



**The American Academy of Foot & Ankle Osteosynthesis**

**presents**

***ADVANCED TECHNIQUES IN SKELETAL FIXATION  
OF THE FOOT AND ANKLE***

**Goodlett Farms Innovation Centre  
Memphis, Tennessee**

**SCIENTIFIC CHAIRMAN**

**John M. Schuberth, DPM  
San Francisco, California**

# American Academy of Foot and Ankle Osteosynthesis

*. . . dedicated to the training of podiatric residents  
in the techniques and skills of skeletal fixation  
trauma and reconstructive surgery of the foot and ankle*

## Mission Statement

The mission of the American Academy of Foot and Ankle Osteosynthesis (AAFAO) is to provide comprehensive education in the training of podiatric residents in the techniques and skills of skeletal fixation trauma and reconstructive surgery of the foot and ankle.

Expected results of AAFAO's CME activities for surgeons, fellows and residents are to:

- Increase their knowledge base surgical skill level
- Apply advances in knowledge in the areas of trauma, degenerative disorders, deformities, tumors and reconstructive surgical techniques into patient care resulting in improved competence.
- Address practice performance gaps by improving management of all aspects of musculoskeletal injuries and disorders (i.e., pre-operative planning to post-operative care)

## Advanced Course Description

This course is designed to acquaint the surgeon with advances in operative treatment of fractures and deformities in the lower extremity/foot and ankle. The objectives of the course are to focus on all aspects of diagnosis, treatment and subsequent management of these injuries. The most current and innovative principles and techniques of stable internal fixation and their applications will be covered.

## Advanced Course Prerequisite

Course attendees must have previously attended AO North America's Basic Podiatric Course or AAFAO's Comprehensive Course of Internal Fixation for Reconstructive Surgery and Trauma of the Foot & Ankle.

## Advanced Course Learner Objectives

Upon completion of the course, participants should be able to:

- Apply the principles of internal fixation to the foot and ankle
- Identify the problems, complications and intraoperative difficulties that can result from internal fixation
- Implement principles and techniques for complex repair, revision and reconstructive surgery to the lower extremity
- Avoid complications and improve outcomes through preoperative planning
- Apply the psychomotor skills developed in the practical exercises in podiatric practice

## Continuing Education Contact Hours

This activity has been planned and implemented in accordance with the standards, requirements, and guidelines for approval of sponsors of continuing education in podiatric medicine through an affiliation of The Podiatry Institute and the American Academy of Foot and Ankle Osteosynthesis. The Podiatry Institute is approved by the Council on Podiatric Medical Education as a sponsor of continuing education in podiatric medicine. The Podiatry Institute has approved this activity for a maximum of **20 continuing education contact hours**.

**This course is supported by an unrestricted educational grant from Smith & Nephew**

Thursday

**ALL ADVANCED COURSE LECTURES TO BE HELD IN THE 2<sup>nd</sup> FLOOR LECTURE HALL**

**7:30**                      ***Welcome and Introduction***

**7:30 9:15**                      **ADVANCED CONTEMPORARY CONCEPTS OF INTERNAL FIXATION**

7:30	7:35	Welcome and Introduction
7:35	8:00	Biomechanics of Bone
8:00	8:20	Biologic Modulation of Bone Healing
8:20	8:50	Minimally Invasive Fracture Reduction/Percutaneous Plating
8:50	9:15	Discussions/Questions

**9:15 9:30**                      ***Coffee Break and Return to Lectures***

**9:30 10:30**                      **ADVANCED CONTEMPORARY CONCEPTS OF INTERNAL FIXATION**

9:30	9:50	Osteopenic/Diabetic Ankle Fractures
9:50	10:10	Comminuted Fibula
10:10	10:30	Fixation of the Syndesmotom Injury
<b>10:30</b>	<b>11:25</b>	<b>COMPLEX ISSUES IN ACUTE TRAUMA</b>
10:30	10:50	Malunited Ankle Fractures (Fibular Lengthening)
10:50	11:10	Management of Distal Lateral Tibial Osteonecrosis
11:10	11:30	High Energy Soft Tissue Injuries/Open Fractures
11:30	12:00	Discussion/Questions

**12:00 12:45**                      ***Lunch and Return to Lectures***

**12:45 1:35**                      **EXTERNAL FIXATION/BONE DEFECTS**

12:45	1:10	Mechanical Properties / Nomenclature
1:10	1:35	Bone Transport/Callus Distraction/Segmental Bone Defect
<b>1:35</b>	<b>2:40</b>	<b>MISCELLANEOUS TOPICS OF INTEREST</b>
1:35	1:55	Treatment of Osteomyelitis
1:55	2:15	Pediatric Fractures
2:15	2:35	Discussion/Questions

**2:35 2:50**                      ***Coffee Break and Travel to Clinical Conferences***

**2:50 4:15**                      **CLINICAL CASE CONFERENCES**

Rooms: VSP A, VSP B, VSP C, VSP D  
Check your name badge for your assigned room

**Friday**

**ALL ADVANCED COURSE LECTURES TO BE HELD IN THE 2<sup>nd</sup> FLOOR LECTURE HALL**

**7:30**                      ***Good Morning and Instructions***

**7:30 9:00**                      **COMPLEX PEDAL/ANKLE TRAUMA: COMPLEX/CHALLENGING FOOT INJURIES**

7:30 7:50                      Lis Franc Injuries  
7:50 8:10                      Complex Tarsal Fractures  
8:10 8:35                      Talus Fractures including AVN  
8:35 8:55                      Calcaneal Fractures  
8:55 9:15                      Pilon Fractures  
9:15 9:35                      Discussions/Questions

9:35 9:50                      Coffee Break and Head to Lab

**9:50 – 11:05**                      **PRACTICAL EXERCISE I: COMPLEX REPAIR TECHNIQUES/EXTERNAL FIXATION**

9:50 10:05                      A. Fibular Lengthening  
10:05 10:15                      B. Live Demonstration of ex fix set  
10:15 10:35                      C. Small (Delta Frame Construction on First Metatarsal)  
10:35 11:05                      D. Large Spanning Delta Frame

**11:05 11:35**                      **PRACTICAL EXERCISE II: ANKLE FUSION TECHNIQUES**

11:05 11:35                      B. Ankle Fusion with Anterior/Posterior Plate

**11:35 12:25**                      **PRACTICAL EXERCISE III: ADVANCED TRAUMA TECHNIQUES**

11:35 11:55                      A. Lis Franc (Screw Orientation, Cuneiform Diastases)  
11:55 12:15                      D. Talar Fractures

**12:15 1:00**                      ***Lunch and Travel to Lectures***

**1:00 3:35**                      **STRATEGIES FOR ANKLE ARTHRITIS**

1:00 1:20                      Fusion  
1:20 1:40                      IM Nailing of the Hindfoot  
1:40 2:00                      Distraction  
2:00 2:20                      Distal Tibial Osteotomies  
2:20 3:10                      Ankle Replacement/Takedowns  
3:10 3:35                      Discussion/Questions

**3:35 3:55**                      ***Travel to Clinical Case Conferences***

**3:55 5:15**                      **CLINICAL CASE CONFERENCES**

Rooms: VSP A, VSP B, VSP C, VSP D  
Check your name badge for your assigned room

**Saturday**

**ALL ADVANCED COURSE LECTURES TO BE HELD IN THE 2<sup>nd</sup> FLOOR LECTURE HALL**

**7:30**                      ***Good Morning and Instructions***

**7:30 9:10**                      **REVISIONAL AND RECONSTRUCTIVE SURGERY OF THE LOWER EXTREMITY**

7:30	7:50	Neglected Calcaneal Fractures
7:50	8:10	Reconstruction of Neglected Lis-Franc
8:10	8:30	Revision of the Malaligned Triple Arthrodesis
8:30	8:50	Revision of Malaligned Ankle Fusion
8:50	9:10	Cartilage Replacement Techniques

**9:10 9:25**                      ***Coffee Break and Travel to Lab***

**9:25 12:10**                      **PRACTICAL EXERCISE III: ADVANCED TRAUMA TECHNIQUES**

9:25	10:10	B. Calcaneal Fractures
10:10	10:30	C. Calcaneal Malunions (Distraction Fusion with Graft)
10:30	11:20	E. Pilon Fractures
11:20	12:00	F. Triple Arthrodesis Revision
12:00	12:20	G. Supramalleolar Osteotomy

**12:20**                      ***Lunch and Go Home***