

**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
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

Recommended Foot & Ankle Curriculum Topics (Cont)

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

Developed by the Fellowship Curriculum Task Force

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Essential Surgical Case Categories

- 1) Achilles disorders
 - i) Ruptures
 - ii) Tendonitis- insertional and non-insertional
 - iii) Reconstruction/ release

- 2) Arthritis
 - i) Ankle
 - ii) Hindfoot
 - iii) Midfoot
 - iv) Forefoot

- 3) Deformity/Reconstruction
 - i) Hallux Valgus
 - ii) Hammer toes/claw toes
 - iii) Pes Planus and Posterior Tibialis Insufficiency
 - iv) Pes Cavus
 - v) Ankle deformity

- 4) Trauma
 - i) Ankle and Pilon
 - ii) Calcaneus and Talus
 - iii) Midfoot
 - iv) Forefoot

- 5) Diabetic Foot
 - i) Ulcer and infection treatments
 - (1) Debridements
 - (2) Amputations
 - ii) Charcot Arthropathy

- 6) Sports
 - i) Arthroscopy
 - ii) Ankle instability
 - iii) Peroneal tendon pathology
 - iv) Turf Toe
 - v) Misc. (posterior impingent, etc)

- 7) Nerves

- 8) Tendon Transfers

- 9) Other infectious

- 10) Miscellaneous (tumor, cyst, congenital deformity, coalition, etc)