

Australia Orthopaedic  
Foot & Ankle Society  
Instructional Course

Gold Coast University Hospital  
Marriott Surfers Paradise

Thursday 08 - Friday 09 August 2019

2019

AUSTRALIAN ORTHOPAEDIC  
**Foot & Ankle**  
SOCIETY



Thursday 08 August

Gold Coast University Hospital

0830 REGISTRATION

0845 Welcome  
**Anthony Cadden, Sonja Schleimer & Amy Touzell**

Lectures and Small Group Discussion

- 0900 **Tibialis Posterior Tendon Dysfunction:**  
Anatomy of the Tibialis Posterior Tendon  
Biomechanics of the Flat Foot  
Examination Technique of the Planovalgus Foot  
Radiology Findings in the Planovalgus Foot – Role of X-ray,  
Ultrasound, CT and MRI  
**David Miller**
- 0910 **Small Group Discussion and Computer Stations - Tibialis Posterior Tendon Dysfunction:**  
Non-operative Management of the Flexible Planovalgus Foot  
**Case 1** – Surgical Management of the Flexible Planovalgus Foot –  
FDL, Calcaneal Osteotomy, Gastrocnemius Lengthening, Spring  
Ligament Recon +/- Arthrodesis Screw  
**Case 2** – Surgical Management of the Arthritic Planovalgus Foot –  
Triple Arthrodesis
- 0930 **Hallux valgus and Lesser Toe Deformities:**  
Anatomy of Hallux Valgus  
Examination Techniques for Hallux Valgus  
Radiology Findings – Role of Weight Bearing X-Rays  
**Francois Tudor**
- 0940 **Small Group Discussion and Computer Stations:**  
Non-operative Management of Hallux Valgus  
**Case 1** – Surgical Management of Severe Hallux Valgus Deformity -  
Arthrodesis or Basal Osteotomy  
**Case 2** – Surgical Management of Symptomatic Mild Hallux Valgus  
Deformity – Scarf or Chevron Osteotomy

- 1000     **Charcot Arthropathy and the Diabetic Foot:**  
Multi-disciplinary Management of Charcot Arthropathy  
Pathophysiology of Charcot  
Stages of Charcot  
Differentiating Between Charcot Arthropathy and Osteomyelitis  
**Amy Touzell**
- 1010     **Small Group Discussion and Computer Stations:**  
How to do a Total Contact Cast, the Role of CROW Walker,  
Monofilament Testing and Toe Pressures  
**Case 1** – Mid-Foot Unstable Charcot Arthropathy  
**Case 2** – Charcot Arthropathy of the Ankle and Hindfoot Nail  
Technique
- 1030     **Ankle Instability:**  
Anatomy of Ankle Instability  
Role of the Syndesmosis in Ankle Pain Assessment and Weight-  
Bearing CT Scan  
Examination of the Unstable Ankle  
MRI Evaluation of the Unstable Ankle  
**Terry Saxby**
- 1040     **Small Group Discussion and Computer Stations:**  
Non-operative Management of Ankle Instability – Common  
Rehabilitation Protocols  
**Case 1** – ATFL, CFL Lateral Ligament Injuries Requiring Brostrom-Type  
Reconstruction +/- Internal Brace  
**Case 2** – Isolated Syndesmosis Injury Requiring Stabilisation – Screws  
vs Tightrope (or Similar)
- 1100     MORNING REFRESHMENTS

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### Lectures and Small Group Discussion

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- 1130     **Osteochondral Defects of the Ankle:**  
Vascularity of the Talus  
Mechanism of Osteochondral Defects  
**Sonja Schleimer**
- 1140     **Small Group Discussion and Computer Stations:**  
Non-operative Management of an OCD – When to Watch and Wait  
**Case 1** – Unstable Osteochondral Defect Requiring Open Repair  
**Case 2** – Massive Osteochondral Defect in a Young Person  
Management

- 1200     **Achilles Tendon Injuries:**  
 Anatomy and Blood Supply of the Achilles Tendon  
 Examination of the Achilles Tendon  
 Imaging of the Achilles Tendon – MRI Versus Ultrasound  
 Non-operative Versus Operative Management of Achilles Tendon Ruptures  
**Jeff Peereboom**
- 1210     **Small Group Discussion and Computer Stations:**  
 Non-operative Management of Mid-substance and Insertional Achilles Tendonopathy  
**Case 1** – Chronic Rupture Requiring FHL Transfer  
**Case 2** – Insertional Achilles Tendonopathy and Haglund's Deformity Surgical Management
- 1230     **Hindfoot Arthritis:**  
 Conditions Associated with Ankle Arthritis – Post-Traumatic, Haemochromatosis, Haemophilia etc  
 Examination of the Ankle And Subtalar Joint  
 Role of Injections into the Ankle and Subtalar Joint  
 Imaging of the Ankle and Subtalar Joint  
**Anthony Cadden**
- 1240     **Small Group Discussion and Computer Stations:**  
**Case 1** – Ankle Arthritis for Ankle Fusion  
**Case 2** – Subtalar Arthritis for Subtalar Fusion
- 1300     LUNCH

## Clinical Stations

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- 1330     Gait Assessment  
**Kevin Tetsworth**
- 1400     Essay Writing - Tips from a Chief Examiner  
**Chris Blenkin**
- 1430     **Groups of Four Registrars | 20 Minute Stations**  
 2 - 3 Patients Per Station - *Each Group Rotates Through Five Stations*
- 1530     AFTERNOON REFRESHMENTS
- 1550     **Groups of Four Registrars | 20 Minute Stations**  
 2 - 3 Patients Per Station - *Each Group Rotates Through Five Stations*
- 1730     Questions, Discussion & Close
- 1900     COURSE DINNER - *Marriott Surfers Paradise*  
**"Life After the Fellowship Exam"**  
 Panel Discussion on Foot & Ankle Fellowships  
 Tips for Setting up Private Practice & Work/Life Balance

## Lectures and Small Group Discussions

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- 0800     **Calcaneal Fractures:**  
Anatomy of Calcaneal Fractures – Constant Fragments  
Debate and Current Literature on Management of Calcaneal Fractures – To fix or not to fix?  
Outcomes of Calcaneal Fractures  
**Matt Hope**
- 0810     **Small Group Discussion and Computer Stations:**  
**Case 1** – Sinus Tarsi Approach to Fix Calcaneal Fracture  
**Case 2** – Primary Fusion of Subtalar Joint in Severe Fracture
- 0830     **Foot Drop and the Cavovarus Foot:**  
Neurological Causes of the Cavovarus Foot  
Muscle Imbalances Resulting in a Cavovarus Foot  
How to Examine a Cavovarus Foot  
Results of Nerve Conduction Studies in a Cavovarus Foot  
**Michael Lutz**
- 0840     **Small Group Discussion and Computer Stations:**  
Non-operative Management – Role of Orthotics, Wedging, Ulcer Management etc  
**Case 1** – Flexible Neurological Cavovarus Foot – Tib Post Transfer, Heel Shift Osteotomy, First Ray Osteotomy  
**Case 2** – Triple Arthrodesis
- 0900     **Tarso-metatarsal Joint Arthritis and LisFranc Injuries:**  
Anatomy of the mid-foot  
Movement of the Tarso-Metatarsal Joints  
Controversies in Fixation of Fourth and Fifth Tarso-Metatarsal Joints  
**Ben Forster**
- 0910     **Small Group Discussion and Computer Stations:**  
**Case 1** – Acute Fixation of Five-Ray Lisfranc Fracture/Dislocation  
**Case 2** – Fusion of the Tarso-Metatarsal Joints
- 0930     **Rheumatoid Forefoot:**  
Current Rheumatoid Medications – What to Stop Prior to Elective Surgery  
Other Surgical Considerations for the Rheumatoid Foot – Cervical Spine Instability, Upper Limb Involvement and Difficulty with Crutches etc  
Examination of the Rheumatoid Foot  
**Angus Moxon**

0940 **Small Group Discussion and Computer Stations:**  
Shoewear Modifications and Non-Operative Management  
Case 1 – Severe Rheumatoid Forefoot and Fowler's Procedure

1000 MORNING REFRESHMENTS

### Lectures and Small Group Discussions

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1030 **Morton's Neuroma and Tarsal Tunnel Syndrome:**

Anatomy of the Nerves in the Foot and Ankle  
Entrapment Syndromes of the Foot and Ankle  
Neurological Examination of the Foot and Ankle  
Tumours/infection – Red Flags

**Dave Miller**

1040 **Small Group Discussion and Computer Stations**

**Case 1** – Revision Morton's Neuroma Excision Through the Sole of the Foot

**Case 2** – Tarsal Tunnel Release

1100 **Amputations:**

Limb Salvage Versus Amputation – Current Evidence in Severe Lower Limb Trauma

Different Types of Amputations

Types of Prosthesis Used in Amputations

Counselling/psychological Support and Multi-Disciplinary Teams

Involved in Amputations

**Richard Hanly**

1110 **Small Group Discussion and Computer Stations:**

**Case 1** – Severe Trauma of the Lower Limb and Acute Below Knee Amputation

**Case 2** – Chronic Forefoot Pathology and Syme Amputation

1130 **Hallux Rigidus**

Pathophysiology of Hallux Rigidus – Gout, Short First Metatarsal, Familial etc

Imaging Findings in Hallux Rigidus – XR, CT and MRI, Dual-energy CT  
Examination of Hallux Rigidus

**Sarah Watts**

1140 **Small Group Discussion and Computer Stations:**

Non-operative Management – Orthotics, Shoewear Advice

**Case 1** – Revision First Metatarsophalangeal Joint Fusion with Tricortical Bone Grafting

**Case 2** – Dorsal Chlectomy

- 1200 Discussion of Written Practice Exam Answers  
**Amy Touzell**
- 1215 Tibial Plafond Fracture Management  
**David Thordarson**
- 1245 Feedback Session
- 1300 Commencement of the Combined Australia & New Zealand  
Orthopaedic Foot & Ankle Societies Conference

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