The American Academy of Foot & Ankle Osteosynthesis

presents

THE AAFAO RESIDENT COURSE

in

Basic Fundamentals of Internal Fixation
For Reconstructive Surgery and
Trauma of the Foot & Ankle

Hyatt DFW Airport

SCIENTIFIC COMMITTEE

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LAB COORDINATOR

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Thursday

7:00	**7:25**	**Registration and Breakfast**
7:25	**7:30**	**Welcome and Introduction**

7:30	**9:30**	**FUNDAMENTALS**
7:30	8:10	Osteosynthesis in Modern Foot and Ankle Surgery
8:10	8:30	Biomechanics of Bone
8:30	8:50	Bone Grafting Healing
8:50	9:10	Orthobiologics
9:10	9:30	Anatomic Dissection in Foot and Ankle Surgery

9:30	**9:55**	**BREAK & VISIT VENDORS**

9:55	**11:15**	**NON-SCREW FIXATION TECHNIQUES**
9:55	10:10	Principles and Techniques of Non Operative Management of Fractures
10:10	10:25	Fundamentals of K-Wires, Steinman Pins, and Cerclage Wire Fixation
10:25	10:40	Principles of Tension Banding; Intramedullary Splintage and Tension Band Wire Techniques
10:40	10:55	Staple Fixation (Principles and Devices)
10:55	11:15	Fundamentals of External Fixation

11:15	**12:00**	**PRACTICAL EXERCISE I - NON-SCREW FIXATION TECHNIQUES**	
11:15	11:20	Assembly and Operation of Power Instrumentation	Table Top Instr
11:20	11:30	Crossed K-Wire Technique (Hallux IPJ Fusion) "Bucket Handle"	
11:30	11:45	K-Wire Splintage and Tension Band Wire Techniques 5th Metatarsal Avulsion (Single Loop/ Figure "8"	
11:45	12:00	Staple Lab	

12:00	**12:45**	***LUNCH***

Thursday, (cont.)

12:45	**1:45**	**SCREW FIXATION**
12:45	1:00	Anatomy of a Screw
1:00	1:15	Principles and Techniques of Lag Screw Fixation "By Design or by Technique"
1:15	1:30	Cannulated Screws
1:30	1:45	Functional Screw Caddy for Accurate Screw Instrumentation

1:45	**2:45**	**OBLIQUE ORIENTATIONS: FRACTURES, OSTEOTOMIES AND SCREW INSERTION**
1:45	2:00	Principles and Techniques of Oblique Orientations
2:00	2:15	Lesser Metatarsal Osteotomies / Tailor's bunion
2:15	2:25	Akin Osteotomy
2:25	2:45	Oblique Base Wedge Osteotomy of the 1st Metatarsal

2:45	**3:10**	**BREAK & VISIT VENDORS**

Thursday, (cont.)

3:10	**4:15**	**PRACTICAL EXERCISE II - LAG SCREW TECHNIQUE**
3:10	3:20	Use of Small Fragment Instrumentation
3:20	3:30	Cancellous Screw-Lag Technique
3:30	3:40	"No Compression" Cortical Screw Insertion
3:40	3:45	Conversion to a "Lag" Screw / Compression
3:45	3:55	Standard Cortical Screw - Lag Technique
3:55	4:05	Small Cortical Screw - Lag Technique
4:05	4:15	"Compromise" Compression Technique

4:15	**5:45**	**PRACTICAL EXERCISE III - LAG SCREW TECHNIQUES**
4:15	4:25	Hallux IPJ fusion / 3.5 mm fully threaded screw
4:25	4:40	Akin Osteotomy / Short Oblique Osteotomy / Single Screw
4:40	5:00	Tailor bunionectomy / Lesser Metatarsal Osteotomy
5:00	5:15	Long Oblique Fracture / Lesser Metatarsal Anchor and "Compression" Screws
5:15	5:30	Oblique Base Wedge Osteotomy (*Podiatric Modification*) 2 Screw Technique/*compromise and anchor screws
5:30	5:45	Dorsiflexory Wedge Osteotomy / "T" Sleeve Technique

Friday

7:00	**7:30**	**Breakfast**

7:30	**8:05**	**HALLUX VALGUS OSTEOTOMIES**
7:30	7:45	Chevron Osteotomies - Axis Guide, Austin, Long Dorsal Arm, Screw Fixation
7:45	8:05	"Z" Osteotomies - Axis Guide, SCARF Osteotomies, Screw Fixation
8:05	**9:30**	**FOOT AND ANKLE ARTHRODESIS**
8:05	8:30	Principles and Techniques of Joint Arthrodesis
8:30	8:45	Hallux Interphalangeal Joint (IPJ) Fusion
8:45	9:00	1st Metatarsal Phalangeal Joint (MPJ) Arthrodesis
9:00	9:15	Lapidus Arthrodesis / Hallux Abducto Valgus (HAV)
9:15	9:30	Midfoot Arthrodesis (Lisfranc, NC)

9:30	**10:00**	**BREAK & VISIT VENDORS**

10:00	**12:00**	**PRACTICAL EXERCISE IV: Hallux Valgus / OSTEOTOMIES *and* ARTHRODESIS**
10:00	10:30	Austin / Axis Guide / Osteotomy / Lock pin fixation 2.7 Cortical Screw
10:30	10:55	Long Dorsal Arm / 2 Screw Fixation
10:55	11:20	SCARF / Axis Guide, Osteotomies, 2 Screw Fixation
11:20	11:40	1st MPJ Arthrodesis (Crossed Screws 4.0 Cancellous)
11:40	12:00	Lapidus / "Seattle" Screw Technique (3.5 Cortical)

12:00	**1:00**	**LUNCH**

Friday

1:00	**1:50**	**FOOT AND ANKLE ARTHRODESIS**
1:00	1:15	Rearfoot Fusions
1:15	1:30	Ankle Fusion
1:30	1:50	Tricks
1:50	**2:55**	**PLATE FIXATION**
1:50	2:10	Principles of Plate Fixation/Locking Plate Technology
2:10	2:30	Implant Design / Clinical Applications of plate fixations in foot surgery
2:30	2:55	Guidelines for Removal of Implants (Complications, Infection, Broken Screws)

2:55 3:10 BREAK & VISIT VENDORS

3:10	**4:30**	**PRACTICAL EXERCISE V - TRIPLE ARTHRODESIS / ANKLE FUSION**
3:10	3:30	**STJ** - Subtalar Joint / "Superior" / "Inferior" Approach (6.5 Cancellous / 7.0 Cannulated)
3:30	3:45	**TNJ** - Talonavicular Joint (6.5 Cancellous, 4.0 Cancellous)
3:45	4:00	**CCJ** - Calcaneal - Cuboid Joint (Large Cancellous - 6.5mm); Staple Fixation (Information Only)
4:00	4:30	**ANK** - Ankle Fusions - Tripod Techniques "Home Run" Screws; (7.0 Cannulated) Posterior - Medial / Posterior - Lateral

4:30	**6:15**	**PRACTICAL EXERCISE VI - PLATE FIXATION**
4:30	4:40	Plate Principles (Video Only) - Axial Plate Compression, Load Screw, "Pre-Bending"
4:40	5:00	Lesser Metatarsal Fracture - Axial Compression
5:00	5:20	1st MPJ Fusion - Interfragmental Compression / Axial Compression
5:20	5:45	1st MPJ Fusion with Bone Graft - LC-DCP Plate, Axial Compression
5:45	6:15	Medial Column / Charcot (Combination Fixation) IFC and "Locking" Plate

Saturday

7:30	**8:00**	**Breakfast**

8:00	**10:20**	**MALLEOLAR FRACTURES**
8:00	9:00	Lauge-Hansen Classification
9:00	9:25	Danis-Weber Classification and Syndesmotic Stability
9:25	9:55	Malleolar Fractures; Philosophy, Strategy and Surgical Techniques
9:55	10:20	Anatomic Dissection of Ankle Fractures

10:20	**10:30**	**BREAK**

10:30	**12:00**		**PRACTICAL EXERCISE VII - MALLEOLAR FRACTURES**
10:30	10:50	**Weber A**	**(Transverse Avulsion)**
			- (K-Wire Splintage / Tension Band
			- Medial malleolus – vertical shear fracture with anti-glide plate
10:50	11:10	**Weber B**	**(Spiral Oblique)**
			- **SER** (**Long Oblique**) "Anchor" and "Compression" Screws (**Video Only**)
			- **SER** (**Short Oblique**):
			- Interfrag screw + neutralization or posterior anti-glide plate
			- Medial malleus – transverse avulsion – K-wire, splintage (figure "8")
11:10	12:00	**Weber C**	**(Comminuted High Fibular Fracture)**
			- Locking Plate / Syndesmotic Screw
			- Medial Malleolus / Transverse Avulsion Fracture / 2 x 4.0 screws
			- Posterior Malleolus (Direct)
12:00			Adjourn