialisation making us better surgeons or narrow thinkers?	Manuel Monteagudo / Nikki Kelsall
10:30 – 10:45	Has modern medicine made us safer or more litigation averse?	Shilpa Jha / Scott Ellis
10:45 – 11:00	Are we training the next generation of surgeons to thrive in the NHS?	Anna Chapman / Don Campbell
11:00 – 11:15	Q&A session	
11:15 – 11:45	Tea break	
11:45 – 12:10	Presidential Guest Speaker	Stella Vig
11:50 – 12:10		
12:10 – 12:35	BOFAS Key Note	Sue Deakin
12:15 – 12:35	Turning Harm Into Change	
12:35 – 13:00	Arnott Professorial Lecture	Lyndon Mason
12:40 – 13:00	Surgical anatomy of the ankle : A journey of injury patterns and surgical approaches	
13:00 – 15:00	Working lunch	
15:00 – 16:15	Free Papers 1	
16:15 – 16:45	Tea break	
16:45 – 18.00	Free Papers 2	

PARALLEL SESSIONS

13:00 – 14:45	Industry workshops x 6	
15:00 – 16:15	**INSTRUCTIONAL 5 – DIABETES**	
15:00 – 15:15	The clock is ticking : Why timing matters more than technique	Verity Currall
15:15 – 15:30	Leadership in the multidisciplinary team	Stella Vig
15:30 – 15:45	Limb salvage at any cost? Knowing when enough is enough	Imad Sedki
15:45 – 16:00	The future diabetic foot service : What should we build next?	Lucy Cooper
16:00 – 16:15	Q&A session	
16:15 – 16:45	Tea break	
16:45 – 17:10	BOFAS Curiosity Lecture	Kartik Hariharan
16:50 – 17:10	Soles Mates : Feet and Footwear	
17:10 – 17:35	BOFAS Unscripted Lecture	Tim Clough
17:15 – 17:35	Accidentally successful : A surgeon's guide to trying to look competent	
19:00	**BOFAS Festival !!!**	

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DAY 3 | FRIDAY 6 NOVEMBER 2026

TIMINGS	SESSION	SPEAKER(S)
09:30 – 11:00	AGM	
11:00 – 11:30	Brunch	
11:30 – 12:30	Instructional 6 – Trauma	
11:30 – 11:45	Perfect X-rays, poor outcome : Why trauma surgery is about more than reduction	Carolyn Chadwick
11:45 – 12:00	When less is more : The wisdom of not operating	Claire Topliss
12:00 – 12:15	The forgotten injury : Trauma cases we still miss	Joel Humphrey
12:15 – 12:30	Damage control or definitive fixation : Where should we draw the line?	Lucky Jeyaseelan
12:30 – 12:45	Q&A session	
12:45 – 13:45	Best of the Best	
12:45 – 12:55	Why are we still performing preventable amputations? The missing link in diabetic foot care	Mohamed Hashem
12:55 – 13:05	Everything we thought we knew was non-weightbearing : What 10,000 weightbearing CT scans taught us	Matt Welck
13:05 – 13:15	Hypermobility in practice study	Cat Malik
13:15 – 13:25	Deafness need not be a barrier to a satisfying career as an Orthopaedic Foot and Ankle surgeon	John Wong
13:25 – 13:35	About hard things....	Karan Malhotra
13:35 – 13:45	Q&A session	
13:45 – 14:00	Presidential Handover	

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