

24 Foot – adult

PRO TIPS

- Look at the review papers and the AO surgery reference links first.
- “The man who breaks his heel is done” Cotton. This may have been the case in 1912, but not the 21st century.
- MIPO calcaneal fracture fixation has demonstrated advantages over traditional techniques.
- When discussing treatment options with a calcaneal fracture patient, engage with them in the decision making and quantify risk. Most will make good decisions.
- The key to managing talar fractures is an understanding of the available approaches.
- If you do not / cannot achieve stability by obtaining anatomic reduction of the Lisfranc joint you should consider fusion.
- When deciding on treatment of metatarsal fractures beware of transfer metatarsalgia.
- Always look for peroneal sleeve avulsion, high frequency in subtalar dislocations and calcaneal fractures.

UK ISCP TRAUMA + ORTHOPAEDIC SYLLABUS

Knowledge

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications
 Green text = Oxford Trauma Service suggestions

Topic	CORE	ST3-ST8	>ST8
Basic Science (Regional)			
Anatomy			
Anatomy of the foot and related structures	3	4	4
Surgical approaches: subtalar joint, mid-tarsal joint and forefoot and arthroscopic access	2	4	4
Biomechanics & Biomaterials			
Biomechanics of the foot	2	4	4
Investigations			
Radiological investigations to assess foot conditions	2	4	4
Critical Conditions			
Compartment syndrome	3	4	4
Assessments			
History and examination of the foot including special clinical tests	3	4	4
Treatments			
Hindfoot injuries	2	4	4
Midfoot injuries	2	4	4
Forefoot injuries	2	4	4
The crushed foot	2	3	4
Operative			
Amputations in the foot	2	4	4
Management of tendon, ligament and nerve injuries	1	4	4
Non operative			
Footwear modifications, orthoses and total contact casting	1	4	4
Rehabilitation of the foot	2	3	4
Operative			
Management of closed diaphyseal fractures	3	4	4
Management of closed peri-articular fractures	2	4	4

Technical

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Topic	CORE	ST3-ST8	>ST8
Amputation toe / ray for trauma	0	3	4
Calcaneal fracture	0	2	4
Calcaneal fracture ex-fix	0	2	4
Calcaneal fracture ORIF	0	2	4
Metatarsal fracture ORIF	0	3	4
Phalangeal fracture MUA +/- K wire +/- ORIF	1	3	4
Removal foreign body from skin / subcutaneous tissue	2	4	4
Talar subtalar or midtarsal fracture / dislocation			

Lisfranc fracture ORIF	1	3	4
Midtarsal fracture / dislocation ORIF	0	3	4
Subtalar fracture / dislocation ORIF	0	3	4
Talar fracture / dislocation ORIF	0	3	4
Tarsometatarsal arthrodesis	0	2	4
Tendon repair in foot	0	4	4

Please find below, resources that cover the syllabus objectives.

DISCUSSION SLIDES

- OTA Resident Lectures – [Talus](#)
- OTA Resident Lectures – [Calcaneus Fractures](#)
- OTA Resident Lectures – [Midfoot Fractures and Dislocations](#)
- OTA Resident Lectures – [Forefoot Fractures](#)

RECOMMENDED KNOWLEDGE REVIEW RESOURCES

FRACTURES AND DISLOCATIONS OF THE TALUS

- Rockwood + Green Chapter 65a: Fractures and Dislocations of the Talus p2877-2929
- Orthobullets – [Talar neck fractures](#)
- JBJS Clinical Summary - [Talus Fractures](#)

CALCANEUS FRACTURES

- Rockwood + Green Chapter 66a: Calcaneus Fractures p2930-2966
- Orthobullets – [Calcaneal fractures](#)
- JBJS Clinical Summary - [Calcaneal Fractures](#)
- Rammelt - [Calcaneus fractures: facts, controversies and recent developments](#), Inj 2004
- Buckley - [Operative compared with nonoperative treatment of displaced intra-articular calcaneal fractures: a prospective, randomized, controlled multicenter trial](#), JBJS 02

FRACTURES AND DISLOCATIONS OF THE MIDFOOT AND FOREFOOT

- Rockwood + Green Chapter 67a: Fractures and Dislocations of the Midfoot and Forefoot p2967-3052
- Orthobullets – [Lisfranc](#)
- Bernirschke - [Fractures and dislocations of the midfoot: Lisfranc and Chopart injuries](#), JBJS 2012

FOOT COMPARTMENT SYNDROME

- BOA Standards for Trauma – [Diagnosis and management of compartment syndrome](#)
- Orthobullets – [Foot compartment syndrome](#)

GENERAL

- Clare – [Common Foot & Ankle Conditions](#), VuMedi 2018

SCORING / CLASSIFICATION SYSTEMS

- [AO/OTA](#)

RECOMMENDED TECHNICAL REVIEW RESOURCES

TALUS

- AO Surgery Reference – [Talus](#)
- Min – [Talus fractures](#), VuMedi 2016
- Yoo – [Talus fractures](#), VuMedi 2015 (dual approaches)
- Vallier - [Surgical treatment of talar body fractures](#), JBJS 03
- Steinlauf - [Talus fracture fixation, when and how](#), VuMedi 2017

CALCANEUM

- AO Surgery Reference – [Calcaneum](#)
- O'Connor – [An Argument for Operative Management of Calcaneus Fractures](#), VuMedi 2019
- Sanders - [Open Calcaneal fixation](#), VuMedi 2014
- Rodemund - [MIPO Calcaneal fixation – \(short\)](#), VuMedi 2015
- Rodemund - [MIPO Calcaneal fixation \(long\)](#), VuMedi 2017 (with cats!)

- Parker - [PACO Calcaneal fixation](#), VuMedi 2016
- Clare - [Fusion for Calcaneal Fractures](#), VuMedi 2016

MIDFOOT

- AO Surgery Reference – [Midfoot](#)

FOREFOOT

- AO Surgery Reference – [Phalanges](#)
- McCullough – [Jones fractures](#), VuMedi 2008
- Kupcha - [Jones Fracture IM Screw - The easy Way](#), VuMedi 2013

PERONEAL SLEEVE AVULSION

- Younger - [Peroneal tendon subluxation](#) (+repair technique), VuMedi 2009
- Charlton - [Peroneal tendon sleeve reconstruction](#), VuMedi 2015 (another way to skin the same cat but with dramatic music and explosions)

COMPLICATIONS

- Younger - [Peroneal tendon subluxation](#) (+repair technique), VuMedi 2009
- [Post traumatic hindfoot reconstruction](#) – OTA Webinar

SMITH + NEPHEW

- [Trauma Education](#)
- [EVOS small](#)

STRYKER

- Surgeon Education – [Link](#)
- Video Library – [Link](#)
- Trauma + Extremity Products – [Link](#)

DEPUY SYNTHES

- [Educational Material](#)
- [J+J Technical Guides](#)

GUIDES + PROTOCOLS

NICE (NATIONAL INSTITUTE FOR CLINICAL EXCELLENCE)

- [Trauma \(QS166\)](#)
- [Major trauma: service delivery \(NG40\)](#)
- [Major trauma: assessment and initial management \(NG39\)](#)
- [Fractures \(complex\): assessment and management \(NG37\)](#)
- [Fractures \(non-complex\): assessment and management \(NG38\)](#)

ABSTRACTS + FULL TEXT PAPERS