

Recommended Foot & Ankle Curriculum Topics
For Fellowship Programs in the
AOFAS-sponsored Orthopaedic Foot & Ankle Fellowship Match

Hindfoot/Ankle

Arthritis
Ankle Arthritis and Treatment
Hindfoot Arthritis (subtalar, triple-joint)
Talus Osteochondral Lesions
Impingement Syndromes of the Anterior Ankle
Tendon Injury, Degeneration and Repair (ATT, PTT, Peroneals, others)
Achilles Tendon Ruptures (Acute and Delayed)
Achilles Tendinosis (insertional and non-insertional)
Ankle Instability (Acute and Chronic)
Posterior Ankle Impingement (FHL, Os Trigonum)
Post Stroke or Neurologic Contractures (cavovarus, equinus)
Adult Acquired Flatfoot
Tarsal Coalition

Midfoot

Mueller-Weiss Syndrome
Painful accessory navicular syndrome
Avulsion fractures about Chopart's joint (TN + CC; anterior process of Calc; dorsal navicular)
Os Peroneum
Midfoot arthritis
5th Metatarsal fractures (Jones, Pseudo-Jones, Stress, etc.)

Forefoot

Hallux Valgus
Hallux Varus
Hallux Rigidus
Metatarsus adductus
Claw deformity of the hallux
Hammer toe / Claw toe deformity and Cross-over toe
Freiberg's infraction
Bunionette deformity
Interdigital neuroma

General

Trauma of foot and Ankle
 Fractures
Soft tissue injury
Stress Fractures of the Foot and Ankle

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- Nerve Entrapment Syndromes about the Foot and Ankle
 - Tarsal Tunnel and distal branches
 - Common Peroneal
 - Deep Peroneal
 - Others
- Orthopaedic Tumors (Benign & Malignant) of the Foot and Ankle
- Congenital Flatfoot
- The Cavus foot / CMT
- Clubfoot
 - Late sequela (Adolescent/Adult)
- Diabetes (principles)
- Pathophysiology of neuropathy and neuropathic arthropathy
- Pathophysiology of impaired healing
- Treatment strategies and medications
- Charcot
- Anatomic areas
- Diagnostic challenges
- Stages
- Treatment principles
- Inflammatory arthritides
 - General
- Rheumatoid arthritis
- Gout
- Pathophysiology of joint and tendon problems
- Medications and their implications
- Treatment strategies
- Collagen diseases
- Vitamin D deficiency diseases
- Vitamin D physiology
- Effects on bone and bone healing
- Surveillance and Treatments
- Grafting and Biologics:
 - Role of Demineralized bone matrix and other graft substitutes
 - Role of BMPs
 - Risks and benefits of autograft
 - Risks and benefits of allograft (tendon, bone, other)
- Emerging technologies
- Pedorthics
- Orthotics history
- Evidence-based support for orthotics
- Basic prosthetics
- Orthotic principles