

PRELIMINARY PROGRAM

THE ANKLE 2025

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

Monday, June 30, 2025

07.30 Registration

Part 1: Arthroscopy of the Ankle

08.00 Opening and welcome

Matthijs Somford

08.05 Anatomy; what do we like to avoid?

Tom Roeling

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

...Who are the winners – Marjolein Morssinkhof

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

Wilbert van Laar

09.05 Arthroscopic stabilization of the lateral ankle

Menno Bloembergen

09.15 Case discussion in small groups

09.45 Coffee break

10.00 General setup and portals (refresher lecture at wet lab)

Menno Bloembergen

10.10 HANDS-ON session: arthroscopy of anterior ankle

Moderator: Matthijs Somford

Instructors: all

12.30 Lunch

Part 2: Specific pathologies that can be treated arthroscopically

13.30 Anteromedial and anterolateral impingement

Menno Bloembergen

13.50 Treatment of OCD

Marjolein Morssinkhof

14.10 Ankle arthritis

Wilbert van Laar

14.40 Posterior impingement and FHL tendinopathy

Sander Wuite

14.55 FHL transfer

Joost Schrier

15:10 Case discussion in small groups

15.30 TEA BREAK

16.00 HANDS-ON session: posterior arthroscopy (demonstration of sinus tarsi scopy)

The practical parts are introduced step by step with powerpoint

17.30 Closing remarks/drinks

Matthijs Somford

18.00 *Departure by bus for a dinner/drinks*