

THE NORWEGIAN SOCIETY for  
FOOT & ANKLE SURGERY  
MAY 10th 2019, Lillestrøm

# Metatarsalgia



## Metatarsalgia

MAY 10<sup>TH</sup> 2019

Arrangør: Norsk Fot- og Ankelkirurgisk Forening (NOFAF)  
Sted: Thon Hotel Arena Lillestrøm

Påmelding innen 05.05.2019 til: mariusmolund@hotmail.com  
Deltagerpris: 850,- nok  
Betales til foreningens konto: 1503.98.62104  
Org.nr.: 914524458

8:30 - 9:00 Registration  
9:00 - 9:05 Welcome **S. Lapinskas**  
9:05 - 9:15 Short introduction and definition of Metatarsalgia **J-L. Besse**

### Mechanical metatarsalgia

#### Disorders of the 1.ray

Moderator: Trude Basso  
9:20 - 9:35 Instability of the 1.ray. Is Lapidus procedure the only solution? **J. Midjord**  
9:40 - 9:50 Overloading of the 1.MTP, sesamoiditis **M. Sundet**  
9:55 - 10:10 Iatrogenic metatarsalgia after hallux surgery **D. Redfern**

10:10 - 10:30 Coffee break

#### Lesser metatarsal disorders

Moderator: Elisabeth E Husebye  
10:35 - 10:45 Definition of the ideal foot. Load distribution during static and propulsive gait phases **J-L. Besse**  
10:50 - 11:10 Open osteotomies for lesser metatarsals. Indications, operative techniques and results **J-L. Besse**  
11:15 - 11:35 DMMO, is this the future? **D. Redfern**

11:40 – 12:40 Lunch

#### Lesser metatarsal disorders

Moderator: Elisabeth E Husebye  
12:40 - 12:50 Mb. Freiberg. Definition and treatment options **L-K. Aas**  
12:55 - 13:10 Plantar plate repair. To do or not to do? **D. Redfern**  
13:15 - 13:30 Pes adductus. Is it really the best option to send a patient to the St. Elsewhere Hospital? **K. Hvaal**  
13:35 - 13:45 Jones fractures. Shall we treat them as a trauma surgeon or foot surgeon **S. Lapinskas**  
13:50 - 14:00 Taylor's bunion **T. Basso**

14:00 – 14:20 Coffee break

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### Extra metatarsal metatarsalgia

#### Gastrocnemius

Moderator: Marius Molund

14:20 - 14:35 Gait analysis and biomechanical evaluation of gastrocnemius contracture and forefoot loading

*Ø. Paulsrud*

14:40 - 14:50 Does pedobarography add an useful information?

*M. Molund*

14:55 - 15:05 Can gastrocnemius recession reduce metatarsalgia?

*C. Jansen*

#### Neuropatic metatarsalgia

Moderator: Lars Kjetil Aas

15:10 - 15:20 Morton's neuroma. Remove or decompress?

*M. Eikrem*

15:25 - 15:40 Neuropathic metatarsalgia on the medial side of the foot. Jogger's neuropathy, Joplin's neuroma; Treatment options

*J. Midjord*

15:40 – 16:00 Summary and Questions. Case discussions  
16:00 *Farewell*

*Faculty*

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