Appendix D

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

Approved by the AOFAS Board of Directors, March 2015
Appendix E

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)