ESSKA

ESSKA FOOT AND ANKLE FOCUS MEETING

From Mechanism to Match Fitness

Managing Syndesmosis Injuries in Athletes



29 October 2027 | 10–11 Carlton House Terrace | London, United Kingdom

SCIENTIFIC PROGRAMME

1 day
Scientific programme
Friday 29 October

15–20 min
Per lecture
each session closes with discussion

Round table
Real-life cases
and a sponsored re-live surgery session

CME
Credits awarded
number to follow UEMS confirmation

OCT 29 FRI

The meeting

08:00 to 17:30

08:00 to 08:15 — Registration and coffee · 15 min

08:15 to 08:35 (20 MIN)

Industry symposium

08:40 to 08:50 (10 MIN)

Welcome to London

SPEAKERS Mette Andersen and Pieter D'Hooghe

08:50 to 10:00 (70 MIN)

Syndesmosis in motion

Anatomy, biomechanics and pathomechanics of injury

MODERATORS Pieter D'Hooghe and Maiti Münchgesang

08:50–09:05	Syndesmosis anatomy unveiled	**Pim van Dijk**
09:05–09:20	Biomechanics and stability of the ankle mortise	**Francesco Della Villa**
09:20–09:35	How the syndesmosis fails: mechanism, sequence and consequence in the athlete	**Anthony Perera**
09:35–09:50	What I've learned on syndesmosis injuries over the years	**Ioan Tudur Jones**
09:50–10:00	Discussion	

10:00 to 10:30 — Coffee break and networking · 30 min

10:30 to 12:00 (90 MIN)

Workup and diagnosis of ligamentous syndesmosis injuries

Optimising non-surgical treatment

MODERATORS Mette Andersen and Pierre-Henri Vermorel

10:30–10:50	What you see first matters: optimising the initial ankle injury exam	**Cinthya Vargas and Enric Vila**
10:50–11:10	The syndesmotic diagnostic pathway	**Robbie Ray**
11:10–11:30	Classification and treatment decision-making: the IFASC consensus on HAS in elite athletes	**Arianna Gianakos**
11:30–11:50	Return to play vs a ticket to the OR? Surgical decision-making rationale	**James Calder**
11:50–12:00	Discussion	

12:00 to 13:00 — Lunch · 60 min

13:00 to 13:20 · 20 MIN

Industry symposium

13:20 to 14:50 · 90 MIN

Management of unstable syndesmosis injuries

MODERATORS Guillaume Cordier and Cinthya Vargas

13:20–13:40	Surgical treatment: stabilisation options	Mette Andersen
13:40–14:00	Syndesmosis injuries in the athlete: how to treat them?	Pieter D'Hooghe
14:00–14:20	The chronic syndesmosis	Francesc Malagelada
14:20–14:40	Postoperative treatment and return to sport	Enric Vila
14:40–14:50	Discussion	

14:50 to 15:20 — Coffee break and networking · 30 min

15:20 to 16:20 · 60 MIN

Syndesmosis under fire · Round table

Real-life cases and tough decisions

MODERATORS Pim van Dijk and James Calder

15:20–15:40	Case presentation	Francesco Della Villa
15:40–16:00	Case presentation	Arianna Gianakos
16:00–16:20	Case presentation	Anthony Perera

16:30 to 17:10 · 40 MIN

Sponsored re-live surgery session

MODERATORS Arianna Gianakos and Anthony Perera

16:30–16:50	Re-live surgery	Pieter D'Hooghe
16:50–17:10	Re-live surgery	Guillaume Cordier

17:10 to 17:30 · 20 MIN

Discussion

17:30 — End of meeting

FACULTY

CHAIRS

Mette Andersen
FOCUS MEETING CHAIR · NORWAY

Pieter D'Hooghe
FOCUS MEETING CO-CHAIR · UK

Jordi Vega
ESSKA FOOT AND ANKLE SECTION CHAIR · SPAIN

FACULTY

James Calder
UK

Guillaume Cordier
FRANCE

Francesco Della Villa
ITALY

Arianna Gianakos
US

Francesc Malagelada
UK

Maiti Münchgesang
GERMANY

Anthony Perera
UK

Robbie Ray
UK

Ioan Tudur Jones
UK

Pim van Dijk
THE NETHERLANDS

Cinthya Vargas
SPAIN

Pierre-Henri Vermorel
FRANCE

Enric Vila
SPAIN

Preliminary programme, subject to change. The pre-meeting skills lab on 28 October is described on the meeting website.