

Niek van Dijk
masterclass
Ankle & Hindfoot
in ATHERIS
3rd Edition

02 • 03
OCTOBER
2026

Hands on
Practice
Lectures



Niek van Dijk masterclass Ankle & Hindfoot in ATHENS 3rd Edition

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

C. N. Van Dijk
T. Badekas

09:05 – 10:30 Session 1

Chairman: T. Badekas

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

C. N. Van Dijk

Anterior ankle arthroscopy – Tips & Tricks

C. N. Van Dijk

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

C. N. Van Dijk

Discussion

10:30-11:00 Coffee Break

11:00 – 12:00 Session 2

Chairman: A. Petas

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

C. N. Van Dijk

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

E. Palmanovich

Discussion

12:00 – 13:00 Session 3

Chairman: T. Badekas

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

C. N. Van Dijk

13:00-13:45 Lunch Break

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Friday 2 October 2026

13:45-15:00 Session 4

Chairman: **I. Triantafyllopoulos**

Talar OCD: the rational for diagnosis and treatment, What when and how
I. Triantafyllopoulos

Secondary treatment of OCD in the ankle
T. Badekas

The role of alignment in the ankle
I. Giannakopoulos

Clinical Examination of the ankle

Discussion

15:00 – 15:30 Coffee Break

15:30 - 17:00 Session 5

Chairman: **E. Palmanovich**

Achilles Tendon pathology: the rational for diagnosis & treatment
C. N. Van Dijk

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

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

FHL transfer: a game changer or loser?
A. Petas

Discussion

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Friday 2 October 2026

17:00 – 18:00 Session 6

Chairman: **I. Giannakopoulos**

Posterior Ankle arthroscopy Tips&Tricks

I. Triantafyllopoulos

Current insights into the discussion arthrodesis vs prosthesis

T. Badekas

Arthroscopic subtalar fusion and sports

E. Palmanovich

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

Chairman: E. Palmanovich

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

C. N. Van Dijk

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

C. N. Van Dijk

Micro-Instability: How to diagnose and treat

C. N. Van Dijk

Discussion

09:45 - 10:45 Session 9

Chairman: C. N. Van Dijk

The latest is always the greatest 'a la carte'

C. N. Van Dijk

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