BASIC ANKLE ARTHROSCOPY
GRECMIP SOON MIFAS COURSE

Course Directors:
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November 27th, 2020
BARCELONA - SPAIN

Venue: Hospital de Mar
(Entrance c/ Dr Aiguader, 80)

www.grecmip.org
COURSE VENUE: HOSPITAL DE MAR

HOSPITAL DE MAR
Edificio Dr Aiguader
Doctor Aiguader, 80
08003 Barcelona - Spain

REGISTRATION (Until October 30th, 2020)

Registration at: contact@grecmip.org
Registration fee: 1000 EUR
No. of participants: 20

Paypal invoice (to be requested on contact@grecmip.org)
Or by bank transfer (+ ref "your name") at:
Bank CMPS Provence - 13008 Marseille, FRANCE
IBAN: FR76 1027 8089 6600 0201 8000 142
BIC/SWIFT: CMCIFR2A

OFFICIAL LANGUAGE

English Course

RECOMMENDED HOTELS

Hotel SB Icaria Barcelona
https://www.hotelicariabarcelona.com/

OTHER INFORMATION

http://www.barcelonaturisme.com/wv3/fr/

Taxis Class: +34 933 07 07 07
www.taxiclassrent.com

NOVEMBER 27TH, 2020 BARCELONA-SPAIN
GRECMIP soon MIFAS is announcing the Basic Ankle Arthroscopy Course that will be held in Barcelona, next November 27th, 2020. GRECMIP soon MIFAS has great experience in hands-on courses, and a lot of surgeons have initiated minimally foot and ankle techniques after participate in one of their courses.

The aim of this course is to introduce the attendee to the basis of ankle arthroscopy, and to the basic ankle arthroscopic techniques, including the arthroscopic lateral ligament repair. As ankle arthroscopic indications have evolved in the last years, case discussion sessions are mandatory to understand ankle pathology.

The course is open to surgeons with knowledge in arthroscopy of other joints or with a limited experience in ankle arthroscopy, who want to introduce in the field of ankle arthroscopy or who want to consolidate their knowledge in ankle arthroscopy. In addition to the basis of ankle arthroscopy, each surgeon will have its own specimen for the hands-on session, and a dedicated faculty member.
07:30-08:00 REGISTRATION

1 / ANTERIOR ANKLE ARTHROSCOPY

08:00-09:00 BRIEF INTRODUCTION
- Anatomical basis in anterior ankle arthroscopy
- Arthroscopic set up (instruments and patient positioning)
- Anterior ankle arthroscopy technique (anatomical landmarks, portals, "Step by step" technique, basic ankle arthroscopic exploration)
- Basic indications (synovitis, ankle impingement, OCD, Tibiotalar fusion, ATFL repair)

09:00-10:45 GROUP 1 in hands-on (10 surgeons)
GROUP 2 in case discussion (10 surgeons)

10:45-11:15 Coffee Break

11:15-13:00 GROUP 1 in case discussion (10 surgeons)
GROUP 2 in hands-on (10 surgeons)

13:00-13:30 Lunch on site

2 / HINDFOOT ENDOSCOPY

13:30-14:45 BRIEF INTRODUCTION
- Anatomical basis in hindfoot endoscopy
- Arthroscopic set up (instruments and patient positioning)
- Hindfoot endoscopy technique (anatomical landmarks, portals, "Step by step" technique, and basic ankle arthroscopic exploration)
- Basic indications (posterior ankle impingement, FHL release, subtalar fusion)

14:45-16:00 GROUP 2 in hands-on (10 surgeons)
GROUP 1 in case discussion (10 surgeons)
16:00-16:30  Coffee Break

16:30-17:45  GROUP 2 in case discussion (10 surgeons)
             GROUP 1 in hands-on (10 surgeons)

17:45-18:00  DISCUSSION & COURSE CLOSURE
HANDS-ON COURSES

HANDS-ON COURSE

MORNING: ANTERIOR ANKLE ARTHROSCOPY

• ANKLE POSITIONING (DORSIFLEXION WITH NO-DISTRACTION ANKLE ARTHROSCOPIC TECHNIQUE) AND RECOGNIZING LANDMARKS
• ANTEROMEDIAL PORTAL AND INTRODUCTION OF SCOPE
• ANTEROLATERAL PORTAL
• EXPLORATION OF THE ANTERIOR COMPARTMENT AND RECOGNIZING INTRAARTICULAR ANATOMICAL STRUCTURES
• SAFETY DEBRIDING OF ANTERIOR SOFT TISSUE
• CHECKING ANATOMICAL STRUCTURES WITH PROBE (CARTILAGE OF THE TALAR DOME AND TIBIA PLAFOND, LIGAMENTS -ATFL, DISTAL FASCICLE ATFL, DELTOID LIGAMENT- TALAR NECK, MALLEOLUS, SYNDENSMOSIS)
• OSTEOPHYTE RESECTION IN TALAR NECK AND DISTAL TIBIA
• MEDIAL TALAR DOME OCD (REPRODUCE OCD, PREPARING WORKING AREA, MICROFRACTURING WITH AND WITHOUT SPECIFIC CHONDROPICS)
• REPRODUCING ARTHROSCOPIC ALL-INSIDE ATFL REPAIR
• REPRODUCING TIBIOTALAR FUSION

AFTERNOON: HINDFOOT ENDOSCOPY

• ANKLE POSITIONING AND RECOGNIZING LANDMARKS
• POSTEROLATERAL PORTAL AND INTRODUCTION OF SCOPE
• POSTEROMEDIAL PORTAL AND INTRODUCTION OF SHAVER
• CREATING WORKING AREA IN A PROTOCOLIZED WAY -RECOGNIZING SUBTALAR JOINT AND FHL
• EXPLORATION OF THE POSTERIOR AREA AND RECOGNIZING ANATOMICAL STRUCTURES
• SAFETY RELEASE OF FHL TENDON
• POSTEROLATERAL TALAR PROCESS RESECTION WITH OSTEOTOME AND FINISHING WITH SHAVER
• OPEN THE POSTERIOR ANKLE CAPSULE TO ACCESS THE ARTICULAR TIBIOTALAR JOINT, AND RECOGNIZING INTRAARTICULAR ANATOMIC STRUCTURES
• REPRODUCING SUBTALAR FUSION