4th BALKAN FOOT & ANKLE SOCIETY CONGRESS

STEPS TO THE FUTURE

BAFAS
Balkan Foot & Ankle Society



IN COLLABORATION WITH

BGFAS BULGARIAN FOOT & ANKLE SOCIETY

CAOST CYPRUS ASSOCIATION OF ORTHOPAEDIC SURGERY AND TRAUMATOLOGY

GFFC GERMAN SOCIETY FOR FOOT & ANKLE SURGERY

4 - 6
September **2026**

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Limassol, Cyprus

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PROGRAM

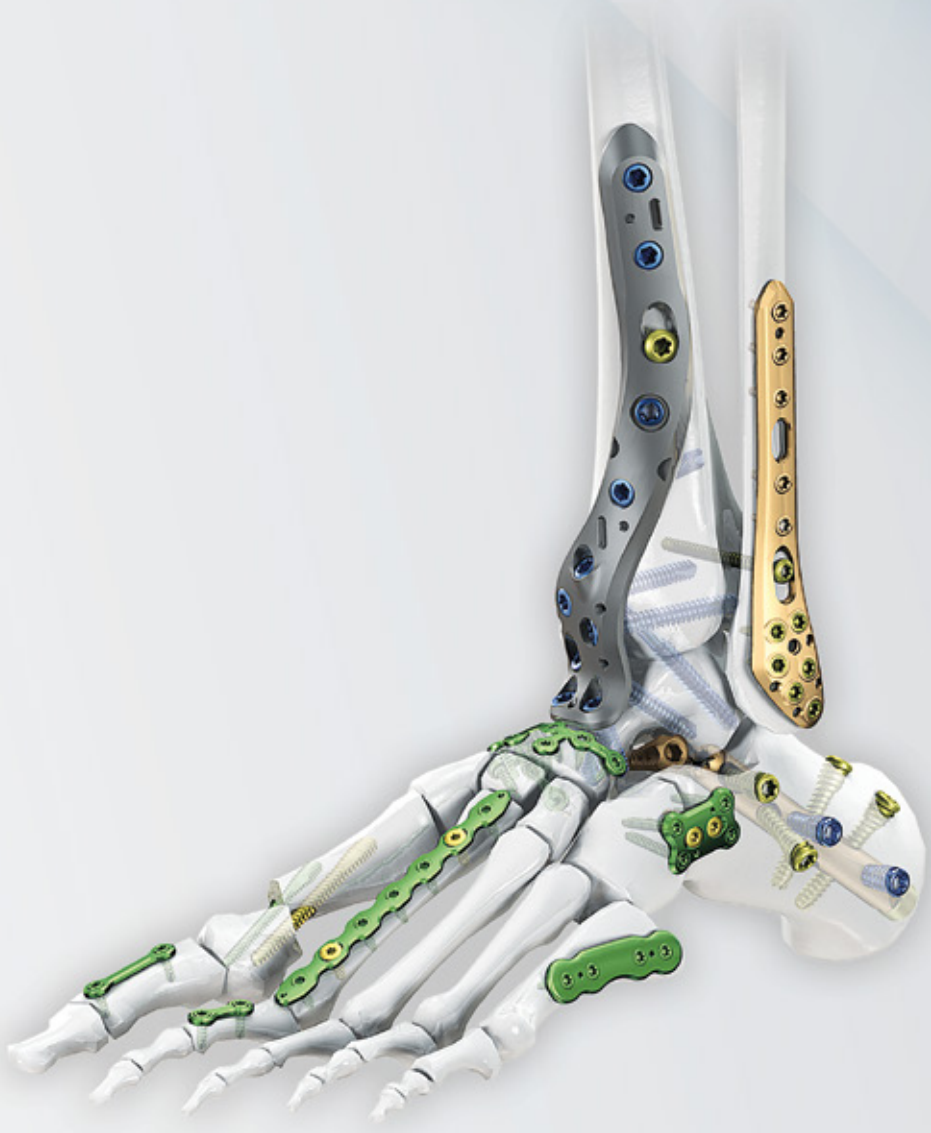
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4th
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STEPS TO THE FUTURE
4 - 6
September 2026



Welcome Address

Dear Colleagues and Friends,

We are delighted to extend a warm invitation to you for the 4th Congress of the Balkan Foot and Ankle Society "Steps to the future", which will take place in the enchanting island of Cyprus – the Island of Aphrodite - from September 4th to 6th, 2026. The Congress will be a combined meeting which will be held along with GFFC – German Society for Foot and Ankle Surgery, CAOST - Cyprus Association of Orthopaedic Surgery and Traumatology and BGFAS - Bulgarian Foot and Ankle Society. This prestigious event promises to be a cornerstone for advancing knowledge and collaboration in the field of foot and ankle care on the Balkans and beyond.

Join us in exploring the latest developments, sharing groundbreaking research, and engaging in stimulating discussions with experts from around the area. Here's a glimpse of what awaits you:

- Inspiring Keynote Sessions: Hear contemporary lectures from leading voices who will enlighten and challenge our perspectives. Pre-congress course for the young doctors and residents with a wonderful award.

- Networking Opportunities: Connect with peers, share experiences, and forge new partnerships.

- Panel Discussions: Dive into lively debates on current challenges and future directions in our Foot and Ankle field We will be thrilled to have lecturers and participants from various countries, each bringing unique insights and experiences.

This congress stands as a testament to our shared commitment to improving foot and ankle care across the Balkans and beyond. Together, let's strive to not only enhance our professional skills but also strengthen the bonds that unite us as a community dedicated to excellence in foot and ankle care.

We will be excited to welcome you to Cyprus – the Island of Love, where you can enjoy not only the congress but also the rich culture, beautiful beaches and stunning landscapes of the island.

Save the date!

The President of BAFAS
Dr. Atanas Katsarov

The President of the Organizing Committee
Dr. Antonios Pettas



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Efstathios Chronopoulos
GREECE



SCIENTIFIC PROGRAM

FRIDAY 04.09.2026 **ROOM: AEGEAN I**

08.30 - 19.00 Registrations

09.00 - 09.10 **Opening remarks**
Atanas Katsarov, Antonios Pettas

09.10 - 10.30 **Ankle Instability**
Chair: **Antonios Pettas, Atanas Katsarov**

Role of Alignment in the Ankle. Is the Syndesmosis so Significant?
Atanas Katsarov

Lateral ankle stabilization using fibular periosteal flap
Filip Anton Božinović

Arthroscopic treatment of syndesmotic injury
Panos Symeonidis

The footballers ankle: something from the past or still a reality
Niek van Dijk

Medial ankle instability and Deltoid ligament reconstruction
Andrzej Komor

Complex instability - what to do more?
Roxa Ruiz



SCIENTIFIC PROGRAM

FRIDAY 04.09.2026 **ROOM: AEGEAN I**

10.30 - 11.30 **Tendon transfers and Achilles pathology**
Chair: **Athanasios Badekas, Altuğ Tanrıöver**

Treatment of peroneal tendon pathologies
Kajetan Klos

Achilles tendon reconstruction - modern concepts
Philipp Winter

Tendon transfers for cavus foot
Altuğ Tanrıöver

Spontaneous tendon ruptures - TP, TA, peroneus longus. TLAP syndrome
Dmitry Bobrov

11.30 - 11.50 Coffee break



SCIENTIFIC PROGRAM

FRIDAY 04.09.2026 **ROOM: AEGEAN I**

11.50 - 13.30 **What have i changed in my practice?**
Chair: **Ezequiel Palmanovich, Niek van Diek**

Interposition arthroplasty for Hallux rigidus treatment
Athanasios Badekas

Hindfoot nail for non compliant patients
Jurij Štalc

What do I do different in hallux valgus treatment compared to 1993
Hans-Jörg Trnka

Arthroscopic assisted ankle fracture treatment.
A game changer
Hans Polzer

The effect of plantar fasciectomy and Lambrinudi triple fusion and how it has changed my treatment strategy in severe cavovarus deformity
Roxa Ruiz

13.30 - 14.10 Lunch



SCIENTIFIC PROGRAM

FRIDAY 04.09.2026 **ROOM: AEGEAN I**

14.10 - 15.30 **Before the fusion or TAR. But... Replace or fuse?**

Chair: **Roxa Ruiz, Stathis Chronopoulos**

Ankle arthroscopy as a first line treatment for Grade1 and 2 ankle arthritis
Faidon Katinakis

Cartilage treatment in foot and ankle
Matej Drobnič zoom

Takedown TAR with PSI
Ákos Kynsburg

Scopes and limits of SMOT in joint-preserving surgery of the ankle
Beat Hintermann

Relative and absolute contraindications of TAR-
Antonios Pettas

15.30 - 15.50 Coffee break



SCIENTIFIC PROGRAM

FRIDAY 04.09.2026 **ROOM: AEGEAN I**

15.50 - 17.30 **Arthritic ankle. Current concept.**
Chair: **Beat Hintermann, Kajetan Klos**

What are the challenges in planning a replacement surgery of the ankle?
Roxa Ruiz

Total Ankle Replacement: tips & tricks
Serafeim Tsitsilonis

Total Talus replacement. A case report
Jurij Štalc

Arthroscopic ankle arthrodesis
Nikolaos Gougoulias

Total Ankle and Talus Arthroplasty: From posttraumatic arthritis to osteomyelitis
Vasily V. Kuznetsov

How do I fuse the ankle after failed TAA.
Hans-Jörg Trnka

Scopes and limits of revision TAR.
Beat Hintermann

20.00 Welcome cocktail



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026 ROOM: AEGEAN I

08.30 - 19.00 Registrations

08.30 - 09.50 **All about forefoot. Hallux valgus surgery**

Chair: **Hans-Jörg Trnka, Andrzej Komor**

The hindfoot-driven hallux valgus and rigidus – fact or fiction
Roxa Ruiz

The Evolution of Lapidus-Arthrodesis
Paul Simons

Revision surgery of hallux valgus
Levon Makinyan

Combined techniques on severe hallux valgus deformities
Kyriakos Daniilidis

Rotational deformities in hallux valgus
Floriano Ferenaz

Is it necessary to switch from open hallux valgus surgery to MIS?
Hans-Jörg Trnka

Complications of hallux valgus surgery
Antonios Pettas



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026 **ROOM: AEGEAN I**

09.50 - 10.50 **Other pathologies. Easier paths.**
Chair: **Panos Symeonidis, Paul Simons**

Reumatoid foot
Altuğ Tanrıöver

OLT treatment. My approach
Athanasios Badekas

Surgical treatment of Pes Cavovarus in children
Ermogenis Pavlou

Chondral defects of the talus in child athletes - therapeutic guidelines
Kristian Ivanov

Evaluating the Minced Cartilage Technique for Talar Defects in Bulgarian Patients
Preslav Penev

New approach for treatment of malunited calcaneal fractures
Igor Pakhomov

Bone marrow oedema in Foot and Ankle
Efstathios Chronopoulos

10.50 - 11.10 Coffee break



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026 — ROOM: AEGEAN I

11.10 - 13.10 **PCFD Controversies**

Chair: **Alexey Mazalov, Damjan Dimnjakovic**

Why do we need a new classification?
Beat Hintermann

Principles and current treatment strategies for PCFD
Roxa Ruiz

WBCT. Useful tool for decision manking in PCFD
Joze Dernovsek

Spring ligament reconstruction
Ezequiel Palmanovich

The problem of bringing down the 1st ray of the foot in surgery of planovalgus deformity
Alexey Mazalov

Operative Strategies in progressive collapsing flatfoot in childen and young adolescent
Hartmut Stinus

When and how to fuse
Beat Hintermann

13.10 - 13.50 Lunch



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026 **ROOM: AEGEAN I**

13.50 – 15.10 **MIS in Foot and Ankle. Small incisions for big surgeons.**
Chair: **Kyriakos Daniilidis, Ivan Gerov**

Transcutaneous surgery of the 1st Ray. Comparison of the techniques
Atanas Katsarov

MIS Calcaneus osteotomy. Chalenging cases
Ioannis Giannakopoulos

Minimally invasive hallux valgus surgery - the Bavarian perspective
Sebastian Altenberger

1st MTP joint arthroscopy
Damjan Dimnjakovic

Arthroscopic FHL transfer for treatment of Chronic Achilles tendon rupture
Antonios Pettas

Arthroscopic hindfoot fusion
Hans Polzer

The burr and the blade.Mastering the complication of MIS Hallux valgus
Anthony Perera

P-Anti RoLL technique for chronic lateral ankle instability: 5years experience and results
Ivan Gerov

MIS Hallux Valgus and lesser toe surgery - Our Serie
Nikolas Hadjinikolaou



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026 — ROOM: AEGEAN I

15:10 - 16:00 **All about forefoot. Lesser toes surgery**
Chair: **Hans Polzer, Levon Makinyan**

Morton's neuroma
Domagoj Perković

Osteotomy techniques on small metatarsals
Nikolaos Gougoulias

Plantar plate repair
Andrzej Komor

Brachymetatarsia
Levon Makinyan

Breaking point: A strategic approach to 5th metatarsal stress fractures in athletes
Anthony Perera

16.00 - 16.20 Coffee break

16.20 - 17.30 **Charcot foot. Always challenging.**
Chair: **Iozefina Botezatu, Hans Polzer**

Surgical treatment of Charcot foot.The German approach
Kyriakos Daniilidis

Surgical treatment of Charcot foot.The Romanian approach
Iozefina Botezatu

Review of key concepts and an evidence based algorithm of Charcot foot
Miltiadis Argyropoulos

The limb salvage approach for osteomyelitis around the ankle
Anton Seministiy

20.00 Dinner



SCIENTIFIC PROGRAM

SUNDAY 06.09.2026 **ROOM: AEGEAN I**

08.30 - 19.00 Registrations

09.00 - 10.30 **Foot and Ankle trauma. Securing a stable foundation.**
Chair: **Nikolaos Gougoulias, Jurij Štalc**

MIS in calcaneal fractures
Emre Baca

Treatment of talus fractures
Predrag Rašović

Trimalleolar ankle fractures.Why should we stabilize the posterior malleolus
Nikolaos Gougoulias

Lisfranc fracture-dislocation
Panos Symeonidis

Surgical treatment of tibia fractures with bone defects
Dimitrios Garpozis

Minimally Invasive Intramedullary Nailing of the Fibula: A Viable Alternative To Plating
Svetoslav Dobrilov

10.30 - 10.50 Coffee break



SCIENTIFIC PROGRAM

SUNDAY 06.09.2026 — ROOM: AEGEAN I

10.50 - 12.10 **Free papers session**

Chair: **Domagoj Perković, Predrag Rašović**

Brachymetatarsia: Our Experience Using a Fixed-Angle (90-Degree) External Fixation System and an External Fixator Permitting Variable-Angle Pin Placement
Borut Kovačić

Clubfoot: Our expirience with Ponseti treatment and treating difficult cases
Tanja Slokar

Surgical treatment of 5th toe traumatic instability with tendon transfer
Spyros Manthas

TTC nail for the treatment of ankle and distal tibia fractures. A retrospective cohort study
Giannis Stavrakakis

Congenital Absence of the Tibialis Anterior tendon, Treated with Posterior Tibialis Tendon Transfer: A Rare Clinical Case
Lavdim Berisha

Innovations and new techniques in MR imaging of foot and ankle
Dr. Elena Ilieva

Gastrocnemius release
Tonio Gottlieb

Posterior Malleolar Fracture Management
Radoslav Petrov, R. Kastelov



SCIENTIFIC PROGRAM

SUNDAY 06.09.2026 **ROOM: AEGEAN I**

12.10 - 13.10	**Professor Emeritus Interactive Lecture** The latest is always the greatest "a la carte" **Prof. Niek van Dijk**	
13.10 - 14.00	Closing Ceremony	
15.00 - 17.00	**BAFAS Council meeting**	**Room: KARAVI SYNDICATE**



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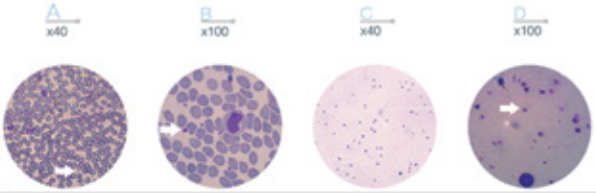
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GENERAL INFORMATION

CONGRESS DATES

4 - 6 SEPTEMBER 2026

The 4th Balkan Foot & Ankle Society Congress – "Steps to the Future" will take place in Limassol, Cyprus.

VENUE & HOTEL

MEDITERRANEAN BEACH HOTEL

71 Amathus Avenue
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BEACHFRONT LOCATION

A 4-star Superior hotel, approximately 8 km from Limassol city centre and close to the archaeological site of the ancient Kingdom of Amathus.

REGISTRATION DESK

The Congress Registration Desk will operate at the Mediterranean Beach Hotel throughout the Congress.

OPENING HOURS:

FRIDAY 4 SEPTEMBER
08:30 – 19:00

SATURDAY 5 SEPTEMBER
08:30 – 19:00

SUNDAY 6 SEPTEMBER
08:30 – until the conclusion of the Scientific Programme

Please collect your congress badge and delegate material upon arrival.

OFFICIAL CONGRESS LANGUAGE

ENGLISH No simultaneous interpretation will be provided.



GENERAL INFORMATION

ON-SITE REGISTRATION FEES

On-site registration will be available at the Congress Registration Desk.

Participant Category	On-site Registration Fee*
BAFAS Members	€260
Non-Members	€300
Residents	€200
Physiotherapists	€100
Nurses	€100
Students	Free

**** The above registration fees are exclusive of 19% VAT.***

BAFAS Members: The annual membership fee for the Balkan Foot and Ankle Society is €50. Delegates who have paid their membership fee by May 31, 2026 are considered BAFAS Members and are entitled to the preferential registration fee.

Residents and Students are required to provide appropriate documentation confirming their status.

REGISTRATION FEE INCLUDES

The registration fee includes:

- Access to all scientific sessions and Congress activities
- Access to the Commercial Exhibition
- Congress badge and delegate material
- Coffee breaks according to the Scientific Programme
- Lunch – **Friday, September 4, 2026**
- Welcome Cocktail – **Friday, September 4, 2026**
- Lunch – **Saturday, September 5, 2026**
- Lunch – **Sunday, September 6, 2026**
- Certificate of Attendance

Official Congress Dinner – Saturday, September 5, 2026:
€99 per person (additional fee).



GENERAL INFORMATION

NAME BADGE

All registered participants will receive a personal name badge upon arrival at the Congress.
Participants are kindly requested to wear their badge at all times during the Congress. The badge is required for admission to the scientific sessions, Commercial Exhibition and Congress social events included in the registration fee.

A QR code printed on the badge will provide direct access to the digital Congress Programme.

DIGITAL CONGRESS PROGRAMME

The Congress Programme will be available **exclusively in digital format.**
A **QR code providing direct access to the Congress Programme** will be printed on each participant's name badge.
No printed copies of the Congress Programme will be distributed.

ACCREDITATION / CME CREDITS

The **4th Balkan Foot & Ankle Society Congress** has been accredited by the **Cyprus Medical Association (CyMA)** with **19 Continuing Medical Education (CME) credits.**
Participants are required to comply with the applicable attendance requirements in order to receive the corresponding CME credits.

CERTIFICATE OF ATTENDANCE

Certificates of Attendance will be issued to registered participants following the completion of the Congress.
Certificates will be distributed **electronically by e-mail** after the Congress.



GENERAL INFORMATION

PRESENTATION DESK

A Presentation Desk will be available throughout the Congress.

Speakers are kindly requested to submit their presentations to the technical secretariat **at least 30 minutes before the beginning of their scheduled session.**

Speakers are strongly advised to check their presentations in advance to ensure compatibility with the audiovisual equipment provided.

Personal laptops should not be used for presentations unless previously agreed with the technical secretariat.

COMMERCIAL EXHIBITION

A Commercial Exhibition will operate throughout the Congress, where participating companies will present products, technologies and services related to **Foot & Ankle Surgery and Orthopaedics.**

Participants are encouraged to visit the Exhibition Area during Congress breaks.

SOCIAL PROGRAMME

Friday, September 4, 2026
20:00 – Welcome Cocktail
The Welcome Cocktail is included in the registration fee.

Saturday, September 5, 2026
20:00 – Official Congress Dinner
Participation in the Official Congress Dinner is subject to a separate fee of **€99 per person.**

Further information regarding the venue and transportation will be available at the Congress Registration Desk.



GENERAL INFORMATION

ORGANIZATION

BAFAS
Balkan Foot & Ankle Society

Balkan Foot & Ankle Society (BAFAS)

In collaboration with

BGFAS – Bulgarian Foot and Ankle Society
CAOST – Cyprus Association of Orthopaedic Surgery and Traumatology
GFFC – German Society for Foot and Ankle Surgery

CONGRESS WEBSITE

www.bafascongress.com

For updated Congress information, participants may visit the official Congress website.

CONGRESS SECRETARIAT

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CONGRESS AND SOCIAL EVENTS

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