



# LISBON FOOT & ANKLE

## Clinical Biomechanics Course 2019

### **Pre Course | Lower Limb Deformity Correction**

#### **FINAL PROGRAMME**



*September 27<sup>th</sup>-28<sup>th</sup>, 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

- Staff:
  - **Clara Alves** | Secretary and local support
- Contacts:
  - **Email** | [info@peetornozelo.pt](mailto:info@peetornozelo.pt)
  - **Webpage** | [peetornozelo.pt](http://peetornozelo.pt)
  - **Facebook** | [ortopediapeetornozelo](https://www.facebook.com/ortopediapeetornozelo)



## **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, CUF Porto

**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

**Filipe Oliveira, MD** | Orthopaedic Surgeon, Hip Unit, Hospital Beatriz Ângelo

**Francisco Flores, MD** | Orthopaedic Surgeon, Foot & Ankle Unit, Hospital Santa Maria, Lisbon

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

**João Campagnolo, MD** | Orthopaedic Surgeon, D. Estefânia's Children 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** | Physical Medicine and Rehabilitation / 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, Foot & Ankle Coordinator, Hospital CUF Descobertas (Lisbon), SPMCP President

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





# LISBON LOWER LIMB DEFORMITY CORRECTION Pre-Course 2019

September 27<sup>th</sup>, 2019

## SCIENTIFIC PROGRAMME

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

### Panel 1 | The crooked limb: defining the deformity

**Moderators:** Daniel Mendes, João Vide

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

**Coffee Break**

### Panel 2 | Planning to succeed

**Moderators:** Bruno Pereira, Nuno Brito

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



**Panel 3 | Hip, hip, hurray!**

**Moderators:** *Filipe Oliveira, João Vide*

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

**LUNCH**

**Panel 4 – Knee & Ankle**

**Moderators:** *Carlos Silva, Daniel Mendes*

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

**Coffee Break**

**Panel 5 | The Foot and Complex**

**Moderators:** *Nuno Côrte-Real, Manuel Sousa*

- |               |   |
|---------------|---|
| 16h20 - 16h35 | <b>Foot deformities</b><br><i>Emilio Wagner</i>                         |
| 16h40 - 16h55 | <b>Foot deformities – practical cases</b><br><i>Manuel Monteagudo</i>   |
| 17h00 - 17h15 | <b>Complex deformities</b><br><i>Francisco Flores</i>                   |
| 17h20 - 17h55 | <b>Complex deformities – practical cases</b><br><i>Francisco Flores</i> |

**End of Course**



# LISBON FOOT & ANKLE Clinical Biomechanics Course 2019

September 28<sup>th</sup>, 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*

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

**Moderators:** *Carlos Silva, João Campagnolo, João Vide*

9h00 - 9h15	<b>Cerebral Palsy - Assessment</b> <i>José Pedro Vieira</i>
9h20 - 9h35	<b>Gait cycle and movement analysis</b> <i>António Veloso</i>
9h40 - 9h55	<b>Cerebral Palsy in Children</b> <i>Cristina Alves</i>
10h00 - 10h15	<b>Cerebral Palsy in Adults</b> <i>Emílio Wagner</i>

### Coffee Break

### Panel 2 | Adult neurological disorders – the unknown driver

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

10h50 - 11h05	<b>Central and peripheral injuries</b> <i>Miguel Reis e Silva</i>
11h10 - 11h20	<b>Dystonia management</b> <i>Joaquim Ferreira</i>
11h25 - 10h35	<b>Spasticity management</b> <i>Joaquim Ferreira</i>



11h40 - 11h55	<b>Tendon transfers – general considerations</b> <i>Norman Espinosa</i>
12h00 - 12h15	<b>Gait analysis in the context of spasticity management</b> <i>Miguel Reis e Silva</i>

**Panel 3 | Understanding the cavovarus foot**

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

12h20 - 12h45	<b>Biomechanics</b> <i>Daniel Mendes</i>
12h50 - 12h55	<b>Clinical examination and investigation</b> <i>João Vide</i>

**LUNCH**

**Panel 4 – Cavovarus treatment: split, slice or dice**

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

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

**Coffee Break**

**Panel 5 | Uncommon and challenging – what now?**

**Moderators:** *Emílio Wagner, Paulo Felicissimo, Daniel Mendes*

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

**End of Course**

**SOCIAL PROGRAM**



## SCIENTIFIC PATRONAGE

The Neurologic Edition of the Lisbon Foot & Ankle Clinical Biomechanics Course and Lower Limb Deformity Correction Pre-course, received the scientific patronage from the following societies:

- Portuguese Orthopaedic and Traumatology Society (SPOT)
- Portuguese Medical and Surgical Foot Society (SPMCP)
- Portuguese Sports Medicine Society (SPMD)
- Portuguese Neurology Society (SPN)
- European Biomechanics Society (EBS)
- European Foot and Ankle Society (EFAS)
- ESSKA Ankle and Foot Associates (AFAS – ESSKA)
- Federation of Orthopaedic and Trauma Trainees in Europe (FORTE)
- Spanish Foot and Ankle Society (SEMCPT)
- French Orthopaedic and Traumatology Society (SOFCOT)
- British Orthopaedic and Traumatology Society (BOA)
- Italian Orthopaedic and Traumatology Society (SIOT)
- Brazilian Orthopaedic and Traumatology Society (SBOT)

Our course was also evaluated by the UEMS, for attribution of continuous medical education credits.



The Lisbon Foot & Ankle Clinical Biomechanics Course | Lower Limb Deformity Correction Pre- Course, Lisbon, Portugal, 27/09/2019-28/09/2019 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 9 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® to AMA credit can be found at [www.ama-assn.org/education/ear-credit-participation-international-activities](http://www.ama-assn.org/education/ear-credit-participation-international-activities).

Live educational activities, occurring outside of Canada, recognized by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.



## 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](http://www.peetornozelo.pt) (login required).



## SOCIAL PROGRAM

After the course, there will be time to meet the faculty and further discuss impending hot topics. At 8h30pm we will gather at *Darwin's Café (Belém)*, for an **optional** social dinner (Fig. 1).



Fig. 5 – Darwin's Café interior.

Located near the waterfront, a nice welcome drink and appetizers will be served, allowing to profit from the privileged views of the restaurant's terrace (Fig. 2).



Fig. 6 – Lisbon waterfront and nightlights.

A full course meal will be served, including soup, main course served with water, soda, red and white wine and desert. If you have dietary restrictions, please inform the organization. Cost is 60€ per person.

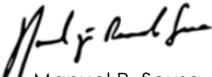





*Fig. 7 – Lisbon Foot & Ankle Clinical Biomechanics 2018.*


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



## SPONSORS

We kindly thank our sponsors, for supporting this scientific event, enabling all the conditions and our wide faculty.

### PLATINIUM



### GOLD



### SILVER



### OTHER SPONSORS

