



SAN ROSSORE
CASA DI CURA PRIVATA



SAN ROSSORE
SPORT VILLAGE

International Sport Physician Congress Course

FOOT AND ANKLE INJURIES IN FOOTBALL: *FROM A TO Z*

OCTOBER 15-16 2027

SAN ROSSORE SPORT VILLAGE – PISA, ITALY



COURSE SCIENTIFIC CHAIR

Niek van Dijk



ITALIAN AND EUROPEAN CME ACCREDITATION

FOOT AND ANKLE INJURIES IN FOOTBALL: FROM A TO Z



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SCIENTIFIC RATIONALE

Ankle injuries are among the most common problems in sports, but they are not always "simple" injuries. Accurate diagnosis, appropriate treatment and effective rehabilitation are essential to prevent chronic instability and recurrent injuries.

This course will provide an evidence-based update on acute and chronic ankle disorders, focusing on instability, cartilage and tendon injuries, arthroscopic treatment and return to play. Interactive case discussions and clinical examination will support practical decision-making in everyday sports medicine.

SCIENTIFIC CHAIR

Niek van Dijk

PROVISIONAL FACULTY

Enrico Castellacci Italy

Giulia Favilli Italy

Alessandro Paolicchi Italy

Paolo Parchi Italy

Giovanni Santarelli Italy

Pietro Spennacchio Luxembourg

Hans Tol The Netherlands

Niek van Dijk The Netherlands



SCIENTIFIC PROGRAM

FRIDAY
OCTOBER 15TH, 2027

10:00 AM | Registration

10:30 AM | Welcome and San Rossore Centre presentation

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

ANKLE SPRAIN: THERE IS NO SUCH THING AS A SIMPLE ANKLE SPRAIN

10:40 AM | Introduction *C. Niek van Dijk*

10:50 AM | Sideline management *H. Tol*

11:00 AM | Assessment and initial treatment *H. Tol*

11:10 AM | How to return to field after an ankle sprain *H. Tol*

11:20 AM | The high ankle sprain *G. Favilli*

11:30 AM | Discussion

11:40 PM | First Case Discussion Session



Moderator: *H. Tol*

ANKLE INSTABILITY: MY ANKLE IS LAX, DO I NEED SURGERY?

12:10 PM | Introduction: instability vs laxity *C. Niek van Dijk*

12:20 PM | Imaging *A. Paolicchi*

FRIDAY
OCTOBER 15TH

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FRIDAY
OCTOBER 15TH

- 12:30 PM** | **FT: feedforward training** *H. Tol*
12:40 PM | **What is the current evidence?** *C. Niek van Dijk*
12:50 PM | **The limits of open and arthroscopic treatment** *C. Niek van Dijk*
01:00 PM | **Micro instability** *C. Niek van Dijk*
01:10 PM | **Medial Instability** *P. Spennacchio*
01:20 AM | **Discussion**
01.30 PM | *Light Lunch*
02:10 PM |  **Second Case Discussion Session**
Moderator: P. Spennacchio
02:50 PM | **20 years of Innovation in arthroscopic treatment of Ankle Disorders** *C. Niek van Dijk*
03:30 PM | **Cartilage defects: what to do, when to do it and how to do it** *C. Niek van Dijk*
04:00 PM | **Acute Achilles tendon ruptures; modern treatment concepts** *C. Niek van Dijk*
04:15 PM | *Coffee break*
04:30 PM | **Overuse tendon disorders in football** *P. Spennacchio*
05:00 PM | **Plantar fasciitis** *G. Favilli*
05:30 PM |  **Third Case Discussion Session**
Moderator: G. Favilli
06:00 PM | **Clinical examination of the ankle** *G. Favilli, P. Spennacchio*
06:30 PM | **Discussion**
06:45 PM | *End of the first day*



SCIENTIFIC PROGRAM

SATURDAY
OCTOBER 16TH, 2027

- 09:00 AM** | **The latest is always the greatest: interactive "à la Carte" lecture** *N. van Dijk*
10:00 AM | **A decision-based model for return to play**
• Can imaging help?
• How can functional training help?
H. Tol
10:30 AM | **Discussion**
10:45 AM | *Coffee break*
11:15 AM | **Why does my foot hurt, and how can it be solved** *N. van Dijk*
12:15 AM | **Discussion**
12:30 PM | **CME Test / Certificates**

SATURDAY
OCTOBER 16TH

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**REGISTRATION FORM IS AVAILABLE
ON OUR WEBSITE WWW.ICLO.EU**

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EVOLVING SURGERY, APPLIED.

CONGRESS VENUE

San Rossore Sport Village

Viale delle Cascine, 152

56122 Pisa - Italy



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