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

**Trauma: ORIF**
- Pilon
- Ankle Malleolar
- Talus
- Calcaneus (open, minimally invasive)
- Cuboid/Navicular
- Lisfranc injuries
- 5th metatarsal (open, percutaneous)
- Other metatarsal
- Phalanges

**Ankle/Hindfoot**
- Ankle Replacement (including revision techniques)
- Ankle Fusion (open and arthroscopic)
- Ankle Arthroscopy
  - Anterior (OCD, impingement, other)
  - Posterior (Os Trigonum, FHL, other)
- Ankle Instability
  - Brostrom / Modified Brostrum
  - Anatomic Repair
  - Non-Anatomic Repair
- Open Osteochondral procedures (Malleolar osteotomy, OATS, others)
- Peroneal Tendon
  - Repair, Debridement, SPR Reconstruction, Instability treatment
  - POPS; Excision/Repair/Tenodesis
- Tarsal Tunnel Release
- Adult Acquired Flatfoot Procedures
  - PTT Repair / Debridement
  - FDL Transfer / Spring Ligament Repair/Reconstruction
  - Calcaneal Osteotomies
- Adjunctive procedures
  - Achilles
  - Tendon Repair (open, mini open, percutaneous)
  - Delayed Achilles Tendon Reconstruction (FHL transfers, V-Y lengthening, etc.)
  - Achilles Tendinosis: Calcaneal Exostectomy, Debridement +/- Tendon Transfer
  - Achilles Contracture
    - Strayer / Gastrocnemius Lengthening
  - Achilles Lengthening (Percutaneous / Open)
- Posterior Tibial Tendon Transfer for Foot Drop
- Anterior Tibial Tendon Transfer for Cavovarus
- SupraMalleolar Osteotomies (Varus / Valgus)

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Appendix B (cont’d)

TTC Fusion via IM Nail or Plate
Cavus Foot
   Valgus producing calcaneal osteotomy
   1st Metatarsal dorsiflexion osteotomy
   Tendon transfer procedures
   Other adjunctive procedures
Anterior Tibial Tendon Tear: Repair/EHL Transfer
Plantar Fasciitis: Release/Baxter’s nerve release
Subtalar Joint Arthrodesis
Subtalar Arthroscopy
Triple Arthrodesis and its component parts
Tarsal coalition excision

Midfoot
ORIF & bone grafting Navicular Stress Fractures
Excision and reconstruction tibialis posterior for accessory navicular
Midfoot Arthrodesis
“Cotton” Osteotomy

Forefoot
Hallux Valgus
Phalanx osteotomy
Metatarsal osteotomy (distal and proximal)
Lapidus
Soft Tissue procedures
Hallux Varus Repair / Reconstruction
Hallux Rigidus
Cheilectomy and other joint sparing procedures
Hallux MTP fusion
Metatarsus adductus wedge osteotomies
Jones procedure
Hallux IP fusion
Sesamoid excision / grafting
Claw Toe deformity procedures
Hammer toe / Cross over toe deformity procedures
Freiberg’s infraction 2nd metatarsal head rotation osteotomy
Rheumatoid forefoot reconstruction
Bunionette deformity correction
Interdigital neuroma resection (Primary and Revision)

General
Bone graft harvest: iliac crest, tibial, calcaneal, local
Resection of major somatic nerve (neuroma) with re-direction to muscle/bone
Diabetic infection: soft tissue, and with osteomyelitis
Soft Tissue Management: Z Plasty, STSG, local flaps
Hardware Removal: deep/superficial
External Fixation techniques: Standard and Ring fixators
Lower extremity amputations (Ray, Transmet, BKS, others)

Developed by the Fellowship Curriculum Task Force
Approved by the AOFAS Board of Directors, March 2015
Appendix C

Recommended Foot & Ankle Curriculum Topics
For Fellowship Programs in the
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**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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Appendix C (cont’d)

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

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