



12SS40: Focus on the Forefoot

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:

- Review surgical options for 2nd MPJ deformity and arthritis
- Evaluation of literature of range of motion relating to revisional surgery
- Preservation of function in metatarsal surgery
- Treatment and evaluation of sesamoidopathy

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. **The goals of rheumatoid forefoot reconstruction include which of the following?**
 - a. Relieve pain
 - b. Create a stable forefoot
 - c. Eliminate excessive weightbearing beneath metatarsal heads
 - d. Provide ability to wear normal shoes
 - e. All of the above

2. **In what percentage of patients does rheumatoid arthritis first present in the foot?**
 - a. 5%
 - b. 15%
 - c. 25%
 - d. 50%
 - e. 75%

3. **The disadvantages of rheumatoid arthritis reconstruction include:**
 - a. More difficult than traditional surgery
 - b. Hospital stay required
 - c. Prolonged nonweightbearing
 - d. Higher risk of complication
 - e. All of the above

4. **What is the average range of motion of the first metatarsal-phalangeal joint (MPJ) that has been measured in gait?**
 - a. 10-15 degrees
 - b. 15-35 degrees
 - c. 42-50 degrees
 - d. 65 degrees
 - e. 50-90 degrees

5. **Arthrodesis can be utilized for which of the following conditions of the first MPJ?**
 - a. Advanced degenerative joint disease
 - b. Complicated hallux valgus with an intermetatarsal angle greater than 15 degrees
 - c. Revision of failed joint replacement
 - d. Answers a and c
 - e. All of the above



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Questions (Cont'd.)

6. Which of the following limitations is/are expected after first MPJ arthrodesis?
- Patient must wear orthopedic shoes for all walking
 - Patient must discontinue all sports activities
 - Heel height of shoe is limited
 - A limp and shortened stride length in gait is common
 - All of the above
7. Which of the following are likely extra-articular pathologies that can simulate hallux sesamoidopathy?
- Flexor hallucis brevis muscle strain
 - Distal plantar fascial strain
 - Plantar bursitis
 - Plantar proper digital neuritis
 - All of the above
8. What would be the best surgical approach to consider when removing a fibular sesamoid and preserving the flexor hallucis brevis tendon slip to the lateral phalangeal base?
- Dorsomedial approach
 - Dorsolateral approach
 - Medial approach
 - Plantar central approach
 - Plantar first interspace approach
9. In patients with chronic sesamoid pain and dysfunction whose x-ray shows normal/equivocal findings, the next best diagnostic test to obtain would be:
- MRI
 - Another x-ray
 - CT scan
 - Bone scan
 - Ultrasound
10. Which of the following is the most common cause of second MPJ arthritis?
- Trauma
 - Plantar plate insufficiency
 - Freiberg's infraction
 - Iatrogenic problem
 - Metabolic dysfunction



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Questions (Cont'd.)

11. Which of the following surgical options is the best index procedure for a crossover second digit deformity at the MPJ level?

- a. Fusion
- b. Implant
- c. Arthroplasty
- d. Distal metatarsal osteotomy
- e. Cartilage replacement

12. Cartilage replacement of the second MPJ is indicated for:

- a. End-stage arthritis
- b. Severe avascular necrosis of the head
- c. Isolated osteocartilagenous lesions
- d. A shortened metatarsal head
- e. A long metatarsal head

13. Congenital brachymetatarsia of the first metatarsal commonly results in what deformity?

- a. Elevated first ray
- b. Plantarflexed first ray
- c. Bunion
- d. Flatfoot
- e. Ankle equinus

14. For the patient with brachymetatarsia, what would be the most successful time to undergo surgery?

- a. At age 2 years
- b. At age 8 years
- c. At age 30 years
- d. Age is not a factor
- e. At pedal skeletal maturity

15. What is the most successful way to prevent digital stiffness and contracture at the MPJ during surgical lengthening of brachymetatarsia?

- a. Pin across the MPJ
- b. Do not worry, as this is not a concern
- c. Bridge the MPJ with external fixation to maintain the joint space
- d. Tape the toe into position
- e. Fuse the MPJ



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Questions (Cont'd.)

16. Which of the following muscles act(s) in both the flexion and extension plane of the second toe?

- a. Dorsal interossei
- b. Plantar interossei
- c. Flexor digitorum longus
- d. Extensor digitorum longus
- e. Lumbricales

17. Which of the following structures must be disrupted in order to have a crossover second toe deformity?

- a. Lateral collateral ligament
- b. Flexor digitorum longus
- c. Plantar plate
- d. Answers a and b
- e. All of the above

18. In order to perform the Lachman's maneuver to determine a plantar plate rupture, the toes must be in what position?

- a. Neutral
- b. 90 degrees dorsiflexion
- c. 20-25 degrees dorsiflexion
- d. 20-25 degrees plantarflexion
- e. Any position



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Please type your answers.

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Address 2:			
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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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