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# THE DANCER'S FOOT AND ANKLE & BEYOND

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SUPPORTING DANCERS FROM YOUTH TO MATURITY

MARCH 13 & 14, 2026



AN INTERDISCIPLINARY DANCE MEDICINE SYMPOSIUM

SUPPORTED BY

**IADMS** International Association  
for Dance Medicine & Science

**GOTS**  
Gesellschaft für Orthopädisch-  
Traumatologische Sportmedizin

## THE EVENT

Dr. Elisabeth Schauer and the Centre ASSAL offer a medical training course entitled “The Dancer’s Foot and Ankle & beyond - Supporting Dancers from Youth to Maturity.”

It is aimed at specialists in sports medicine, orthopedists, physiatrists, general practitioners, physiotherapists, osteopaths, sports and dance scientists as well as dancers.

This one-and-a-half-day event in Geneva will bring together renowned experts in healthcare and dance from around the world to share knowledge, explore best practices, and engage in hands-on learning.



CENTRE ASSAL  
— DE CHIRURGIE  
PIED — CHEVILLE  
— ET JAMBE

## THE LOCATION

A historic institution founded in 1835, dedicated to musical excellence and nestled in the heart of Geneva.

### Conservatoire de musique de Genève

Place de Neuve 5,  
1204 Genève  
<https://cmg.ch/>

## HOTEL NEARBY

- Ruby Claire Hotel
- Home Swiss Hotel
- Hôtel Marmont

## THE CREDITS

Physical Medicine and Rehabilitation (11)  
Sports and Exercise Medicine (10)  
Swiss Orthopaedics (10)  
Physiotherapy (10)  
Osteopathy (Approved)  
Pending : General Internal Medicine



## WANT TO REGISTER ?



<https://my.weezevent.com/the-dancers-foot-and-ankle-beyond-1>

## WANT TO CONTACT US ?

formation@centre-assal.ch  
T. +41 22 566 54 32

### CENTRE ASSAL

— DE CHIRURGIE  
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## MAIN PROGRAM

### FRIDAY MORNING, 13 MARCH

8:15 Registration, breakfast & exhibition

#### OPENING AND INTRODUCTION

9:00	The Dancer's Foot and Ankle	Mathieu Assal Elisabeth Schauer
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#### FOOT & ANKLE

9:15	The Dancer's Engine: Biomechanics of the Achilles and the Gastro-Soleus Complex	Mathieu Hauwel
9:40	Seeing the Hidden Movement: Functional Imaging of the Calf-Achilles Engine	Olivier Segall
10:05	Endoscopic Solutions for the Dancer's Achilles	Victor Dubois-Ferrière
10:10	Optimising Return in Athletes After Achilles Rupture: How Much Is Surgery and How Much Rehab?	James Calder
10:50	Coffee break & exhibition	

#### FOOT & ANKLE

11:10	Limited & Painful Relevé (Forefoot)	A.B.M. (Boni) Rietveld
11:40	Toe Flexor Strength: Assessment & Training	Anna Schrefl
12:00	Lunch break & exhibition	

## MAIN PROGRAM

### FRIDAY AFTERNOON, 13 MARCH

13:00	The Breaking Point: Stress Fractures in Dancers	Elia Coppens
13:25	Under Pressure: Nerve Compression Syndromes in Dancers	Patrizia Melchert

#### WORKSHOPS - Part I

13:55	<ul style="list-style-type: none"><li>• Foot &amp; Ankle Examination in Dancers</li><li>• Posterior Ankle Pain: Diagnosis &amp; Dance Technique Modifications</li></ul>	A.B.M. (Boni) Rietveld Oliver Ransan-Elliott
14:45	<ul style="list-style-type: none"><li>• Foot Strength: From Activation to Strength Training</li><li>• When Good Is Never Enough: Exploring Perfectionism</li></ul>	Anna Schrefl Isabelle Schramm
15:30	Coffee break & exhibition	

#### HIGHLIGHT LECTURES

15:45	Changing the Culture: How to Create Collaborative Health Systems for Dancers	Oliver Ransan-Elliott
16:30	The Role of Scientific Research in Dance Medicine	Jacques Menetrey
16:55	The Art and Science of Return to Performance: A Conversation between Dancer and Surgeon	James Calder Steven McRay
17:10	Prescribing your future : turning taxes into retirement savings	Mirabaud Bank, Laurent Neri
17:20	Show & Dinner Cocktail Reception	

## ALTERNATIVE PROGRAM FOR DANCERS FRIDAY, 13 MARCH

8:15 Main program

### WORKSHOPS

9:15	Getting Mentally Ready for Class & Performance	Isabelle Schramm
10:05	Getting Ready for Class & Performance Based on the 11+ Dance Program	Anna Schrefl
10:50	Coffee break & exhibition	
11:10	Posterior Ankle Pain: Physiotherapy and Dance Technique Advice	Oliver Ransan-Elliott
12:00	Lunch break & exhibition	
13:00	The Art of Breathing: Strengthening Core, Mind, and Performance	BASI® Pilates, Natascha Eyber
13:50	Leg Alignment	Judith-Elisa Kaufmann
14:40	The Artist's Journey: An Open Conversation with Steven McRae	Steven McRay
15:30	Coffee break & exhibition	
16:45	Main program	

## MAIN PROGRAM

### SATURDAY, 14 MARCH

7:45	Supporting program : Core Before Conference: Pilates Wake-Up Session	BASI® Pilates, Natascha Eyber
8:25	Breakfast & exhibition	

#### ON RAISING HEALTHY DANCERS & LONGEVITY

8:45	RED-S and the High Cost of Low Energy	Silvia Bonfanti
9:15	RED-S: Applying Concepts from Elite Sport to Dance	Patrizia Melchert
9:35	Early Specialization	Judith-Elisa Kaufmann
10:00	Coffee break & exhibition	

#### WORKSHOPS - Part II

10:20	<ul style="list-style-type: none"><li>• Foot Strength: From Activation to Strength Training</li><li>• When Good Is Never Enough: Exploring Perfectionism</li></ul>	Anna Schrefl Isabelle Schramm
11:10	<ul style="list-style-type: none"><li>• Foot &amp; Ankle Examination in Dancers</li><li>• Posterior Ankle Pain: Diagnosis &amp; Dance Technique Modifications</li></ul>	A.B.M. (Bonj) Rietveld Oliver Ransan-Elliott

#### ON RAISING HEALTHY DANCERS & LONGEVITY

12:00	Injuries in the Young Dancer	Judith-Elisa Kaufmann
12:30	Forever in Motion: Is Dancing with Artificial Joints Possible?	Elisabeth Exner-Grave
12:55	Closing Remarks	Mathieu Assal Elisabeth Schauer

# THE SPEAKERS



**Mathieu Assal PD, MD**  
Orthopaedic surgeon,  
foot & ankle specialist; Geneva.  
Past President SFAS.  
CEO & founder at Centre ASSAL



**James Calder, OBE, TD, MD, PhD,  
Professor**  
Orthopaedic surgeon, foot & ankle  
specialist, internationally renowned  
sports injury specialist, Fortius Clinic,  
London. Professor, Dept Bioengineering  
Imperial College London. Medical  
Advisor Dance UK



**Victor Dubois-Ferrière, MD**  
Orthopaedic surgeon,  
foot & ankle specialist; Geneva.  
Board of directors SFAS.  
Associate at Centre ASSAL



**Natascha Eyber**  
Managing director of BASI®  
Germany/Austria/Switzerland/Scandi-  
navia. Founder of BASI Pilates Studio  
Munich & Fürstenfeldbruck. BASI  
Principal Faculty. Former professional  
dancer, choreographer, creative  
director.



**Silvia Bonfanti, MD**  
Specialist in Physical Medicine &  
Rehabilitation and Sports Medicine.  
Centre ASSAL and Sports Medicine and  
Exercise Centre at the Hirslanden  
Clinique La Colline (Swiss Olympic  
medical center), Geneva.



**Elia Coppens, MD**  
Specialist in Physical Medicine &  
Rehabilitation and Sports Medicine,  
Geneva. Former professional dancer,  
Ballet du Grand Théâtre de Genève.



**Elisabeth Exner-Grave, MD**  
Orthopaedic surgeon, Germany.  
Founder of Competence Center for  
Dance Medicine, medicos. AufSchalke.



**Mathieu Hauwel, PhD**  
Physiotherapist at Centre ASSAL;  
Geneva. Lower limb specialist



**Judith-Elisa Kaufmann, Univ.  
Doz. Dr.**  
International teacher for dance  
medicine, pedagogy and science,  
Vienna, Austria. Principal of the  
Academy for Dance Pedagogy &  
Dance Medicine.



# THE SPEAKERS



**Patrizia Melchert, MD**

General Practitioner, Sports & Performing Arts Medicine specialist, Emergency physician, Vienna.



**Oliver Ransan-Elliott, BSc**

Director of Artistic Health, Ballett Zürich. Physiotherapist, high performance manager. Former dancer with the Australian Ballet and West Australian Ballet Companies.



**Elisabeth Schauer, MD**

Event scientific director. Orthopaedic surgery resident at the HFR Fribourg.



**Anna Schrefl, MSc**

Dance Science Researcher, Athletic Trainer, Pilates Teacher Trainer, Lecturer in Spiraldynamik®, Vienna.

**Steven McRay, BA, MSc**

Principal Dancer at the Royal Ballet, London. Artistic director of Veerdensballetten. Featured in "A Resilient Man". Author.



**Jacques Menetrey, MD, Prof.**

Orthopaedic surgeon, knee and muscle specialist, Geneva. Director of the Swiss Olympic Medical Center and Center for Sports Medicine and Exercise of the Hirslanden Clinique La Colline. Former ESSKA President.



**A.B.M. (Boni) Rietveld, MD, PhD**

Medical coach for injured dancers & musicians. Em. Orthopaedic surgeon & musician, Netherlands. Founder em. Medical Center for Dancers & Musicians, The Hague. IADMS Past President.



**Isabelle Schramm, MSc, DAS**

Sport & dance psychologist, Geneva. Former professional dancer, Ballet du Grand Théâtre de Genève.



**Olivier Segall, MD**

Radiology specialist



## PARTNERS

FONDATION  
— FORTÉ

FCDE  
*by* MIRABAUD

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 **basi**  
PILATES

## SUPPORT

**GENEVA**  
CONVENTION BUREAU

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## REGISTRATION FEES

MEDICAL PRACTITIONERS

\*Earlybirds

CHF 400.-

CHF 350.-

RESIDENTS, PHYSIOTHERAPISTS, OSTEOPATHS, GENERAL PUBLIC,  
SPORTS & DANCE SCIENTISTS

CHF 300.-

\*Earlybirds

CHF 250.-

STUDENTS, DANCERS

CHF 150.-

\*Earlybirds

CHF 120.-

Early birds – until 31 October

Breakfast, coffee breaks, lunch and cocktail are included in each price

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## CONTACT

CENTRE ASSAL DE CHIRURGIE DU PIED,  
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