



PRELIMINARY PROGRAM

Ist VARNA

FOOT AND ANKLE COURSE

03 July - 04 July 2025
MEDICAL UNIVERSITY VARNA

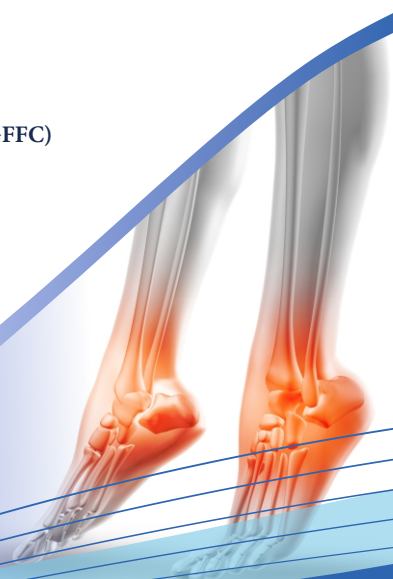
Organized by:

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 First 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 3-5.07.2025

PRELIMINARY PROGRAM

Thursday 3 July 2025

08.00 – 08.30	Registration
08.30 – 08.40	Welcome Ceremony
08.40 – 09.00	Anatomy of the foot – Randt
09.00 – 09.20	Biomechanics of the foot –Klos
09.20 – 09.40	Clinical examination of the foot– with instructional video – Perkovic
09.40 – 10.00	Radiological examination of the foot – Dobrilov
10.00 – 10.20	<i>Coffee break</i>
10.20 – 10.40	Sesamoid complex and technique of lateral release – Tanriover
10.40 – 11.00	Phalanx-Osteotomy DI (Akin osteotomy) – Klos
11.00 – 11.20	Technique of subcapital osteotomies Metatarsal I – Katsarov
11.20 – 12.10	LAB Artificial bone demonstration: Phalanx-Osteotomy DI (Akin osteotomy) Klos and Badekas
12.10 – 13.00	LAB Artificial bone demonstration: Technique of subcapital osteotomies Metatarsal I Katsarov and Stalc
13.00 – 13.40	<i>Lunch</i>
13.40 – 14.00	Shaft osteotomies Metatarsal I – Badekas
14.00 – 14.20	Basic Osteotomies Metatarsal I – Randt
14.20 – 15.10	LAB Artificial bone demonstration: Shaft osteotomies Metatarsal I Tanriover and Penev
15.10 – 16.00	LAB Artificial bone demonstration: Basic Osteotomies Metatarsal I Randt and Dobrilov
16.00 – 16.20	Deformities of the small toes (DII-V) – Katsarov
16.20 – 16.40	Digitus Quintus varus – Yuri Stalc
16.40 – 17.30	LAB Artificial bone demonstration: Deformities of the small toes (DII-V) Pekovic and Katsarov
17.30 – 18.20	LAB Artificial bone demonstration: Digitus Quintus varus Randt and Dobrilov
18.20 – 18.40	Case discussion from Attendees and Faculty
18.40	END OF 1st DAY

Friday 4 July 2025

- 08.00 – 08.20** Hallux rigidus – Klos
- 08.20 – 08.40** Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics) – Klos
- 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, Perkovic, Randt, Stalc
- 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 – Penev
- 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 – Perkovic
- 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
- 15.30 – 16.20** **LAB** Artificial bone demonstration: Lateral malleolus fixation techniques – nail - Penev
- 16.20 – 16.40** Open questions and closing remarks
- 16.40 – 17.00** **Closing ceremony**
- 