

4th

BALKAN FOOT & ANKLE SOCIETY CONGRESS

STEPS TO THE FUTURE



IN COLLABORATION WITH

BGFAS BULGARIAN FOOT & ANKLE SOCIETY

GFFC GERMAN SOCIETY FOR FOOT & ANKLE SURGERY

4 - 6
September 2026

www.bafascongress.com

PROGRAM

Secretariat



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**MEDITERRANEAN
BEACH HOTEL**

Limassol, Cyprus



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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 and Bulgarian Foot and Ankle Society - BGFAS. 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



Organizing Committee

Antonios Pettas - *Greece/Cyprus*
Atanas Katsarov - *Bulgaria*
Athanasios Badekas - *Greece*
Altug Tanriover - *Turkey*
Domagoj Perkovic - *Croatia*
Matej Drobnic - *Slovenia*
Emre Baca - *Turkey*
Jurij Stalc - *Slovenia*
Jozefina Botezatu - *Romania*

Scientific Committee

Antonios Pettas - *Greece/Cyprus*
Atanas Katsarov - *Bulgaria*
Athanasios Badekas - *Greece*
Kajetan Klos - *Germany*
Niek Van Dijk - *Netherlands*
Beat Hintermann - *Switzerland*
Roxa Ruiz - *Switzerland*
Hans Polzer - *Germany*
Nikolaos Gkougkoulis - *Greece*
Panagiotis Symeonidis - *Greece*
Hans Jörg Trnka - *Austria*
Stathis Chronopoulos - *Greece*

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SCIENTIFIC PROGRAM

FRIDAY 04.09.2026

08.30 - 19.00 Registrations

08.30 - 11.00 **Residents for Future**
Review course and test

11.00 - 11.10 **Opening ceremony**

11.10 - 12.30 **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

Panagiotis 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

12.30 - 13.30 **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

Seeing what we do: Ultrasound in Minimal invasive Achilles surgery

Jouko Kivioja

13.30 - 14.10 Lunch

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SCIENTIFIC PROGRAM

FRIDAY 04.09.2026

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

Chair: **Roxa Ruiz, Matej Drobnič**

Ankle arthroscopy as a first line treatment for Grade 1 and 2 ankle arthritis

Faidon Katinakis

Cartilage treatment in foot and ankle

Matej Drobnič

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



SCIENTIFIC PROGRAM

FRIDAY 04.09.2026

15.00 - 16.50 **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

22 years H3 TAR - Results and what have we learned after more than 1000 implantations

Total Talus replacement. A case report

Jurij Štalc

Arthroscopic ankle arthrodesis

Nikolaos Gkougkoulis

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

16.50 - 17.00 **Coffee break**

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FRIDAY 04.09.2026

17.00 - 18.00 **What have i changed in my practice?**

Chair: **Emre Baca, Serafim Tsitsilonis**

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

20.00

Welcome cocktail



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026

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

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SCIENTIFIC PROGRAM

SATURDAY 05.09.2026

09.50 - 10.50 **Other pathologies. Easier paths.**

Chair: **Panagiotis 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

Stathis Chronopoulos

10.50 - 11.10 **Coffee break**



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026

11.10 - 13.10 **PCFD Controversies**

Chair: **Alexey Mazalov, Damjan Dimiakovic**

Why do we need a new classification?

Beat Hintermann

Principles and current treatment strategies for PCFD

Roxa Ruiz

WBCT. Useful tool for decision making 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 children and young adolescent

Hartmut Stinus

When and how to fuse

Beat Hintermann

13.10 - 13.50 **Lunch**

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SATURDAY 05.09.2026

13.50 – 15.10 **MIS in Foot and Ankle. Small incisions for big surgeons.**

Chair: **Kyriakos Daniilidis, Anton V. Kachesov**

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

Atanas Katsarov

MIS Calcaneus osteotomy. Challenging cases

Giannis Giannakopoulos

Minimally invasive hallux valgus surgery - the Bavarian perspective

Sebastian Altenberger

1st MTP joint arthroscopy

Damjan Dimiakovic

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



SCIENTIFIC PROGRAM

SATURDAY 05.09.2026

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 Gougoulis

Plantar plate repair

Andrzej Komor

Brachymetatarsia

Levon Makinyan

Treatment of Morton's neuroma with metatarsal osteotomy.

My experience

Igor Zwinczewski

16.00 - 16.20 **Charcot foot. Always challenging.**

Chair: **Iosefina Botezatu, Stanislav A. Osnach**

Surgical treatment of Charcot foot. The German approach

Kyriakos Daniilidis

Surgical treatment of Charcot foot. The Romanian approach

Iosefina Botezatu

Replacement of total bone defects in Charcot foot with 3D porous titanium implants

Stanislav A. Osnach

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

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SCIENTIFIC PROGRAM

SUNDAY 06.09.2026

08.30 - 19.00 Registrations

09.00 - 10.30 **Foot and Ankle trauma. Securing a stable foundation.**

Chair: **Nikolaos Gkougkoulis, 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 Gkougkoulis

Lisfranc fracture-dislocation

Panagiotis Symeonidis

Surgical treatment of tibia fractures with bone defects

Demetrios Garpozis

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

Svetoslav Dobrilov

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

Anthony Perera

10.30 - 10.50 **Coffee break**



SCIENTIFIC PROGRAM

SUNDAY 06.09.2026

10.50 - 12.10 **Free papers session**

Chair: **Domagoj Perković, Predrag Rašović**

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

Clubfoot: Our experience with Ponseti treatment and treating difficult cases

Tanja Slokar

12.10 - 13.10 **Professor Emeritus Lecture**

The latest is always the greatest

Chair: **Prof. Niek van Dijk**

13.10 - 14.00 **Closing Ceremony**

15.00 - 17.00 **BAFAS Council meeting**