

Steps2Walk Foot and Ankle Minifellowship

18-22th of May 2020

Program Monday

Monday, 18th of May 2020: lectures, cases discussions

Place: Department of Orthopaedics and Traumatology of University Hospital in Krakow –
Jakubowskiego 2 st., building G3 (Conference Room)

Faculty: Mark Myerson (USA), Meir Nyska (Israel), Norman Espinosa (Switzerland), David Kay (USA), Henryk Liszka (Host), Lukas Kolodziej (Poland)

7:45-8:15 check-in, badges, signing of documents

8:15-8:20 Welcome Speech

Prof. Artur Gądek, Head of Department of Orthopaedics and Traumatology in
University Hospital in Krakow

8:20-8:30 Welcome Speech

Dr Mark Myerson, Steps2Walk Executive Director

COMPLICATED FOREFOOT DEFORMITIES

8:30-8:40 Managing complications of hallux valgus deformity my experience
(David Kay)

8:40-8:50 How do I approach hallux valgus with severe metatarsal adductus
(Norman Espinosa)

8:50-9:00 Is Hallux rigidus as simple as we think? (Mark Myerson)

9:00-9:40 Case discussion: Moderator: Mark Myerson
Panel: Norman Espinosa, David Kay, Henryk Liszka,

FLAT FOOT

9:40-9:50 Adult acquired flatfoot deformity: my treatment algorithm
(Meir Nyska)

09:50-10:00 Managing rigid flatfoot deformity. My clinical thoughts and approaches
(David Kay)

10:00-10:10 Adult acquired flatfoot deformity with associated rupture of the deltoid
ligament (Mark Myerson).

10:10-11:00 Case discussion: Moderator: David Kay
Panel: Meir Nyska, David Kay, Lukas Kolodziej

COFFE BREAK

11:00-11:15

CAVO-VARUS FOOT

11:15-11:25 The importance of soft tissue balance in treating Cavus foot
(Mark Myerson)

11:25-11:35 Using osteotomies to treat cavus foot deformity
(Norman Espinosa)

- 11:35-11:45** Using arthrodesis to treat cavus foot deformity (David Kay)
- 11:45-11:55** Polio- foot deformities and surgical corrections (Meir Nyska)
- 11:55-12:35** Case discussion Moderator: Mark Myerson, Meir Nyska,
Norman Espinosa, Henryk Liszka,

HINDFOOT AND ANKLE ARTHRITIS

- 12:35-12:45** Managing post traumatic subtalar arthritis and deformity
(Norman Espinosa)
- 12:45-12:55** How do use superamalleolar osteotomy in salvaging assymmetric ankle
arthritis (Mark Myerson)
- 12:55-13:05** Avascular necrosis in foot and ankle (Henryk Liszka)
- 13:05-13.30** Case discussion. Moderator: Norman Espinosa
Panel: David Kay, Mark Myerson, Lukas Kolodziej

LUNCH

- 13:30-14:30** Restaurant in Hospital

LIGAMENTS AND TENDONS

- 14:30-14:40** Ankle ligament reconstructions (anatomical and non anatomical)
(Meir Nyska)
- 14:40-14:50** Insertional Achilles tendinopathy (Norman Espinosa)
- 14:50-15:00** Noninsertional Achilles tendinopathy (David Kay)
- 15:00-15:10** How to manage ruptures of both peroneal tendons (Mark Myerson)
- 15:10-15:50** Case discussion Moderator: Norman Espinosa
Panel: David Kay, Meir Nyska, Mark Myerson

CHARCOT FOOT

15:50-16:05 Managing the Charcot Midfoot deformity (Mark Myerson)

16:05-16:20 Managing unstable hindfoot and ankle Charcot deformity (Lukas Kolodziej)

16:20-16:50 Case discussion. Moderator: Lukas Kolodziej
Panel: David Kay, Meir Nyska, Mark Myerson

TRAUMA

16:50-17:00 Reconstruction of malunited Lisfranc injuries (Meir Nyska)

17:00-17:10 How do I manage acute syndesmotic injury (Norman Espinosa)

17:10-17:20 Pilon Fractures: A case based approach to treatment (David Kay)

17:20-17:30 Questions from the audience

18:30 – 20:30 Welcome reception for faculty and participants

Program Tuesday

Tuesday, 19th of May 2020: clinical examination

Place: Department of Orthopaedics and Traumatology of University Hospital in Krakow – Jakubowskiego 2 st., building G3 (Conference Room)

Program Wednesday

Wednesday, 20th of May 2020: live surgeries

Place: Department of Orthopaedics and Traumatology of University Hospital in Krakow – Jakubowskiego 2 st., building G3 (Conference Room)

Moderator: Marek Napiontek (Poland)

Program Thursday

Thursday, 21th of May 2020: cadaver lab

Place: Department of Anatomy Jagiellonian University Medical College – Kopernika 12

Faculty: Mark Myerson (USA), Meir Nyska (Israel), Norman Espinosa (Switzerland), David Kay (USA), Henryk Liszka (Host), Marek Napiontek (Poland)

Each procedure will be demonstrated by the presenter at the master table for 10 minutes then followed by the dissection by the attendees.

FOREFOOT SESSION

Lab 1 8:30-9:15

Lapidus Arthrodesis: three dimensional correction

Mark Myerson

Lab 2 9:15-10:00

Treatment of Hallux Rigidus with Interpositional arthroplasty

Meir Nyska

CALCANEAL OSTEOTOMIES

Lab 3 10:00-11:00

Osteotomies and tendon transfer to treat flatfoot deformity.

Lateral column lengthening, medial slide, Cotton osteotomy, FDL transfer

Norman Espinosa

[Technique of calcaneal osteotomy without implant fixation Marek Napiontek](#)

TEA BREAK

11:00-11:15

ACHILLES TENDON

Lab 4 11:15-12:15

Managing Insertional Achilles Tendinopathy Norman Espinosa

Lab 5 12:15-13:00

FHL tendon transfer for Insertional Achilles Tendonopathy

David Kay

LUNCH

13:00-14:00 Browar Lubicz Restaurant (6 minutes walking distance)

ANKLE INSTABILITY

Lab 6 14:00-15:00

Lateral ligament reconstruction. Autograft, allograft and synthetic brace Norman Espinosa

Lab 7 15:00-15:30

Deltoid and spring ligament

rupture: repair and reconstruction

Meir Nyska and Mark Myerson

HINDFOOT AND ANKLE ARTHRODESIS

Lab 8 15:30-16:30

Triple arthrodesis standard technique David Kay

Subtalar arthrodesis medial approach

Mark Myerson

Program Friday

Friday, 22th of May 2020: Case conference

Place: University Hospital in Krakow – Jakubowskiego 2 st., Aula

Faculty: Mark Myerson (USA), Meir Nyska (Israel), Norman Espinosa (Switzerland), David Kay (USA), Artur Gądek (Host), Henryk Liszka (Host)

7:55-8:00 Welcome Speech

Prof. Artur Gądek, Head of Department of Orthopaedics and Traumatology in University Hospital in Krakow

COMPLICATED FOREFOOT DEFORMITIES

Moderator: David Kay

Panel: Meir Nyska, Norman Espinosa, Henryk Liszka

POSTTRAUMATIC DEFORMITY OF THE HINDFOOT AND ANKLE

9.00 – 10.00

Moderator: Norman Espinosa

Panel: Mark Myerson, Meir Nyska, David Kay

TEA BREAK

10:00-10:30

TENDINOPATHY

10:30 – 11:30

Moderator: Meir Nyska

Panel: David Kay, Artur Gądek, Norman Espinosa

FLATFOOT DEFORMITY

11:30 – 12:30

Moderator: Mark Myerson

Panel: Norman Espinosa, Meir Nyska, Henryk Liszka

LUNCH

12:30-13:30

CAVUS FOOT DEFORMITY

13:30 – 14:30

Moderator: Mark Myerson

Panel: David Kay, Meir Nyska, Norman Espinosa

CHARCOT FOOT

14:30 – 15:30

Moderator: Meir Nyska

Panel: Mark Myerson, David Kay, Norman Espinosa

MEETING ADJOURNS