



Niek van Dijk

masterclass

Ankle & Hindfoot

in **ATHERIS**
3rd Edition



02 • 03
OCTOBER
2026



Hands on
Practice
Lectures



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AITC Venue - Secretariat
A 35 Sorou Str., Maroussi, Athens - Greece T +302106109992 • E op@attcenter.eu • W www.attcenter.eu

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Apart from (interactive 'a la carte') lectures, this 2-Day Masterclass includes Hands on sessions, Tips & Tricks Talks, Sharing of Secrets to Success, Case discussions, Clinical examination and a Participants corner.

Learning Objectives

By attending this course, participants will be able to:

- Understand and explain different approaches to F+A instability, OCD, impingement, arthritis and Achilles- and peroneal tendon conditions.
- Recognize and manage complex F+A instability cases, patients with arthrofibrosis, sinus tarsi pain, unexplained deep or superficial pain and understand ways to approach.
- Observe, outline and practice current and emerging F+A surgical techniques.

Participant Profile

- Surgeons, Residents and Sports Physicians with an interest in Ankle & Hindfoot disorders, wanting to learn and practice techniques for managing instability conditions, OCD, and Achilles, Peroneal and other hindfoot disorders
- This course will be conducted in English; therefore, a good command of the language is important

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Friday 2 October 2026

08:30 - 09:00 Registration

09:00-09:05 Opening Remarks

09:05 – 10:30 Session 1

20 years of innovation in ankle arthroscopy and treatment of ankle disorders

Anterior ankle arthroscopy – Tips & Tricks

Arthroscopic Talar OCD treatment without fixed joint distraction: what is the secret

Discussion

10:30-11:00 Coffee Break

11:00 – 12:00 Session 2

Ankle Instability: laxity vs instability, arthroscopic vs open, treatment and approaches

Is isolated Syndesmotic Instability without a fracture really isolated and does it really matter

Discussion

12:00 – 13:00 Session 3

Why does my foot hurt, and how can it be solved

13:00-13:45 Lunch Break

13:45-15:00 Session 4

Talar OCD: the rationale for diagnosis and treatment, What when and how 15min

Secondary treatment of OCD in the ankle 15min

The role of alignment in the ankle 15 min

Clinical Examination of the ankle

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Discussion

15:00 – 15:30 Coffee Break

15:30 - 17:00 Session 5

Achilles Tendon pathology: the rational for diagnosis & treatment

Chronic Achilles tendon rupture: when to do direct repair, VY, a flap, graft or transfer

Peroneal tendon and retinaculum pathology: repair, resect, deepen or just leave it.

FHL transfer: a game changer or loser? 15 min

Discussion

17:00 – 18:00 Session 6

Posterior Ankle arthroscopy Tips&Tricks

Current insights into the discussion arthrodesis vs prosthesis

Arthroscopic subtalar fusion and sports

Discussion

18:00 – 19:30 The Participant's Corner | Wine & Cases

Participant's cases presentation and discussion

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Saturday 3 October 2026

09:00-09:45 Session 8

The footballers Ankle: something from the past or still a reality?

Achilles Tendon Ruptures: from injury to return to play. Optimizing treatment and outcome based on current evidence

Micro-Instability: How to diagnose and treat

Discussion

09:45 - 10:45 Session 9

The latest is always the greatest 'a la carte'

10:45 - 11:00 Coffee Break

11:00 - 13:00 Hands on Session I

Anterior ankle arthroscopy:

- Lateral Ligament repair & reconstruction
- OLT arthroscopic repair
- Deltoid Repair
- Syndesmosis repair

11:00 - 13:00 Hands on Session II

Posterior ankle and hindfoot arthroscopy and open techniques

- Os trigonum, Hagllood plasty, FHL harvesting
- peroneal tendoscopy
- subtalar arthroscopy fusion
- insertional Achilles tendinopathy – reinsertion (brace)
- FHL transfer

15:00 Closing Remarks