

Organized by the

Medical University Varna

Gesellschaft für Fuß-und Sprunggelenkchirurgie Germany (GFFC)

Bulgarian Foot and Ankle Society (BGFAS)

Balkan Foot and Ankle Society (BAFAS)



VARNA FOOT AND ANKLE COURSE

02 July - 03 July 2026

MEDICAL UNIVERSITY VARNA

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Dear Colleagues,

On behalf of the Organizing Committee, it is our distinct pleasure to invite you to the upcoming Basic Varna Foot and Ankle Course, scheduled to take place on July 2nd and 3rd 2026, in the city of Varna, Bulgaria.

This comprehensive two – day program is designed to provide orthopedic surgeons, residents and healthcare professionals with a solid foundation in the diagnosis and management of fundamental foot and ankle pathologies. Through a combination of expert – led lectures and interactive discussion, participants will gain practical insights into modern surgical techniques and evidence – based clinical practices.

The course features a lineup of esteemed lectures delivered by experienced orthopaedic surgeons from the Bulgarian Foot and Ankle Society (BGFAS), the Gesellschaft für Fuß- und Sprunggelenkchirurgie in Germany (GFFC), and the Balkan Foot and Ankle Society (BAFAS).

The course structure is organized into lectures focused on specific anatomical regions—hindfoot, midfoot, and forefoot—along with thematic sessions and practical workshops on sawbones. This format is designed to enhance your learning experience and provide hands-on skills that are essential in foot and ankle surgery.

Beyond the scientific program, Varna offers a vibrant cultural experience. Participants and accompanying members can explore the city's rich history, enjoy shopping, savor delicious local cuisine, and relax on nearby beaches—all within a safe and welcoming environment.

We wish you an enjoyable and constructive meeting, filled with valuable insights and connections!

Best regards,

Rector
of Medical University-Varna



President of the Organizing Committee



President of the GFFC



President of the BGFAS and BAFAS



Prof. Dr. Dimitar Raykov, MD, PhD, DSC

Assoc. Prof. Dr. Preslav Penev, PhD

Prof. Dr. med. Kajetan Klos

Dr. Atanas Katsarov

Curriculum Basic Course
Varna, Bulgaria 2-3.07.2026
Preliminary program

Thursday 2 July 2025

08.00 – 08.30 Registration

08.30 – 08.40 **Welcome Ceremony**

08.40 – 09.00 Anatomy of the foot

09.00 – 09.20 Biomechanics of the foot

09.20 – 09.40 Clinical examination of the foot– with instructional video

09.40 – 10.00 Radiological examination of the foot

10.00 – 10.20 Pediatric foot characteristics and common problems

10.20 – 10.40 **Coffee breake**

10.40 – 11.00 Sesamoid complex and technique of lateral release

11.00 – 11.20 Phalanx-Osteotmy DI (Akin osteotomy)

11.20 – 11.40 Technique of subcapital osteotomies Metatarsal I

11.40 – 12.30 **LAB** Artificial bone demonstration: Phalanx-Osteotmy DI (Akin osteotomy)

12.30 – 13.20 **LAB** Artificial bone demonstration: Technique of subcapital osteotomies Metatarsal I

13.20 – 14.00 Lunch

14.00 – 14.20 Shaft osteotomies Metatarsal I

14.20 – 14.40 Basic Osteotomies Metatarsal I

14.40 – 15.30 **LAB** Artificial bone demonstration: Shaft osteotomies Metatarsal I

15.30 – 16.20 **LAB** Artificial bone demonstration: Basic Osteotomies Metatarsal I

16.20 – 16.40 Deformities of the small toes (DII-V)

16.40 – 17.00 Digitus Quintus varus

17.00 – 17.50 **LAB** Artificial bone demonstration: Deformities of the small toes (DII-V)

17.50 – 18.40 **LAB** Artificial bone demonstration: Digitus Quintus varus

18.40 – 19.00 Case discussion from Attendees and Faculty

19.00 **END OF 1st DAY**

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Friday 3 July 2025

08.00 – 08.20 Hallux rigidus

08.20 – 08.40 Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics)

08.40 – 09.30 **LAB** Artificial bone demonstration: Hallux rigidus;

09.30 – 10.20 **LAB** Artificial bone demonstration: Perioperative management (analgesics; foot block; Dressings; Insoles; Splints and Orthotics)

10.20 – 10.40 Coffee break

10.40 – 11.20 **Workshop**

11.20 – 11.40 Anatomy of the ankle

11.40 – 12.00 Biomechanics of the ankle

12.00 – 12.20 Clinical examination of the ankle – with instructional video

12.20 – 12.40 Radiological examination of the ankle

12.40 – 13.00 Syndesmotic injuries

13.00 – 13.20 Bimalleolar and trimalleolar fractures

13.20 – 14.00 Lunch

14.00 – 14.20 Lateral, medial and posterolateral ankle approach

14.20 – 14.40 Lateral malleolus fixation techniques – plate vs intramedullary fibula nail

14.40 – 15.30 **LAB** Artificial bone demonstration: Lateral malleolus fixation techniques – plate

15.30 – 16.20 **LAB** Artificial bone demonstration: Lateral malleolus fixation techniques – nail

16.20 – 16.40 Open questions and closing remarks

16.40 – 17.00 **Closing ceremony**