



12SS38: Arthroscopic Update

Accreditation Statement:

The American College of Foot and Ankle Surgeons is approved by the Council on Podiatric Medical Education as a sponsor of continuing education in podiatric medicine.

Designation Statement:

The American College of Foot and Ankle Surgeons designates these educational activities for CPME Continuing Education Contact Hours. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Learning Objectives:

At the conclusion of this activity, the participant will be able to:

1. Evaluate arthroscopic assisted fracture reduction
2. Identify important pearls and pitfalls gleaned from case based presentations
3. Understand management of impingement syndromes
4. Learn best practices for small joint arthroscopy treatment approaches

Instructions

1. Watch the online video presentations.
2. Fill in your contact information on the CE Test.
3. Complete the CE Test.
4. Complete the Evaluation form.
5. E-Mail (must have Microsoft Outlook) your CE Test and Evaluation form to:
eLearning@acfas.org

OR

Mail your CE Test and Evaluation form to
[American College of Foot & Ankle Surgeons](#)
[Nicole Trefilek, Education Assistant](#)
[8725 W. Higgins Road, Suite 555](#)
[Chicago, IL 60631-2724](#)

6. Please allow 6 - 8 weeks to receive your CE confirmation.

* Please note: the minimum passing score is 70%.



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Questions

1. Ballet dancers and downhill runners typically present with which type of impingement syndrome?

- a. Anterior
- b. Anterolateral
- c. Anteromedial
- d. Posterior
- e. None of the above

2. Syndesmotic impingement may be seen arthroscopically as?

- a. A low_lying (almost touching the talar dome), hypertrophic synovial fringe
- b. Hemorrhagic synovitis
- c. Fibrous band extending into the lateral gutter
- d. All of the above
- e. Answers a and c

3. The ligament of Bassett is the most distal anterior extension of which of the following structures?

- a. Anterior talofibular ligament
- b. Calcaneal fibular ligament
- c. Anterior inferior tibiofibular ligament
- d. Deltoid ligament (superficial component)
- e. Posterior talofibular ligament

4. Arthroscopic portals for the first metatarsal-phalangeal joint are:

- a. Medial
- b. Medial accessory
- c. Lateral
- d. Answers a and c
- e. Answers a, b and c

5. What are the diagnostic indications for calcaneal-cuboid joint arthroscopy?

- a. Osteochondral defects
- b. Loose bodies
- c. Meniscoid bodies
- d. Impingement lesions
- e. All of the above



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Questions (Cont'd.)

6. Arthroscopic portals for calcaneal-cuboid arthroscopy are:

- a. Medial and lateral
- b. Dorsal and plantar
- c. Proximal and distal
- d. Anterior and posterior
- e. None of the above

7. Complications in foot and ankle arthroscopy:

- a. Occur very rarely
- b. Occur, on average, in about 10% of patients in larger cohort studies
- c. Are more common in obese patients
- d. Answers b and c
- e. None of the above

8. The most common complication of ankle arthroscopy is:

- a. Postoperative infection
- b. Nerve injury
- c. Tibialis anterior tendonitis
- d. Arthrofibrosis
- e. Iatrogenic cartilage injury

9. Ways to decrease ankle arthroscopy post-operative infection include:

- a. Suture the portals rather than use thin adhesive strips
- b. Antibiotic prophylaxis
- c. Short-term immobilization (4-7 days)
- d. Use an alcohol and chlorhexidine skin preparation
- e. All of the above

10. Which of the following is/are amenable to arthroscopic fixation reduction:

- a. Sanders type II calcaneal fixation
- b. Pediatric triplane fixation
- c. Salter Harris type III fixation
- d. All of the above
- e. None of the above



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Questions (Cont'd.)

11. The primary advantage(s) of arthroscopic-assisted calcaneal fracture reduction is/are:

- a. Decreased surgical time
- b. Confirmation of anatomic joint reduction
- c. Less soft tissue morbidity
- d. Answers b & c
- e. All of the above

12. A contraindication of arthroscopic calcaneal fracture reduction is:

- a. Age older than 60 years
- b. Vitamin D deficiency
- c. Severe comminuted fracture pattern
- d. Two-part fracture
- e. Greater than 10 days status post index event



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Please type your answers.

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CE TEST

Answers

Question	Answers				
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Evaluation

1. The course achieved its learning objectives.

strongly disagree disagree neutral agree strongly agree

2. The course was relevant to my clinical learning needs.

strongly disagree disagree neutral agree strongly agree

3. The course was relevant to my personal learning needs.

strongly disagree disagree neutral agree strongly agree

4. The electronic method of instruction was conducive to learning.

strongly disagree disagree neutral agree strongly agree

5. The course validated my current practice.

strongly disagree disagree neutral agree strongly agree

6. I plan to change my practice based on what I learned in the course.

strongly disagree disagree neutral agree strongly agree

7. Any suggestions for the ACFAS e-Learning program?

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