

28TH ANNUAL SOUTHEASTERN ORTHOPAEDIC FOOT CLUB MEETING



MAY 4, 2017
ROSS BRIDGE GOLF RESORT & SPA
BIRMINGHAM, ALABAMA

KEYNOTE SPEAKER: THOMAS LEE, M.D.
ORTHOPAEDIC FOOT AND ANKLE CENTER
WESTERVILLE, OH



Sponsored by the University of South Alabama College of Medicine,
Office of Continuing Medical Education and the Department of
Orthopaedic Surgery

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*28th
Annual Meeting
Southeastern Orthopaedic
Foot Club*

May 4, 2017



**28th Annual
Southeastern Orthopaedic Foot Club
May 4, 2017
Birmingham, Alabama**

Course Objectives: At the conclusion of this activity, the participants should be able to:

1. Utilize procedural and ambulatory care for the disorders of the foot and ankle.
2. Recognize and incorporate therapeutic options for clinical problems of the foot and ankle.
3. Apply these new diagnostic and treatment modalities and technical knowledge in the treatment of children and adults with foot and ankle abnormalities, as well as the highly-trained athlete.

Target Audience: Orthopedists, Residents, Nurses, Physician Assistants and other Allied Health Specialists helping with Orthopaedics.

Accreditation:

“The University of South Alabama is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.”

“The University of South Alabama designates this educational activity for a maximum of *5 AMA PRA Category 1 CreditsTM*. Physicians should only claim credit commensurate with the extent of their participation in this activity.”

Acknowledgments

The Southeastern Orthopaedic Foot Club wishes to express appreciation to those who helped make this meeting a success.

Special thanks to:

Dr. Thomas Lee, our Keynote Speaker and **the 2017 Foot Club Faculty** for their support and informative presentations.

The staff of the Ross Bridge Golf Resort & Spa for making this a great experience.

Sharrie Cranford, Coordinator for the Continuing Medical Education Department of the University of South Alabama College of Medicine, and her assistant, Alice Nolen for their assistance with the CME credits.

Tammy Whisenant, Administrative Assistant for the Department of Orthopaedic Surgery, University of South Alabama and **Sharon Tayler**, Administrative Assistant for the University of South Alabama and previous SEOFC Meeting Coordinator.

History of the Southeastern Orthopaedic Foot Club 1989-2017

The Southeastern Orthopaedic Foot Club was formed in 1989 by Dr. Joseph B. Ray with the guidance of Dr. Kenneth Hannon, Dr. Angus McBryde and Dr. John Gould.

The goal of the Southeastern Orthopaedic Foot Club is to impart updated knowledge in the diagnosis and treatment of foot and ankle disorders. These disorders include trauma, degenerative conditions, repetitive stress injury, tumor and tumor-like conditions, diabetic complications, rheumatologic disorders, biomechanics, and methods of rehabilitation.

The Southeastern Orthopaedic Foot Club meets annually on the Thursday before the Alabama Orthopaedic Society meeting. The Foot Club has had numerous guest faculties who have a special and well-known interest in the foot and ankle. One member of the guest faculty, usually the current or past president of the American Orthopaedic Foot and Ankle Society, is the sponsored and honored guest.

Dr. Joseph Ray was Chairman from 1989 to 1992, at which time Dr. Angus McBryde and Dr. Joseph Ray served as Co-Chairmen until 1996.

Dr. Arthur Manoli, Chairman of the Department of Orthopaedic Surgery of the University of South Alabama, College of Medicine, became Chairman of the Foot Club in 1997 and served through 1999.

The years 2000 and 2001 were Co-Chaired by Dr. Prasit Nimityongskul, Professor and Interim Chairman of the Department of Orthopaedic Surgery, University of South Alabama, and Dr. Mark Perry, Assistant Professor of Orthopaedics and Chief of Foot and Ankle Service in the Department of Orthopaedics of the University of South Alabama.

Dr. Frederick N. Meyer joined the Department of Orthopaedic Surgery, University of South Alabama, as Professor and Chairman in 2001. Dr. Frederick N. Meyer and Dr. John S. Gould of Birmingham, Alabama were Co-Chairs for the 2002 meeting.

Dr. Frederick N. Meyer served as the Foot Club Chairman from 2003-2008. Dr. Mark Perry assumed Chairmanship for the 2009 meeting and has served as Chairman since then.

Faculty and Guest Speakers

SEOFK Keynote Speaker
May 4th, 2017
Birmingham, Alabama

Thomas Lee, M.D.
Orthopedic Foot and Ankle Center
Westerville, Ohio

Chairman, Southeastern Orthopaedic Foot Club 2017

Mark D. Perry, M.D.
Professor
Department of Orthopaedic Surgery
Foot and Ankle Service
University of South Alabama and
USA Hospital System
Mobile, Alabama

Faculty, 28th Annual Southeastern Orthopaedic Foot Club Meeting

Michael D. Johnson, M.D.
Assistant Professor
Orthopaedics
University of Alabama at Birmingham
Birmingham, Alabama

Robert Vander Griend, M.D.
Department of Orthopaedics
University of Florida
Gainesville, Florida

Norman Waldrop III, M.D.

Foot and Ankle Specialist
Andrews Sports Medicine
Birmingham, Alabama

Christopher M. Jones, M.D.
Assistant Professor
Department of Orthopaedic Surgery
University of South Alabama
Mobile, Alabama

Brandon Taylor, M.D.
Foot and Ankle Surgery Fellow
Campbell Clinic
Memphis, Tennessee

John Kirchner, M.D.
Southlake Orthopaedics
Birmingham, Alabama

Abstracts

1. Outcomes Metrics in Foot and Ankle Practice:
My Quality is Better Than Your Quality
2. Calcaneus Fractures; Small Incisions, Big Ideas
3. Kirchner
4. Tom Lee Syndesmosis
5. Chris Jones
6. Group Discussion
7. Turf Toe Reconstruction
8. Preliminary Data from the Campbell Clinic Retrospective Review
of Intramedullary Total Ankle Arthroplasties
9. Tom Lee – The Medial Column

**28th Annual
Southeastern Orthopaedic Foot Club**

AGENDA

**6:00 am Registration/Continental Breakfast/
Visit Exhibitors**

6:50 am Welcome and Introduction
Mark D. Perry, M.D.
Mobile, Alabama

Session I

**7:00 am Outcomes Metrics in Foot & Ankle Care: My
Quality is Better Than Yours**
Robert VanderGriend, MD
Gainesville, Florida

**7:30 am Calcaneus Fractures; Small Incisions, Big
Ideas**
Michael D. Johnson, M.D.
Birmingham, Alabama

**8:00 am My Experience with Minimally Invasive Achilles
Tendon Repair Techniques**
John Kirchner, MD
Birmingham, Alabama

**8:30 am -
9:00 am Break/Visit Exhibits**
Refreshments available in the Exhibitor Room

Session II

9:00 am The Syndesmosis: An Update
Tom Lee, MD
Westerville, Ohio

**9:35 am In Season Management of Foot and Ankle
Injuries in Athletes: Case Examples**
Christopher Jones, MD
Mobile, Alabama

10:10 am Interactive Group Discussion
Moderator: Michael D. Johnson, MD

10:40 am - Break / Visit Exhibitors
11:10 am **Refreshments available in the Exhibitor Room**

Session III

- 11:10 am** **Turf Toe Reconstruction**
Norman Waldrop III, M.D.
Birmingham, Alabama
- 11:40 am** **Preliminary Data from the Campbell Clinic
Retrospective Review of Intramedullary Total
Ankle Arthroplasties**
Brandon Taylor, MD
Memphis, Tennessee
- 12:10 am** **The Medial Column: A Review of the Adult
Flatfoot**
Tom Lee, MD
Westerville, Ohio
- 12:45 pm** **Questions for Speakers**
Mark Perry, M.D.
- 1:00 pm** **Closing Statements**
Mark Perry, M.D.
- 1:15 pm** **Meeting Adjourned**

CME Certificates may be obtained after the completion of the evaluation, which will be sent to you via e-mail. **Please make sure you provide a current e-mail address before you leave.**

Outcomes Metrics in Foot and Ankle Practice: My Quality is Better Than Your Quality

Robert Vander Griend, M.D.

Gainesville, Florida

Abstract:

Assessment of outcomes is common in orthopaedic practice. Surgeons do this for every case whether they realize it or not (how is the patient doing? what is the range of motion? what do the radiographs show? is this specific procedure giving good results or do I need to try something else?) In 1934 Ernest Codman promoted detailed outcomes metrics, initially for shoulder surgery. This was not well received by the orthopaedic community.

However, since that time an overwhelming number of outcomes metrics have been developed. More than 30 have been reported for foot and ankle problems. More recently the need for both patient reported outcomes (subjective) and clinical & radiographic outcomes measurements (objective) has been promoted. Outcomes metrics are now being linked to cost control, payments, quality of care, and a variety of other “standards” used by government and commercial payers. However, outcomes metrics are still not well received or utilized by the orthopaedic community.

This presentation will discuss how surgeons use outcomes in making patient care decisions-regardless of whether they use formal, validated outcomes metrics tools. The current status of outcomes metrics used in foot and ankle will be reviewed. How outcomes metrics may be incorporated (by choice or by requirement) into current or future practice patterns will be a topic for discussion with the audience.

Objectives: 1. Brief history of outcomes studies

2. Review current status of outcomes studies in foot and ankle

3. Review proposed government mandated outcomes regulations as they affect foot and ankle

Disclosure: Dr. Vander Griend has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Vander Griend will not discuss off labeled use of a product.

Calcaneus Fractures; Small Incisions, Big Ideas

Michael D. Johnson, M.D.
Birmingham, Alabama

Abstract: Despite the relative prevalence of calcaneal fracture fixation, much controversy still exists regarding the optimal treatment. While surgical treatment is associated with better outcomes in calcaneal fractures, it also puts patients at increased risk for complications when compared to conservative management. The lateral extensile approach provides the best visualization of the fracture, but has reported wound complication rates as high as 24.6%. These risks are compounded in patients with nicotine addiction.

In efforts to reduce wound complications while maintaining the benefits of operative treatment, small incision techniques have emerged. Techniques and outcomes of these small incision techniques will be reviewed.

Objectives: New techniques for calcaneus fractures.

Disclosure: Dr. Johnson has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Johnson will not discuss off-label use of a product.

Orthopaedic Mysteries – It Follows Me

John Kirchner, MD
Birmingham, Alabama

Abstract:

Objectives:

Disclosure:

Session II

9:00 am The Syndesmosis: An Update
Tom Lee, MD

**9:35 am In Season Management of Foot and Ankle
Injuries in Athletes: Case Examples**
Christopher Jones, MD
Mobile, Alabama

10:10 am Interactive Group Discussion
Moderator: Michael D. Johnson, MD

10:40 am Break / Visit Exhibitors
Refreshments available in the Exhibitor Room

The Syndesmosis: An Update

Tom Lee, M.D.
Westerville, Ohio

Abstract:

Objectives:

1. Review the anatomy of the ankle and syndesmosis.
2. Discuss the varied treatment options for syndesmotic ruptures.
3. Evaluate best practices for treatment of syndesmotic ruptures

Disclosure: Dr. Lee is a design surgeon and a consultant for Wright Medical Corporation and receives royalties and compensation.

In Season Management of Foot and Ankle Injuries in Athletes: Case Examples

Christopher Jones, M.D.
Mobile, Alabama

Abstract:

- Objectives:**
1. Review common foot and ankle injuries in athletes
 2. Develop a treatment plan for sports injuries with considerations for timing of the injury during the season, anticipated rehabilitation course
 3. Understand the importance of managing expectations of the patient, trainers, coaches, and parents

Disclosure: Dr. Jones has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Jones will not discuss off labeled use of a product.

Interactive Group Discussion

*Moderator: Michael D. Johnson
Birmingham, Alabama*

Abstract:

Objectives:

Disclosure:

Session III

11:10 am

Turf Toe Reconstruction

Norman Waldrop III, M.D.
Birmingham, Alabama

11:40 am

Preliminary Data from the Campbell Clinic Retrospective Review of Intramedullary Total Ankle Arthroplasties

Brandon Taylor, M.D.

12:10 pm

The Medial Column: A Review of the Adult Flatfoot

Tom Lee, M.D.
Westerville, Ohio

12:45 pm

Questions for Speakers

Mark Perry, M.D.

1:00 pm

Closing Statements

Mark Perry, M.D.

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Turf Toe Reconstruction

Norman Waldrop III, M.D.
Birmingham, Alabama

Abstract: Over the years, confusion over what constitutes a turf toe injury has been commonplace. While we are increasing our awareness of both the diagnosis and treatment of the injuries, there is still much to learn about the injury. Turf toe is a term used to describe a hyperextension injury to the first metatarsophalangeal joint, but many variants of the injury exist. Although the vast majority of turf toe injuries can be treated successfully without surgical intervention, there are instances where surgery is required to allow the athlete to return to play. Surgical turf toe repair restores the continuity of the plantar plate structures and simultaneously addresses any sesamoid pathology or cartilage lesions. While technically challenging, surgical repair with modern rehabilitation techniques can allow for the athletes to return to sport without significant detrimental effects on their level of play. There is a plethora of literature on turf toe injuries and nonoperative management, but there are currently no reports on surgical outcomes in athletes larger than three to four patients. Turf toe injuries are only more recently becoming better understood amongst both foot and ankle and sports medicine surgeons alike, helping us better treat these athletes.

Objectives: Provide a better outline for management of turf toe injuries.

Disclosure: Dr. Waldrop is a speaker and consultant for Arthrex Crossroads and receives royalties.

Preliminary Data from the Campbell Clinic Retrospective Review of Intramedullary Total Ankle Arthroplasties

Brandon Taylor, M.D.

Abstract: End-stage ankle arthritis can cause severe pain as well as significant functional deficit. Total ankle arthroplasty (TAA) is growing in popularity as a surgical treatment alternative to ankle arthrodesis for end-stage ankle arthritis. In this study, a retrospective review was performed on 75 patients who underwent primary total ankle arthroplasty at Campbell Clinic with an intramedullary tibial implant between 2008 and 2015. This retrospective study presents preliminary data on patient demographics, radiographic findings, and other post-operative results with early to mid-term follow up.

Objectives: To inform other surgeons about treatment indications and unique challenges facing the treatment of ankle arthritis with total ankle arthroplasty.

Disclosure: Dr. Taylor has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Taylor will not discuss off labeled use of a product.

The Medial Column: A Review of the Adult Flatfoot

Tom Lee, M.D.
Westerville, Ohio

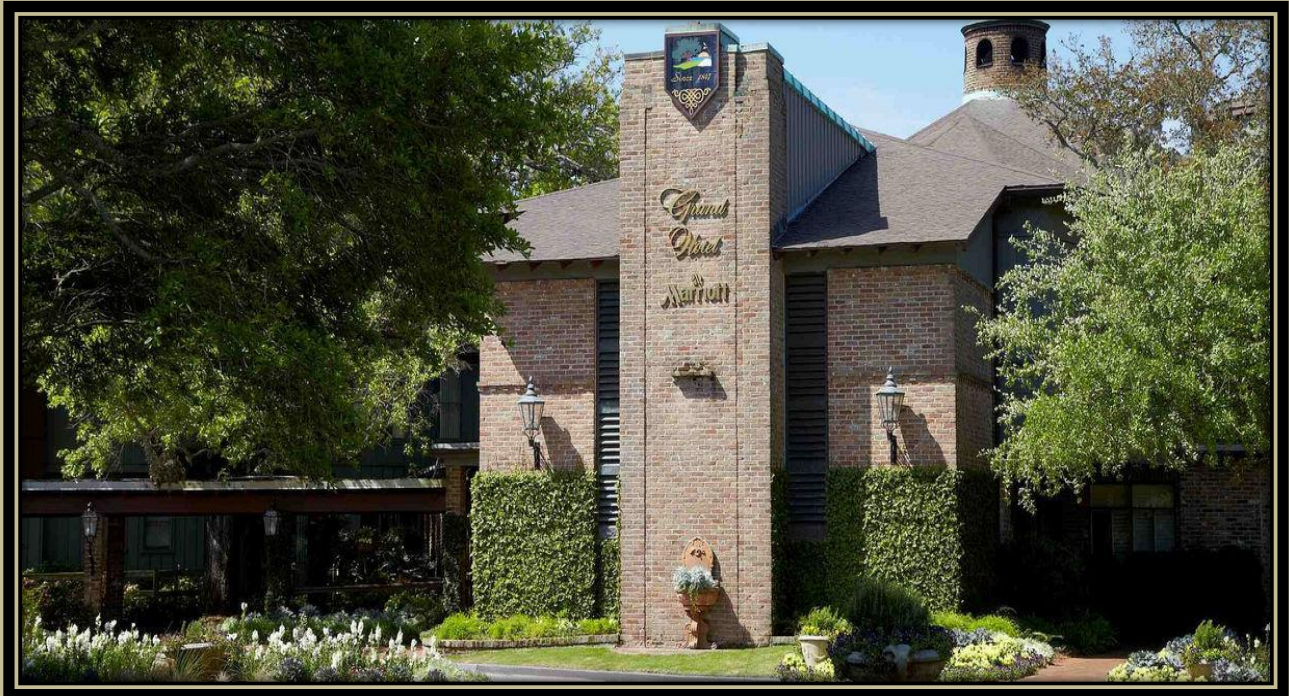
Abstract:

Objectives:

1. Understand the pathoanatomy of the ankle and foot
2. Review the deforming forces related to foot and ankle deformity
3. Learn new techniques to correct flat foot deformities

Disclosure: Dr. Lee is a design surgeon and a consultant for Wright Medical Corporation and receives royalties and compensation.

Save the Date!



29th Annual Southeastern
Orthopaedic
Foot Club Meeting

May 17, 2018

Marriott Grand Hotel
Point Clear, Alabama