



2019

11TH Annual Meeting

**“The Triceps Surae and Achilles tendon.
Current concepts in pathology and
management”.**

Friday 27th September

Royal College of Surgeons
Edinburgh

Foot and Ankle Scotland (FASt)

FASt is a multidisciplinary group set up to provide and educational forum for foot and ankle orthopaedics across all disciplines in Scotland. This is the first multidisciplinary group of its kind and uniquely brings together the disciplines of orthopaedics and podiatry as well as a number of other disciplines

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Organising committee

- Mr John McKinley
- Mr Colin Thomson
- Miss Kim Cameron
- Mrs Roisin Donoghue
- Mr Hisham Shalaby
- Mr John Veto
- Mr Anish Amin
- Mr William McMurrich

Welcome

Mr John Veto
Senior Lecturer Podiatry
Queen Margaret University

Dear Delegates

It is my pleasure to welcome you all to the 11th Annual Meeting of FASt here at the Royal College of Surgeons Edinburgh. Since its inception back in 2009 the annual meeting has continued to grow and be a regular fixture on the conference calendar.

This year we have adopted a theme of pathology and management of the Achilles tendon. This is a challenging condition which is commonly seen in our practice and one that lends itself to a multidisciplinary management approach. We hope that today's programme reflects this and there is something for everybody and the meeting provides a forum to share knowledge and experience.

I hope that you will find this years' meeting beneficial educationally but also provide you with the opportunity to catch up with colleagues and friends from across Scotland and beyond

Best wishes

John

Programme

“The Triceps Surae and Achilles tendon. Current concepts in pathology and management”.

- 8.30 Registration and coffee on arrival
- 9.15 Welcome to FASt: John Veto - Chair FASt

9.30 Session I Chair - TBC		
9.30 -9.50	Anatomy of the Achilles tendon and the triceps surae.	Dr Lyndsay Murray Lecturer in Anatomy University of Edinburgh
9.50-10.20	The Achilles Tendon – a mechanobiology approach to exploring health & disease	Hazel Screen Professor of Biomedical Engineering Queen Mary University of London
10.20-10.40	Imaging of the Achilles tendon and its insertion	Dr Johnathan Foley Consultant Radiologist NHS Lothian
10.40-45 Questions		
10.45 Coffee/trade exhibition		
Session 2 Chair - TBC		
11.15-11.40	Are High Volume Ultrasound Guided Injections the best conservative treatment for non insertional Achilles tendinopathy	Dr Nat Padhiar Consultant Podiatric Surgeon and Honorary Reader
11.40 -12.00	Achilles tendinopathy – Rehab- is it that simple	Kenny Watt Scotland Volleyball lead Physiotherapist
12.00-12.20	Surgical management of mid portion Achilles tendinopathy	Mr Obi Nnmanbi Consultant Orthopaedic Surgeon

12.20-30 Questions

12.30 -13.30 Lunch / trade exhibition

13.30 Session 3 Chair - TBC

13.30-13.50 Insertional Achilles tendinopathy – conservative management what does the evidence tell us. Joe McIntyre Lecturer In Podiatry Queen Margaret University

13.50-14.10 Surgical Management of Insertional Achilles tendinopathy Mr Hisham Shalaby Consultant Orthopaedic Surgeon NHS Lothian

14.10-14.30 Achilles tendon Lengthening Indications and results Mr John McKinley Consultant Orthopaedic Surgeon NHS Lothian

14.30-14.50 Achilles tendon ruptures conservative v surgical management what does the evidence say Mr Peter Briggs Consultant Orthopaedic Surgeon

14.50-15.00 Questions

15.00-16.00 Session 4 Chair - Mr John McKinley

Free Papers - See abstracts in appendix 1

Thanks to all of the sponsors that made the FAST conference 2019 possible

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