



**American
College of
Foot and Ankle
Surgeons®**

ACFAS INTERMEDIATE LEARNING PATHWAY: Achilles Tendon – Lengthening, Ruptures, Tendonosis (itis)

Learning Objectives of this Pathway:

- Assess various surgical and non-surgical treatment approaches.
- Review and understand the various treatment options for Achilles Tendon repair.
- Learn about the anatomy and physiology of the Achilles.
- Take away important tips and pearls gleaned from case presentations.
- Learn about best practices to achieve optimal outcomes and prevent complications.

Day 1:

Clinical Sessions:

- [Anatomy and Physiology: Why this Make Me Nervous](#)
- [Surgical and Non-surgical Management of Equinus](#)
- [Insertional Tendinopathy](#)
- [Intra-Substance Tendinopathy](#)

Surgical Technique Videos:

- [Rearfoot Reconstruction – Tendon Achilles Lengthening](#)
- [Diabetic Surgery – Percutaneous Achilles Tendon Lengthening](#)
- [Diabetic Surgery – Open Achilles Tendon Lengthening](#)

Podcasts:

[Achilles Tendinopathy](#)

E-Book Chapters:

- [Orthobiologics For Foot and Ankle e-Book](#)
Chapter 8 – Clinical Applications of PRP: Achilles Tendonitis
- [Arthroscopy of the Foot and Ankle e-Book](#)
Chapter 13-2 – Endoscopic Gastrocnemius Recession

The ACFAS learning pathways are a tool to be used by residency directors, fellowship directors and school faculty to aid with didactic learning during the COVID-19 crisis. They are not intended to replace a curriculum, but to supplement student and resident education during this time of need.

The learning pathways are divided into basic, intermediate, and advanced categories.

Pathways have been organized into specific topics that have a variety of educational materials from the ACFAS On Demand course content. They also include journal articles with links primarily from the Journal of Foot and Ankle Surgery (JFAS).

Journal Articles:

- [A Prospective Series of Patients with Chronic Achilles Tendinopathy Treated with Autologous-conditioned Plasma Injections Combined with Exercise and Therapeutic Ultrasonography](#)
- [Radiofrequency Microdebridement Versus Surgical Decompression for Achilles Tendinosis: A Randomized Controlled Trial](#)
- [A Prospective Cohort Study of Symptomatic Venous Thromboembolic Events in Foot and Ankle Trauma: The Need for Stratification in Thromboprophylaxis?](#)

Day 2:

Clinical Sessions:

- [The Chronic Achilles](#)
- [Acute Rupture Stratified by Patient Characteristics](#)

Surgical Technique Videos:

- [Trauma – Open Repair of Achilles Tendon Rupture](#)
- [Rearfoot Reconstruction – Acute Achilles Tendon Ruptures](#)
- [Rearfoot Reconstruction – Chronic Achilles Ruptures](#)

Podcasts:

[Management of the Chronic Achilles - Insertional vs Non Insertional](#)

E-Book Chapters:

[Trauma of the Foot and Ankle e-Book](#)

Chapter 4 – Acute Achilles Rupture

Journal Articles:

- [Surgical Treatment Versus Conservative Management for Acute Achilles Tendon Rupture: A Systematic Review and Meta-Analysis of Randomized Controlled Trials](#)
- [Effect of Early Versus Late Weightbearing in Conservatively Treated Acute Achilles Tendon Rupture: A Meta-Analysis](#)
- [The Gift Box Open Achilles Tendon Repair Method: A Retrospective Clinical Series](#)

Day 3:

Clinical Sessions:

- [Retrocalcanectomy/Achilles Debridement with a Scope-The Better Way](#)
- [Managing Post-operative Complications](#)

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Surgical Technique Videos:

- [Rearfoot Reconstruction – Achilles Insertional Calcific Tendinosis](#)
- [Rearfoot Reconstruction – Achilles Reconstruction-Haglund's Resection](#)

Podcasts:

[Effect of Early Rehabilitation and Weight Bearing on Tendon and Bone Healing](#)

E-Book Chapters:

[Arthroscopy of the Foot and Ankle e-Book](#)

Chapter 12 – Achilles Insertional Tendinopathy

Journal Articles:

- [Use of a Central Splitting Approach and Near Complete Detachment for Insertional Calcific Achilles Tendinopathy Repaired with an Achilles Bridging Suture](#)
- [Operative Treatment of Haglund Syndrome with Central Achilles Tendon-Splitting Approach](#)

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