

## Programma

Masterclass 'SMWJC 2019': sportgerelateerde enkelletsels  
Hotel de Heerlijkheid van Ermelo  
Staringlaan 1, 3852 LA Ermelo  
nr. 1905671

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### Woensdag 27 november 2019

#### Docent

Eamonn Delahunty is a professor in the University College Dublin School of Public Health, Physiotherapy and Sports Science. Professor Delahunty is co-chair of the International Ankle Consortium (an international researcher and clinician community whose purpose is to promote scholarship and dissemination of research-informed knowledge related to ankle sprains). He is a Chartered Physiotherapist with significant clinical and research expertise in ankle sprains and chronic ankle instability. He has published >120 peer-reviewed articles.

#### Programma

- 09.15 Welcome with coffee and tea
- 09.45 Introduction
- 10.10 Anatomy of the ankle joint: a pictorial essay  
Mechanisms of ankle joint injury: systematic video analysis, kinematic modelling and laboratory "mishaps" Focus on ankle joint sprains (lateral ligaments and syndesmosis sprains).
- 11.00 Know your sport: epidemiology of ankle joint injuries in sports  
Focus on ankle joint sprains (lateral ligaments and syndesmosis sprains)
- 11.30 Coffee break
- 11.45 How do I prevent ankle joint injuries? Lessons on primary injury prevention.
- 12.45 Lunch
- 13.30 The diagnosis of acute ankle joint injuries: the theory and practical – a MUST for all clinicians working with field and court sport athletes.
- 14.45 What is the evidence? Evidence-based treatment of acute ankle joint injuries  
Focus on ankle joint sprains.
- 15.15 Coffee break
- 15.30 Introduction to chronic ankle instability (CAI)
- 15.45 Rehabilitation Oriented ASsessmentT (ROAST): consensus statement of the International Ankle Consortium
- 16.00 Evidence-based rehabilitation of acute ankle sprains and CAI: from theory to practice
- 17.00 Last questions