



**Programme for the EFORT FORUM during the 75th HAOST Congress,
Megaron Athens International Congress Centre, Athens, Greece**

Congress Date: 02-05 October, 2019
 Forum Date: 04 October, 2019
 Time: 11.00-13.00
 Chair: Athanasios Badekas, Greece/HAOST
 George Macheras, Greece/EFORT
 Speakers: Alexandros Eleftheropoulos, Greece
 Olga Savvidou, Greece
 Nikolaos Gougoulis, Greece
 Panos Symeonidis, Greece
 Jordi Vega, Spain/EFORT
 Niek van Dijk, Netherlands/EFORT
 Athanasios Badekas, Greece

**Topic of the
EFORT FORUM: Ankle Instability**

Timetable

Time	Title	Speaker
11.00 to 11.05	Opening of the EFORT Forum including Short EFORT Video	George Macheras
11.05 to 11.20	Posterior Ankle Arthroscopy	Alexandros Eleftheropoulos
11.20 to 11.35	Ankle Arthroscopy Portals Instrumentation & Position	Olga Savvidou
11.35 to 11.50	Ankle Instability Open Techniques	Nikolaos Gougoulis
11.50 to 12.05	High Ankle Sprains	Panos Symeonidis
12.05 to 12.25	Ankle Instability All Inside Technique (Internal Brace)	Jordi Vega
12.25 to 12.45	The Longterm Fate of Bone Bruises	Niek van Dijk
12.45 to 13.00	Closing Remarks - Summary of the EFORT Forum	Athanasios Badekas