



PROGRAM

FOOT AND ANKLE COURSE

02 July - 03 July 2026
MEDICAL UNIVERSITY VARNA

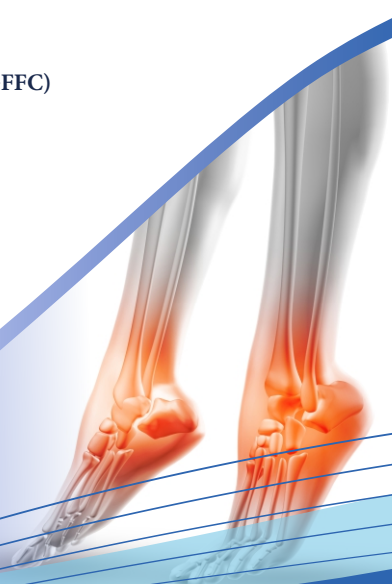
Organized by:

Medical University Varna

Gesellschaft für Fuß-und Sprunggelenkchirurgie Germany (GFFC)

Bulgarian Foot and Ankle Society (BGFAS)

Balkan Foot and Ankle Society (BAFAS)



Dear Colleagues,

We are delighted to welcome you to Medical University Varna for the Second Varna Foot and Ankle Course! This event promises to be an enriching experience, designed to comprehensively cover all aspects of modern foot and ankle surgery. Our target audience includes both orthopedic surgeons in training and specialists with a keen interest in this field.

The course features a lineup of esteemed lectures delivered by experienced orthopaedic surgeons from the Bulgarian Foot and Ankle Society (BGFAS), the Gesellschaft für Fuß- und Sprunggelenkchirurgie in Germany (GFFC), and the Balkan Foot and Ankle Society (BAFAS).

The course structure is organized into lectures focused on specific anatomical regions—hindfoot, midfoot, and forefoot—along with thematic sessions and practical workshops on sawbones. This format is designed to enhance your learning experience and provide hands-on skills that are essential in foot and ankle surgery.

Beyond the scientific program, Varna offers a vibrant cultural experience. Participants and accompanying members can explore the city's rich history, enjoy shopping, savor delicious local cuisine, and relax on nearby beaches—all within a safe and welcoming environment.

*We wish you an enjoyable and constructive meeting, filled with valuable insights and connections!
Best regards,*



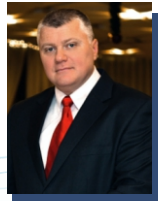
*Rector of Medical University-Varna
Prof. Dimitar Raykov, MD, PhD, Dsc*



*President of the Organizing Committee
Dr. Preslav Penev, MD PhD*



*President of the GFFC
Prof. Dr. med. Kajetan Klos*



*President of the BGFAS and BAFAS
Dr. Atanas Katsarov*

COURSE CURRICULUM BASIC COURSE

Varna, Bulgaria 2-3.07.2026

Thursday 2 July 2026

- 08.00 – 08.30 **Registration**
- 08.30 – 08.40 **Welcome Ceremony**
- 08.40 – 09.00 Bone anatomy and fracture healing – Gueorguiev
- 09.00 – 09.20 Anatomy of the foot – Randt
- 09.20 – 09.40 Biomechanics of the foot –Klos
- 09.40 – 10.00 Clinical examination of the foot– with instructional video – Antonios Pettas
- 10.00 – 10.20 Radiological examination of the foot – Paul Simons
- 10.20 – 10.40 Clubfoot: Symptoms, Causes & Treatment - Raykov
- 10.40 – 11.00 *Coffee break / option - demonstration live operation*
- 11.00 – 11.20 Sesamoid complex and technique of lateral release – Tanriover
- 11.20 – 11.40 Phalanx-Osteotomy DI (Akin osteotomy) – Klos
- 11.40 – 12.00 Technique of subcapital osteotomies Metatarsal I – Katsarov
- 12.00 – 12.40 **LAB** Artificial bone demonstration: Phalanx-Osteotomy DI (Akin osteotomy) Klos and Badekas
- 12.40 – 13.20 **LAB** Artificial bone demonstration: Technique of subcapital osteotomies Metatarsal I Katsarov and Stalc
- 13.20 – 14.00 Lunch
- 14.00 – 14.20 Shaft osteotomies Metatarsal I – Badekas
- 14.20 – 14.40 Basic Osteotomies Metatarsal I – Randt
- 14.40 – 15.30 **LAB** Artificial bone demonstration: Shaft osteotomies Metatarsal I Tanriover and Penev
- 15.30 – 16.20 **LAB** Artificial bone demonstration: Basic Osteotomies Metatarsal I Randt and Dobrilov
- 16.20 – 16.40 Deformities of the small toes (DII-V) – Katsarov
- 16.40 – 17.00 Digitus Quintus varus – Yuri Stalc
- 17.00 – 17.50 **LAB** Artificial bone demonstration: Deformities of the small toes (DII-V) Pettas and Katsarov
- 17.50 – 18.40 **LAB** Artificial bone demonstration: Digitus Quintus varus Randt and Dobrilov
- 18.40 – 19.00 Case discussion from Attendees and Faculty
- 19.00 **END OF 1st DAY**

Friday 3 July 2026

- 08.00 – 08.20** Hallux rigidus – Klos
- 08.20 – 08.40** Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics) – Paul Simons
- 08.40 – 09.30** **LAB** Artificial bone demonstration: Hallux rigidus Klos and Tanriover
- 09.30 – 10.20** **LAB** Artificial bone demonstration: Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics) Klos, Tanriover, Simons, Randt, Stalc, Pettas
- 10.20 – 10.40** *Coffee break*
- 10.40 – 11.20** **Workshop**
- 11.20 – 11.40** Anatomy of the ankle – Dobrilov
- 11.40 – 12.00** Biomechanics of the ankle – Badekas
- 12.00 – 12.20** Clinical examination of the ankle – with instructional video – Antonios Pettas
- 12.20 – 12.40** Radiological examination of the ankle – Yuri Stalc
- 12.40 – 13.00** Syndesmotic injuries – Katsarov
- 13.00 – 13.20** Bimaleolar and trimaleolar fractures – Antonios Pettas
- 13.20 – 14.00** *Lunch*
- 14.00 – 14.20** Lateral, medial and posterolateral ankle approach – Tanriover
- 14.20 – 14.40** Lateral malleolus fixation techniques – plate vs intramedullary fibula nail – Penev
- 14.40 – 15.30** **LAB** Artificial bone demonstration: Lateral malleolus fixation techniques – plate – Pettas, Simons
- 15.30 – 16.20** **LAB** Artificial bone demonstration: Lateral malleolus fixation techniques – nail - Penev, Klos
- 16.20 – 16.40** Open questions and closing remarks
- 16.40 – 17.00** **Closing ceremony**