



14th EDITION

EFAS LYON CONGRESS 2021

21-22-23 OCTOBER

European Foot & Ankle Society



PRESENTIAL / HYBRID



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Palais des Congrès

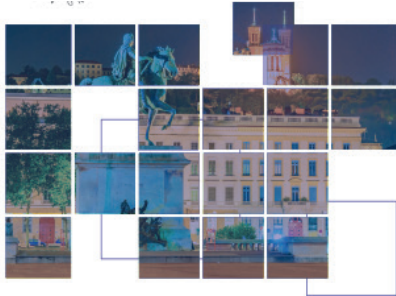
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EDITO

EFAS Congress is an event like no other. This year even more!
A face-to-face meeting of our, your society is back, in over 2 years!
You will have access to ground-breaking foot and ankle knowledge, essential clinical and surgical updates, Industry-sponsored workshops, and the chance to interact with a renowned international faculty from over 25 different countries including China and Australia as invited nations.
These three days can change the way you practice.

Whatever you do in foot and ankle surgery, you will do it better after EFAS Lyon 2021.

Get ready to connect with the global foot and ankle community in the best foot and ankle educational experience of the year!

**YVES
TOURNÉ**

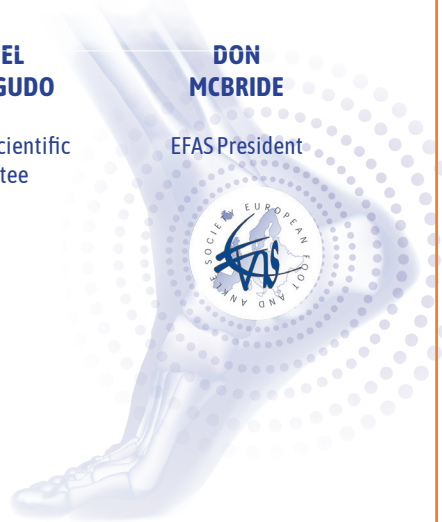
President of EFAS
Congress Lyon 2021

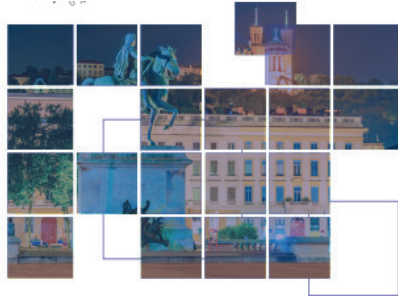
**MANUEL
MONTEAGUDO**

Chair EFAS Scientific
Committee

**DON
MCBRIDE**

EFAS President





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PATHOMECHANICS IN FOOT AND ANKLE SURGERY. HOW IT WORKS, WHY IT FAILS?

THURSDAY 21 OCTOBER 2021

08:00-08:30 WELCOME!

08:30-08:40 OPENING CEREMONY

ROOM 1

Don MCBRIDE EFAS President - Yves TOURNÉ Congress President
Manuel MONTEAGUDO Chair EFAS Scientific Committee

08:40-10:00 PLENARY SESSION: STATE OF THE ART ANKLE INSTABILITY

ROOM 1

Moderators: Yves TOURNÉ – Eamonn DELAHUNT

- 08:40 • Introduction. Yves TOURNÉ
- 08:42 • Update in anatomy of the collateral lateral ligaments related to chronic ankle instability. Xavier MARTÍN
- 08:50 • The sensorimotor contributions to the development of chronic ankle instability. Eamonn DELAHUNT
- 08:58 • Consensus in chronic ankle instability assessment. Frederick MICHELS
- 09:06 • Update in open ligamentoplasty procedures. Yves TOURNÉ
- 09:12 • Update in lateral ligament repair arthroscopically assisted. Nuno CÔRTE-REAL
- 09:20 • Update in lateral ligament reconstruction arthroscopically assisted. Stéphane GUILLO
- 09:28 • Strain pattern of anterior talofibular and calcaneofibular ligaments after anatomical reconstruction with gracilis tendon graft: a cadaver study. Masato TAKAO
- 09:36 • Recent consensus statement on rehabilitation-oriented assessment. François FOURCHET
- 09:41 • Conclusions. Yves TOURNÉ
- 09:46 • Discussion

10:00 -10:30 COFFEE BREAK, EXHIBITION AND POSTER WALKS

10:30-11:30 ROUND TABLE: COMPLICATIONS IN HALLUX VALGUS SURGERY

ROOM 1

Moderators: Manfred THOMAS – Marino DELMI

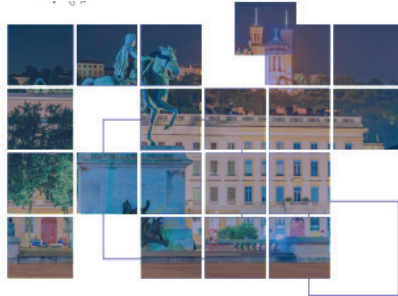
- 10:30 • Hallux varus – why and my algorithm of treatment. Geoffroy VANDEPUTTE
- 10:45 • Undercorrection and recurrence – why and what next? Jean Luc BESSE
- 11:00 • Transfer metatarsalgia after hallux valgus surgery – how to avoid, how to manage? Oliver MICHELSSON
- 11:15 • Discussion

10:30-11:30 ROUND TABLE: ORTHOBIOLOGICS IN FOOT AND ANKLE SURGERY

ROOM 2

Moderators: Patricia ALLEN – Nuno CÔRTE-REAL

- 10:30 • Autologous bone graft. Is there anything better than iliac crest? Angeliq Witteveen
- 10:42 • Bone marrow aspirate concentrate. Antonio DALMAU
- 10:54 • Cartilage and synthetic cartilage. Francesca VANNINI
- 11:06 • Discussion



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THURSDAY 21 OCTOBER 2021

11:35-12:30 **PLENARY SESSION: THE CAVOVARUS FOOT NEURO AND NOT-NEURO**

ROOM 1 Moderator: Xavier MARTÍN – Norman ESPINOSA

- 11:35 • Pathomechanics in cavovarus. Johnny FRØKJÆR
- 11:50 • When and how joint preserving procedures? Dishan SINGH
- 12:05 • When and how to fuse? Thanos BADEKAS
- 12:20 • **Discussion**

12:30-14:15 LUNCH, EXHIBITION, INDUSTRY WORKSHOPS AND POSTER WALKS

14:15-16:15 **DISCUSSION FORUM: FOREFOOT ISSUES**

ROOM 1 Moderators: Angelique WITTEVEEN – Danielle MARCOLLI

- 14:15 • Understanding metatarsalgia – pathomechanics. Antonio VILADOT
- 14:30 • State of the art Freiberg's disease. Ezequiel PALMANOVICH
- 14:45 • State of the art Morton's neuroma. Marino DELMI
- 15:00 • Rotational concerns in hallux valgus surgery. Antonio ANDRADE
- 15:15 • Flexible and rigid hammertoe. What to do and how to fix? Marco GUELF I
- 15:30 • Recalcitrant sesamoid pain – why and how to manage. Patricia ALLEN
- 15:45 • **Discussion**

14:15-16:15 **FREE PAPERS (FP1): FOOT AND ANKLE TRAUMA**

ROOM 2 Moderators: Jean-Luc BESSE - Elena SAMAILA

16:15-16:45 COFFEE BREAK, EXHIBITION AND POSTER WALKS

16:45-18:45 **DISCUSSION FORUM: ACQUIRED FLEXIBLE FLAT FOOT DEFORMITY**

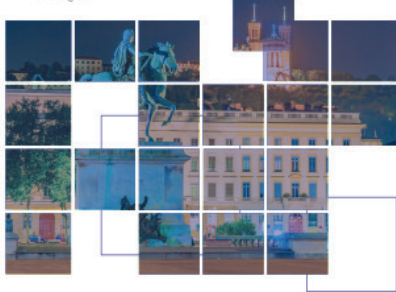
ROOM 1 Moderators: Fabian KRAUSE – Kris BUEDTS

- 16:45 • Weight-bearing x-rays and visual gait analysis do not match. How to address the variants of a flexible deformity? Norman ESPINOSA
- 17:00 • Role of the three main osteotomies – medial slide, Evans, Cotton. Hans-Jörg TRNKA
- 17:15 • Role of spring ligament and deltoid reconstruction. Jan WK LOUWERENS
- 17:30 • The threshold to fuse in flexible deformity. Martinus RICHTER
- 17:45 • Painful flatfoot and concomitant painful hallux. Victor VALDERRABANO
- 18:00 • Arch collapse after reconstruction. Why it failed, what next? Manuel MONTEAGUDO
- 18:15 • **Discussion**

16:45-18:45 **FREE PAPERS (FP2): HINDFOOT AND ANKLE**

ROOM 2 Moderators: Antonio VILADOT - Marco GUELF I

18:45 ADJOURN AND WELCOME RECEPTION



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FOOT AND ANKLE SURGERY: HOW IT WORKS, WHY IT FAILS?

FRIDAY

22 OCTOBER 2021

08:00-08:30

ROOM1

PRESIDENTIAL INSTRUCTIONAL LECTURE

Moderator: Don MCBRIDE - Yves TOURNÉ

- Why Lyon remains the capital of gastronomy? Yves ROUECHE

08:40-10:00

ROOM1

PLENARY SESSION: THE PAINFUL FOOT IN THE ADOLESCENT

Moderators: Hans-Jörg TRNKA - Christina STUKENBORG-COLSMAN

- 08:40 • Osteochondral lesions of the talus in adolescents – when and how to operate? Zhongmin SHI
- 08:55 • Juvenile hallux – is it so different from the adult? – Elena SAMAILA
- 09:10 • Painful flexible flatfoot – Arthroereisis vs osteotomy? – Johannes HAMEL
- 09:25 • Tarsal coalitions with painful flatfoot – any alternative to resection? – Marek NAPIONTEK
- 09:40 • Discussion

10:00 -10:30

COFFEE BREAK, EXHIBITION AND POSTER WALKS

10:30-11:30

ROOM1

DISCUSSION FORUM: CHRONIC ACHILLES RUPTURES

Moderators: Maneesh BHATIA – Jesús Vilá RICO

- 10:30 • How to plan/decision making? Don MCBRIDE
- 10:40 • The young athlete. Nikolaos GOUGOULIAS
- 10:50 • The not-so-young but still active. Jordi VEGA
- 11:00 • The happily retired non-active. Christina STUKENBORG-COLSMAN
- 11:10 • Discussion

10:30-11:30

ROOM2

FREE PAPERS (FP3): FOREFOOT

Moderators: Senthil KUMAR - David REDFERN

11:30-13:00

ROOM1 EFAS GENERAL ASSEMBLY

13:00 -14:45

LUNCH, EXHIBITION, INDUSTRY WORKSHOPS AND POSTER WALKS

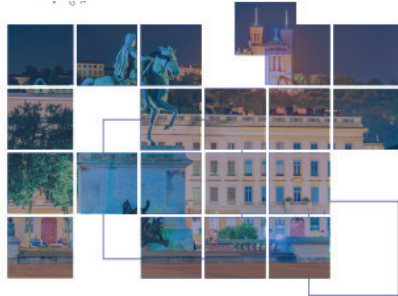
14:45-16:45

ROOM1

DISCUSSION FORUM: KEYHOLE AND MIS VS OPEN FOOT AND ANKLE SURGERY

Moderators: Eduardo RABAT – Geoffroy VANDEPUTTE

- 14:45 • Keyhole/MIS foot surgery vs open – is there any evidence? Danielle MARCOLLI
- 14:55 • Why open surgery for hallux valgus and why not MIS? Manuel SOUSA
- 15:05 • Why MIS for hallux valgus and why not open surgery? Peter LAM
- 15:15 • Why open surgery for lesser metatarsals and why not MIS? Laurent GOUBAU
- 15:25 • Why MIS for lesser metatarsals and why not open surgery? Mariano DE PRADO
- 15:35 • Why I prefer open surgery for calcaneal osteotomies? Aleksas MAKULAVICIUS
- 15:45 • Why I prefer MIS for calcaneal osteotomies? David REDFERN
- 15:55 • Discussion



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FRIDAY

22 OCTOBER 2021

14:45-16:45

ROOM 2

FREE PAPERS (FP4): FOOT MIX-AND-MATCH

Moderators: Nikolaos GOUGOULIAS – Joris HERMUS

16:45-17:15

COFFE, EXHIBITION AND POSTERS WALKS

17:15-18:15

ROOM 1

LYON'S CLINIC FOR DELEGATE CASES

Moderators: Manuel MONTEAGUDO - Don MCBRIDE

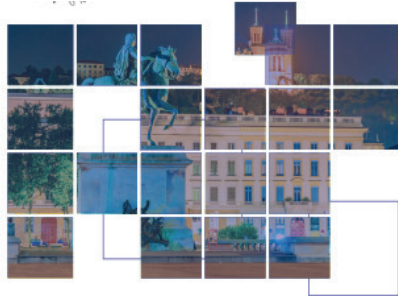
Experts: Beat HINTERMANN – Martinus RICHTER – Jan WK LOUWERENS

• Delegates to send cases to EFAS secretariat

18:15

Adjourn and Gala Dinner

Free papers would end on friday afternoon so best paper and poster awards will be presented in the gala dinner ...



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FOOT AND ANKLE SURGERY: HOW IT WORKS, WHY IT FAILS?

SATURDAY

23 OCTOBER 2021

07:30-08:40

ROOM 1

INSTRUCTIONAL VIDEOS: LYON FILM FESTIVAL

Moderators: Alessio BERNASCONI, Antonio ANDRADE

- 07:30 • The varus ankle – supramalleolar osteotomy. Markus KNUPP
- 07:40 • The valgus ankle – supramalleolar osteotomy. Roxa RUIZ
- 07:50 • Lisfranc fracture dislocation – Dorsal bridge plating. Harvinder BEDI
- 08:00 • Calcaneal fracture – MIS reduction and fixation – Jesús VILÁ RICO
- 08:10 • Achilles insertional tendinopathy. Christian PLAASS
- 08:20 • Pseudoarthrosis – how to treat? Joris HERMUS
- 08:30 • Lateral Ankle Instability – modified Brostrom/Internal Brace. James RITCHIE

08:45-10:00

ROOM 1

PLENARY SESSION: TOTAL ANKLE REPLACEMENT VS ANKLE FUSION

Moderators: Johnny FRØKJÆR – Victor VALDERRABANO

- 08:45 • Why I prefer TAR? Beat HINTERMANN
- 09:00 • Why I prefer fusion? Ian WINSON
- 09:15 • The young arthritic ankle. Paulo AMADO
- 09:30 • What is the evidence in 2020? Senthil KUMAR
- 09:45 • Discussion

10:00-10:30

COFFEE BREAK, EXHIBITION AND POSTER WALKS

10:30-12:10

THE FRENCH AFCP FORUM: HALLUX RIGIDUS

ROOM 1

Moderators: Barbara PICLET – Véronique DARCEL

- 10:30 • Introduction. Barbara PICLET
- 10:37 • Conservative treatment. Virginie LEGRÉ BOYER
- 10:44 **Joint preserving surgery:**
 - 10:44 • Chielectomy and arthroscopy. Oliver LAFFENÉTRE
 - 10:51 • Shortening osteotomies. Pierre BAROUK
 - 10:58 • Phalangeal and other metatarsal osteotomies. Alexis THIOUNN
- 11:05 **Joint destroying surgery:**
 - 11:05 • Arthrodesis. Wilfrid GRAFF
 - 11:12 • Arthroplasty: surgical technique. Michel MAESTRO
 - 11:19 • Arthroplasty: review of literature. Solenne FREY
- 11:26 • Functional hallux limitus: arthroscopy. Jacques VALLOTTON
- 11:33 • Conclusion and treatment algorithm. Véronique DARCEL
- 11:40 • Discussion

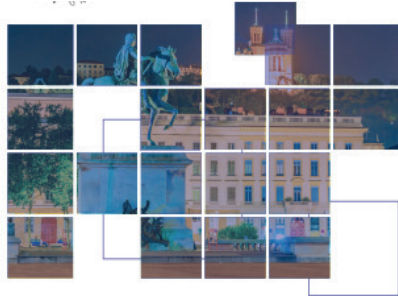
10:30-11:00

ROOM 2

EFAS RESEARCH PAPER AWARD PRESENTATIONS (FP5)

Moderators: Jordi VEGA – Thanos BADEKAS

- 10:30 • EFAS Research Grant for «Foot & Ankle Arthrosis
- 10:36 • EFAS Research Grant for «Foot & Ankle Disorders
- 10:42 • EFAS Presidential Prize 2021
- 10:48 • Discussion



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SATURDAY 23 OCTOBER 2021

11:00-12:10 SYMPOSIUM: CONTROVERSIES IN ANKLE FRACTURE TREATMENT

ROOM 2

Moderator: James RITCHIE – Antonio DALMAU

- 11:00 • Pathomechanics of the failed ankle fracture – how to avoid failure? Norman ESPINOSA
- 11:10 • The posterolateral tibia fracture – how to plan and how to fix? Stefan RAMMELT
- 11:20 • Dynamic (suture-button) fixation of the syndesmosis – why and how? David SHEPHERD
- 11:30 • Syndesmosis stabilisation: 'it's not about static or dynamic'. Anthony SAKELLARIOU
- 11:40 • Complex pilon fractures – tips and tricks. Hui ZHANG
- 11:50 • **Discussion**

12:15-13:25 SYMPOSIUM: FOOT AND ANKLE INJURIES IN PROFESSIONAL SPORT

ROOM 1

Moderators: Ezequiel PALMANOVICH – Oliver MICHELSSON

- 12:15 • Jones fractures. Manfred THOMAS
- 12:25 • Acute Achilles tendon rupture. Maneesh BHATIA
- 12:35 • Ankle injuries (subtle and not-so-subtle). Stefan RAMMELT
- 12:45 • Lisfranc (subtle and not-so-subtle). Fabian KRAUSE
- 12:55 • Plantar fasciitis. Alessio BERNASCONI
- 13:05 • **Discussion**

12:15-13:25 SYMPOSIUM: DIAGNOSTIC AND PLANNING TOOLS IN FOOT AND ANKLE

ROOM 2

Moderators: Christian PLAASS – Markus KNUPP

- 12:15 • State of the art Weight-Bearing CT. Kris BUEDTS
- 12:25 • Concepts, disasters, and suggestions for Charcot hindfoot. Alison TAYLOR
- 12:35 • SPECT-CT imaging of obscure foot and ankle pain. Nick CULLEN
- 12:45 • May 3D printed models improve your surgery? Stephan WIRTH
- 12:55 • Big hole in the talus and ankle malalignment. Xu XIANGYANG
- 13:05 • **Discussion**

13:30-13:45 CLOSING CEREMONY

ROOM 1

Moderators: Donald MCBRIDE – EFAS President, Yves TOURNÉ – Congress President

Awards Presentation