27th Annual
Southeastern Orthopaedic Foot Club Meeting

May 12, 2016
Marriott Grand Hotel
Point Clear, Alabama

Keynote Speaker: Bruce Sangeorzan, M.D.
Foot and Ankle Specialist
University of Washington
Department of Orthopaedics and
Sports Medicine
Seattle, Washington

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

The Southeastern Orthopaedic Foot Club extends sincere appreciation to the following companies for supporting our conference.

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27th Annual Meeting
Southeastern Orthopaedic Foot Club
May 12, 2016
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 Credits™. 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. Bruce Sangeorzan**, our Keynote Speaker and **The 2016 Foot Club Faculty** for their support and informative presentations.

**The staff of the Marriott Grand Hotel Point Clear 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, for her assistance with the CME credits.

**Katy Stembridge** 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 SEOF Meeting Coordinator.
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

SEOFC Keynote Speaker
May 12th, 2016
Point Clear, Alabama

Bruce Sangeorzan, M.D.
Professor
Department of Orthopedics and Sports Medicine
University of Washington
Seattle, Washington

Chairman, Southeastern Orthopaedic Foot Club 2016

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, 27th Annual Southeastern Orthopaedic Foot Club Meeting

Angus M. McBryde, Jr., M.D.
Interim Chairman
University of South Alabama
Department of Orthopaedic Surgery
Mobile, Alabama

Michael D. Johnson, M.D.
Assistant Professor
Orthopaedics
University of Alabama at Birmingham
Birmingham, Alabama
Jeffrey Brewer, M.D.
Assistant Professor
Orthopaedic Trauma and Adult Reconstructive Surgery
Department of Orthopaedic Surgery
University of South Alabama
Mobile, Alabama

Raoul Rodriguez, M.D.
Chairman Emeritus
Department of Orthopaedics
Tulane University
New Orleans, Louisiana

Andres O’Daly, M.D.
Foot and Ankle Fellow
Department of Orthopaedic Surgery
University of Alabama at Birmingham
Birmingham, Alabama

Patrick Barousse, M.D.
Resident
Department of Orthopaedics
University of South Alabama
Mobile, 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

Ramon Rodriguez, M.D.
Assistant Professor
Department of Orthopaedics
Tulane University
New Orleans, Louisiana
Abstracts

1. Top 3 Foot and Ankle Ramblings

2. Ankle Arthritis and Coronal Deformity

3. Pilon Fractures: My First Six Months of Practice

4. Ankle Arthritis

5. Case Presentations / Interactive Group Discussion

6. How to Make a New Foot – Past, Present, and Future (?) Prosthetic Options

7. GPS Tracking: A Rehabilitation Tool Promoting Safe Return to Play - The Alabama Football Story

8. Talus Fractures

9. Foot Shape is More than Columns
27th Annual
Southeastern Orthopaedic Foot Club

AGENDA

6:00 am  Registration/Continental Breakfast/
Visit Exhibitors – Sky Lounge

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

Session I

7:00 am  Top 3 Foot and Ankle Ramblings
          Angus M. McBryde, Jr., M.D.
          Mobile, Alabama

7:30 am  Ankle Arthritis and Coronal Deformity
          Michael D. Johnson, M.D.
          Birmingham, Alabama

8:00 am  Pilon Fractures: My First Six Months of
          Practice
          Jeffrey Brewer, M.D.
          Mobile, Alabama

8:30 am - Break / Visit Exhibitors – Sky Lounge
9:00 am **Refreshments available in the Exhibitor Room**
Session II

9:00 am  Ankle Arthritis
        Bruce Sangeorzan, M.D.
        Seattle, Washington

9:35 am  Case Presentations/
         Interactive Group Discussion

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

         Co-Moderator:
         Raoul Rodriguez, M.D.
         New Orleans, Louisiana

         Presenters:
         Andres O’Daly, M.D. (UAB Fellow)
         Patrick Barousse, M.D. (USA Resident)

10:10 am  How to Make a New Foot – Past, Present, and
        Future (?) Prosthetic Options
        Robert Vander Griend, MD
        Gainesville, Florida

10:40 am - Break / Visit Exhibitors — Sky Lounge
11:10 am **Refreshments available in the Exhibitor Room**
Session III

11:10 am  GPS Tracking: A Rehabilitation Tool Promoting Safe Return to Play
The Alabama Football Story
Norman Waldrop III, M.D.
Birmingham, Alabama

11:40 am  Talus Fractures
Ramon Rodriguez, M.D.
New Orleans, Louisiana

12:10 am  Foot Shape is More than Columns
Bruce Sangeorzan, M.D.
Seattle, Washington

12:45 pm  Closing Statements
Mark Perry, M.D.

1:00 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.
Abstract:

1. The calf sleeve is used on an outpatient basis as a provocative test for the diagnosis of exertional compartment syndrome. The compartment(s) with a calf sleeve repeat the leg based activity which produces symptoms more quickly than without the calf sleeve.

2. The ankle fusion (especially arthroscopic ankle arthrodesis [AAA]) vs. total ankle replacement (TAR) debate for end stage ankle arthritis continues. Gait normalization, surgical or post-surgical complications, patient selection, and prior tissue envelope damage - all remain crucial in long term function. Clearly, TAR is “the future”. But both surgeries in 2016 (AAA and TAR) remain viable options. These two articles point up current discussion.

3. Open sesamoid surgery must be meticulous and carefully done. The plantar medial approach is preferred. Excision, drilling, bone grafting, partial excision are dependent on the global injury. The sesamoids are always involved in great toe injuries whether turf toe or acute synovitis.

4. Miscellaneous
   The centric mode-example
   Retrocalcaneal bursitis-endoscopic prescription

Objectives: To provide information and knowledge enabling better decision making regarding selected ankle and foot pre-op conditions.

Disclosure: Dr. McBryde has no significant financial interest or relationship with the commercial supporters of this activity. Dr. McBryde will not discuss off labeled use of a product.
Ankle Arthritis
and Coronal Deformity

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

Abstract:  Treatment of ankle arthritis with concomitant coronal deformity is a challenge. The optimal surgical treatment for these patients is still uncertain. Physicians are in need of evidence to guide treatment recommendations. A review of the literature along with discussion of the specific issues contributing to their complexity will give the provider a deeper understanding into the management of these patients.

Objectives: Educate on issues and outcomes related to ankle arthritis in the coronally malaligned ankle.

Disclosure: Dr. Johnson has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Johnson will not discuss off labeled use of a product.
Objectives: Demonstrate current techniques in the treatment of Pilon fractures.

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

9:00 am  Ankle Arthritis
         Bruce Sangeorzan, M.D.
         Seattle, Washington

9:35 am  Case Presentations / Interactive Group Discussion
         Moderator: Michael D. Johnson, M.D.
         Birmingham, Alabama

         Co-Moderator: Raoul Rodriguez, M.D.
         New Orleans, Louisiana

         Presenters: Andres O’Daly, M.D. (UAB Fellow)
                      Patrick Barousse, M.D. (USA Resident)

10:10 am How to Make a New Foot – Past, Present, and Future (?) Prosthetic Options
         Robert Vander Griend, M.D.
         Gainesville, Florida

10:40 am Break / Visit Exhibitors — Sky Lounge
         **Refreshments available in the Exhibitor Room**
Ankle Arthritis

Bruce Sangeorzan, M.D.
Seattle, Washington

Abstract:

Ankle arthritis has similar impact as hip arthritis on quality of life and a greater impact on propulsion. When fusion was the only surgical treatment option, little outcome information was measured. With advances in bracing, orthoses and ankle arthroplasty, more granular information is needed to understand causes, treatment outcomes and impacts. This presentation includes discussion of function and treatment of end stage ankle arthritis.

Objectives:

Updated understanding of treatment options and outcomes.

Disclosure:  Dr. Sangeorzan has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Sangeorzan will not discuss off labeled use of a product.
Case Presentations / Interactive Group Discussion

Moderator:

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

Co-Moderator:

Raoul Rodriguez, M.D.
New Orleans, Louisiana

University of Alabama at Birmingham
Fellow:

Andres O’Daly, M.D.

University of South Alabama Resident:

Patrick Barousse, M.D.

Abstract: A group of case presentations will be given by the participants which present decision dilemmas which will be discussed interactively with the audience. Grand Rounds format.

Objectives: To provide a series of interesting foot and ankle cases which require significant decision making relative to the best options for management. Solutions and outcomes to date will be provided after interactive discussion between presenters and audience participants. The goal is to discuss and debate viable options in complex situations.
Disclosure: Drs. Johnson, Rodgers, O’Daly and Barousse have no significant financial interest or relationship with the commercial supporters of this activity and will not discuss off labeled use of a product.
How to Make a New Foot – Past, Present, and Future (?) Prosthetic Options

Robert Vander Griend, M.D.
Gainesville, Florida

Abstract:

In the past, amputation was a common treatment for many lower extremity problems. The primary goal was to survive the amputation procedure and little emphasis was placed on functional recovery. Due to many advances in medical and orthopaedic care the need for an amputation is now much less common. But, when an amputation is needed there is an expectation of both the patient and the medical team to recover as much function as possible with as few limitations as possible.

There have been many advances in understanding the biomechanics of lower extremity function and in trying to restore this function with prosthetic components. For lower extremity amputations the foot is the terminal device. This presentation will briefly review the history of the prosthetic foot. We will then focus on currently available prosthetic foot technology including sensory feedback and micro-processor controlled “feet”. Prosthetic options still in the R & D stage and possibilities for the future will also be discussed.

Objectives: Update of current prosthetic foot technology.

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.
Session III

11:10 am  GPS Tracking: A Rehabilitation Tool Promoting Safe Return to Play
The Alabama Football Story
Norman Waldrop III, M.D.
Birmingham, Alabama

11:40 am  Talus Fractures
Ramon Rodriguez, M.D.
New Orleans, Louisiana

12:10 pm  Foot Shape is More than Columns
Bruce Sangeorzan, M.D.
Seattle, Washington

12:45 pm  Closing Statements
Mark Perry, M.D.

1:00 pm  Meeting Adjourned

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Abstract:

Global Positioning Systems (GPS) are becoming more common in athletics. GPS is a tool that both coaches and medical staffs can employ to better track athletes’ performance during competition. These systems allow tracking of player position, velocity, and movement patterns. At the University of Alabama, we have incorporated the use of these systems in our rehabilitation of our football players, utilizing both pre-injury and post-injury data to assist in the dynamics of rehabilitation protocols and decision making for return to play. This is a tool that allows tracking of fatigue, strength, and other measurable parameters that can allow us to safely return athletes to the field. GPS provides scope for better understanding of the specific and positional physiological demands of athletes and can be used to design training programs that adequately prepare athletes for competition during the rehabilitation with the aim of optimizing on-field performance and aiding in decision making for return to play.

Objectives: Discuss role of GPS systems and getting athletes back in the field.

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

Ramon Rodriguez, M.D.
New Orleans, Louisiana

Objectives: Treatment and classification of talus fractures.

Disclosure: Dr. Rodriguez has no significant financial interest or relationship with the commercial supporters of this activity. Dr. Rodriguez will not discuss off labeled use of a product.
Foot Shape is More than Columns

Bruce Sangeorzan, M.D.
Seattle, Washington

Abstract:

A flat foot and cavus foot are terms used as descriptors of foot shape. Neither term denotes a pathologic state. Neither is a comprehensive description of the shape. The concepts of a medial and lateral column and a three legged stool evolved to simplify foot shape. These concepts are helpful. The truth of foot shape is that it is a continuum not discrete and that the shape of the foot is dependent upon the shape of individual bones as well as the relationship among the bones. Dynamic changes are similarly framed by bone shape but also are affected by motor balance.

Objectives:

This talk will address factors in flat foot and cavoequinovarus deformities.

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

28th Annual Southeastern Orthopaedic Foot Club Meeting

May 4, 2017

Ross Bridge Resort
Birmingham, Alabama