

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

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: 362-418022

CME Credits: 9

The Event has been accredited for the following professions:

Podiatrist

Orthopedic Surgeon

Orthopedic technician

Physiotherapist

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.
-

ACADEMY PLAN



DURATION

27 JUNE 9:00 AM - 5:45 PM

28 JUNE 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

Ref. bianca.biumi@fclassevents.com

Phone +39 02 50063800 – Mobile +39 331 6454180

Entrance fee:

Regular: 150,00 € + VAT

Interns: 75,00 € + VAT

SAN
ROSSORE

ACADEMY

MEDICAL AND SPORTS TRAINING

Organizing Secretariat:

First Class S.r.l. Meetings and Conferences

Ref. bianca.biumi@fclassevents.com

Mo. +39 331 6454180

www.sanrossoreacademy.it



With the unconditional support of

SAN ROSSORE SPORT VILLAGE

Viale delle Cascine 152
56122 Pisa (Italy)