

DES MOINES
UNIVERSITY

April 30 - May 1, 2010
Student Education Center Auditorium
3300 Grand Avenue
Des Moines, Iowa

13.5 hrs
CPME
(pending)



SECOND ANNUAL
DES MOINES UNIVERSITY

Foot & Ankle Surgery Symposium

Platinum Sponsor:
ACFAS MIDWEST - DIVISION 6

Program Chair – Michael S. Lee, D.P.M., FACFAS
Program Co-Chair – Collin Pehde, D.P.M., AACFAS

Continuing Education Credit

Des Moines University – College of Podiatric Medicine and Surgery is approved by the Council of Podiatric Medical Education as a sponsor of continuing education in Podiatric Medicine. This program has been reviewed and approved for 13.5 continuing education contact hours.

PURPOSE: This symposium is designed for foot and ankle surgeons who want to enhance their knowledge of Hallux Valgus, ankle arthroscopy, the painful forefoot, gentleman's trauma, the Charcot foot, the difficult hindfoot and complex reconstruction.

AGENDA

Friday, April 30

12:55 p.m. Welcome and Announcements
Michael S. Lee, DPM, FACFAS

Hallux Valgus (1 - 3 p.m.)

1:00 - 1:20 Medial Dissection of the First MPJ
Paul Dayton, DPM, FACFAS

1:20 - 1:40 1st MPJ Fusions for Hallux Valgus
Troy Boffeli, DPM, FACFAS

1:40 - 2:00 The Geriatric Bunion
Eric Barp, DPM, FACFAS

2:00 - 2:20 The Lapidus
Sean Grambart, DPM, FACFAS

2:20 - 2:40 Revision Hallux Valgus Surgery
Jeff Christensen, DPM, FACFAS

2:40 - 2:50 Question and answer session

Break/visit exhibitors and sponsors

Gentleman's Trauma (3 - 5 p.m.)

3:00 - 3:20 5th Metatarsal Fractures
Sean Grambart, DPM, FACFAS

3:20 - 3:40 Navicular Fractures
Jill Frerichs, DPM, FACFAS

3:40 - 4:00 Central Metatarsal Fractures
Don Buddecke, DPM, FACFAS

4:00 - 4:20 Syndesmotic Injuries,
Michael S. Lee, DPM, FACFAS

4:20 - 4:40 Calcaneal Fractures,
Troy Boffeli, DPM, FACFAS

4:40 - 5:00 Question & answer session

Break/visit exhibitors and sponsors

5:00 - 6:00 Welcome reception (*Student Education Center*)

6:00 - 7:30 Abstract Presentation/Fireside Chat
(*Student Education Center Commons*)

7:30 - 7:50 Question and answer session

Saturday, May 1

7:30 - 8 a.m. Continental breakfast

The Soft Tissues (8 - 10:00 a.m.)

8:00 - 8:20 Management of Hallux Ulcers
Collin Pehde, DPM, AACFAS

8:20 - 8:40 Damage Control and Soft Tissue Preservation
in Extremity Trauma
Paul Dayton, DPM, FACFAS

8:40 - 9:00 Local Rotational Flaps
Troy Boffeli, DPM, FACFAS

9:00 - 9:20 TBD

9:20 - 9:40 Lateral Calcaneal Flap for Posterior Heel Wounds
Collin Pehde, DPM, AACFAS

9:40 - 10:00 Question & answer session

Break/visit exhibitors and sponsors

Arthroscopy (10:15 - 12:15 p.m.)

10:15 - 10:35 Practical aspect and complications
Don Buddecke, DPM, FACFAS

10:35 - 10:55 Subtalar Joint Arthroscopy
Jeff Christensen, DPM, FACFAS

10:55 - 11:15 TBD
Scott Nelson, DPM, FACFAS

11:15 - 11:35 Tendonoscopy, Fact or Fiction?
Jeff Christensen, DPM, FACFAS

11:35 - 11:55 Arthroscopic Ankle Arthrodesis
Michael Lee, DPM, FACFAS

11:55 - 12:05 Question & answer session

Break/visit exhibitors and sponsors

12:15 - 1:00 Box lunch

The Painful Forefoot (1 - 3:00 p.m.)

1:00 - 1:20 Freibergs Infarction
Eric Barp, DPM, FACFAS

1:20 - 1:40 Tailor's Bunions
Troy Boffeli, DPM, FACFAS

1:40 - 2:00 The Painful 2nd MPJ
Jill Frerichs, DPM, FACFAS

2:00 - 2:20 Morton's Foot
Jeff Christensen, DPM, FACFAS

2:20 - 2:40 Hallux rigidus
Sean Grambart, DPM, FACFAS

2:40 - 3:00 Question & answer session

Break/visit exhibitors and sponsors

Difficult Rearfoot (3:15 - 5:15 p.m.)

3:15 - 3:35 Tendon Transfers
Eric Barp, FACFAS

3:35 - 3:55 Rigid Adult Acquired Flatfoot
Sean Grambart, DPM, FACFAS

3:55 - 4:15 Keck and Kelly Heel Osteotomy
Troy Boffeli, DPM, FACFAS

4:15 - 4:35 Hindfoot nonunions
Jeff Christensen, DPM, FACFAS

4:35 - 4:55 Modern Techniques in Bone Grafting
Paul Dayton, DPM, FACFAS

4:55 - 5:15 Lecture, TBD

5:15 - 5:30 Question and answer session

Adjournment

FACULTY

Michael S. Lee, DPM, FACFAS, earned his Doctor of Podiatric Medicine degree at Des Moines University. He then completed a three-year foot and ankle surgical residency at the Western Pennsylvania Hospital in Pittsburgh, Pennsylvania. Dr. Lee has been in practice in central Iowa for 10 years. He is board-certified in both foot surgery and reconstructive rearfoot and ankle surgery by the American Board of Podiatric Surgery. Dr. Lee is president of the American College of Foot and Ankle Surgeons. He specializes in reconstruction of the foot and ankle, ankle arthroscopy, and foot and ankle injuries/trauma.

Collin E. Pehde, DPM, AACFAS, earned his Doctor of Podiatric Medicine degree at Des Moines University, graduating with distinction. He completed a one-year podiatric medical residency at the Western Pennsylvania Hospital in Pittsburgh, Pennsylvania, and a two-year podiatric surgical residency at the Harris County Podiatric Surgical Residency program in Houston, Texas. He joined DMU as an assistant professor in the College of Podiatric Medicine and Surgery in 2005. Dr. Pehde practices in the University's Foot and Ankle Institute. He has a strong interest in the comprehensive care of the diabetic foot and developed DMU's Limb Preservation Center.

Eric Barp, DPM, FACFAS, earned his Doctor of Podiatric Medicine degree from Des Moines University and completed his residency at Broadlawns Medical Center, Des Moines, where he was chief resident, 2002-2003. He is board-certified in rearfoot reconstructive and ankle surgery and in foot surgery and is a diplomate of the American Board of Podiatric Surgery. In 2005, he was chairman of the Membership Committee of the American College of Foot and Ankle Surgeons and manuscript reviewer for the *Journal of Foot and Ankle Surgery*, trauma sec-

tion. Dr. Barp is a board member of the State Board of Podiatric Medical Examiners, which is a governor-appointed position, and adjunct assistant professor in Des Moines University's College of Podiatric Medicine and Surgery. He is also a member of the American College of Foot and Ankle Surgeons. Dr. Barp practices with The Iowa Clinic in Des Moines.

Troy Boffeli, DPM, FACFAS, earned his Doctor of Podiatric Medicine degree at Des Moines University. He completed three years of postdoctoral surgical training at Detroit Medical Center, Wayne State University School of Medicine, department of surgery. He is currently a staff surgeon and department head of the department of foot and ankle surgery at HealthPartners Medical Group in St. Paul, Minnesota. Dr. Boffeli is also an adjunct clinical faculty member at Ohio College of Podiatric Medicine and Des Moines University College of Podiatric Medicine and Surgery. Dr. Boffeli is a diplomate, American Board of Podiatric Surgery and is board certified in reconstructive rearfoot/ankle surgery. He has a special interest in surgery of the foot and ankle including deformity reconstruction, fracture repair, arthritis surgery, sports injuries and diabetic wound surgery.

Don Buddecke, DPM, FACFAS, earned his Doctor of Podiatric Medicine degree from Des Moines University in 1998. He completed his residency at Broadlawns Medical Center, Des Moines, Iowa, followed by a fellowship at the Foot & Ankle Trauma and Reconstruction. Dr. Buddecke is board-certified in foot surgery and reconstructive rearfoot and ankle surgery. He is a fellow in the American College of Foot and Ankle Surgeons, a member of its education and scientific affairs committee and a member of the exam committee, American Board of Podiatric Surgery.

Paul Dayton, DPM, FACFAS, earned his Doctor of Podiatric Medicine degree at the California College of Podiatric Medicine. He then completed a Podiatric Surgical Residency at Kaiser Foundation Hospital, Santa Clara California where he was Chief Resident from 1989-1990. He is board-certified by the American Board of Podiatric Surgery in foot surgery and reconstructive rearfoot and ankle surgery. Dr. Dayton is currently the director of Trinity Regional Medical Center PM&S 36 Residency and is adjunct associate professor at Des Moines University College of Podiatric Medicine. He serves as section Editor for the *Journal of Foot and Ankle Surgery* and is the Scientific Chair for the Heartland Podiatry Conference. Dr. Dayton has held numerous clinical appointments including, The Board of Directors for Trimark Physicians Group, Iowa Board of Podiatric Medical Examiners, Iowa Podiatric Medical Association and Chief of Staff at Trinity Regional Medical Center. Dr. Dayton currently practices with Trimark Physicians Group in Fort Dodge Iowa.

Jill A. Frerichs, DPM, AACFAS, graduated from the University of Iowa and earned her Doctor of Podiatric Medicine degree from Des Moines University. She was a surgical resident at Grant Medical Center in Columbus, Ohio, from 2001 to 2004. After two years of private practice in Columbus, she became assistant professor of podiatric medicine at DMU, where she practices in the University's Foot and Ankle Institute and lectures on all topics of podiatric medicine and surgery throughout the first-, second- and third-year curriculum. She has conducted research and published on topics in foot and ankle surgery. Dr. Frerichs is a member of American Podiatric Medical Association, American College of Foot and Ankle Surgeons and Iowa Podiatric

FACULTY continued

Medical Association.

Scott Nelson, DPM, FACFAS, earned his Doctor of Podiatric Medicine degree at Des Moines University. He completed his podiatric residency at The Western Pennsylvania Hospital in Pittsburgh and surgical residency at Joint Township District Memorial Hospital in St. Mary's, Ohio. Dr. Nelson is board-certified by the American Board of Podiatric Surgery in foot surgery and reconstructive rearfoot and ankle surgery. Dr. Nelson is currently president of the American College of Foot and Ankle Surgery, Division 6 and also serves on the Nebraska Board of Health, Professions Board Committee, Board of Podiatry. He is a manuscript reviewer for the Journal of Foot and Ankle Surgery and the Journal of the American Podiatric Medical Association. Dr. Nelson is in private practice at Lakeside Orthopedics in Omaha Nebraska.

Robert (Tim) M. Yoho, DPM, MS, FACFAS, received his bachelor's degree from Grove City College and master's degree in microbiology/biology from Duquesne University. He received his DPM degree from the Ohio College of Podiatric Medicine. Following graduation, Dr. Yoho completed his residency training at Riverside Hospital in Toledo, Ohio. After seven years of private practice in Western Pennsylvania, Dr. Yoho accepted a faculty position in the College of Podiat-

ric Medicine and Surgery at Des Moines University. He was appointed associate dean for clinical affairs in 1995, dean of the college in 1997 and vice president for academic administration in 2002. Dr. Yoho holds the rank of professor, is board-certified by the American Board of Podiatric Surgery and is a fellow of the American College of Foot and Ankle Surgeons. Dr. Yoho has numerous scientific publications and serves on several national podiatric organizational boards

Bio info to come:

Jeff Christensen, DPM, FACFAS,
Everett, Washington

Sean Grambart, DPM, FACFAS,
Springfield, Illinois

REGISTRATION

Please register by April 16, 2010

Use the fast and secure online form at www.dmu.edu/continuinged

Or complete and mail this form to: Des Moines University, Accounting/Foot & Ankle Symposium,
3200 Grand Avenue, Des Moines, IA 50312

Name _____

Title _____

Employer _____

License # _____

Organization Address _____

City _____ State _____ Zip _____

E-mail address _____

Phone number _____

FEE

The fee for the symposium is \$100 (\$25 for Des Moines University students), which includes continuing education credit, course materials, Friday reception, Saturday box lunch, and refreshments.

Professional \$100 DMU Student \$25

No refunds. Substitutions can be made at any time.

FORM OF PAYMENT

Payment by check: Make checks payable to Des Moines University.

Payment by CREDIT CARD: Please fill out the information below

Visa Mastercard Discover American Express

Credit card #: _____

Expiration date (month/year): _____ Security code: _____

Signature: _____

(signature required for authorization of payment)

HOTEL INFORMATION

These hotels offer shuttle service to Des Moines International Airport and to Des Moines University; please inquire at the hotel.

Renaissance Savery Hotel

401 Locust Street
(Downtown Des Moines)
515-244-2151 or 800-514-4706
Ask for the DMU special rate

- Restaurant and lounge

Des Moines Airport Heartland Inn

1901 Hackley Avenue
515-256-0603 or 800-334-3277
www.heartlandinns.com

- Continental breakfast
- Several restaurants within short walking distance

Des Moines Marriott-Downtown

700 Grand Avenue
515-245-5500 / www.marriott.com

- Full-service restaurant and lounge
- Health club and indoor pool

For driving directions to find our campus, visit www.dmu.edu/campus.

Questions?

*Please contact Karen Crosby at 515-271-1374
or karen.crosby@dmu.edu*

OBJECTIVES

Minor modifications may be made.

The participant will be able to:

- Recognize appropriate indications for medial approach double arthrodesis.
- Understand the surgical technique for medial approach double arthrodesis.
- Identify proper indications for arthroscopic micro fracture of talar OCD lesions.
- Understand the surgical technique and pearls.
- Understand the indications for allograft versus autograft.
- Demonstrate an understanding of the indications for distraction arthrodesis.
- Describe the indications for calcaneotomies.
- Understand the surgical techniques for partial and total calcaneotomies.
- Describe the clinical and radiographic finding of calcaneal varus.
- Discuss the surgical techniques to address calcaneal varus deformities.
- Understand the use of lapidus arthrodesis.
- Discuss use of locked plate fixation and lapidus arthrodesis.
- Understand literature supporting early post-operative weight bearing of lapidus arthrodesis.
- Describe the indications and use of the Evan's lateral column lengthening.
- Discuss surgical pearls and technique tips for lateral column lengthening.
- Understand fixation options for lateral column lengthening.
- Discuss pre-operative work up and evaluation of calcaneal fractures.
- Understand reduction techniques and operative pearls for ORIF of the calcaneus.
- Understand common complications and techniques to reduce occurrence in the ORIF cases.
- Discuss common Charcot presentations and understand the rationale for Charcot reconstruction and risks.
- Describe the rationale for combination fixation constructs.
- Understand exam pearls to reveal syndesmosis injury and discuss reduction and fixation techniques for syndesmosis repair.
- Discuss the evaluation and treatment of complex and difficult ankle fractures.
- Understand the etiology of peroneal tendon injuries and understand how to provide proper evaluation and subsequent treatment.
- Identify the role of vitamin D in bone metabolism.
- Recognize the differences in bone density in diabetic and non-diabetic patient populations.
- Understand indications for first tarso-metatarsal arthrodesis.
- Discuss internal fixation techniques for lapidus – the left coast technique.
- Discuss contemporary approaches to evaluation of pilon fractures.
- Describe both internal and external fixation techniques for pilon fractures.
- Understand evaluation and osteotomy planning for supramalleolar osteotomies.
- Discuss various osteotomy options and indications.
- Understand clinical and radiographic characteristics of Lisfranc injuries in the athlete and review evidenced based approach to treatment.
- Describe modern technique for performance of the Austin bunionectomy revisited procedure and potential complications.
- Discuss various techniques for closure of large soft tissue defects.
- Describe an algorithmic approach to soft tissue closure.
- Describe a modified surgical technique for retrocalcaneal exostosis and discuss post-operative protocol and complications.
- Discuss and provide an overview of osteogenic enhancement materials and a rationale for the proper use of these products.
- Recognize various complications of complex cases and understand salvage options.
- Understand indications, technical aspects, postoperative management, complication management and outcomes for double calcaneal osteotomies utilized to manage posterior tibial tendon dysfunction.
- Discuss how to appropriately manage ankle fractures in the neuropathic diabetic, both nonoperative and surgical management.
- Discuss how to diagnose and treat complications of diabetic ankle fractures.
- Understand the critical importance of early recognition of acute Charcot.
- Discuss various management techniques and modalities including total contact casting, posterior muscle group lengthening, use of bisphosphonate therapy, electrical stimulation and various types of off-loading.
- Understand osteotomies for hallux rigidus/limitus.
- Discuss current concepts of treating hallux rigidus/limitus.
- Discuss appropriate indications for midfoot osteotomy and medial arch reconstruction.
- Understand the surgical technique for midfoot osteotomy and medial arch reconstruction.
- Discuss and interact with faculty regarding their own difficult cases and discuss appropriate treatment options.