

**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. Review the osseous and soft tissue components of injuries.
  2. Discuss how index therapy can impact the natural progression of these complex fracture injuries.
  3. Discuss reconstructive options.
  4. Review of complex biomechanics.
- 

## 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](mailto:eLearning@acfas.org)

OR

Mail your CE Test and Evaluation form to  
[American College of Foot & Ankle Surgeons](#)  
[Education Department](#)  
[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%.

## Questions

1. **Which patient risk factors increase the likelihood for poor outcome in the treatment of joint depression fractures of the calcaneus?**
  - a. Heavy work activity
  - b. Female
  - c. Workman's compensation
  - d. Older patients
  - e. Answers a, c, and d
  
2. **Which operative factors increase the likelihood for satisfactory outcome in the treatment of joint depression fractures of the calcaneus?**
  - a. Restoration of Bohler's angle
  - b. Restoration of calcaneal length
  - c. Anatomic reduction of intraarticular fracture of subtalar joint
  - d. Both a and c
  - e. All the above
  
3. **Which of the following does *not* predict the future need for subtalar joint arthrodesis following intraarticular fracture of the calcaneus?**
  - a. Operative treatment
  - b. Nonoperative treatment
  - c. Decreased (i.e., nonanatomic) Bohler's angle
  - d. Workman's compensation
  - e. Severity of intraarticular comminution of the posterior facet of subtalar joint
  
4. **Complications of soft tissue are the most common in the treatment of pilon fractures.**
  - a. True
  - b. False
  
5. **Treatment and observation of a soft tissue component to injury can reduce wound healing complications.**
  - a. True
  - b. False
  
6. **Staged treatment with less invasive reduction and fixation techniques including minimally invasive plate osteosynthesis (MIPO) have become the favored treatment.**
  - a. True
  - b. False

## Questions (Cont'd.)

7. **What is the best predictor of a satisfactory outcome following a Lisfranc injury?**
- Plaster rather than fiberglass cast
  - Use of ultrasound bone stimulator
  - Anatomic restoration and internal fixation
  - Supplementation of intravenous vitamin C
  - Ankle brachial index of greater than 1.5
8. **What is the most important predictor of bone healing in the diabetic patient?**
- Glucose control
  - Body mass index
  - Previous surgery
  - Fixation
  - Presence or absence of neuropathy
9. **Using a fixation technique of multiple syndesmotic screws to stabilize and fixate the ankle fracture is known as:**
- MIPO
  - Metallosis
  - Fibula pro tibia
  - Intramedullary nailing
  - All of the above
10. **An ankle fracture in the diabetic patient with neuropathy:**
- Is a high-risk ankle fracture that should be treated meticulously
  - Carries a high risk for future Charcot disease
  - Should be treated from a multidisciplinary approach
  - Should be postoperatively treated with increased non-weightbearing and follow-up visits
  - All of the above
11. **The most frequent malunion seen after talar fracture is:**
- Varus malunion
  - Valgus malunion
  - Dorsiflexed malunion
  - Plantarflexed malunion
  - Malunion is never seen

## Questions (Cont'd.)

**12. Avascular necrosis of the talus after talar fracture may be salvaged by:**

- a. Core decompression drilling
- b. Vascularized grafting
- c. Isolated ankle fusion
- d. Tibiotalarcalcaneal (TTC) arthrodesis
- e. All of the above

**13. The best type of non-operative treatment for Achilles tendon rupture is:**

- a. Long leg casting for 12 weeks
- b. Short leg casting for 12 weeks
- c. Early functional rehabilitation with proper bracing
- d. Walking boot immobilization only
- e. None of the above

**14. Surgical treatment for neglected Achilles ruptures includes:**

- a. V-Y advancement
- b. Turn down tendon flap(s)
- c. Flexor hallucis longis tendon transfer
- d. Peroneus brevis transfer
- e. All of the above

**15. Acute Achilles tendon ruptures can be missed in what percentage of patients?**

- a. 10%
- b. 20%
- c. 50%
- d. 80%
- e. 90%

**16. What is the overall involvement of syndesmotic injury:**

- a. 1%
- b. 10%
- c. 25%
- d. 50%
- e. 100%

**17. The best imaging modality to determine syndesmotic congruency is:**

- a. Plain radiography
- b. Ultrasound
- c. CT scan
- d. Bone scan
- e. Stress fluoroscopy

## Questions (Cont'd.)

18. Acceptable treatment options for the malreduced syndesmosis include:

- a. Revision with syndesmotic screw fixation
- b. Ligament reconstruction with allograft
- c. Syndesmotic fusion
- d. All of the above
- e. None of the above

## CE Test

Please type your information.

ACFAS ID #			
Name:			
Company:			
Address 1:			
Address 2:			
City:			
State:		Zip Code:	
Daytime Phone:			
E-mail:			
Signature:			

Please select your answer.

Question	Answers				
1	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
2	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
3	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
4	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
5	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
6	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
7	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
8	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e

<b>9</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>10</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>11</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>12</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>13</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>14</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>15</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>16</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>17</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
<b>18</b>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e

## Evaluation

1. The course achieved its learning objectives.

strongly agree       agree       neutral       disagree       strongly disagree

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

strongly agree       agree       neutral       disagree       strongly disagree

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

strongly agree       agree       neutral       disagree       strongly disagree

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

strongly agree       agree       neutral       disagree       strongly disagree

5. The course validated my current practice.

strongly agree       agree       neutral       disagree       strongly disagree

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

strongly agree       agree       neutral       disagree       strongly disagree

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



**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  
Education Department  
8725 W. Higgins Road, Suite 555  
Chicago, IL 60631-2724