

# Foot and Ankle Cadaveric Workshop

31 Oct 2017, Singapore

## Day 1 – Tues 31<sup>st</sup> Oct

Time	Group A Topic	Instructors	Group B Topic	Instructors
07:30	Registration			
08:00	Introductions & Opening Remarks			
08.15	<b>Anterior/Posterior Ankle Arthroscopy : Tips and Tricks</b>			
08.30	<u>Practical Ex 1</u> Anterior Ankle Arthroscopy and Cheilectomy		<b>Decision Making in Hallux Valgus Surgery</b>	
08.45			<u>Practical Ex 1</u> Scarf Osteotomy and Lateral Release	
09.00				
09.15				
09.30	<u>Practical Ex 2</u> Posterior Ankle Arthroscopy (ankle joint and subtalar joint)		<u>Practical Ex 2</u> Akin's Osteotomy and Weil's Osteotomy	
09.45				
10.00				
10.15				
10.30	BREAK			
10.45	BREAK			
11.00	<u>Practical Ex 3</u> Excision of Haglund's Deformity and FHL Transfer		<u>Practical Ex 3</u> MTPJ Arthrodesis and IPJ Fusion	
11.15				
11.30				
11.45				
12.00	LUNCH			

<b>Time</b>	<b>Group A</b>	<b>Instructors</b>	<b>Group B</b>	<b>Instructors</b>
13.00	<b>Tendonoscopy</b>			
13.15	<b>Arthroscopy Ankle Arthrodesis</b>		<u>Practical Ex 4</u> 1/2 TMT Arthrodesis	
13.30				
13.45	<u>Practical Ex 4</u> PTT, Peroneal and Tendon Achilles Tendonoscopy		<b>Flatfoot Surgery</b>	
14.00				
14.15				
14.30			Break	
14.45	<u>Practical Ex 5</u> Anterior Arthroscopic Ankle Arthrodesis		<u>Practical Ex 5</u> FDL Transfer and Spring Ligament Reconstruction	
15.00				
15.15				
15.30	BREAK			
15.45	<b>Sports Reconstruction</b>			
16.00	<u>Practical Ex 6</u> Lateral Ligament Complex Reconstruction, Deltoid Reconstruction		<u>Practical Ex 5</u> Medialising Calcaneal Osteotomy, Evan Osteotomy and Cotton Osteotomy	
16.15				
16.30				
16.45				
17.00	<b>End of Day 1</b>			

**Day 2 – Tues 1<sup>st</sup> Nov**

<b>Time</b>	<b>Group B Topic</b>	<b>Instructors</b>	<b>Group A Topic</b>	<b>Instructors</b>
08:00	TTC Demonstration			
08.15				
08.30	<u>Practical Ex 1</u> Anterior Ankle Arthroscopy and Cheilectomy		<b>Decision Making in Hallux                      Valgus Surgery</b>	
08.45			<u>Practical Ex 1</u> Scarf Osteotomy and Lateral Release  ** demonstration on how to do a chevron osteotomy	
09.00				
09.15				
09.30	<u>Practical Ex 2</u> Posterior Ankle Arthroscopy (ankle joint and subtalar joint)		<u>Practical Ex 2</u> Akin's Osteotomy and Weil's Osteotomy	
09.45				
10.00				
10.15				
10.30	BREAK			
10.45	BREAK			
11.00	<u>Practical Ex 3</u> Excision of Haglund's Deformity and FHL Transfer	]	<u>Practical Ex 3</u> MTPJ Arthrodesis and IPJ Fusion	
11.15				
11.30				
11.45				
12.00	LUNCH			

<b>Time</b>	<b>Group B</b>	<b>Instructors</b>	<b>Group A</b>	<b>Instructors</b>
13.00	<b>Tendonoscopy</b>			
13.15	<b>Arthroscopy Ankle Arthrodesis</b>		<u>Practical Ex 4</u> 1/2 TMT Arthrodesis	
13.30	<u>Practical Ex 4</u> PTT, Peroneal and Tendon Achilles Tendonoscopy			
13.45				
14.00			<b>Flatfoot Surgery</b>	
14.15				
14.30			<b>BREAK</b>	
14.45	<u>Practical Ex 5</u> Anterior Arthroscopic Ankle Arthrodesis		<u>Practical Ex 5</u> FDL Transfer and Spring Ligament Reconstruction	
15.00				
15.15				
15.30	<b>BREAK</b>			
15.45	<b>Sports Reconstruction</b>			
16.00	<u>Practical Ex 6</u> Lateral Ligament Complex Reconstruction, Deltoid Reconstruction		<u>Practical Ex 6</u> Medialising Calcaneal Osteotomy, Evan Osteotomy and Cotton Osteotomy	
16.15				
16.30				
16.45				
17.00	<b>End of Course: Debrief and Presentation of Certificates</b>			