

SAN
ROSSORE

ACADEMY

MEDICAL AND SPORTS TRAINING

FOOT AND ANKLE INJURIES IN FOOTBALL: FROM A TO Z

International Sport physician Course
of Prof. Niek van Dijk

3-4 October 2025
San Rossore Sport Village

Under the Patronage of



Course Scientific Chair:

Prof. C. Niek van Dijk (the Netherlands)

International faculty:

Prof. Enrico Castellacci (Italy)

Dr. Giulia Favilli (Italy)

Dr. Alessandro Paolicchi (Italy)

Dr. Paolo Parchi (Italy)

Dr. Giovanni Santarelli (Italy)

Dr. Pietro Spennacchio (Luxembourg)

Prof. Hans Tol (the Netherlands)

Prof. C. Niek van Dijk (the Netherlands)

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CME Accreditation (Only ITALIAN accreditation)

CME ID: 1357-453442

CME Credits: 10

The Event has been accredited for the following professions:

Podiatrist

Orthopedic Surgeon

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.
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ACADEMY PLAN



DURATION

3 OCTOBER 08:50 AM - 06:15 PM

4 OCTOBER 09:00 AM - 12:45 PM

DAY 1 08:50 AM - 06:15 PM

■ Welcome 08:50 AM - 09:10 AM

Welcome and San Rossore Centre Presentation

G. Santarelli, E. Castellaci, P. Parchi, C. Niek van Dijk

■ Session 1 09:10 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 - G. Favilli

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 – 12:30 AM

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

- Introduction: Instability vs laxity – C.N. van Dijk
- Imaging – A. Paolicchi
- 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 – P. Spennacchio

Discussion

■ **Session 4** 12:30 AM – 13:00 AM | *Pietro Spennacchio*

Second Case Discussion Session

■ 01:00 PM – 02:00 PM

Lunch Break

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

20 yrs of Innovation in (arthroscopic) treatment of Ankle Disorders

■ **Session 6** 02:45 PM – 03:15 PM | *C. 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 – 04:00 PM | *C. Niek van Dijk*

Acute Achilles Tendon Ruptures; Modern treatment concepts

■ **Session 8** 04:00 PM – 04:30 PM | *Pietro Spennacchio*

Overuse Tendon Disorders in Football

■ **Session 9** 04:30 PM – 05:00 PM | *Giulia Favilli*

Plantar Fasciitis

■ **Session 10** 05:00 PM – 05:30 PM | *Giulia Favilli*

Third Case Discussion Session

■ **Session 11** 05:30 PM – 06:15 PM | *Giulia Favilli, Pietro Spennacchio*

Clinical examination of the ankle

DAY 2 09:00 AM – 12:45 PM

■ **Session 12** 09:00 AM – 10:00 AM | *C. Niek van Dijk*

The latest is always the greatest: interactive ‘à la Carte’ lecture

■ **Session 13** 10:00 AM – 10:45 AM | *Hans Tol*

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 14** 11:15 AM – 12:15 PM | *C. Nick van Dijk*

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

■ 12:15 PM – 12:45 PM

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:

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