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## April 26-27, 2025, Athletes' Ankle Masters Course

### Coordinators:

Amol Saxena, DPM, MPH  
Maggie Fournier, DPM

### Presenters:

Nicola Maffulli, MD, PhD  
Mark Mendeszoon, DPM  
Karin Silbernagel, DPT, PhD

Adam Tenforde, MD  
Eric Walter, DPM  
Markus Walther, MD  
Jay Kwon, DPT

**Location:** NYC (Wyckoff Hospital, Brooklyn, NYC)

In cooperation with Wyckoff Hospital & Montefiore Podiatric Residencies and Orthopedic Departments

**Registration Link & fees (includes free pair of Hoka shoes & 30% discount voucher):**

[https://www.eventbrite.com/e/the-athletes-ankle-masters-course-tickets-1004738599197?utm\\_experiment=test\\_share\\_listing&aff=ebdsshios](https://www.eventbrite.com/e/the-athletes-ankle-masters-course-tickets-1004738599197?utm_experiment=test_share_listing&aff=ebdsshios)

\$1150 (MD/DO/DPM)	\$400 (Non-Surgical Practitioners)
\$700 (Fellows in Training)	\$400 (PT/ATC)

**NOTE: Must register by February 15, 2025 to receive free Hoka shoes and 30% voucher!**

**Late fee of US\$100 after March 25, 2025**

**COURSE DESCRIPTION:** This unique course, first held in 2017 is the only educational platform where Podiatrists, Orthopedists, Physical Therapists and other sports medicine professionals can learn and teach together so we are all finally speaking “the same language”. Internationally recognized foot and ankle surgeons Nicola Maffulli, MD, PhD, Maggie Fournier, DPM, Amol Saxena, DPM, MPH, and Markus Walther, MD, Karin Silbernagel, DPT, PhD, as well as local surgical experts Mark Mendeszoon, DPM, Eric Walter, DPM and PT Jay Kwon will be involved in this comprehensive program. Both surgical and non-surgical practitioners will have the opportunity to learn hands on, including surgical techniques for the ankle using cadavers, shockwave and ultrasound machines. Foot and ankle rehab taught by Karin Silbernagel, DPT, Jay Kwon, DPT and Adam Tenforde, MD.

**Important Note:** Enrollment is limited to 30 ankle surgeons and 30 non-surgical practitioners (all specialties). Final Agenda posted on the meeting link above, subject to change.

### GOALS/OBJECTIVES:

- Understand how to treat ankle tendon pathologies via soft-tissue and osteotomies
- Learn new tendon, OCD other fixation techniques
- Understand the role of established physical therapy protocols and various modalities
- Learn how to implement advanced shockwave protocols
- Understand the role of PRP, orthobiologics, diagnostic ultrasound, anti-gravity treadmills
- Develop skills in foot strengthening and performance improvement

<b>Saturday, April 26</b>	<b>Surgeons' Program: Lecture and Cadaver Lab (2 groups rotating)</b>
8:00am	Welcome/Introduction/Anatomy & Course review: Maggie Fournier, DPM
8:30am - 10:30am	Anchors, Posterior Tibial tendon: Kidner repair, transfer, Navicular ORIF: Amol Saxena, DPM
<b>10:30am - 10:45am</b>	<b>Break</b>
10:45am - 12:30pm	Peroneal Tendinopathy: repair including subluxing peronei, arthroscopy/tendoscopy, ankle stabilization: Maggie Fournier, DPM
<b>12:30pm - 1:00pm</b>	<b>Lunch break</b>
1:00pm - 3:00pm	Achilles Tendon Repair, Reconstruction & Transfer: Nicola Maffulli, MD, PhD
<b>3:00pm - 3:15pm</b>	<b>Break</b>
3:15pm - 5:30pm	Percutaneous, Open, Insertional repair, Haglund's deformity, tendon transfer calcaneal osteotomies and Ankle OCD repair: Markus Walther, MD
<b>Saturday, April 26</b>	<b>Physical Therapists and Non-Surgical Program</b>
8:00am	Welcome/Introduction Amol Saxena, DPM
8:30am - 9:00am	Achilles Tendinopathy and rupture: Same Tendon, different rehabilitation strategy
9:00am - 10:00am	Introduction to foot strengthening: Basic Concepts: Karin Silbernagel, DPT, PhD
<b>10:00am - 10:15am</b>	<b>Break</b>
10:15am - 12:15pm	Clinical skill development Part 1: Karin Silbernagel, DPT, PhD/ Jay Kwon, DPT
<b>12:15pm - 12:45pm</b>	<b>Lunch break</b>
12:45pm - 3:00pm	Clinical skill development/Taping Part 2: Karin Silbernagel/ Jay Kwon
<b>3:00pm - 3:15pm</b>	<b>Break</b>
3:15pm - 5:30pm	Putting it all together: what is the correct rehabilitation program for Ankles?
6:00-8PM	<b>HOKA Flagship Store Meet &amp; Greet 579 5<sup>th</sup> Ave, Manhattan</b>
<b>Sunday, April 27</b>	<b>All Groups: Lecture &amp; Demos, No Cadaver (location-Hoka Flagship Store)</b>
8:30am - 9:30am	How we rehab the Achilles & other ankle tendons: Panel discussion
9:30am - 10:45am	Case studies: Use of Shockwave, anti-gravity treadmills, PRP & other therapies
<b>10:45am - 11:00am</b>	<b>Break</b>
11:00am - 1:00pm	Controversies in ankle repair with case studies: Panel discussion
<b>1:00pm</b>	<b>Adjourn</b>

- For Surgeons: must be board certified by their surgical specialty, confirm acceptance before registering with Dr. Maggie Fournier: mfournier75@gmail.com
- Fellows in Training contact Dr. Amol Saxena: heysax@aol.com
- Sr. Residents in training contact Dr. Mark Mendeszoon or Dr. Eric Walter at your respective facility

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