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Foot and Ankle  
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Hellenic Association of Orthopaedic  
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EUROPEAN  
INTERBALKAN  
MEDICAL CENTER



# FIRST BALKAN FOOT AND ANKLE MEETING

**6-8th SEPTEMBER 2018**

EUROPEAN INTERBALKAN MEDICAL CENTER  
THESSALONIKI GREECE

[www.gbfootandankle.eu](http://www.gbfootandankle.eu)



**MED CONGRESS**

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One of the most modern medical centers in Europe, the European Interbalkan Medical Center (EIMC) offers **383 hospital beds, 23 ultramodern Operating Rooms and Intensive Care Units of 48 beds**. EIMC holds important, international certifications (GHA, TEMOS, TEMOS Excellence, ISO) while at the same time it is included in the **DIPLOMATIC COUNCIL "BEST HOSPITALS WORLDWIDE" 2014 - 2018**. EIMC is the first Hospital in Europe to receive the Global Healthcare Accreditation (GHA) for Medical Travel Services. Finally, EIMC has been acclaimed by the Imperial College of Science, Technology & Medicine, Medical School, in the UK, as: **"the most modern and comprehensive Medical Center in Europe"**.

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- The first robotic-assisted thoracoabdominal esophagectomy in Greece
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**ORGANIZING COMMITTEE**

Atanas Katsarov  
Nikolaos Gougoulas  
Dimitris Hatziemmanuil  
Evgeni Neshev  
Panagiotis Symeonidis

**SCIENTIFIC COMMITTEE**

Panagiotis Symeonidis  
Atanas Katsarov  
Athanasios Badekas  
Svilen Todorov  
Nikolaos Gougoulas

Dear colleagues,

We welcome you in Thessaloniki to participate in the **First Balkan Foot and Ankle Meeting**. Objective of the meeting is to comprehensively cover all aspects of modern foot and ankle surgery (biomechanics, reconstructive surgery, arthroscopy and sports injuries, trauma), aiming at an audience of orthopaedic surgeons in training and also specialists with an interest in foot and ankle surgery. Lectures will be delivered by experienced orthopaedic surgeons from the Balkan countries and beyond.

The structure of the meeting has been divided to lectures according to anatomical regions – hindfoot, midfoot, forefoot - and thematic sessions. Free presentations from different regions will also give us an insight of local trends and experience in foot and ankle surgery. Apart from the scientific program, Thessaloniki is a vibrant, cultural city where participants and accompanying members can enjoy sightseeing, shopping, interesting food and nearby beaches in a safe environment. Wishing you all an enjoyable and constructive meeting!

Best regards,

President of the Organizing Committee



Katsarov Atanas

President of the Scientific Committee



Symeonidis Panagiotis

## Thursday September 06

15.00-16.00 REGISTRATIONS

16.00-17.00 FREE PAPERS 1. RECONSTRUCTION

Chairmen: *N. Gougoulas, Greece - S. Todorov, Bulgaria*

**Extensor tendon transfers for Charcot Marie Tooth disease**

*A. Tanriover, Turkey*

**Mid-term results following arthroscopic ankle arthrodesis**

*A. Yildirim, Turkey*

**Mid-term results of hindfoot salvage arthrodesis with retrograde compression intramedullary nail in charcot neuro arthropathy**

*A. Yildirim, Turkey*

**Salvage fibular lengthening by external fixator after incorrect lower leg lengthening. A two cases report.**

*M. Zhivkov, Bulgaria*

**Talectomy for severe neurogenic equinovarus deformity**

*A. Gerchev, Bulgaria*

**Our experience in the application of a nail used for tibio-talo-calcaneal arthrodesis**

*N. Tzachev, Bulgaria*

**Arthroscopic arthrodesis of the subtalar joint**

*V. Lampridis, Greece*

**Tarso-matetarsal joints arthrodesis**

*V. Lampridis, Greece*

17.00-18.20 FOOT & ANKLE APPLIED BIOMECHANICS AND DEFORMITIES

Chairmen: *P. Symeonidis, Greece - R. Kehayov, Bulgaria*

**Applied Foot & Ankle Biomechanics**

*N. Gougoulas, Greece*

**Compensation patterns relative to foot misalignment and dysfunction**

*M. Panagiotidou, Greece*

**Planovalgus foot reconstruction**

*V. Protsko, Russia*

**Cavovarus foot reconstruction**

*T. Ogut, Turkey*

18.20-19.00 **DIABETIC FOOT CARE. MULTIDISCIPLINARY TEAM APPROACH -  
MANAGEMENT OF SEPTIC FOOT AND BONE INFECTION**

Chairman: *N. Gougoulis, Greece*

Lecturer: *A. Wee, United Kingdom*

19.00 **OPENING SESSION - GREETINGS**

## **Friday September 07**

09.00-11.00 **FOREFOOT**

Chairmen: *T. Badekas, Greece – A. Pettas, Greece*

**A new simple algorithm for decision making in hallux valgus**

*T. Esemenli, Turkey*

**Scarf osteotomy**

*K. Buedts, Belgium*

**Revision hallux valgus surgery**

*L. Makinyan, Russia*

**Modified Helal osteotomy in the treatment of severe forms  
of metatarsalgia and hammer toe deformities**

*A. Mazalov, Russia*

**MTPJ instability and the plantar plate**

*D. Bobrov, Russia*

**MIS forefoot surgery**

*D. Hatzimmanuil, Greece*

11.00-11.30 **BREAK**

11.30-12.30 **FREE PAPERS 2. FOREFOOT AND MISCELLANEOUS**

Chairmen: *A. Katsarov, Bulgaria - M. Drobnic, Slovenia*

**Arthroscopy of the first metatarsophalangeal joint**

*D. Dimnjakovic, Croatia*

**Does sesamoid position effect patient satisfaction after hallux valgus surgery? A study over tangential sesamoid view**

*E. Uygur, Turkey*

**Evaluation and results of PBS percutaneous correction technique for symptomatic hallux valgus deformity**

*P. Salonikidis, Greece*

**Innovative approach to improving the method of preoperative planning and performing corrective forefoot osteotomy**

*A. Akulaev, Russia*

**The effects of human amniotic fluid and membrane on fracture healing on rat fracture model (experimental study)**

*A. Gultekin, Turkey*

12.30-14.00 **INDUSTRY SATELLITE SYMPOSIA - LUNCH BREAK**

14.00-15.30 **HIND FOOT**

Chairmen: *A. Eleftheropoulos, Greece - R. Kastelov, Bulgaria*

**Hindfoot arthritis. Treatment alternatives**

*T. Badekas, Greece*

**Deformity correction around ankle and hindfoot**

*M. Drobnic, Slovenia*

**Ankle Arthroplasty**

*K. Buedts, Belgium*

**Neuropathic diabetic foot reconstruction**

*V. Obolenskiy, Russia*

15.30-16.00 **BREAK**

16.00-17.00 **ANKLE TRAUMA**

Chairmen: *S. Todorov, Bulgaria – V. Lampridis, Greece*

**High ankle sprain. Syndesmotic involvement**

*A. Katsarov, Bulgaria*

**Ankle Fractures**

*A. Eleftheropoulos, Greece*

**Pilon Fractures. Why we left early surgery?**

*R. Kastelov, Bulgaria*



## Saturday September 08

08.30-09.30 **FREE PAPERS 3. TRAUMA AND SOFT TISSUE**

Chairmen: *A. Katsarov, Bulgaria – N. Tzachev, Bulgaria*

**Two crossed Schanz pins versus calcaneal plate in the treatment of intraarticular calcaneal fractures? A comparison of functional and radiological outcomes**

*A. Duramaz/E. Baca, Turkey*

**Effects of ankle taping on dynamic postural control in patients with ankle instability**

*K. Sidiropoulos, Greece*

**Posterior malleolus fixation for syndesmosis**

*E. Baca, Turkey*

**Translation and cross-cultural adaptation of the Turkish version of the foot health status questionnaire**

*S. Karaborklu/E. Baca, Turkey*

**Retrospective study of Lisfranc fracture dislocations treated with fusion and internal fixation**

*K. Surchev, Bulgaria*

**The first 55 peroneal tendoscopies of one surgeon: analysis of intraoperative findings and performed concomitant procedures**

*D. Dimnjakovic, Croatia*

**Proximal medial gastrocnemius release in the treatment of recalcitrant plantar fasciitis**

*V. Lampridis, Greece*

**Long term results of percutaneous radiofrequency nerve ablation for chronic plantar heel pain associated with plantar fasciitis**

*Y. Erken, Turkey*

09.30-11.00 **ARTHROSCOPY - SPORTS INJURIES**

Chairmen: *T. Ogut, Turkey - D. Hatziemmanuil, Greece*

**Chronic pain after an ankle sprain - how to set an anatomic diagnosis**

*M. Drobnic, Slovenia*

**Arthroscopy: Technique and indications**

*N. Gougoulas, Greece*

**Talus Osteochondral lesions**

*K. Irgit, Turkey*

**Endoscopic treatment of chronic Achillobursitis**

*S. Tamoev, Russia*

11.00-11.15 **BREAK**

11.15-12.30 **FOOT FRACTURES; ACHILLES' TENDON RUPTURES**

Chairmen: *A. Katsarov, Bulgaria – A. Konstantinidis, Greece*

**Acute & Chronic Achilles tendon ruptures**

*K. Irgit, Turkey*

**Calcaneal fractures**

*E. Neshev, Bulgaria*

**Talus fractures**

*S. Assiov / A. Iliev, Bulgaria*

**Lisfranc's injuries**

*P. Symeonidis, Greece*



## FACULTY

- S. Assiov, MD, PhD, Associate Professor, Head of Clinic of Orthopaedics and Traumatology, University Multiprofile Hospital "St. Anna", Sofia, Bulgaria**
- T. Badekas, MD, Director 3rd Orthopaedic Clinic Henry Dunant Hospital. Athens, Greece, Past President Greek Foot and Ankle Society Council Member EFAS**
- D. Bobrov, MD, PhD, Associate Professor Sechenov University, The Department of Traumatology, Orthopaedics and Disaster Surgery, Botkin Hospital, Russia**
- K. Buedts, Consultant Orthopaedic and Trauma surgeon, Head of Foot and Ankle Unit, Orthopaedic Department ZNA Middelheim, Belgium, EFAS Council Member, Ass.Editor Foot Ankle Surgery journal Editorial Board Foot Ankle International journal**
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- T. Esemeli, Professor of Orthopaedics and Traumatology, Istanbul Kent University Istanbul Academic Hospital, Turkey**
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- R. Kastelov, M.D., Ph.D. Prof., Head Orthopaedics and Trauma Department Medical Institute, Ministry of Interior Sofia, Bulgaria**
- A. Katsarov, MD, PhD, Assoc. Prof., President of BFAS, President of the Organizing Committee, Bulgaria**
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- A. Konstantinidis, Attending Orthopaedic surgeon, Greece**
- V. Lampridis, MD, MSc, FEBOT, FRCS (Tr&Orth), Consultant Orthopaedic Surgeon, Military Hospital Thessaloniki, Greece**
- L. Makinyan, MD, PhD, Docent Senior lecturer at the chair of Traumatology and Orthopaedics, PFUR, Russia**
- A. Mazalov, MD, Orthopaedic, Clinical Scientific Center, City Clinical Hospital Yudin S.S., Moscow, Russia, Vice President of the Russian Association of Foot and Ankle Surgeons**
- E. Neshev, MD, Orthopaedic trauma surgeon, specialized in the treatment of general orthopaedic trauma and Foot and ankle trauma, Chief of the Orthopaedic and trauma department in St. Anna hospital – Sofia, Bulgaria**
- V. Obolenskiy, PhD, Head of the Septic Surgery Unit, City Clinical Hospital, Moscow, Russia**
- T. Ogut, M.D. Professor of Orthopaedics and Traumatology, Istanbul, Turkey**
- M. Panagiotidou, Osteopath and Physiotherapist, Euromedica - Arogi Physiotherapy Centre, Thessaloniki, Greece**
- A. Pettas, Orthopaedic surgeon, Greece**
- V. Protsko, MD, PhD, Docent Russian, University of Peoples' Friendship, City Clinical Hospital, Yudin S.S., Moscow Russia**
- P. Symeonidis, MD, PhD, Orthopaedic Foot and Ankle Surgeon St' Luke's Hospital, Thessaloniki, Greece**

## FIRST BALKAN FOOT AND ANKLE MEETING

**S. Tamoev, MD, PhD, Orthopaedic Foot and Ankle Surgeon, Dept. of Foot Surgery of Sergey Yudin City Hospital Moscow, Russia**

**S. Todorov, MD, PhD, Assoc. Prof. Orthopaedic and trauma surgeon, Bulgaria**

**N. Tzachev, MD, PhD, Prof., Orthopaedic and trauma surgeon, Military Medical Academy Sofia, Bulgaria**

**A. Wee, FRCS (Tr&Orth), Consultant Orthopaedic Foot and Ankle Surgeon Frimley Park Hospital, UK, Surrey Foot & Ankle Clinic, United Kingdom**

### FREE PAPERS PRESENTERS

**A. Akulaev, Orthopaedic and trauma specialist, Russia**

**E. Baca, foot and ankle surgeon in Department of Orthopedic and Traumatology of Istanbul Bakirkoy Dr Sadi Konuk Education and Research Hospital, Turkey**

**D. Dimnjakovic, MD, PhD, Orthopaedic and Trauma Surgeon, Department of Orthopaedic Surgery University Hospital Center Zagreb, Croatia**

**A. Duramaz, foot and ankle surgeon in Department of Orthopedic and Traumatology of Istanbul Bakirkoy Dr Sadi Konuk Education and Research Hospital, Turkey**

**Y. Erken, MD, Assoc. Prof., Istanbul Okan University Faculty of Medicine, Department of Orthopaedics and Traumatology, Turkey**

**A. Gerchev, Orthopaedic and trauma specialist, Bulgaria**

**A. Gultekin, MD, Orthopaedic surgeon, Turkey**

**S. Karaborklu, MsC, PT, Research Assistant Istanbul University - Cerrahpasa, Faculty of Health Science, Department of Physiotherapy and Rehabilitation, Turkey**

**V. Lampridis, MD, MSc, FEBOT, FRCS (Tr&Orth), Consultant Orthopaedic Surgeon, Military Hospital Thessaloniki, Greece**

**P. Salonikidis, MD, foot and ankle surgeon, Director of the orthopaedic department of Olympion General Hospital Patras, PBS surgeon in Italy, and PBS representative in Greece**

**K. Sidiropoulos, MD Orthopaedic surgeon, Greece**

**K. Surchev, MD, Resident in Orthopedic Surgery and Trauma, Bulgaria**

**A. Tanriover, Orthopaedic surgeon, Turkey**

**N. Tzachev, MD, PhD, Prof., Orthopaedic and trauma surgeon, Military Medical Academy Sofia, Bulgaria**

**E. Uygur, M.D., Assistant Prof. Orthopaedics and Traumatology Department Istanbul Medeniyet University Goztepe Training and Research Hospital, Istanbul, Turkey**

**A. Yildirim, MD, Asst. Prof. Selcuk University School of Medicine Orthopaedics and Traumatology Dep. Konya, Turkey**

**M. Zhinkov, Paediatric orthopaedic, Bulgaria**

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### GENERAL INFORMATION

**PLACE AND DATES:** Thessaloniki, Greece, 6 – 8/09/2018

**VENUE:** European Interbalkan Medical Center, Thessaloniki, Greece – Asklipiou 10-Avenue of Agricultural School, Pylaia, Thessaloniki, Greece

**ACCOMMODATION:** There would be rooms available in the nearby hotels

### REGISTRATION FEES:

Trainees / residents: 50 Euros

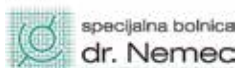
Orthopaedic Surgeons: 70 Euros

**SCIENTIFIC PROGRAM:** Lectures, round tables and free announcements have been divided according to regions and pathology (hindfoot, midfoot, forefoot, applied biomechanics, deformities, arthroscopy and trauma).

The eminent key note specialists invited as lecturers and the skilled, experienced instructors encourage the active participation of the delegates.

The whole course will be accredited. Please confirm your attendance at the sessions with your barcode on your badge.

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