

SAN
ROSSORE

ACADEMY

MEDICAL AND SPORTS TRAINING

FOOT AND ANKLE INJURIES IN FOOTBALL: FROM A TO Z

Sport physician Course of Prof. Niek van Dijk

8-9 September 2023
San Rossore Sport Village

Under the Patronage of



Course Scientific Chair:

Prof. Niek Van Dijk (The Netherlands)

Organization Committee:

Dr Roberto Di Mitri (Chair)

Prof. Paolo Parchi (Co-Chair)

Francesca Pardossi - Alice Maddaloni (Marketing & Communication)

Cristiana Di Martino (Welcoming service agent)

International faculty:

Prof. Niek Van Dijk (The Netherlands)

Prof. Hans Tol (The Netherlands)

Dr. Giulia Favilli (Italy)

Dr. Pietro Spennacchio (Luxembourg)

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ISAKOS

CME Accreditation (Only ITALIAN accreditation)

CME ID: 362-390691

CME Credits: 10

The Event has been accredited for the following professions:

- Podiatrist
 - Surgeon
 - Orthopedic technician
 - Physiotherapist
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Course Aim:

The aim of this course is to provide up to date and evidence-based information of ankle, hindfoot and Achilles injuries in football players - how to prevent, evaluate and manage such injuries.

Learning objective: after completion of the course, attendees should be able to:

Foot and Ankle:

- Better understand the risks of the ankle injury occurrence and how to prevent them
 - Differentiate between a normal, a high and a troublesome ankle sprain
 - Manage acute and chronic ankle injuries and know which need referral
 - Differentiate between a normal, a high and a troublesome ankle sprain
 - Differentiate Laxity from Instability
 - Position the concept of Micro-Instability
 - Understand the long-term fate of bone bruises and if they need treatment
 - Know where the pain in Achilles tendinopathy originates from
 - Know the origin of the pain in Osteochondral defects and understand which of them need treatment
 - Implement the use of Biologics, Shockwave and feed-forward training
 - Recognize the 'red flags' for football player potential career ending disorders.
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ACADEMY PLAN



DURATION

8 SEPTEMBER: 9:00 AM - 6:00 PM

9 SEPTEMBER: 8:30 AM - 1:00 PM

DAY 1 9:00 AM - 6:00 PM

■ **Welcome 9:00 AM - 9:10 AM** | *Andrea Madonna (CEO of San Rossore Medical Center)*

Welcome and San Rossore Centre Presentation

■ **Session 1 9:10 AM - 10:40 AM** | *Niek van Dijk, Hans Tol, Pietro Spennacchio*

Ankle Sprain: there is no such thing as a simple ankle sprain:

- Introduction
- Side line management
- Assessment and initial treatment
- How to return to field after an ankle sprain
- The high ankle sprain
- The troublesome ankle sprain

Case - based Discussion | *Pietro Spennacchio*

■ 10:40 AM - 10:50 AM | *Niek van Dijk*

Anatomy to remember

■ 10:50 AM - 11:20 AM

Coffee Break

■ **Session 2** 11:20 AM - 13:00 PM | *Niek van Dijk,*

Pietro Spennacchio, Hans Tol

Ankle instability: my ankle is lax, do I need surgery?

- Introduction: Instability vs laxity
- Clinical assessment
- FT: feedforward training
- What is the current evidence?
- The limits of open and arthroscopic treatment
- Microinstability

Case - based Discussion | *Giulia Favilli*

■ 1:00 PM - 2:00 PM

Lunch

■ **Session 3** 2:00 PM - 3:30 PM | *Niek van Dijk*

Ankle impingement: mind the gutters

- Anterior and posterior impingement: what is it and what can be done
- Can it be healed in the office?

Case - based Discussion | *Hans Tol*

■ 3:30 PM - 4:00 PM

Coffee Break

■ **Session 4** 4:00 PM - 5:00 PM | *Niek van Dijk, Pietro Spennacchio*

Cartilage Defects: we all walk on water

- Actual evidence for treatment
- Bone Bruises: What do they mean?
- Do they need treatment?

Case - based Discussion | *Pietro Spennacchio*

■ **Session 5** 5:00 PM - 6:00 PM | *Niek van Dijk*

The latest is always the greatest part I

(interactive lecture “à la Carte” - discussion)

■ 7:00 PM

Reception

DAY 2 8:00 AM - 1:00 PM

■ **Session 6** 8:30 AM - 9:00 AM | *Niek van Dijk*

The latest is always the greatest part II

(interactive lecture “à la Carte” - discussion)

■ **Session 7** 9:00 AM - 10:00 AM | *Niek van Dijk, Pietro Spennacchio, Hans Tol, Giulia Favilli*

The Achilles Tendon: from tendinopathy to rupture

- What is tendinopathy and why it hurts
- Clinical assessment
- FT frontline
- Shortwave, PRP and NSAID
- Surgery: why and when
- Actual evidence for treatment of Achilles tendon ruptures

Case - based Discussion | *Giulia Favilli*

■ 10:00 AM - 10:30 AM

Coffee Break

■ **Session 8** 10:30 AM - 11:30 AM | *Niek van Dijk, Pietro Spennacchio, Giulia Favilli*

Why does my foot hurt?

- Why does my foot hurt: basic principles
- Clinical examination of the ankle and foot
- Ankle and foot lesion in football players

Case - based Discussion | *Pietro Spennacchio*

■ **Session 9** 11:30 AM - 12:00 PM | *Hans Tol, Niek van Dijk*

When can I go back to play? - How to make the best decision

- A decision-based model for return to play
- Can imaging help?
- How can functional training help?
- When can i go back to play?

■ **Session 10** 12:00 PM -12:15 PM | *Niek van Dijk*

Career ending disorders

■ 12:15 PM - 12:45 PM | *Andrea Madonna (CEO of San Rossore Medical Center)*

End of the course/Certificates

Registration:

Form: <https://sanrossoreacademy.it>

First Class S.r.l. Meetings and Conferences

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Entrance fee:

European citizen 150€ + VAT

Resident 75€ + VAT

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