



## Symposium and Practical Workshop – „Around the Ankle,,

**November 2nd 2017**

**9AM – 5PM**

Venue: Swisshotel Tallinn, Tornimäe 3, 10145 Tallinn

8.30 – Registration opens

9.00 – Opening remarks and introduction of ESSKA – Dr Mihkel Mardna/Ms Zhanna Kovalchuk

9.10 – Functional anatomy of ankle joint – Dr Reedik Pääsuke

9.30 – Osteochondral lesions – Prof Niek van Dijk

10.00 – Coffee break

10.20 – What else could be done arthroscopically around the ankle – Dr Leho Rips

10.40 – Achilles tendon pathology, what to do in 2017 – Prof Niek van Dijk

11.00 – Workshop session No1 – Anterior approach to the ankle – moderator Prof Niek van Dijk

12.30 – Instability of ankle joint – Dr Leho Rips

13.00 – Lunch

13.45 – Hindfoot & os trigonum problems – Prof Niek van Dijk

14.15 – Tendon pathologies around the ankle (flexor hallucis-, tibialis post.-, peroneus tendons) – Dr Armin Heiman

14.40 – 16.10 Workshop session No2 – Posterior approach to the ankle – moderator Prof Niek van Dijk

The Symposium and practical workshop will give the participant the most recent and up-to-date overview about most common sports-related pathologies around the ankle joint.

Our invited guest speaker **Prof Niek van Dijk** has won renown as a leading authority for arthroscopic surgery of the ankle and the knee. In particular, he is known for his *Amsterdam Ankle School* (the *Amsterdam Approach*), which places particular emphasis upon a painstaking diagnosis, followed by arthroscopy as a surgical resource rather than a mere diagnostic. His operative techniques have spread throughout the world, and have benefitted leading athletes, as well as ordinary people suffering from ankle problems.



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