

**Thursday, 5th December 2019**

**Preday International**

Chair: Prof. Dr. med. Markus Walther

- 10:00 Welcome** Hase, Beil, Walther
- 10:05–12:00 Current concepts in forefoot surgery**  
Chair: Walther, Hase, Fournier
- 10:05 Indication for open and minimal invasive surgery of the 1st ray – Current trends in Europe **Walther**
- 10:20 Management of lesser toe deformities **Hase**
- 10:35 Off-loading the Forefoot-role of Rocker-soled Shoes **Saxena**
- 10:50 Hallux valgus management in athletes **Fournier**
- 11:05 Turf-toe: what is it? **Saxena**
- 11:20 Idiopathic and iatrogenic hallux varus correction **Camasta**
- 11:35 Discussion
- 12.00 Mittagspause / Lunch**
- 13:00–15:00 Arthroscopy and Sports in Foot and Ankle**  
Chair: Galla, Stinus, Polzer
- 13:00 Arthroscopic lateral ligament repair in the ankle **Galla**
- 13:15 Tendoscopy **Walther**
- 13:30 Arthroscopy MTP 1 joint. Indications, technique and limitations **Grady**
- 13:45 Management of the instability of the first metatarsophalangeal joint: From "Turf-toe" injuries to "Sand-toe" injuries **Saxena**
- 14:00 Arthroscopic fusion of the ankle and the subtalar joint **Polzer**
- 14:15 Operative treatment of medial malleolus fracture with lean magnesium screws: a prospective non-randomized first in man study **Holweg**
- 14:45 Discussion
- 15.00 Kaffeepause / Coffee break**
- 15:30–16:30 Tendon disorders**  
Chair: Hörterer, Saxena, Dreyer
- 15:30 Management of acute Achilles tendon ruptures – in athletes and others **Saxena**
- 15:50 Management of chronic Achilles tendo ruptures **Dreyer**
- 16:15 Management of peroneal tendon disorders **Fournier**
- 15:30 The challenge of insertional tendinitis of the Achilles tendon **Hörterer**
- 16:45–18:45 Workshop Shockwave**  
Chair: Saxena, Gerdesmeyer
- Evidence for shock wave in bone and soft tissue problems **Gerdesmeyer**
- Shock wave therapy in foot and ankle – indications, tips and tricks **Saxena**
- Shock wave in OCD, Bone edema and Muscular problems **Meßmer**
- The workshop will address:**  
**Plantar fasciitis, Mid portion Achilles tendinitis, Insertional tendinitis, Peroneal tendon disorders, OCD, Bone edema and Muscular problems**  
**Practical exercises: (Instructors: Saxena, Gerdesmeyer, Meßmer)**
- 19:30–21:00 Dinner Workshop (Extremity Medical)**  
Organized by Extremity Medical  
Location TBD, Responsible Achim Simons, Extremity Medical

**Session B (International):** Ammersee II  
**Current Trends of Minimally Invasive foot surgery**

Chair: Altenberger, Mehlhorn, Chomej

09.00	Minimal invasive Chevron and Akin	Altenberger
09.15	Minimal invasive management of lesser toe deformities	Hochheuser
09.30	Minimal invasive correction of Pes adductus	Chomej
09.45	Minimal invasive endoscopic gastrocnemius recession	Grady
10.00	Minimal invasive procedures in patients with diabetes	Mehlhorn
10.15	Revolutional ingrown toenail surgery that preserves nail bed and matrix	Shionoya

**Session D (International):** Ammersee II  
**Diabetic Foot Problems**

Chair: Stinus, Mehlhorn, Klos

11.00	Conservative treatment options to protect the foot	Stinus
11.20	Midfoot reconstruction in Charcot	Mehlhorn
11.40	What to know about MRI in Diabetic patients	Kaemmerer
12.00	The biomechanical challenge of the diabetic foot	Klos
12.20	Midfoot reconstruction in Charcot with plate and screw stabilization	C. Walter

**Session D (International):** Ammersee II  
**Hallux rigidus**

Chair: Röser, Grady, Shou, Camasta, Saxena

14.00	Technical tips for joint preserving techniques in Hallux rigidus	Grady
14.15	Periarticular osteotomies in Hallux rigidus – Indication and evidence	Shou
14.30	Cartiva in Hallux rigidus – the European experience	Röser
14.45	Tips and tricks to make MTP fusion a successful surgery	Camasta
15.00	OCD & Hallux Rigidus Repair: Preliminary results	Saxena
15.15	<b>Discussion</b>	

**Session D (International):** Ammersee II  
**Imaging and Diagnostics**

Chair: Stinus, Szeimies, Harrasser, Preis

16.00	Clinical examination – the most important source of information	Harrasser
16.20	DVT (weight bearing CT)	Preis
16.40	Tendon disorders and more – what the Foot and Ankle surgeons need to know to read MRI	Szeimies
17.10	<b>Discussion</b>	

**Session D (International):**

Ammersee II

**Trauma Update**

Chair: Klos, Baumbach, Gottschalk

09.00	Management of osteochondral lesions	Gottschalk
09.15	Fractures of the lateral process of the talus – prognostic factors	Hörterer
09.30	Dorsolateral approach for complex ankle fractures	Polzer
09.45	Lisfranc injuries – latest results from the AO research lab	Penev
10.00	Evidence in the management of the bone marrow edema – The Munich University (LMU) Concept	Baumbach
10.15	<b>Discussion</b>	

**Session B (International):**

Ammersee II

**Hindfoot deformities in adult and children**

Chair: Dussa, Braatz, Walcher, Simon

14.00	Management of posterior tibial tendon insufficiency in North America	Camasta
14.15	Alignment surgery in early arthritis	Walcher
14.30	Management of flat foot deformities in children	Dussa
14.45	Management of complex neurogenic foot deformities	Braatz
15.00	Technical considerations and tips in Arthroereisis	Simon
15.20	<b>Discussion</b>	

**16.00 – 17.30 Session (International):**

Ammersee II

**Panel Discussion**

Chair: Saxena, Walther

Goals: Understand final take-home points