

The Dancer's Foot and Ankle & beyond
Supporting Dancers from Youth to Maturity
 March 13-14, 2026, Geneva, Switzerland

Day 1

Day 1					
08:15-09:00	Registration, coffee, exhibition				
Opening and Introduction (healthcare professionals & dancers)					
09:00-09:15	The Dancer's Foot and Ankle	Mathieu Assal, Elisabeth Schauer			
Foot & Ankle			Workshops for dancers		
09:15-09:40	Introduction	Mathieu Assal ?	09:15-10:00	Getting ready for class & performance	Isabelle Schramm
09:40-10:05	Rehab / Conservative treatment	Max Schindler ?			
10:05-10:30	Acute ruptures: open vs mini invasive	Centre ASSAL ?	10:05-10:50	Foot strength: from activation to strength training	Anna Schrefl
10:30-10:50	Optimising return in athletes after Achilles rupture-how much is surgery and how much rehab?	James Calder			
10:50-11:10	Coffee break, exhibition				
Foot & Ankle			11:10-11:55	Posterior ankle pain: physiotherapy and dance technique advice	Oliver Ransan-Elliott
11:10-11:40	Limited & painful <i>relevé</i> (forefoot)	A.B.M. (Boni) Rietveld			
11:40-12:00	Toe flexor strength: assessment & training	Anna Schrefl			
12:00-13:00	Lunch and coffee break, exhibition				
13:00-13:25	Nerve compression syndromes in dancers	Patrizia Melchert	13:30-14:15	Leg alignment	Judith-Elisa Kaufmann

Workshops part 1 (4 groups rotating)							
13:30-14:15	1: F&A examination in dancers, Boni Rietveld	2: Posterior ankle pain: diagnosis, treatment, dance technique modifications, Oliver Ransan-Elliott	3: Foot strength: From activation to strength training, Anna Schrefl	4: Perfectionism/ Communication, Isabelle Schramm			
14:20-15:05	2: Posterior ankle pain: diagnosis, treatment, dance technique modifications, Oliver Ransan-Elliott	3: Foot strength: From activation to strength training, Anna Schrefl	4: Perfectionism/ Communication, Isabelle Schramm	1: F&A examination in dancers, Boni Rietveld	14:20-15:05	Q&A	Steven McRae
15:05-15:20	Coffee break, exhibition						
Highlight lectures (healthcare professionals & dancers)							
15:20-15:45	Changing the culture: how to create collaborative health systems for dancers		Oliver Ransan-Elliott				
15:45-16:10	Interview		James Calder, Steven McRae				
16:10-16:35	The role of scientific research in dance medicine		Jacques Menetrey				
	Show, dinner/apéro (dinner pour tout le monde inclu ou à payer en plus lors de l'enregistrement?)						

Day 2				
08:05-08:50	Pilates Workshop (supporting program)			
08:30-09:00	Coffee (+viennoiserie?), exhibition			
Workshops part 2 (4 groups rotating)				
09:00-09:45	3: Foot strength: From activation to strength training, Anna Schrefl	4: Perfectionism/ Communication, Isabelle Schramm	1: F&A examination in dancers, Boni Rietveld	2: Posterior ankle pain: diagnosis, treatment, dance technique modifications, Oliver Ransan-Elliott
09:50-10:35	4: Perfectionism/ Communication, Isabelle Schramm	1: F&A examination in dancers, Boni Rietveld	2: Posterior ankle pain: diagnosis, treatment, dance technique modifications, Oliver Ransan-Elliott	3: Foot strength: From activation to strength training, Anna Schrefl
On raising healthy dancers & longevity				
10:45-11:10	Injuries in the young dancer		Judith-Elisa Kaufmann	
11:10-11:35	Dancing with endoprotheses		Elisabeth Exner-Grave	
11:35-11:55	Coffee break ("grand" coffee break avec amuse bouches ?), exhibition			
11:55-12:10	RED-S		Sylvia Bonfanti	
12:10-12:25	RED-D in practice		Patrizia Melchert	
12:25-12:50	Stress fractures in dancers		Elia Coppens	
12:50-13:20	Early specialization		Judith-Elisa Kaufmann	
13:20-13:45	The aging dancer		Elisabeth Exner-Grave	
13:45-13:50	Closing remarks		Mathieu Assal, Elisabeth Schauer	