

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

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**3-4 October 2025**

San Rossore Sport Village



**Course Scientific Chair:**

Prof C. Niek van Dijk (the Netherlands)

**International faculty:**

Prof C. Niek van Dijk (the Netherlands)

Prof Hans Tol (the Netherlands)

Giulia Favilli (Italy)

Pim van Dijk (Netherlands)

**CME Accreditation (Only ITALIAN accreditation)**

CME ID:

CME Credits:

The Event has been accredited for the following professions:

Podiatrist

Orthopedic Surgeon

Orthopedic technician

Physiotherapist

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**Course Aim:**

The aim of the course is to provide up to date and evidence-based information on 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:

- Better understand the risks of ankle injury occurrence and how to prevent them.
  - Differentiate between Deep ankle pain and recognizable tenderness on Palpation.
  - 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

3 OCTOBER 9:00 AM – 5:45 PM

4 OCTOBER 9:00 AM – 1:00 PM

## DAY 1 9:00 AM – 5:45 PM

### ■ Welcome 9:00 AM – 9:10 AM

## **Welcome and San Rossore Centre Presentation**

### ■ Session 1 9:10 AM – 10:10 AM

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

- Introduction – C.N. van Dijk
- Side line management – H. Tol
- Assessment and initial treatment – H. Tol
- How to return to field after an ankle sprain – H. Tol
- The high ankle sprain – P. van Dijk

Discussion

■ **Session 2** 10:10 AM – 10:40 AM | *Hans Tol*

## **First Case Discussion Session**

■ 10:40 AM – 11:05 AM

## **Break**

■ **Session 3** 11:05 AM – 12:20 AM

## **Ankle Instability: my ankle is lax, do I need surgery?**

- Introduction: Instability vs laxity – C.N. van Dijk
- Clinical assessment – G. Favilli
- FT: feedforward training – H. Tol
- What is the current evidence? – C.N. van Dijk
- The limits of open and arthroscopic treatment – C.N. van Dijk
- Micro instability – C.N. van Dijk
- Medial Instability – G. Favilli

Discussion

■ **Session 4** 12:20 AM – 13:00 AM | *Pim van Dijk*

## **Second Case Discussion**

■ 01:00 PM – 02:00 PM

## **Lunch Break**

■ **Session 5** 02:00 PM – 02:45 PM | *Niek van Dijk*

## **20 yrs of Innovation in ankle arthroscopy and treatment of Ankle Disorders**

■ **Session 6** 02:45 PM – 03:15 PM | *Niek van Dijk*

## **Cartilage defects:**

**What to do , When to do it and How to do it**

■ 03:15 PM – 03:45 PM

## Break

■ **Session 7** 03:45 PM – 04:30 PM | *Pim van Dijk*  
**Tendon Disorders in Football.**

■ **Session 8** 04:30 pm – 05:15 pm | *Giulia Favilli*  
**Third Case Discussion Session**

■ **Session 9** 05:15 PM – 05:45 PM | *Giulia Favilli*  
**Clinical examination of the ankle**

## DAY 2 9:00 AM – 1:00 PM

■ **Session 10** 09:00 AM – 10:00 AM | *Niek van Dijk*  
**The latest is always the greatest:  
interactive ‘à la Carte’ lecture**

■ **Session 11** 10:00 AM – 10:45 AM | *Hans Töl*  
**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?

Discussion

■ 10:45 AM – 11:15 AM

## Break

■ **Session 12** 10.45 AM - 11.15 AM | *Niek van Dijk*

**The latest is always the greatest:  
interactive 'à la Carte' lecture**

■ **Session 13** 11.15 AM - 12.15 AM | *Niek van Dijk*

**Why does my foot hurt, and how can it be solved**

■ 12:15 AM - 12:45 AM

**End of the course/Certificates**

### **Registration:**

Form: <https://sanrossore-academy.myquadra.it/>

First Class S.r.l. Meetings and Conferences

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### **Entrance fee:**

Regular: 140,00 € + VAT

Interns: 60,00 € + VAT

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## **Organizing Secretariat:**

First Class S.r.l. Meetings and Conferences

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[www.sanrossoreacademy.it](http://www.sanrossoreacademy.it)



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**SAN ROSSORE SPORT VILLAGE**

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