

PROGRAM

THE ANKLE 2023

The basics of ankle arthroscopy: Anatomical and practical approach to ankle arthroscopy.

Monday, July 3, 2023

07.30 Registration (Stratenum)

Part 1: Arthroscopy of the Ankle

MI Café room

08.00 Opening and welcome

Matthijs Somford

08.05 Anatomy and portals; what do we like to avoid?

Tom Roeling

08.20 Indications for anterior ankle arthroscopy, anatomy and physical examination.

...Who are the winners – Menno Bloembergen

08.35 Indications for posterior ankle arthroscopy, anatomy and physical examination.

...Who are the winners – Joost Schrier

08.50 Portals and technique anterior and posterior arthroscopy

Marjolein Morssinkhof

09.05 Case discussion in small groups

09.45 Coffee break (Moyer Café)

10.00 General setup and portals. (refresher lecture)

Menno Bloembergen

10.10 HANDS-ON session: arthroscopy of anterior ankle

Moderator: Matthijs Somford

Instructors: all

11.30 Lunch (Moyer Café)

Part 2: Specific pathologies that can be treated arthroscopically

12.15 Anteromedial and anterolateral impingement

Menno Bloembergen

12.30 Treatment of OCD

Matthijs Somford

12.45 Ankle arthritis

Joost Schrier

13.00 Posterior impingement

Sander Wuite

13.15 Flexor hallucis tendinopathy

Marjolein Morssinkhof

13.30 TEA BREAK (MOYER CAFÉ)

13.45 HANDS-ON session: posterior arthroscopy

The practical parts are introduced step by step with powerpoint

15.30 Closing remarks (MI Café)

Matthijs Somford

16.00 Drinks (Moyer Café)

16.45 Departure by bus to Restaurant Wilhelminapark in Utrecht

18:30 Drinks and dinner