

# Foot & Ankle meeting

**23-25**  
**November 2018**

Trakasol, Limassol



### Topics:

- ▶ Ankle Arthroscopy
- ▶ New Trends in Forefoot Surgery
- ▶ Trauma
- ▶ Diabetic Foot

Organization: Under the auspices:



[www.kexot.org](http://www.kexot.org)

EFORT FORUM

*11 CMEs awarded*



23-25 November 2018

## Invited Speakers

Mr Simon Hodkinson, UK  
Consultant Foot and Ankle Orthopaedic Surgeon, Spire Portsmouth Hospital

Dr. Alexandros Eleftheropoulos, GR  
HAOST Secretary, Naousa's General Hospital

Dr. Thanos Badekas, GR  
Director of the Hellenic Police Orthopaedic Department

Mr. Marino DELMI, Switzerland  
Head of Department, Clinique des Grangettes

Dr. Marios Michael, CY  
Pathologist - Diabetes Specialist, Cyprus Diabetes Association

Mr. Timothy Clough, UK  
Consultant Foot and Ankle Orthopaedic Surgeon Wrightington Hospital /  
Wigan and Leigh District General Hospitals

Andreas Kirmizis, CY  
Cyprus Podology Association

Kyriazis Pallides, CY  
Cyprus Physiotherapy Association

23-25 November 2018

## Friday 23/11

- 16:00 Registration**
- 17:00-17:40 Guest lecture**  
Moderator: M. Zenios
- 1) What is new in foot and ankle? S. Hodgkinson 20 mins
  - 2) Ankle Fractures - a new manifesto of surgical approach. A. Eleftheropoulos 20 mins
- 18:00 - 19:45 Ankle arthroscopies**  
Moderators: N. Maroudias, S. Hodgkinson
- a. Arthroscopic Surgery. When and how? Practical tips and falls. S Hodgkinson. 30 min
  - b. Anterior impingement. N. Papaloukas. 20 min
  - c. Posterior impingement. T. Clough 20 min
  - d. Osteochondral defects. S. Hodgkinson. 20 min
  - e. Discussion 15 mins
- 19:45 Opening ceremony / Exhibition opening**
1. President KEXOT. M. Zenios. 5 Minutes.
  2. EEXOT secretary, A. Eleftheropoulos. 5 Minutes.
  3. Ministry of Health. 5 minutes
  4. EFORT REPRESENTATIVE. T. Badekas. 5 minutes.
  5. Mayor of Limassol. N. Nicolaidis – Talk: The City of Limassol. 20 minutes.
- 21:00 President's Dinner**  
Forsos Tavern

## Saturday 24/11

- 9:30-10:30 Free Paper Presentations**  
Moderator: P. Tsangaridis, N. Kordalis
- TO BE ANNOUNCED
- 10:30-11:00 Lecture/Debate**  
Moderator: T. Christofi, A. Loizides
- Ankle Replacement is better than fusion for ankle osteoarthritis.  
T. Clough. 15 mins
- Ankle fusion is better than replacement for ankle osteoarthritis  
S. Hodgkinson. 15 mins
- 11:00-11:30 Coffee Break**
- 11:30-13:15 EFFORT FORUM – Complex foot and ankle trauma**  
Moderators: M. Zenios, M. Delmi
- a. New trends in the treatment of Calcaneal fractures. T. Badekas. 15 mins
  - b. New trends in the treatment of Pilon fractures. A. Eleftheropoulos. 15 mins
  - c. Lisfranc injuries. Fusion vs fixation. ?  
Need for metalwork removal. A. Christou 15 mins
  - d. Acute Achilles tendon rupture. Controversies. M. Delmi 15 mins
  - e. Missed injuries of the ankle and foot. M. Delmi 15 mins.
  - f. Discussion 15 mins

23-25 November 2018

**13:15-13:30 Physiotherapy Lecture: Acute ankle ligament injuries.**

P. Borros

**13:30-15:00 Lunch break/ Workshop****15:00-16:30 DIABETICFOOT**

Moderator: O. Athanatos, A. Schizas

- a. Prevention. M. Michael (Specialist in Diabetes) 15 mins
- b. Conservative treatment. A. Kyrmizis (Podiatrist) 15 mins
- c. The orthopaedic management of Charcot foot.  
Surgical reconstruction. T. Badekas. 15 mins
- d. The management of diabetic infections and ulcers in the foot. A. Eleftheropoulos. 15 mins
- e. Discussion 15 mins

16:30- 16.45 Coffee Break

**16:45- 17.45 Lectures**

Moderator: M. Markaris, G. Metaxas

- 1. Acute gastroc injuries.  
K. Pallides 15 mins.
- 2. Physio treatment of gastrocnemius tightness and plantar fasciitis. P. Boros 15 mins.
- 3. Surgical management of gastrocnemius tightness and plantar fasciitis. M. Delmi 30 mins.

**17:45-19:15 Chronic tendon pathologies**

Moderator: Ph. Simillides, Ch. Kampouris

- a. Pathophysiology and presentation of achilles and tibialis posterior tendinopathies. A. Rousias. 15 mins.
- b. Physiotherapy. The management of achilles and tibialis posterior tendinopathies. P. Borros 15 mins.
- c. Orthopaedic management of chronic achilles tendinopathy. New trends. T. Badekas. 15 mins.
- d. Soft tissue procedures for acquired flat foot.  
A. Eleftheropoulos. 15 mins
- e. Bony procedures for acquired flat foot. M. Delmi. 15 mins
- f. Discussion 15 mins.

**20:30****Conference Dinner - Limassol Marina**

23-25 November 2018

Sunday 25/11

**10:00-11:00 Case Reports in foot and ankle.**

Moderators: N. Spastris, C. Papakostides

“SESSION TO BE ANNOUNCED”

**11:00-11:15 Coffee Break**

**11:15-13:15 FOREFOOT;**

Moderator: L. Christodoulou, A. Christou

a. Hallux valgus. Literature review. Algorithm for the management of hallux valgus. Y. Efstathiades. 15 mins

b. Hallux Valgus. The arguments for open surgery. T. Clough. 15 mins

c. Hallux valgus. the arguments for minimally invasive surgery. M. Delmi 15 mins

d. Hallux rigidus. Replacement vs fusion. T. Badekas 15 mins

e. Lesser toe deformities and metatarsalgia. A. Eleftheropoulos. 15 mins

f. Discussion 15 mins