

## Clinical Skill Development Intensive: Ankle and foot

**Objectives:** By completing this program, participants will be able to:

- Identify and explain the most common causes of ankle and foot dysfunction based on the NPLEX study guide;
- Identify and apply the orthopedic and imaging evaluations that are most helpful in making an accurate diagnosis based on the NPLEX study guide and clinical practice;
- Identify and apply the most appropriate treatment options;
- Identify the limitations in in-office treatment, understanding appropriate referrals.

**Agenda:**

- Review of basic anatomy of the ankle and foot utilizing articulated skeletons, imaging, models (15 min.)
- Review of common pathologies of the ankle and foot (15 min.)
  - ✚ Pes planus/cavus
  - ✚ Hallux malleus
  - ✚ Hallux valgus
  - ✚ Morton neuroma
  - ✚ Plantar fasciitis
  - ✚ Sprain/Strain
  - ✚ Bone fracture
  - ✚ Bone spurs
- Using and interpreting the most useful physical examination techniques (60 min.)
  - ✚ Observation
  - ✚ Range of Motion
  - ✚ Anterior/posterior drawer test
  - ✚ Dorsiflexion test
  - ✚ Forefoot adduction test
  - ✚ Forefoot squeeze test (Morton)
  - ✚ Homans sign
  - ✚ Talar tilt test
  - ✚ Test for rigid or supple flat feet
  - ✚ Thompson squeeze test
  - ✚ Tibial torsion test
- Imaging studies for ankle and foot (10 min.)
  - ✚ Knowing when and what to order
  - ✚ Knowing the limitations of imaging
  - ✚ How to write the order
- Treatment Options
  - ✚ Watchful waiting
  - ✚ Physical adjustments (and contraindications)
  - ✚ Physical therapy
  - ✚ Surgery
- Pharmacology of commonly-used in-office pain medications (20 min.)

- ✚ NSAIDS (Indications/Contraindications)
- ✚ Homeopathic injections
- ✚ Other pain meds (non-narcotic!)
- ✚ Write the prescription
- SOAP Case Presentation: Chief Concern, Subjective, Objective, Assessment, Plan (25min.)
  - ✚ Eliciting the Chief Concern from the patient
  - ✚ Subjective: The patient's story (OPQRST)
  - ✚ Objective: Focused physical examination of the patient
  - ✚ Objective: Imaging studies (What and When)
  - ✚ Assessment: Creating the Differential Diagnosis
  - ✚ Plan: Identifying and applying the most appropriate treatment
- Personal Injury Cases (20 min.)
  - ✚ Insurance coverage (Yes, even for Naturopaths!)
  - ✚ Attorneys
  - ✚ Medical Liens
  - ✚ Proper Documentation
- Dumb Things Doctors Do
- Referring Patients
- Case Studies
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