



Kasr Al Ainy Foot & Ankle Surgery Course

In association with

Steps2Walk
international organization

12th to 16th January 2020

LRC, Faculty of Medicine
Cairo University
Cairo - Egypt

Course Program

Kasr Al Ainy Foot & Ankle Surgery Course

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international organization**

12th to 16th January 2020

LRC, Faculty of Medicine - Cairo University

Cairo - Egypt

Kasr Al Ainy Foot & Ankle Surgery Course

Course Chairmen

Prof. Ahmed Kholeif - Prof. Mark Myerson

Head of Orthopaedic Department

Prof. Sherif Mamdouh Amr

Course Organizer

Prof. Ali Mohamad Reda

Foot & Ankle Surgery Unit
Orthopedic Department
Faculty of medicine - Cairo
University

Steps2Walk International
Humanitarian Organization

International Faculty

Dr. Sam Labib, USA

Dr. Naeem Ahmad, Pakistan

Dr. Zachary T. Ritter, USA

Kasr Al Ainy Foot & Ankle Surgery Course

Faculty - Cairo University

Abubakr Zein

Ahmad Abutaleb

Ahmad Alhalawany

Ahmed Hazem

Ahmad Samy

Ahmad Khedr

Mohamad Gomaa

Mohamad Refaat

Tarek Abdel Khalek

Yasser Abdel Fattah Radwan

National Faculty

Ahmad Alhawary

Mansoura University

Amr Farouk

Ain Shams University

Atef Elbeltagy

Ain Shams University

Hani Al-Mowafi

Mansoura University

Mohamad Mokhtar

Ain Shams University

Nasef Mohamed Nasef

Beni Suef University

Osama Elshazly

Ain Shams University

Day 1
Sunday
12th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course

Scientific Lectures - Location: LRC Kasr Al Ainy

07:30 - 08:00
AM

Registration

Location: LRC - Kasr Al Ainy

08:00 - 08:30
AM

Opening Ceremony

Location: LRC - Hall 102

Time

Lecture

08:00 - 08:15	Introduction to Steps2Walk	Prof. Mark Myerson
08:15 - 08:30	Welcome address	Prof. Dr Ahmed Kholeif

08:30 - 09:50
AM

Session 1: The Achilles tendon

Location: LRC - Hall 102

Chairperson:
Hany Almowafi - Atef Albeltagy-Ahmad Kholeif

Time

Lecture

Instructor

08:30 - 08:40	Management of the Haglund's deformity	Yasser A.Fattah
08:40 - 08:50	Managing insertional and non insertional tendinopathy	Sam Labib
08:50 - 09:00	Acute ruptures of the Achilles tendon	Zachary Ritter
09:00 - 09:10	An approach to chronic ruptures of the Achilles tendon	Mark Myerson
09:10 - 09:20	Questions from the audience	
09:20 - 09:35	Keynote lecture: Management of the cavus foot	Naeem Ahmed
09:35 - 09:50	Keynote lecture : A different approach to the cavus foot	Mark Myerson

Day 1
Sunday
12th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course

Scientific Lectures - Location: LRC Kasr Al Ainy

Session 2: Ankle injury

09:50 - 11:40
AM

Chairperson:
Osama Alshazely - Ahmad Alhawary – Nasef M. Nasef

Location: LRC - Hall 102

Time	Lecture	Instructor
09:50 - 10:00	Ankle instability. What, when and how	Sam Labib
10:00 - 10:10	An approach to ankle fractures.	Naeem Ahmed
10:10 - 10:20	Managing complications of ankle fractures	Zachary Ritter
10:20 - 10:30	Managing non-union of fibula fractures	Mark Myerson
10:30 - 10:40	How & when is external fixation used for ankle fracture	Abubakr Zein
10:40 - 11:10	Keynote lecture: Severe deformity correction	Mark Myerson
11:10 - 11:25	Keynote lecture: primary Metatarsalgia	Ali Reda
11:25 - 11:40	Keynote lecture : Management of lesser toe pathologies	Zachary Ritter

11:40 - 12:00

Coffee Break



Day 1
Sunday
12th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course

Scientific Lectures - Location: LRC Kasr Al Ainy

Session 3: Charcot foot & ankle

Location: LRC - Hall 102

12:00 - 01:00
PM

Chairperson:
Yasser A.Fattah – Mo. Mokhtar – Ahmad Hazem

Time	Lecture	Instructor
12:00 - 12:10	Management of the neuropathic foot. Principles	Naeem Ahmed
12:10 - 12:20	Reconstructive options in the Charcot foot and ankle	Zachary Ritter
12:20 - 12:30	Managing the Charcot midfoot deformity	Mark Myerson
12:30 - 12:45	Managing the Charcot hindfoot and ankle deformity	Ahmed Kholeif
12:45 - 01:00	Keynote lecture: Management of the vertical talus	Naeem Ahmed

Session 4: Adult acquired flatfoot

Location: LRC - Hall 102

01:00 - 01:45
PM

Chairperson:
Ali Reda -Abubakr Zein – Mohamad Gomaa

Time	Lecture	Instructor
01:00 - 01:10	Clinical and imaging diagnosis of the problem	Zachary Ritter
01:10 - 01:20	The use of osteotomies for deformity correction	Sam Labib
01:20 - 01:30	An approach to the tendon transfers for ruptured PTT	Mark Myerson
01:30 - 01:45	Managing the rigid flatfoot deformity. Triple arthrodesis	Naeem Ahmed

01:45 - 02:45



Lunch Break



Day 1
Sunday
12th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course

Scientific Lectures - Location: LRC Kasr Al Ainy

02:45 - 04:15 PM	Session 5: Hallux valgus	
	Chairperson: Yasser A.Fattah – Mo. Mokhtar – Ahmad Hazem	Location: LRC - Hall 102

Time	Lecture	Instructor
02:45 - 03:00	Diagnosis & evaluation of the foot for treatment	Zachary Ritter
03:00 - 03:10	Distal metatarsal osteotomy	Ahmad Khedr
03:10 - 03:20	Proximal metatarsal osteotomy	Sam Labib
03:20 - 03:30	Metatarsal shaft osteotomies	Mohamad Goma
03:30 - 03:45	The Lapidus procedure	Mark Myerson
03:45 - 04:00	Keynote lecture: Management of Peroneal tendon injuries	Sam Labib
04:00 - 04:15	Keynote lecture : Advances foot ankle arthroscopy	Sam Labib

04:15 - 05:00 PM	Session 6: Hallux rigidus	
	Chairperson: Ali Reda – Ahmad Samy – Amr Farouk	Location: LRC - Hall 102

Time	Lecture	Instructor
04:15 - 04:25	Indications and technique for cheilectomy	Sam Labib
04:25 - 04:35	Indications and technique. Interposition arthroplasty	Mark Myerson
04:35 - 04:45	Managing hallux rigidus with arthrodesis of the MP joint	Zachary Ritter
04:45 - 05:00	Keynote lecture 10. Functional hallux rigidus	Mark Myerson

05:00 PM **End of Scientific Lectures - Day 1**

Day 2
Monday
13th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course
Patient Examination Day
Location: Orthopedic department – Kasr Al Ainy

08:00 - 08:20
AM

Opening

Location: Orthopedic department – Kasr Al Ainy

08:20 - 09:40
AM

Session 1

Moderator: Ahmad Hazem

Time	Case
08:20 - 08:40	Case 1
08:40 - 09:00	Case 2
09:00 - 09:20	Case 3
09:20 - 09:40	Case 4

09:40 - 11:00
PM

Session 2

Moderator: Nasef M. Nasef

Time	Case
09:40 - 10:00	Case 5
10:00 - 10:20	Case 6
10:20 - 10:40	Case 7
10:40 - 11:00	Case 8

11:00 - 11:20

Coffee Break



Day 2
Monday
13th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course
Patient Examination Day
Location: Orthopedic department – Kasr Al Ainy

11:20 - 12:40 PM	Session 3
	Moderator: Ahmad Alhalawany

Time	Case
11:20 - 11:40	Case 9
11:40 - 12:00	Case 10
12:00 - 12:20	Case 11
12:20 - 12:40	Case 12

12:40 - 02:00 PM	Session 4
	Moderator: Ahmad Abutaleb

Time	Case
12:40 - 01:00	Case 13
01:00 - 01:20	Case 14
01:20 - 01:40	Case 15
01:40 - 02:00	Case 16

02:00 - 03:00	 Lunch Break 
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03:00 - 04:20 PM	Session 5
	Moderator: Mohamad Gomaa

Time	Case
03:00 - 03:20	Case 17
03:20 - 03:40	Case 18
03:40 - 04:00	Case 19
04:00 - 04:20	Case 20

04:20 PM	End of Patient Examination - Day 2
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Day 3
Tuesday
14th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course
Live Surgery Transmission Day
Location: Orthopedic Operation Rooms - Kasr Al Ainy

08:00 - 08:20
AM

Opening

Location: Orthopedic Operation Rooms – Kasr Al Ainy

Time

Operation

08:00 - 10:30
AM

Operation 1
Operation 2

10:30 - 10:45

Coffee Break



Time

Operation

10:45 - 01:15

Operation 3
Operation 4
Operation 5

01:15 - 02:15



Lunch Break



Time

Operation

02:15 - 05:00

Operation 6
Operation 7
Operation 8

04:20 PM

End of Live Surgery Transmission - Day 3

Day 4
Wednesday
15th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course

Cadaver Workshop
Location: LRC - Wet labs

08:00 - 08:30
AM

Opening

Location: LRC - Wet Labs

08:30 - 10:45
AM

Session 1

Time

Procedure

Moderator

Exercise 1

V-Y lengthening of Achilles tendon
Turn down flap

Sam Labib

Exercise 2

FHL transfer

Sam Labib

Exercise 3

Posterior approach to ankle for TTC arthrodesis

Mark Myerson

10:30 - 10:45

Coffee Break



08:30 - 10:45
AM

Session 2

Time

Procedure

Moderator

Exercise 4

Medial calcaneal and Evans osteotomy

Ahmed Naeem

Exercise 5

FDL transfer to Tibialis posterior

Zachary Ritter

Exercise 6

Cotton osteotomy

Zachary Ritter

Exercise 7

Medial approach to the talonavicular and subtalar joint

Mark Myerson

10:30 - 10:45



Lunch Break



Day 4
Wednesday
15th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course
Cadaver Workshop
Location: LRC - Wet labs

08:30 - 10:45
AM

Session 3

Time	Procedure	Moderator
	<u>Exercise 8</u> Lapidus operation	Mark Myerson
	<u>Exercise 9</u> Distal metatarsal osteotomy	Zachary Ritter
	<u>Exercise 10</u> Weil osteotomy lesser metatarsals	Sam Labib

04:20 PM

End of Cadaveric Workshop - Day 4

Day 5
Thursday
16th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course
Round Table Case Conference Day
Location: LRC - Hall 102

08:00 - 09:00
AM

**Session 1:
Hallux valgus and hallux rigidus**

Moderator

Mark Myerson

Faculty

Sam Labib

Zachary Ritter

Osama Alshazely

Yasser A.Fattah

09:00 - 10:00
AM

**Session 2:
Post traumatic deformities, midfoot and hindfoot**

Moderator

Mark Myerson

Faculty

Sam Labib

Naeem Ahmed

Hany Mowafy

Mohamad Gomaa

10:00 - 11:00
AM

**Session 3:
Miscellaneous cases**

Moderator

Mohamad Mokhtar

Faculty

Mark Myerson

Naeem Ahmed

Ahmad Kholeif

Nasef M. Nasef

11:00 - 11:30

Coffee Break



11:30 - 12:30
PM

**Session 4:
Flatfoot deformities in adults and children**

Moderator

Sam Labib

Faculty

Mark Myerson

Zachary Ritter

Ahmad Hazem

Amr Farouk

Day 5
Thursday
16th Jan. 2020

Kasr Al Ainy Foot & Ankle Surgery Course
Round Table Case Conference Day
Location: LRC - Hall 102

12:30 - 01:30
PM

**Session 5:
Pediatric deformities**

Moderator

Naeem Ahmed

Faculty

Mark Myerson

Zachary Ritter

AbuBakr Zein

Ahmad Samy

01:30 - 01:45
PM

Arthrex Symposium

01:45 - 03:00



Lunch Break



03:00 - 04:00
PM

**Session 6:
Ankle arthritis and deformity**

Moderator

Mark Myerson

Faculty

Sam Labib

Zachary Ritter

Atef Elbeltagy

Ahmad Alhawary

04:00 PM

End of Round Table Case Conference Day - Day 5

End of Course