

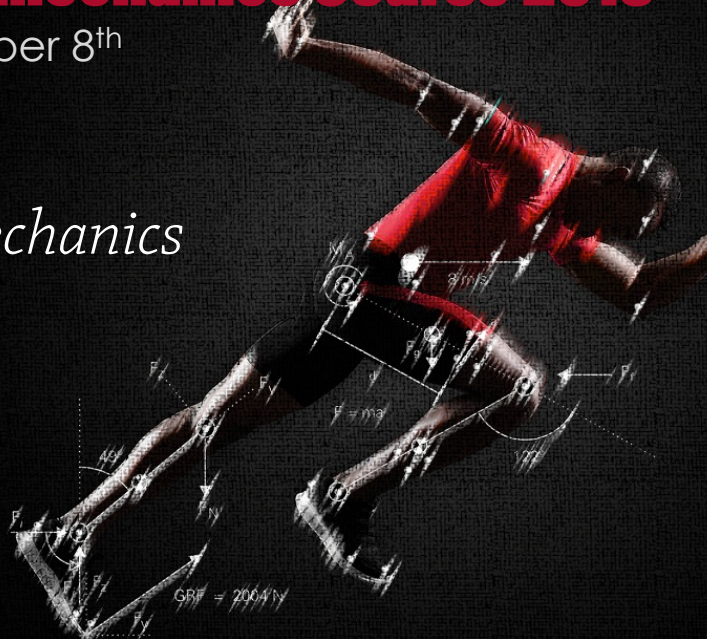
Lisbon Foot & Ankle Clinical Biomechanics Course 2018

Lisbon, September 8th

Sports Biomechanics



FOOT & ANKLE SURGERY | ORTOPIEDIA DO PÉ E TORNOZELO



March 14th, 2018



FOOT & ANKLE SURGERY
ORTOPIEDIA DO PÉ E TORNOZELO

www.peetornozelo.pt

ORGANIZING COMMITTEE

Dr. Manuel Resende Sousa

Dr. Daniel Mendes

Dr. Nuno Brito

Dr. João Vide

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1. INTRODUCTION

Deep understanding of musculoskeletal pathology and correct treatment plan demands advanced biomechanical knowledge. The foot and ankle is a functional area that includes a wide number of joints, bones and tendons acting together to support and propel the body. It is a natural engineering work of art.

The Hospital Beatriz Ângelo's Foot and Ankle Unit (Lisbon, Portugal), in collaboration with distinguished Foot and Ankle surgeons, are organizing the 2nd edition of the Lisbon Clinical Biomechanics Course. This year's program is focused on the most relevant biomechanical aspects and sports pathophysiology of this region. **The Course will provide** key concepts and tools for the analysis of the foot and ankle biomechanics and how the interaction with the upper segments of the lower limb influence each other. Later in the day, sports related pathologies will be explored in the light of biomechanical understanding, providing tools to address these changes, enabling prevention and treatment strategies.

At the end of the course it is expected that participants are able to fully understand the basic biomechanics of the lower limb chain and have a deep insight of how changes in anatomy or pathology may have an impact in it. It is also expected that common sports pathologies are understood in their pathogenesis and that participants are able to have a correct first approach to such entities. Engagement in these topics will be promoted by interactive discussions throughout the course and assessed in a final questionnaire.

This course is primarily designed for healthcare practitioners dealing with musculoskeletal pathologies, namely Orthopaedic and Rehabilitation doctors. Other professional, such as physiotherapists, sports professionals and advanced biomechanical students are welcome to attend.

2. THE COURSE

2.1 DATE AND VENUE

The Course will take place in the Main Auditorium of the Human Kinetics Faculty of the Lisbon University in September 8th, 2018.

2.2 LENGTH AND CONTENTS

The course will have 9 hours: a 4 hours morning block (from 9am to 1pm) and a 3,5 hours afternoon block (from 2:30pm to 6pm). In each

block, there will be a 30 minute coffee break. During the lunch break, an optional Gait Lab Workshop will be available.
Official course language is English, spoken and written.

Time (length)	Topic	Speaker
8h00 – 8h45	Check-in	
8h45 – 9h00	Opening Session Course Chairman Portuguese Foot Society President (SPMCP) SPOT Foot and Ankle Study Section Chairman Human Kinetics Faculty Dean	<i>Manuel R.Sousa</i> <i>Paulo Felicissimo</i> <i>Nuno Côte-Real</i> <i>José Alves Diniz</i>
Table 1 – Biomechanics – Improving Foot Care through understanding		
Moderators: TBC*		
9h00 – 9h15	Ankle and hindfoot clinical biomechanics	<i>João Vide</i>
9h20 – 9h35	Midfoot and forefoot clinical biomechanics	<i>Manuel R. Sousa</i>
9h40 – 9h55	Plantar arch and softening structures	<i>Daniel Mendes</i>
Table 2 – Laboratorial Movement Analysis – SciFy or an ally?		
Moderators: TBC*		
10h00 -10h20	Gait and Running Cycle	<i>António Veloso</i>
10h20 – 10h40	Movement analysis methods	<i>Paolo Caravaggi</i>
10h40 – 11h00	Application of movement analysis in sports	<i>Paolo Caravaggi</i>
11h00 – 11h15	Landing biomechanics In professional dancers and non-dancers: from the research to clinical practice	<i>Ana Azevedo</i>
Coffee Break (30')		
Table 3 – Standing on solid ground		
Moderators: TBC*		
11h40 – 12h00	Lower limb alignment	<i>Paulo Rêgo</i>
12h00 – 12h20	Unusual foot alignments	<i>M. Monteagudo</i>
12h20 – 12h40	Barefoot running and intrinsic muscles	<i>Filipe Guimarães</i>
12h40 – 13h00	Sports footwear	<i>Miguel Oliveira</i>
LUNCH AND GAIT LAB WORKSHOP (1h30)		
Table 4 – When the muscle bursts and the tendon hurts – ESSKA Table		
Moderators: TBC*		
14h30 – 14h50	Training methodologies and injury prevention	<i>José Castro de Barros</i>
14h50 – 15h10	Muscle ruptures	<i>ESSKA speaker</i>
15h10 – 15h30	Achilles pathology	<i>ESSKA speaker</i>
15h30 – 15h50	Peroneal pathology	<i>ESSKA speaker</i>
Coffee Break (30')		
Table 5 – Difficult Athlesions		
Moderators: TBC*		
16h30 – 16h50	Stress fractures	<i>Jean-Luc Besse*</i>
16h50 – 17h10	Bone bruises and what lies underneath	<i>Nuno Brito</i>
17h10 – 17h30	The Lisfranc injury	<i>Jean-Luc Besse*</i>
17h30 – 17h50	Turf toe and plantar plate lesions	<i>M. Monteagudo</i>
18h00	Closing session	
End of Course		
SOCIAL PROGRAM		

Tabel 1 – Course Schedule. *To be confirmed.

2.3 ORGANIZATION

- Organizing Committee:
 - **Dr. Manuel Resende Sousa** (*chairman*)
Hospital Beatriz Ângelo, Loures | Head of Foot & Ankle Unit
Hospital da Luz, Lisboa | Head of Foot & Ankle Unit
Sporting Clube de Portugal, Lisboa | Medical Doctor
 - **Dr. Daniel Mendes**
Hospital Beatriz Ângelo, Loures | Surgeon at Foot & Ankle Unit
Hospital da Luz, Setúbal | Head of Orthopaedic & Trauma Department
 - **Dr. Nuno Brito**
Trofa Saúde Hospital, V. N. Gaia | Head of Foot & Ankle Unit
 - **Dr. João Vide**
Hospital Beatriz Ângelo, Loures | Surgeon at Foot & Ankle Unit
Hospital Particular do Algarve, Faro | Head of Foot & Ankle Clinic
- Staff:
 - **Clara Alves** | Secretary and local support

2.4 GUESTS AND SPEAKERS

INTERNACIONAL GUESTS

Jean-Luc Besse, MD, PhD | Orthopaedic Surgeon at Hospices Civils de Lyon, Lyon, France (pending confirmation)

Manuel Monteagudo, MD | Orthopaedic Surgeon at Quirónsalud, Madrid, Spain

Paolo Caravaggi, Eng., PhD | Rizzoli's Gait Lab, Bologna, Italy

ESSKA Speakers (To be defined)

NATIONAL GUESTS AND MODERATORS

Ana Azevedo | Physiotherapist, PhD Student Human Kinetics Faculty, Motor Behaviour Lab

António Moreira | Orthopaedic Surgeon, Hospital de Bragança

António Veloso | University Professor, Human Kinetics Faculty, Past-President of the Portuguese Biomechanics Society, FMH Biomechanics Lab Coordinator

Filipe Guimarães | Physiatry and Sports Medicine, MD

Hélder Pereira | Orthopaedic Surgeon, Ankle and Knee Unit Coordinator, C. H. Póvoa de Varzim, AFAS – ESSKA President

Isabel Rosa | Orthopaedic Surgeon at Hospital S. F. Xavier, SPMCP
Past-president

José Castro de Barros | Past National Jumps Coach Director

Miguel Oliveira | Podiatrist, PhD in Biomedical Engineering

Nuno Côrte-Real | Orthopaedic Surgeon, Orthopaedic Department
Head, Hospital de Cascais, SPOT Foot and Ankle Section President

Paulo Amado Orthopaedic Surgeon, Head of the Sports Medicine and
Advanced Arthroscopy Unit, Hospital dos Lusíadas, Porto

Paulo Felicíssimo | Orthopaedic Surgeon, Orthopaedic Department
Head, Hospital Amadora-Sintra, SPMCP President

Paulo Rêgo | Orthopedic Surgeon, Head of the Orthopedic
department at Hospital Beatriz Angelo, Loures and Hospital da Luz,
Lisbon

Virgílio Fonseca | Orthopaedic Surgeon, Hospital Ortopédico Sant'Iago
do Outão

2.5 SCIENTIFIC SUPPORT

Scientific support has been granted in the first edition by:

- Portuguese Orthopaedics and Trauma Society (SPOT) and Foot & Ankle Section
- Portuguese Medical and Surgical Foot Society (SPMCP)
- Human Kinetics Faculty (FMH)
- *Ankle and Foot Associates (AFAS – ESSKA)*
- *Swiss Foot and Ankle Society (SFAS)*

Scientific support from these societies for the 2nd edition is pending.

Further scientific support is in progress:

- Portuguese Biomechanics Society
- SPOT Biomechanics Section
- Medical Specialties of the European Unit (UEMS) – Orthopaedic Section
- European Foot and Ankle Society (EFAS)
- European Federation of National Associations of Orthopaedics and Traumatology (EFORT)
- Spanish Foot and Ankle Society
- British Foot and Ankle Society
- French Foot and Ankle Society
- Italian Foot and Ankle Society
- Dutch Foot and Ankle Society
- European Biomechanics Society
- European Society for Movement Analysis in Adults and Children (ESMAC)

3. FINAL CONSIDERATIONS

The first edition of the Lisbon Foot and Ankle Clinical Biomechanics Course 2017 was a big success. General **scientific feedback** was **4,2/5** and all participants **would recommend this course** to a fellow colleague. Satisfaction with the venue and organization was also very high.

From the faculty and organization stand point, it was very rewarding to gather almost 150 participants from many different areas – medicine, sports, rehabilitation, podiatry and investigation – all sharing different perspectives and working together for the development and understanding of the Foot and Ankle biomechanics.

We are confident that the high quality speakers, interesting program and course setting are the right ingredients to establish this course as paramount in foot and ankle learning.

Join us in Lisbon, September 8th!



The Organizing Committee,

Manuel Resende Sousa | Daniel Mendes | Nuno Brito | João Vide

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