

## 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**

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

*Menno Bloembergen*

10.10 HANDS-ON session: arthroscopy of anterior ankle

*Moderator: 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*