

28 November 2025

Foot & Ankle Sports Injuries: Innovations in Prevention, Treatment & Recovery

09.00 **Opening remarks**

09.10 Lateral instability of the ankle

09.50 Medial instability of the ankle

Matteo Guelfi

Jordy Vega

10.30 **Coffee break**

10.50 Tendinopathy sports-related

11.30 Cartilage lesions

Oliver Michelsson

Bruno Pereira

12.10 **Lunch**

13.00 Stressfractures

13.40 How to optimize our recovery sports-related

14.20 How to approach an athlete?

15.00 achillestendonrupture: is there room to treat conservatively in athletes?

Gino Kerkhoffs

Jiri Rutten

Edwin Goedhart

Helka Koivu

15.30 **Closing remarks**

15.40 **Drinks**

Location:
Conference center
De Ruwenberg
St. Michielsgestel
The Netherlands

Faculty

- Dr. Matteo Guelfi – Orthopedic Surgeon, Genova & Torino, Italy
- Dr. Oliver Michelsson – Orthopedic Surgeon, Helsinki, Finland
- Prof. Dr. Bruno Pereira – Orthopedic Surgeon, Porto, Portugal
- Prof. Dr. Gino Kerkhoffs – Orthopedic Surgeon, Amsterdam UMC, Netherlands
- Jiri Rutten – Physiotherapist, Utrecht, Netherlands
- Dr. Edwin Goedhart – Chief Medical Officer, Royal Netherlands Football Association (KNVB)
- Dr. Helka Koivu – Orthopedic Surgeon, Helsinki, Finland