

Heel pain, what's new?

General information

Location

Hospital Quiron Barcelona (Plaza Alfonso Comín, 5-7)

Contact

consulta@doctor-rabat.net

Endorsed by



Nearest hotel

(10' walking)

Hotel Alimara ****

<http://www.alimarahotel.com/en/home>

Organizing local committee

Dr. E. Rabat
Dr. R. Ramos de la Rosa
Dr. J. Torrent

Dra. S. Ramón
Dr. C. Segura
Dr. J. Vega

Faculty

Miquel Dalmau (PDM) (Spain)
Ramon Cugat (MD) (Spain)
Ferran Vidiella (PT) (Spain)
Bella Van Dallen (MD) (Nederland)
Cristóbal Segura (MD) (Spain)
Andrew Carne (MD) (UK)
Rafael Ramos de la Rosa (MD) (Spain)
Leonor Hernández (MD) (Spain)
Mireia Bossy (MD) (Spain)
Jan-Dirk Rompe (MD) (Deutschland)

Silvia Ramón (MD) (Spain)
Ricard Pruna (MD) (Spain)
Jorge Sangüesa (PMD) (Spain)
Robert Wonink (MD) (Nederland)
Matt Solan (MD) (UK)
Gythe Bulstra (MD) (Nederland)
Mariano de Prado (MD) (Spain)
Luis Romero (MD) (Spain)
Lluís Til (MD) (Spain)
Man Taba (MD) (Dubai)

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Friday, February 13th 2015

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 Hospital_Quiron

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HOSPITAL
QUIRÓN
Barcelona

Plaza Alfonso Comín, 5-7
08023 Barcelona
Tel. (+34) 93 255 40 25

Heel pain, what's new?

Scientific programme

7.45 h

Registration

8.00 h

Welcome, reasons for this meeting (5')

Dr. Eduard Rabat

General aspects

Anatomy (15')

PDM Miquel Dalmau

Gait patterns in heel pain patients (10')

PMD Jorge Sangüesa

Clinical exam and classification of heel pain, by clinical exam and US (10')

Dr. Eduard Rabat

Our approach of heel pain (15')

MD Bella Van Dallen

Our approach of heel pain (15')

MD Matt Solan

Management of Heel Pain in elite athlete (15')

MD Lluís Til & MD Ricard Pruna (FC Barcelona)

Discussion (15')

9.35 h

Coffee break

9.45 h

Complementary tests

X ray and MRI. What can we see in tarsal tunnel (TT) and medial side of the heel (15')

Quiron X ray department

Ultrasound: different approaches from different specialists. What can I see in medial aspect of the heel concerning TT, plantar fascia (PF). New insights. What's up?

Determine FnHR (functional Hallux rigidus) as a cause, Two types of movements patterns of the posterior nerve, US evaluation in the medial tarsal tunnel: TTS or not TTS (15')

MD Robert Wonink

My ultrasound insight (15')

MD Andrew Carne

Discussion (15')

11.00 h

Conservative treatment

A systematic and efficient approach to optimising treatment.

Why do some patients recover and others not? How to measure success. Outcome scores (15')

MD Matt Solan

Extracorporeal Shockwave Treatment (ESWT). Physical and Biological principles. How does ESWT work on Heel Pain (15')

MD Silvia Ramon

Our experience with PRP - PRGF in Heel pain treatment (15')

MD Ramón Cugat

Computer modelling in heel pain and ESWT (10')

MD Matt Solan

Topaz microtenotomy (10')

MD Matt Solan

Orthotics: why to use and how an orthotic should be (15')

PMD Jorge Sangüesa

Steroid infiltrations. Yes or not. Discussion in between assistants. Who uses? (10')

What to do when everything fails (15')

MD Matt Solan

Discussion (20')

13.00 h

Lunch

14.00 h

Surgical treatment

How do we treat? Each team has to explain their surgical management including: endoscopic, percutaneous, TT surgery, gastro lengthening, and arthroscopic techniques

Surgical treatment (15')

Dr. Eduard Rabat and MD Mariano de Prado

Surgical treatment (15')

MD Bella Van Dallen and MD Gythe Bulstra

Surgical treatment (15')

MD Matt Solan

Discussion (15')

15.00 h

Work shops

Extracorporeal Shockwave Treatment. How do apply them? (15')

MD Silvia Ramon, MD Leonor Hernández, MD Luis Romero, PT Ferran Vidiella, Elena Morales, MD Jan-Dirk Rompe

Ultrasound (60')

MD Robert Wonink, MD M. Bossy, MD A. Carne

Each US specialist participating will show their way to work, what they explore and what can we see and what we can request

17.00 h

Conclusion

Proposal for a european heel pain study group, unified, collecting "podoactiva" data base system

