



## 12SS41: Flatfoot Essentials

### 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. Compare and contrast various surgical and nonsurgical treatment protocols for flatfoot conditions.
2. Understand specific indications for flatfoot surgery.
3. Identify important pearls and pitfalls gleaned from case based discussions.
4. Evaluate treatment approaches and their application to your practice for current flatfoot pathologies.

### 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](#)  
[Maggie Hjelm, Manager, Education Curriculum & Alliances](#)  
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. **Stage I and stage II posterior tibial tendon dysfunction (PTTD) should be treated using which of the following approaches?**
  - a. Immediate surgery via arthrodesis
  - b. Immediate surgery via realignment osteotomies
  - c. Surgery with a combination of soft tissue and osseous procedures
  - d. Conservative, with appropriate bracing and physical therapy
  - e. None of the above
  
2. **The success rate for nonsurgical management of PTTD is:**
  - a. 10%
  - b. 30%
  - c. 50%
  - d. More than 80%
  - e. Always 100%
  
3. **Which of the following braces works best for PTTD during the acute phase?**
  - a. Stirrup ankle brace
  - b. Yankee-style low articulated ankle foot orthosis (LAFO)
  - c. Southwest brace
  - d. Functional orthotic
  - e. Over-the-counter orthotic
  
4. **Complications of calcaneocuboid joint (modified Evans) arthrodesis include:**
  - a. Reduction of subtalar joint range of motion
  - b. Increased calcaneocuboid joint pressures
  - c. High nonunion rate
  - d. Answers a and c
  - e. All of the above
  
5. **All of the following are true of an isolated talonavicular joint arthrodesis *except*:**
  - a. Joint resection can be very difficult due to the concavity of the joint surface
  - b. Hindfoot motion (subtalar joint motion) is significantly reduced with this arthrodesis
  - c. It is indicated when there is significant hindfoot arthrosis in the subtalar joint
  - d. It may result in significant ankle arthrosis in the long term
  - e. It is very effective in correcting collapse of the medial column seen with adult-acquired flatfoot



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### Questions (Cont'd.)

6. In the adult-acquired flatfoot deformity (PTTD), subtalar joint arthrodesis should be:

- a. Used for stage I deformities
- b. Considered when there is a fixed forefoot varus
- c. Completed concurrently with tendo-Achilles lengthening and flexor transfer
- d. Used to correct sagittal plane dominance
- e. All of the above

7. According to Bluman and Myerson's new classification for stage IV-A and B PTTD, all of the following statements are true except:

- a. The patient presents with a hindfoot valgus
- b. The ankle can be flexible with an ankle valgus and without significant tibiotalar arthritis
- c. The ankle can be rigid with an ankle valgus with significant tibiotalar arthritis
- d. Stage IV is the most common type of condition of PTTD
- e. Stage IV is the least common type of condition of PTTD

8. Which of the following is not a surgical treatment option for stage IV PTTD?

- a. Deltoid reconstruction
- b. Calcaneal osteotomies with ankle arthroplasty
- c. Arthrodesis with ankle arthroplasty
- d. Subtalar arthrodesis
- e. Pantalar arthrodesis

9. All of the following are suggested deltoid ligament reconstruction procedures except:

- a. Local deltoid ligament augmentation
- b. Extensor hallucis longus autograft
- c. Flexor hallucis longus autograft
- d. Posterior tibial tendon autograft
- e. Hamstring allograft



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### Questions (Cont'd.)

**10. Contraindications for arthroereisis for flatfoot are:**

- a. Pediatric patients
- b. Adult patients
- c. Coalitions
- d. Patients with flexible deformities
- e. Patients with a weak posterior tibial tendon

**11. Arthroereisis can correct which of the following?**

- a. Calcaneal-cuboid angle
- b. Talo-calcaneal angle
- c. Talar declination angle
- d. Calcaneal inclination angle
- e. All of the above

**12. Which of the following is a complication of arthroereisis?**

- a. Talar stress fracture
- b. Overcorrection
- c. Implant migration
- d. Damage to posterior tibial tendon
- e. Damage to joint surfaces

**13. All of the following can be the source of pain in an adult with acquired flatfoot except:**

- a. Subfibular pain
- b. Tibialis posterior insertion
- c. Subtalar osteoarthritis
- d. Os trigonum syndrome
- e. Stress fracture of fibula

**14. Which of the following results in an acquired flatfoot deformity?**

- a. Charcot foot
- b. Lisfranc fracture/dislocation
- c. Posterior tibial tendon dysfunction
- d. Tibial coalition
- e. All of the above



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### Questions (Cont'd.)

**15. Which procedure is most appropriate for the surgical management of stage III PTTD in an adult?**

- a. Ankle fusion
- b. Calcaneal osteotomy
- c. Subtalar fusion
- d. Deltoid reconstruction
- e. Posterior tibial tendon debridement and repair



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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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