

# Course Curriculum Basic Course

Varna, Bulgaria 3-5.07.2025

## Preliminary program

### Theoretical part

Anatomy of the foot - German lecturer

Anatomy of the ankle – Bulgarian lecturer

Biomechanics of the foot - German lecturer

Biomechanics of the ankle – Bulgarian lecturer

Clinical examination – with instructional video - German and Bulgarian lecturers

Radiological examination - German and Bulgarian lecturers

Sesamoid complex and technique of lateral release - German lecturer

Phalanx-Osteotomy DI (Akin osteotomy) - German lecturer

Technique of subcapital osteotomies Metatarsal I - German lecturer

Shaft osteotomies Metatarsal I - German lecturer

Basic Osteotomies Metatarsal I - German lecturer

Deformities of the small toes (DII-V) - German lecturer

Digitus Quintus varus - German lecturer

Hallux rigidus - German lecturer

Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics) - German lecturer

Syndesmotic injuries – Bulgarian lecturer

Bimalleolar and trimalleolar fractures – Bulgarian lecturer

Lateral, medial and posterolateral ankle approach – Bulgarian lecturer

Lateral malleolus fixation techniques – plate vs intramedullary fibula nail – Bulgarian lecturer

## **Practical part, Sawbone Course**

Phalanx-Osteotomy DI (Akin osteotomy)

Technique of subcapital osteotomies Metatarsal I

Shaft osteotomies Metatarsal I

Basic Osteotomies Metatarsal I

Deformities of the small toes (DII-V)

Digitus Quintus varus

Hallux rigidus

Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics)

Lateral malleolus fixation techniques – plate vs intramedullary fibula nail