

# Postgraduate Certificate

## Ankle Arthrosis and Arthroplasty





## Postgraduate Certificate Ankle Arthrosis and Arthroplasty

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/ankle-arthrosis-arthroplasty](http://www.techtute.com/us/medicine/postgraduate-certificate/ankle-arthrosis-arthroplasty)

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# 01

# Introduction

Arthroplasty allows for the precise treatment of injuries and pathologies that can occur in professional basketball players as well as in workers and drivers of heavy loads. The level of knowledge required to use this technique is extremely high, which is why regular updating is required. For this reason, mastering this method is essential for all physicians who want to keep abreast of the latest developments. This program offers, precisely, a current review of all the most common pathologies of ankle osteoarthritis, accompanied by an update on arthroplasty and frequent complications associated with the ankle. All of this in a 100% online format, without the need for face-to-face classes and fixed schedules, with the greatest academic flexibility possible.





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*Master the main innovations on Ankle Arthrosis and Arthroplasty, including specific topics on surgical techniques and total ankle arthroplasty”*

The natural complexity of osteoarthritis at the level of the tibio-peroneal-ankle joint (ankle) is compounded by an undesirable frequency of this type of injury, which causes significant disability in the patients who suffer from it. The methods used for their approach are diverse and must be adjusted to the needs and expectations of each individual.

Therefore, it is usual for specialists in the area to continuously seek an update in surgical techniques, image interpretation, alternatives to conservative treatments or postoperative management of arthroplasty.

All these issues are covered throughout this Postgraduate Certificate, which offers an exhaustive review of the most rigorous clinical current events, supported by an exceptional teaching staff with extensive experience in this surgical field. The specialist will have access to detailed and extensive topics on total ankle arthroplasty with Valgus deformity, with Varus deformity or with osteochondral defect of the talar dome, addressing the specificities for each specific case.

Therefore, a 100% online academic opportunity is presented, free of face-to-face classes and fixed schedules, for specialists who wish to get up to date in Ankle Arthrosis and Arthroplasty. They will have access to a Virtual Campus where all the contents are available for download, thus gaining a fundamental and updated reference guide in the area.

This **Postgraduate Certificate in Ankle Arthrosis and Arthroplasty** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in traumatology, orthopedics and surgery
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ The practical exercises where the self-evaluation process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You have the opportunity to deepen, with high quality multimedia content, in ankle arthrodesis, osteochondral lesions of the Talus and contraindications of each specific surgical technique"*

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*Get up to date by the hand of a teaching staff widely specialized in Foot and Ankle Surgery, paying special attention to the newest Arthroplasty"*

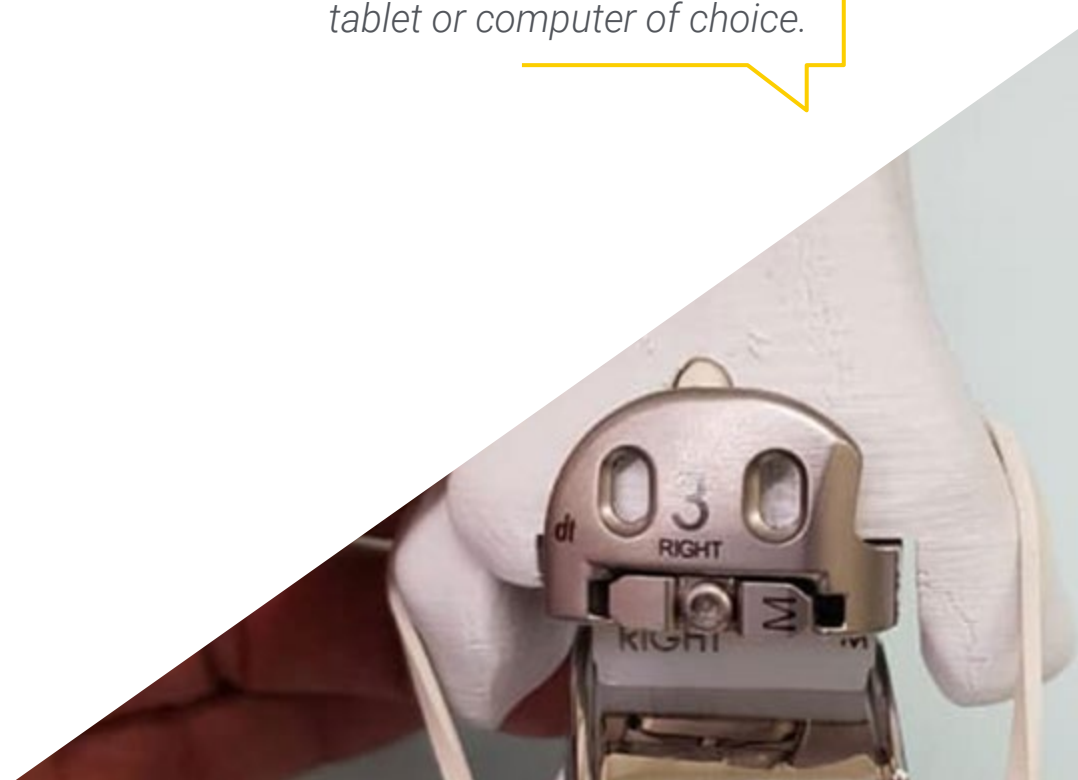
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Access the content at your own pace, with no in person classes or fixed schedules to pressure you.*

*You will be able to download all the didactic contents of the Virtual Campus to access them from your smartphone, tablet or computer of choice.*



# 02 Objectives

The main objective of this Postgraduate Certificate in Ankle Arthrosis and Arthroplasty is to provide students with the best knowledge in this technique, so that they can apply them in their own daily practice and, thus, continue their process of continuous updating. For this reason, TECH sets out a series of primary objectives to guarantee the specialist the most exhaustive in-depth study.







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*Achieve all your objectives of updating in arthroscopy and arthroplasty techniques thanks to this Postgraduate Certificate"*



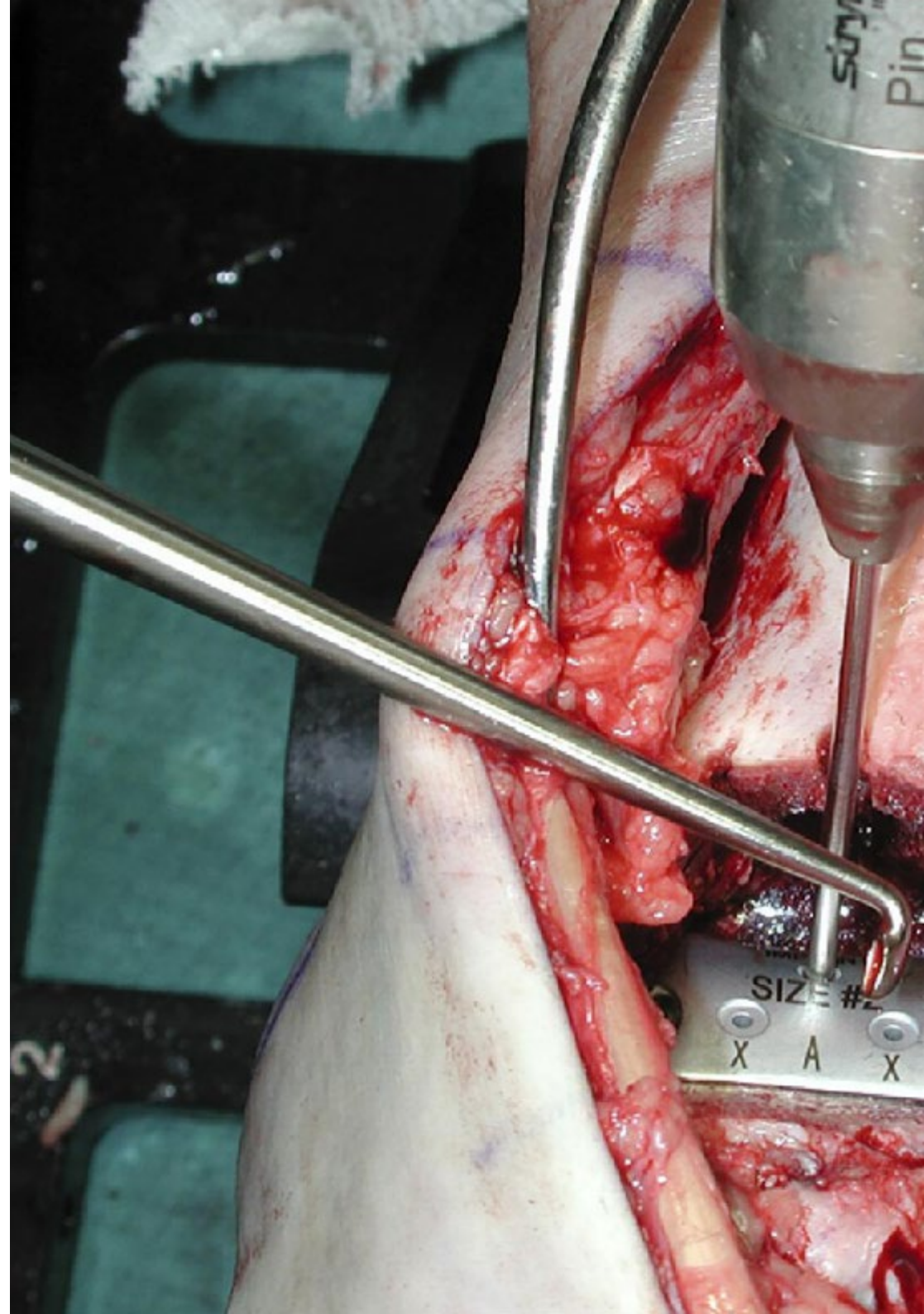
## General Objectives

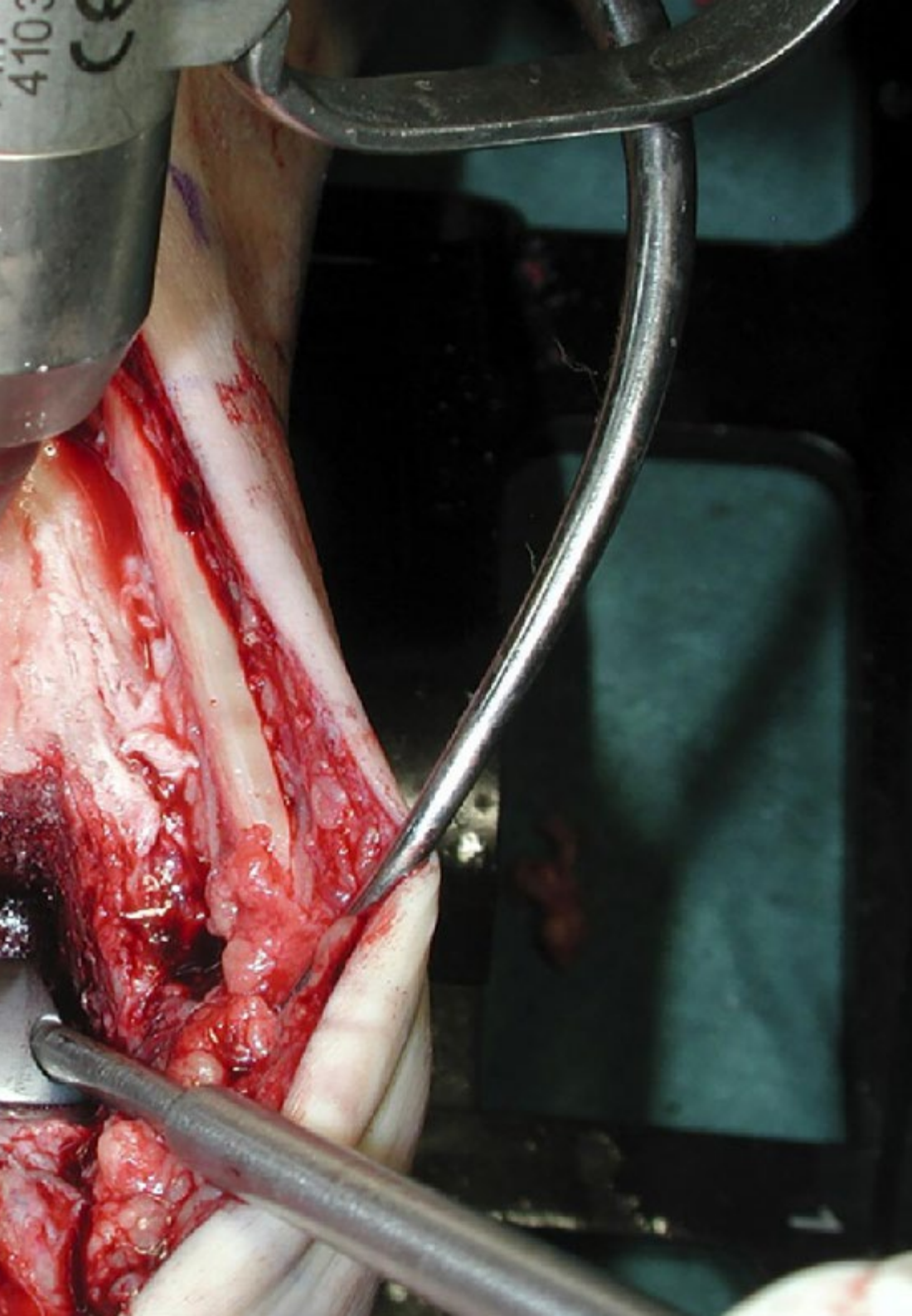
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- ♦ Establish the causes of pathologies for a better understanding of foot and ankle disorders
- ♦ Determine the origin of congenital injuries, as well as analysis of foot, gait and footprint, static and dynamic for the prognosis of injuries or alterations
- ♦ Demonstrate the different alternatives of comprehensive assessment of the foot and ankle, with new tools for analysis and management of foot problems
- ♦ Analyze the factors that predispose the athlete to suffer injuries
- ♦ Develop key concepts of microsurgery, soft tissue grafting and osteomyelitis



*Get the best academic content on Ankle Arthrosis and Arthroplasty, in a state-of-the-art Virtual Campus supported by the best professionals in the field"*





## Specific Objectives

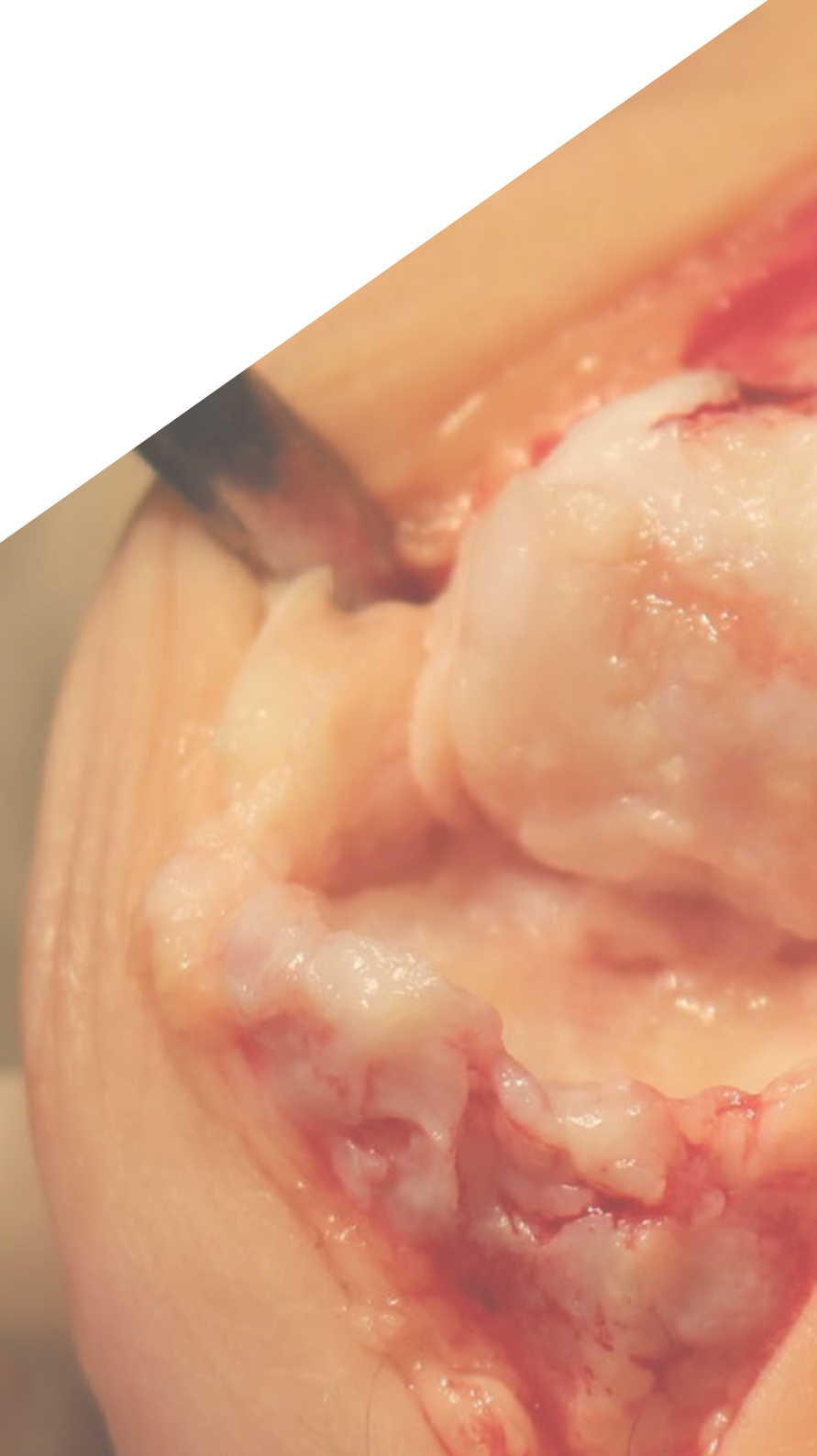
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- ♦ Generate specialized knowledge on the pathophysiology of ankle osteoarthritis
- ♦ Develop the most innovative surgical techniques for the treatment of ankle osteoarthritis
- ♦ Determine the criteria for the selection of the ideal patients for each surgical technique
- ♦ Mention frequent complications and how to avoid them
- ♦ Update inclusion and exclusion criteria for patients who are candidates for ankle prosthesis treatment
- ♦ Analyze in depth the basic principles and biomechanics of ankle prostheses

# 03

# Course Management

The extensive professional experience of the teaching staff is a guarantor of the relevance and validity of all the contents offered in this Postgraduate Certificate. Their own clinical experience is reflected throughout the syllabus, as real cases abound to provide the necessary practical vision to the most rigorous scientific theory today. Therefore, the specialist will see the techniques of intervention of osteoarthritis of the ankle in a theoretical and real way in high quality multimedia content.





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*You will have a direct communication channel with the teaching staff to solve all your doubts about Ankle Arthrosis and Arthroplasty”*

## International Guest Director

Awarded by the American Orthopedic Foot and Ankle Society for his innovative clinical treatments, Dr. John Kwon is a renowned surgeon highly specialized in the approach to traumatic injuries of the lower limbs. In this line, he has carried out his work in health institutions of international reference, including the Massachusetts General Hospital or the Mercy Medical Center in Baltimore.

In this way, he has contributed to the optimal recovery of numerous patients suffering from pathologies such as complex fractures in the tibioperoneoastotalar joint, cartilage disorders and even ligament ruptures due to sports accidents. It should be noted that he is an expert in the application of external fixation techniques, which has allowed him to offer users comprehensive and personalized treatments to optimize their quality of life significantly.

On the other hand, he has balanced this work with his facet as a researcher. In this regard, he has published scientific articles in specialized medical journals on subjects such as the most sophisticated surgical procedures for the correction of deformities such as bunions, therapeutic methods for the management of bone infections or application of ultrasound processes to guide a wide range of interventions ranging from plantar fasciitis to retrocalcaneal bursitis.

In his unwavering commitment to medical excellence, he participates as a speaker at multiple conferences on a global scale. As such, he shares with the global medical community both his findings and his extensive work experience. This has led to significant advances in the healthcare field, greatly increasing practitioners' knowledge of cutting-edge therapies to effectively treat foot and ankle problems. Thanks to this, professionals have improved their care for users, while at the same time optimizing their results considerably.



## Dr. Know, Jhon

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- Head of the Foot and Ankle Service at Massachusetts General Hospital, United States
- Orthopedic Foot and Ankle Surgeon at Mercy Medical Center of Baltimore
- Chief Clinical Officer at Israel Deaconess Medical Center of Boston
- Combined Orthopedic Residency at Massachusetts General Hospital, Brigham Hospital and Boston Children's Hospital
- Internship in Internal Medicine at McGaw Medical Center of Northwestern University
- B.S. in Medical Sciences from New York Medical College
- B.S. in Biology from Wesleyan University

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Pacheco Gutiérrez, Victor Alexander

- ◆ Surgeon Specialist in Orthopedics and Sports Medicine at the Dr. Sulaiman Al Habib Hospital in Dubai
- ◆ Medical advisor for baseball, boxing and cycling teams
- ◆ Specialty in Orthopedics and Traumatology
- ◆ Degree in Medicine
- ◆ Sports Medicine Fellowship in Sportsmed
- ◆ Member of the American Academy of Orthopedic Surgeons





# 04

## Structure and Content

The contents of this Postgraduate Certificate in Ankle Arthrosis and Arthroplasty have been structured in 1 module, composed of 10 topics, through which students will learn everything necessary to perform this technique accurately and efficiently so that they can observe and intervene successfully in practice their daily. This knowledge is supported by a great teaching team, always seeking a theoretical-practical approach that has a real impact on the specialist's clinical approach.





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*You will have access to the best possible contents for surgeons and doctors who wish to get up to date in Ankle Arthrosis and Arthroplasty”*

## Module 1. Ankle Arthrosis and Arthroplasty

- 1.1. Ankle Arthrosis
  - 1.1.1. Etiology
  - 1.1.2. Signs and Symptoms
  - 1.1.3. Image Interpretation
  - 1.1.4. Conservative Treatment Alternatives
- 1.2. The Role of Arthroscopy in Osteoarthritis of the Ankle
  - 1.2.1. Scope of Treatment
  - 1.2.2. Benefit of the Treatment
  - 1.2.3. Surgical Technique
- 1.3. Ankle Arthrodiastasis
  - 1.3.1. Scientific Evidence
  - 1.3.2. Indications
  - 1.3.3. Surgical Technique
- 1.4. Osteochondral Injury of the Thallus
  - 1.4.1. Reconstructive Alternatives
  - 1.4.2. Scientific Evidence
  - 1.4.3. Surgical Technique
  - 1.4.4. Clinical Cases
- 1.5. Arthrodesis of Ankle
  - 1.5.1. Indications
  - 1.5.2. Contraindications
  - 1.5.3. Arthroscopic Ankle Arthrodesis
  - 1.5.4. Tibiotalar and Tibiotalocalcaneal Arthrodesis with Plates
  - 1.5.5. Tibiotalocalcaneal Arthrodesis with Retrograde Nailing
- 1.6. Supramalleolar Osteotomy in Ankle Osteoarthritis:
  - 1.6.1. Indications
  - 1.6.2. Contraindications
  - 1.6.3. Surgical Technique
  - 1.6.4. Scientific Evidence





- 1.7. Total Ankle Arthroplasty
  - 1.7.1. Evolution of the Technique
  - 1.7.2. Implants
  - 1.7.3. The Winning Patient
  - 1.7.4. Indications
  - 1.7.5. Contraindications
  - 1.7.6. Complications
- 1.8. Total Ankle Arthroplasty with Osteochondral Defect of Talar Dome
  - 1.8.1. Definition
  - 1.8.2. Surgical Technique
  - 1.8.3. Postoperative Management
- 1.9. Total Ankle Arthroplasty with Valgus Deformity
  - 1.9.1. Definition
  - 1.9.2. Surgical Technique
  - 1.9.3. Postoperative Management
- 1.10. Total Ankle Arthroplasty with Varus Deformity
  - 1.10.1. Definition
  - 1.10.2. Surgical Technique
  - 1.10.3. Postoperative Management

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*You will learn everything you need to update all your most relevant knowledge in arthroscopic techniques”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Ankle Arthrosis and Arthroplasty guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Ankle Arthritis and Arthroplasty** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Ankle Arthritis and Arthroplasty**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



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guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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Ankle Arthrosis and  
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