ACFAS BASIC LEARNING PATHWAY:  
Ankle Arthritis – Etiology and Basic Treatments

**Learning Objectives of this Pathway:**
- Review the conservative measures that can be implemented in ankle arthritis
- Understand the etiology behind ankle arthritis

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**Days 1-2:**

**Clinical Sessions:**
- Injection Therapy: Efficacious or Delaying the Inevitable?
- The Basics: Biology, Collagen, Injury, Healing

**Podcasts:**
New Research Joint Preservation/Cartilage Restoration

**Journal Articles:**
- Current Concepts in the Management of Ankle Osteoarthritis: A Systematic Review
- Conservative Treatment of Ankle Osteoarthritis: Can Platelet-Rich Plasma Effectively Postpone Surgery?
- Prospective Evaluation of Intra-Articular Sodium Hyaluronate Injection in the Ankle
- Nonanimal Hyaluronic Acid for the Treatment of Ankle Osteoarthritis: A Prospective, Single-Arm Cohort Study
- Intra-Articular Corticosteroid Injections in the Foot and Ankle: A Prospective 1-Year Follow-Up Investigation
- Association Between Knee Osteoarthritis and Functional Changes in Ankle Joint and Achilles Tendon

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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).