



PRINCIPLES OF FOOT AND ANKLE SURGERY

WITH CADAVERIC SPECIMENS

49th Course

For Orthopaedic Trainees
(Overseas)

Dubai

Setting the Right Environment for Learning

Informal



Interactive



Individual



Teaching Safe Practice

Aims of the Course

The BOFAS Education Committee has run The Principles course since 2011 across the UK. The aim is to give Trainee Orthopaedic Surgeons a solid grounding in the principles and the decision making in Foot & Ankle Surgery. The course has expanded to India with IOFAS (Indian Orthopaedic Foot & Ankle Society) and to Africa in partnership with COSECSA (College of Surgeons of Eastern, Central & Southern Africa). There is an emphasis on clinical examination of cases, small group discussions and learning surgical approaches in the cadaver lab. The course is entirely sponsored by the British Society members, and we now train 72 trainees in the UK and 40 in both India & Africa per year. This is the first course we are running in UAE and the aim is to expand the Foot and Ankle education and training in the Middle East and Gulf area.

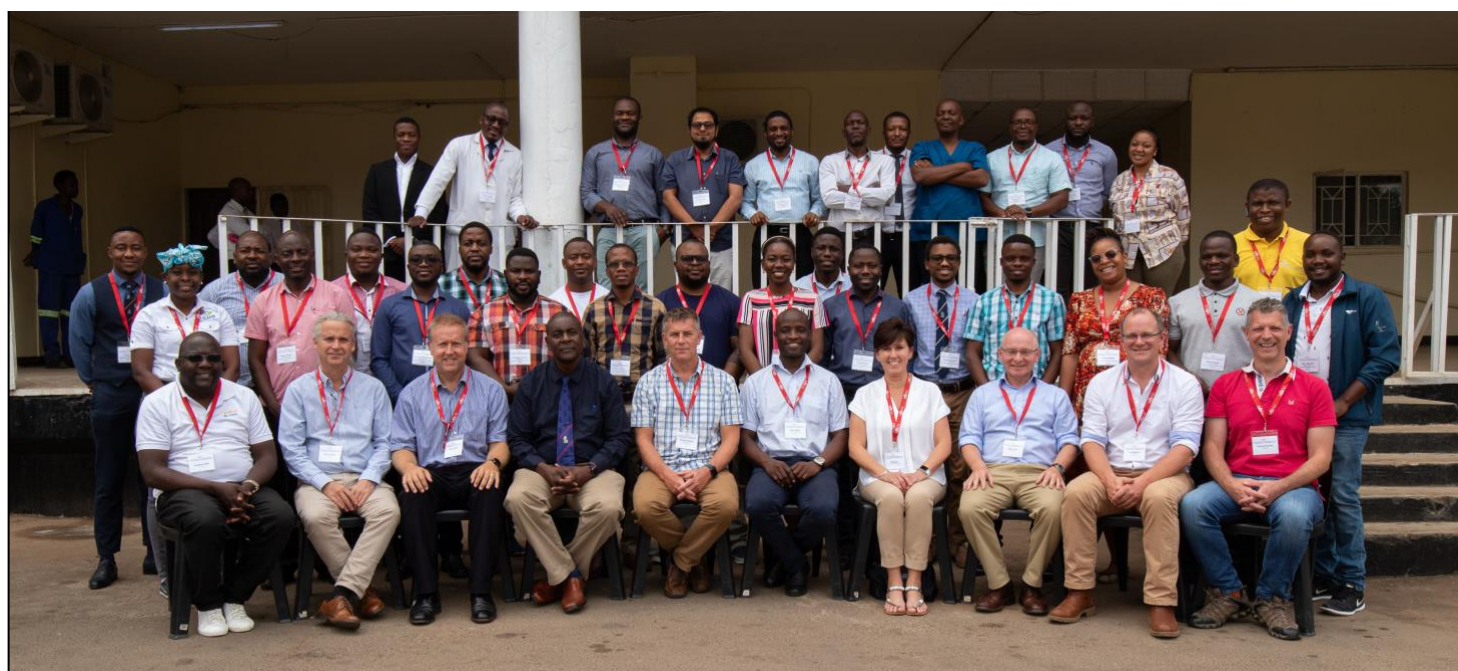
Faculty

The faculty have been selected for either their extensive surgical experience in the UAE or as expert teachers of Foot & Ankle Surgery in the United Kingdom. Thus, there is a very international faculty from across the world. The BOFAS Principles course prides itself on the low number of trainees per faculty teacher.

Feedback

Responding to feedback is a key principle of the course and both the format and content are adjusted to meet the requirements of the trainees.

"An excellent course with great cases. Would strongly recommend to colleagues. Great faculty!"
"I was taught not to fear the Foot" Resident, Tanzania.
"My eyes were opened to Ankle Surgery" Young Consultant Ethiopia.
"The model for future training!"



BOFAS Course Faculty



Anna Chapman (Course Director)

Mrs Anna Chapman is a Consultant Trauma and Orthopaedic Surgeon at University Hospitals, Coventry and Warwickshire, with a specialist interest in Foot & Ankle surgery. She qualified from Guy's, Kings and St Thomas's Hospitals School of Medicine in London and completed her orthopaedic training on the Warwick rotation. She undertook Fellowship training in Bournemouth and Bristol and was appointed as a Consultant in 2012. She completed a Master's Degree in Medical Education at the University of Warwick in 2010 and continues to pursue her interest in all things educational. Anna is currently the Training Programme Director for the Warwick Orthopaedic Specialist Training Programme, served two terms on the BOFAS Education Committee and is Chair of the BOFAS EDI Working Group.



Moez Ballal (Course Director)

Dr Moez Ballal is a consultant foot and ankle surgeon in SSMC, Abu Dhabi, UAE. He completed his basic and higher surgical training in Mersey Deanery rotation with fellowship training in foot and ankle surgery in Liverpool, London and Manchester. With over two decades of experience, Dr. Ballal has acquired robust fellowship training in foot and ankle surgery, including severe foot and ankle trauma and sports injuries. A distinguished physician, he is a member of the British Orthopaedic Association (BOA), the British Orthopaedic Foot and Ankle Society (BOFAS), and the International Society of Trauma & Orthopaedic Surgery (SICOT). Furthermore, Dr. Ballal is a member and Fellow of the Royal College of Surgeons of Edinburgh.



Prof. Dr. Les Cannon

Dr Les Cannon is a UK trained consultant trauma and orthopaedic surgeon. He is English and studied medicine in London, qualifying as a doctor in 1991. He underwent general surgical training before starting higher training in orthopaedic surgery. Dr. Cannon underwent specialist foot and ankle training in the Nuffield Orthopaedic Centre, Oxford, UK. He then undertook a year in the North Sydney Orthopaedic and Sports Medicine Centre, Australia gaining experience in managing elite sportsmen and women. He was then appointed as a consultant in 2004. Dr. Cannon spent 9 years working at the Royal Hospital Haslar and the Queen Alexandra Hospital on the south coast of England as a Trauma and Foot & Ankle surgeon. He then moved to the UAE in 2013 and became Head of Orthopaedics at Mafrag Hospital, until 2016 when he moved to Healthpoint Hospital where he spent 5 years as a consultant and Education Lead.



Mark Davies

Mr Mark B Davies is a graduate of Southampton University from 1993 who subsequently underwent specialist training in Sheffield. He undertook two Fellowships, one in trauma and limb reconstruction in Sheffield and the other in adult foot and ankle surgery in Brisbane in 2005. He is a consultant and honorary clinical lecturer in the Sheffield Foot and Ankle Unit, the lead for undergraduate education in orthopaedic surgery and the SFAU lead for research and audit. Mark has served two terms as BOFAS Honorary Secretary and is the current BOFAS President.

BOFAS Course Faculty



Roger Haene

Dr Roger Haene completed his medical studies at the University of Witwatersrand Medical School in Johannesburg, South Africa in 1997. He gained initial surgical experience in Switzerland before pursuing orthopedic training in the Cambridge region of the East of England. Upon completing his training, Dr. Roger was awarded a Certificate of Completion of Training (CCT) accreditation in Trauma & Orthopedics in 2010. Furthering his expertise, Dr. Roger underwent specialized training in foot and ankle surgery in Dublin, Ireland, and Toronto, Canada.

Dr. Roger served as a Consultant in Orthopedic and Trauma Surgery in Canada for seven years, he was later appointed as an Assistant Professor at both Dalhousie University in Halifax and Memorial University in St. John's, Canada. Dr. Roger actively contributed to the medical community as an executive committee member of the Canadian Orthopaedic Foot and Ankle Society.



Lucky Jeyaseelan

Mr Jeyaseelan is a Consultant Trauma & Orthopaedic Foot & Ankle Surgeon based at the internationally renowned Barts Health NHS Trust, which includes one of the busiest trauma units in Europe, The Royal London Hospital. He is the Clinical Lead of Elective Orthopaedic Care at the Barts Health Orthopaedic Centre and an Honorary Senior Clinical Lecturer at Queen Mary University London (QMUL). He specialises in all aspects of F&A care including complex trauma, deformity correction, minimally invasive surgery and sports injuries. He has a particular interest in ankle arthritis and total ankle replacement. He also specialises in dealing with the longer-term impact of trauma and post-traumatic reconstructions. He is the Chair of the Foot & Ankle Committee of SICOT and sits on the Evidence Based Medicine Committee of the American Orthopaedic Foot & Ankle Society (AOFAS) and the Elective Orthopaedic Committee of the British Orthopaedic Association (BOA). He is an examiner at The Royal College of Surgeons of England and also a Co-Opted Member of the Royal College of Physicians.



Ehab Kheir (Course co-Director)

Dr Ehab Kheir is an established Orthopaedic Surgeon trained in the UK. He is a consultant orthopaedic surgeon specialising in foot and ankle surgery practicing in Mediclinic Parkview Hospital in Dubai. He has vast experience of treating complex foot and ankle conditions. During his training, he gained a breadth of knowledge in different subspecialties in trauma and orthopaedics. Ehab completed his trauma and orthopaedics training in Yorkshire and undertook two highly specialised foot and ankle fellowships in Leeds and Wirral in the UK working with nationally recognised expert foot and ankle surgeons



Julie Kohls

Miss Julie Kohls is a Consultant Orthopaedic Surgeon specialising in Foot and Ankle Surgery who has worked at the Royal Surrey Hospital since July 2007. Julie sees all manner of Foot and Ankle problems and is also committed to the care of diabetic patients and co-runs Diabetes MDT clinics. Julie is Canadian and she qualified in medicine at Western University in Ontario in 1996 followed by the Orthopaedic surgery training program at the University of Toronto. After arriving in London, UK in 1999, Julie completed her training in Orthopaedic surgery on the London Northwest training program. In 2007 Julie became a Fellow of the Royal College of Surgeons of England (FRCS Tr & Orth). Julie completed two years of Fellowship Training in Foot and Ankle Surgery. Julie has 2 sons entering University this year, an aging Cocker spaniel, and is learning to sail and play tennis.

BOFAS Course Faculty



Maan Taba

Dr Maan Taba earned his MD in Orthopedics and MS in Surgery from Spain and the FRCS in Trauma and Orthopedics from the UK. He gained extensive experience in his area of specialty specialization while training in the Royal National Orthopedic Hospital in Stanmore, UK.

Dr. Taba assesses his patients thoroughly, so they can be conservatively treated. He believes in minimal invasive surgery to manage the correction of all foot defects. His areas of expertise include management of sports Injuries which includes fractures and instability; ankle deformities; ankle rheumatoid disease and total ankle replacement.



Krishna Vemulapalli

Mr Krishna Vemulapalli graduated from India and completed his Higher Surgical Training from The Royal London Hospital and Percivall Potts Rotation before his appointment as a Consultant Orthopaedics Surgeon at Barking Havering & Redbridge University Hospitals NHS Trust (BHRUT). He specialises in Foot and Ankle surgery and Orthopaedic surgery for Children. He is also Honorary Senior Lecturer at Queen Mary University, London. He is passionate about teaching and was instrumental in getting the Queens Hospital 'Training Hospital of the Year 2014' and 2nd runner-up in 2020 for Orthopaedics. He also has won several awards for outstanding patient Care and Teaching including 'Trainer of Year 2015' and 'Highly Commended Clinical Supervisor of the year-PGMDE-UCL partners 2016'. He is a Clinical Lead of the department and chief architect for BONES (BHRUT Orthopaedics NHS Elective Surgery) Project which is a pioneer NHS High Volume week performing 135 Hip & Knee arthroplasties and 85 day cases in a week.

Delegate Groups *(grouped as per training grade)*

Group A (Red)

Group B (Blue)

Group C (Green)

Group D (Purple)

Day 1 - Thursday 2nd October 2025

Le Meridien, Airport Road, Dubai

09:00 - 09:30	Registration	
09:30 - 09:40	Introduction & Welcome	Anna Chapman /Moez Ballal
09:40 - 10:30	Clinical examination of the foot and ankle Lecture Workshop: Examination of the normal foot & ankle	All faculty
10:30 - 10:50	Hallux Valgus management	Maan Taba
10:50 - 11:20	Midfoot / Hindfoot OA (Ankle OA)	Krishna Vemulapalli
11:20 - 11:35	Coffee break	
11:35 - 12:05	Ankle fractures management	Roger Heane
12:05 - 12:30	Pilon fractures	Lucky Jeyaseelan
12:30 - 13:00	Talus fracture	Les Cannon
13:00 - 14:00	Lunch	
14:30 - 17:30	Workshops and case discussion	

14:30-17:40 Clinical case presentations with patients (40 minutes per station)

Room 1	Orthotics Workshop –	Amna from Advanced Care Orthotics / Kheir
Room 2	Paragon Ankle Fracture workshop (Approaches then saw bones)	Ballal/Heane/Jeyaseelan
Room 3	Sports injury case discussion (TA, lateral ankle instability, plantar fascitis)	Cannon/Vemulapalli
Room 4	Forefoot, soft tissues cases discussion (Patients)	Kohls/Taba/Davies

	Group A	Group B	Group C	Group D
14:30-15:10	Orthotics (R1) Orthotist	Paragon (R2)	Sports injury case discussion (R3)	Forefoot, soft tissues cases (R4)
15:10-15:50	Paragon (R2)	Sports injury case discussion (R3)	Forefoot, soft tissues cases (R4)	Orthotics (R1)
15:50-16:20	Coffee	Coffee	Coffee	Coffee
16:20-17:00	Sports injury case discussion (R3)	Forefoot, soft tissues cases (R4)	Orthotics (R1)	Paragon (R2)
17:00-17:40	Forefoot, soft tissues cases (R4)	Orthotics (R1)	Paragon (R2)	Sports injury case discussion (R3)

17:40 – 18:30 Case based discussions

DXB faculty

19:30 Course Dinner - Delegates and Faculty

Day 2 - Friday 3rd October 2025

Le Meridien, Airport Road, Dubai

08:30-08:40	Registration	
08:40-09:00	Imaging in Foot and Ankle	Moez Ballal
09:00-09:20	Diabetic foot and Charcot neuroarthropathy	Anna Chapman
09:20-09:40	Management of flatfoot	Mark Davies
09:40-10:00	Management of neuromuscular cavus foot	Julie Kohls
10:00-10:30	Coffee	
10:30-10:50	Calcaneal fracture	Lucky Jeyaseelan
10:50-11:10	Lisfranc and midtarsal fractures	Maan Taba
11:10-11:30	Ankle ligament injury, OCD, peroneal tendon pathologies	Ehab Kheir
11:30 - 11:50	Plantar Fascitis, Insertional TA tendinitis, Shockwave	Anna Chapman

12:00-14:00	Prayer / Lunch
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14:00-17:10 Four clinical examination and discussion workshops

Room 1	Deformity	Kheir/Vemulapalli
Room 2	Post Trauma	Jeyeseelan/Cannon/Ballal
Room 3	Diabetes	Kohls/Heane/Chapman
Room 4	Neurological	Taba/Davies

	Group A	Group B	Group C	Group D
14:00-14:40	Deformity (R1)	Post Trauma (R2)	Diabetes (R3)	Neurological (R4)
14:40-15:20	Post Trauma (R2)	Diabetes (R3)	Neurological (R4)	Deformity (R1)
15:20-15:50	Coffee	Coffee	Coffee	Coffee
15:50-16:30	Diabetes (R3)	Neurological (R4)	Deformity (R1)	Post Trauma (R2)
16:30-17:10	Neurological (R4)	Deformity (R1)	Post Trauma (R2)	Diabetes (R3)

17:10-18:00 Discussion of difficult cases from the delegates Anna Chapman

19:00 **Course dinner – faculty**

Day 3 – Saturday 4th October 2025

Sharjah Clinical Surgical Training Centre, University of Sharjah, UAE

08:30 – 08:45	Registration	
08:45 - 09:00	Introduction to cadaveric day	Anna Chapman
09:00 - 09:10	Nerve blocks techniques in foot and ankle demonstration & practice	Ehab Kheir
09:10 - 09:20	Lateral approaches	
09:20 - 10:30	Peroneal SPR repair, Lateral ligament recon (Brostrum) Trans fibular approach STJ Fusion Extended lateral – ORIF / MIS calcaneum/ calcaneal osteotomy	Roger Heane
10:30 - 11:00	Coffee	
11:00 - 12:00	Medial approach FDL transfer, spring, deltoid reconstruction for flat foot Medial approach – Talo-navicular/ Double fusion Tibialis posterior tendon transfer for foot drop / Cavovarus deformity	Mark Davies
12:00 - 12:45	Posterior approach Achilles repair FHL transfer for Chronic Achilles rupture Postero-lateral approach – ORIF lateral and posterior malleolus	Krishna Vemulapalli
12:45 - 13:45	Prayer and Lunch break	
13:45 - 14:30	Anterior/ Dorsal approaches Anterior approach ankle and Talo-navicular joint Postero-lateral, postero-medial Lisfranc fixation/fusion	Les Cannon
14:30 - 15:15	Forefoot surgery Jones transfer, First MTPJ fusion, Lesser toe fusion	Julie Kohls
15:15 - 15:45	Fasciotomies Distal amputations	Moez Balal
16:00 - 16:15	Case discussions	
16:30 - 16:45	Course close and feedback	Anna Chapman / Moez Balal

FEEDBACK SURVEY

Course certificates will be provided electronically on receipt of completed online feedback and learning log – deadline for feedback is **midnight Friday 10th October 2025**. Please note that the feedback form will be closed on this date and no certificates will be available after this time.

Feedback Form:

<https://forms.gle/GQkAYM89Hi8ygNi86>

Code:



