



LISBON FOOT & ANKLE

Clinical Biomechanics Course 2019

Pre Course | Lower Limb Deformity Correction

Provisional Programme



September 27th-28th, 2019



ORGANIZING COMMITTEE



Manuel Resende Sousa, MD (*Chairman*)

Hospital da Luz, Lisboa | Head of Foot & Ankle Unit
Sporting Clube de Portugal, Lisboa | Medical Doctor
Fidelidade - Hospital da Luz, Torres de Lisboa | Head of Foot & Ankle Unit



Daniel Mendes, MD

Hospital Beatriz Ângelo, Loures | Head of Foot & Ankle Unit
Hospital da Luz, Setúbal | Head of Orthopaedic & Trauma Department



Nuno Brito, MD

Trofa Saúde Hospital, Gaia | Medical Director, Head of Orthopaedic Department, Foot & Ankle Unit
Trofa Saúde Hospital, Matosinhos | Head of Foot & Ankle Unit



João Vide, MD

Hospital Beatriz Ângelo, Loures | Surgeon at Foot & Ankle Unit
Hospital Particular do Algarve, Faro | Foot & Ankle Clinic
Hospital da Luz, Lisboa | Surgeon at Foot & Ankle Unit

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 - **Clara Alves** | Secretary and local support
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MEET THE FACULTY

INTERNATIONAL PANEL



Emilio Wagner, MD

Orthopaedic Surgeon

Clínica Alemana de Santiago, Santiago, Chile



Manuel Monteagudo, MD

Orthopaedic Surgeon

Quirónsalud, Madrid, Spain



Norman Espinosa, MD, PhD

Orthopaedic Surgeon

FussInstitut Zürich, Zurich, Switzerland



NATIONAL PANEL

António Andrade, MD | Orthopaedic Surgeon, Hospital de M. de Cavaleiros

António Moreira, MD | Orthopaedic Surgeon, Hospital de Guimarães

António Prieto Veloso, PhD | University Professor, Past-President of the Portuguese Biomechanics Society, FMH Biomechanics Lab Coordinator

António Torres, MD | Orthopaedic Surgeon, Past Foot and Ankle Unit Coordinator, C. H. Entre o Douro e Vouga

Bruno Pereira, MD | Orthopaedic Surgeon, Foot and Ankle Unit, H. de Braga

Carlos Silva, MD | Orthopaedic Surgeon, Head of Children Orthopaedic Unit, Hospital Beatriz Ângelo

Cristina Alves, MD | Orthopaedic Surgeon, Coimbra's Children Hospital

Filipa João, PhD | University Professor, Human Kinetics Faculty, FMH Biomechanics Lab Coordinator

Isabel Rosa, MD | Orthopaedic Surgeon, Hospital S. F. Xavier, SPMCP Past-President

João Campagnolo, MD | Orthopaedic Surgeon, D. Estefânia's Children Hospital

João Moreira, MD | Orthopaedic Surgeon, SAMS and Curry Cabral Hospital

João Protásio, MD | Orthopaedic Surgeon, Foot & Ankle Unit, H. Beatriz Ângelo

Joaquim Ferreira, MD, PhD | Neurologist, Campus Neurológico Sénior Clinical Director, University Professor, European Director of the Parkinson Disease and Movement Disorders International Society

José Pedro Vieira, MD | Neuropediatric Physician, Head of Neuropaediatric Department in D. Estefânia's Children Hospital

Marcos Correia de Jesus, MD | Orthopaedic Surgeon, Knee Unit Coordinator, Hospital Beatriz Ângelo

Marta Gomes, MD | Orthopaedic Surgeon, Foot and Ankle Unit Coordinator, C. H. Entre o Douro e Vouga

Miguel Reis e Silva, MD | Physiatry and Sports Medicine, S. L. Benfica Medical Department

Nuno Côrte-Real, MD | Orthopaedic Surgeon, Orthopaedic Head of Department, Hospital de Cascais, SPOT Foot and Ankle Section President

Paulo Felicíssimo, MD, PhD | Orthopaedic Surgeon, Head of Orthopaedic Department, Hospital Amadora-Sintra, SPMCP President

Paulo Rego, MD, PhD | Orthopaedic Surgeon, Head of the Orthopedic Department at Hospital Beatriz Ângelo, Loures and Hospital da Luz, Lisbon

Raul Oliveira, PhD | University Professor, FMH Motor Control Lab Coordinator



LISBON LOWER LIMB DEFORMITY CORRECTION Pre-Course 2019

September 27th, 2019

SCIENTIFIC PROGRAMME

8h00 Check-in
8h45 **Opening Session**
Course Chairman | Manuel Resende Sousa
SPOT Biomechanics Section Coordinator | João Moreira

Panel 1 | The crooked limb: defining the deformity

Moderators: Daniel Mendes, João Moreira

9h00 - 9h15	Malalignment consequences Nuno Brito
9h20 - 9h35	Evaluation of the normal alignment Nuno Brito
9h40 - 9h55	Uniplanar deformities João Vide
10h00 - 10h15	Biplanar deformities Manuel Resende Sousa
10h20 - 10h35	Triplanar deformities Manuel Resende Sousa

Coffee Break

Panel 2 | Planning to succeed

Moderators: Bruno Pereira, Nuno Brito

11h10 - 11h25	Advanced studies – weight-bearing CT Emilio Wagner
11h30 - 11h45	Advanced studies – 3D printing Norman Espinosa
11h50 - 12h05	Planning Software Daniel Mendes
12h10 - 12h25	Fixation Methods Daniel Mendes



Panel 3 | Hip, hip, hurray!

Moderators: *Filipe Oliveira, João Vide*

- | | |
|---------------|---|
| 12h30 - 12h45 | Hip deformities
<i>Paulo Rego</i> |
| 12h50 - 13h05 | Hip deformities – practical cases
<i>Paulo Rego</i> |

LUNCH

Panel 4 – Knee & Ankle

Moderators: *Carlos Silva, Daniel Mendes*

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|---------------|---|
| 14h30 - 14h45 | Knee deformities
<i>Marcos Correia de Jesus</i> |
| 14h50 - 15h05 | Knee deformities – practical cases
<i>Marcos Correia de Jesus</i> |
| 15h10 - 15h25 | Ankle deformities
<i>Norman Espinosa</i> |
| 15h30 - 15h45 | Ankle deformities – practical cases
<i>Manuel Monteagudo</i> |

Coffee Break

Panel 5 | The Foot and Complex

Moderators: *Nuno Côrte-Real, Manuel Sousa*

- | | |
|---------------|---|
| 16h40 - 17h55 | Foot deformities
<i>Norman Espinosa</i> |
| 17h00 - 17h15 | Foot deformities – practical cases
<i>Manuel Monteagudo</i> |
| 17h20 - 17h35 | Complex deformities
<i>João Moreira</i> |
| 17h40 - 17h55 | Complex deformities – practical cases
<i>João Moreira</i> |

End of Course



LISBON FOOT & ANKLE Clinical Biomechanics Course 2019

September 28th, 2019 | Neurologic Edition

SCIENTIFIC PROGRAMME

8h00
8h45

Check-in

Opening Session

Course Chairman | *Manuel R. Sousa*

SPMCP President | *Paulo Felicissimo*

SPOT Foot & Ankle Section | *Nuno Côrte-Real*

Human Kinetics Faculty Dean | *Luís Bettencourt Sardinha*

Panel 1 | Cerebral Palsy: guiding children to a walking future

Moderators: *António Veloso, João Campagnolo, João Vide*

9h00 - 9h15	Cerebral Palsy - Assessment <i>José Pedro Vieira</i>
9h20 - 9h35	Gait cycle and movement analysis <i>Filipa João</i>
9h40 - 9h55	Orthotics and gait analysis <i>Raúl Oliveira</i>
10h00 - 10h15	Cerebral Palsy in Children <i>Cristina Alves</i>
10h20 - 10h35	Cerebral Palsy in Adults <i>Emilio Wagner</i>

Coffee Break

Panel 2 | Adult neurological disorders – the unknown driver

Moderators: *Bruno Pereira, Isabel Rosa, Nuno Brito*

11h10 - 11h25	Central and peripheral injuries <i>José Vale</i>
11h30 - 10h45	Dystonia and spasticity management <i>Joaquim Ferreira</i>



10h50 - 12h05	Tendon transfers – general considerations <i>Norman Espinosa</i>
12h10 - 12h25	Gait analysis in the context of spasticity management <i>Miguel Reis e Silva</i>

Panel 3 | Understanding the cavovarus foot

Moderators: *António Moreira, Marta Gomes, Manuel Monteagudo*

12h30 - 12h45	Ankle, hindfoot and transverse tarsal clinical biomechanics <i>João Vide</i>
12h50 - 13h05	Midfoot, forefoot, plantar arch and ACP system <i>Daniel Mendes</i>

LUNCH

Panel 4 – Cavovarus treatment: split, slice or dice

Moderators: *António Andrade, António Torres, Manuel Sousa*

14h30 - 14h45	Neuromuscular issues in cavovarus foot <i>Emílio Wagner</i>
14h50 - 15h05	Hindfoot issues <i>Manuel Monteagudo</i>
15h10 - 15h25	Mid and Forefoot issues <i>Manuel Monteagudo</i>
15h30 - 15h45	Joint sparing correction of cavovarus feet in Charcot-Marie-Tooth disease - What are the limits? <i>Emílio Wagner</i>
16h20 - 16h35	Pediatric issues in cavovarus foot <i>Carlos Silva</i>

Coffee Break

Panel 5 | Uncommon and challenging – what now?

Moderators: *Nuno Côrte-Real, Paulo Felicissimo, Daniel Mendes*

16h40 - 17h55	The Subtle Cavus Foot and Association with Ankle Instability and Lateral Foot Overload <i>Norman Espinosa</i>
17h00 - 17h15	The paralytic planovalgus foot <i>Nuno Brito</i>
17h20 - 17h35	The Charcot neuroarthropathy <i>Manuel Resende Sousa</i>
17h40 - 17h55	Compartment syndrome manifestations <i>João Protásio</i>

End of Course

SOCIAL PROGRAM



SCIENTIFIC PATRONAGE

Our Scientific Program is currently under review for scientific patronage by the following societies:

- Portuguese Orthopaedics and Traumatology Society (SPOT)
- Portuguese Medical and Surgical Foot Society (SPMCP)
- Spanish Foot and Ankle Society (SECPT) and Orthopaedics and Traumatology Society (SECOT)
- French Foot and Ankle Societies (SF) and Orthopaedics and Traumatology Society (SOFCOT)
- Swiss Foot and Ankle Society (SFAS) and Orthopaedics and Traumatology Society (SFAS)
- British Foot and Ankle Society (BOFAS) and British Orthopaedic Society (BOA)
- German Foot and Ankle Society (BOFAS) and German Orthopaedic and Traumatology Society (BOA)
- Italian Foot and Ankle Society (BOFAS) and Orthopaedic Society (BOA)
- Brazilian Foot and Ankle Society (BOFAS) and Orthopaedic and Traumatology Society (BOA)
- European Foot and Ankle Society (EFAS)
- ESSKA Ankle and Foot Associates (AFAS – ESSKA)
- European Society for Movement Analysis in Adults and Children (ESMAC)
- European Federation of Orthopaedic and Traumatology National Associations (EFORT)
- Federation of Orthopaedic and Trauma Trainees in Europe (FORTE)

Our course was also evaluated and granted, for attribution of continuous medical education credits by the UEMS **in the 2018 edition**. Credits for 2019 are under submission.



The Lisbon Foot & Ankle Clinical Biomechanics Course 2018, Lisbon, Portugal, 08/09/2018-08/09/2018 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 6 European CME credits (ECMEC®). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.



VENUE

LISBON



Fig. 1 - Lisbon view to 25 Abril bridge.

Lisbon is a historical city full of stories to tell, where the sun shines 290 days a year and the temperature rarely drops below 15°C. At this time of the year you can expect temperatures between 26 and 18 °C. Rainy days are unusual but nights can get a bit cold. This is a city where you feel safe wandering around day or night, where the cuisine is dedicated to creating over a thousand ways to cook the beloved bacalhau (salted cod), and where you'll find hotels and restaurants to suit every taste, budget and requirement. Take the opportunity to discover Lisbon, a city full of authenticity where old customs and ancient history intermix with cultural entertainment and hi-tech innovation. Lisbon is ageless, but it loves company, as you'll find out if you meet someone and ask them to explain, with lots of gestures and repetition, where the best place is to listen to Fado. After all, Lisbon is famous for its hospitality and the family-like way it welcomes visitors.



Fig. 2 – Downtown view to Praça do Comércio (left) and Parque Eduardo VII view to River Tagus (right).



JUPITER HOTEL ****



Fig. 3 – Hotel Júpter.

The Lisbon Foot & Ankle Clinical Biomechanics Course and Lower Limb Deformity Correction Pre-Course will be hosted in the *Hotel Júpter*, perfectly located in *Avenida da República 46*, one of the main arteries of the city. This hotel offers all the commodities to a pleasant stay in town. Special fees may apply to course participants.



Fig. 4 – Hotel Júpter lecture room (left) and bedroom (right).

This is the 3rd Edition of the Clinical Biomechanics Course. Last year's edition was dedicated to Sports pathologies. All presentations are available in our website – www.peetornozelo.pt (login required).



Lisbon Foot & Ankle Clinical Biomechanics Course 2019 Neurologic Edition



Fig. 5 – 1st Lisbon Foot & Ankle Clinical Biomechanics Edition, November 2017.


We hope you enjoy our Course and the program we have built for you. Don't forget to actively participate, because we learn the most from discussion and exchanging ideas.

The Organizing Committee,


Manuel R. Sousa


Daniel Mendes


Nuno Brito


João Vide