

# Postgraduate Certificate Foot and Ankle Fractures





## Postgraduate Certificate Foot and Ankle Fractures

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/postgraduate-certificate/foot-ankle-fractures](http://www.techtute.com/pk/medicine/postgraduate-certificate/foot-ankle-fractures)

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# 01

# Introduction

The impact on a patient who has suffered a foot and ankle fracture is high, not only because of the injury, but also because of the treatment, surgery and subsequent recovery process. A clinical factor from which optimal results are also expected. Therefore, in this subspecialty, specialists have seen how the comprehensive management of these injuries has changed the paradigm in the therapeutic approach according to the different fracture patterns. In this way, given the technical innovations in pre- and post-operative, TECH has created this program taught 100% online, which offers the most current and innovative scientific content for each of the most common fractures. All this also through high quality multimedia resources developed by a teaching team specialized in traumatology and surgery.





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*A Postgraduate Certificate that will lead you to learn about the current paradigm shift in the approach to foot and ankle fractures”*

In recent years, thanks to advances in surgical techniques, people who have suffered foot or ankle fractures have seen how recovery from surgery is faster and even the procedure is less traumatic for the body. This is possible thanks to improvements not only in the processes, but also in the equipment, materials and instruments used in such surgeries.

In this scenario, where optimal results are increasingly sought, improvements have also been made in preventive techniques, which considerably reduce the probabilities of stress fractures, especially in athletes who perform repetitive exercises and movements. All this forces medical professionals to be constantly updating their knowledge and that is why TECH offers this Postgraduate Certificate in which advanced and intensive content on Foot and Ankle Fractures is offered.

A program taught exclusively online, where this academic institution has brought together specialists in Traumatology and Foot and Ankle Surgery from leading hospitals. Its proximity in the daily care of patients suffering from fractures is reflected in a syllabus, where the professional can delve into the most common injuries, clinical and radiological methods, the anatomical importance, planning and management of associated injuries that occur in some patients.

This will also be possible thanks to the multimedia didactic resources to which you will have easy access at any time of the day from a computer, tablet or cell phone with Internet connection. Therefore, with a complete library of multimedia resources, the specialist will be able to update on the latest techniques used in the initial or deferred approach of the lesions, as well as their control allowing to guarantee the greatest success in this type of surgeries.

A flexible Postgraduate Certificate, without attendance or classes with fixed schedules, which gives the professional the opportunity to obtain a high level degree, compatible with the most demanding responsibilities.

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

- ◆ Practical cases presented by experts in medicine
- ◆ 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



*An academic option that offers you an update through innovative pedagogical resources"*

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*This university program will take you through 150 hours to learn the most recent evaluation techniques of the different mechanisms of foot and ankle injuries”*

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, through which the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*It delves into the most effective postoperative treatments performed on patients with acute and chronic lesions of the syndesmosis.*

*TECH adapts to you and therefore offers you a teaching that you can easily access from any device with Internet connection.*



# 02 Objectives

The main goal of TECH in this Postgraduate Certificate is to ensure that the professional obtains the accurate and necessary information to be aware of the comprehensive approach to patients who have suffered foot and ankle fractures. For this purpose, it offers the most innovative and attractive teaching tools, as well as a teaching team that will guide you at all times in achieving your goals.







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*If you do not have the time to attend classes, TECH has designed this 100% online course without fixed schedules”*



## General Objectives

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- ◆ Comprehensively address the management of mainly traumatic injuries that occur in foot and ankle surgery
- ◆ Accurately evaluate and diagnose fractures, with probable associated injuries for surgical management in case of indication for early recovery of patients
- ◆ Develop treatment schemes and algorithms for the best management and planning of fractures
- ◆ Know the postoperative management and possible complications in each surgical technique



*Easily deepen over 150 hours in the current options in the clinical and surgical approach in patients with complex malleolar fractures"*







## Specific Objectives

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- ◆ Expose the ideal methods for the assessment of fractures with emphasis on anatomy and biomechanics that allow a better appropriate management of such injuries
- ◆ Establish a physical assessment algorithm to determine the type of injury presented by the patient with fractures around the foot and ankle
- ◆ Mention radiological or paraclinical studies useful in the diagnosis of fractures and ruling out associated injuries
- ◆ Plan in detail the management, clinical and surgical approach, single or multiple, of fractures of the foot and ankle
- ◆ Systematize fracture surgical options
- ◆ List alternatives of osteosynthesis material for each fracture and associated injuries
- ◆ Minimize complications and recovery time after patient's surgeries
- ◆ Propose treatment alternatives in the case of patients with various consolidation disorders in foot and ankle surgery

# 03

# Course Management

In keeping with its philosophy of offering professionals the highest quality in the content of the programs, TECH has assembled a teaching team made up of specialists with extensive experience in Traumatology and Foot and Ankle Surgery. This is an endorsement and guarantee of obtaining an update of knowledge according to the current needs of specialization. Additionally, the proximity of the faculty will allow you to resolve any questions that may arise about the agenda during the course of this Postgraduate Certificate.





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*TECH provides you with the update you are looking for through excellent professionals with experience in Foot and Ankle Surgery”*

## 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

## Professors

### Dr. Belandria Araque, Urimare

- ◆ Specialist in Foot and Ankle Surgery, Traumatology and Orthopedic Surgery
- ◆ Graduate in Medicine and Surgery
- ◆ Specialist in Orthopedic Surgery and Traumatology
- ◆ FLAMECIPP award for his work "Lengthening of congenital brachymetatarsia in one surgical time with allograft interposition and plate fixation"

### Dr. Mauro Reyes, José Francisco

- ◆ Medical Specialist in Traumatology and Orthopedics Department
- ◆ Graduate in Medicine and Surgery
- ◆ Traumatology and Orthopedics Specialty
- ◆ Foot and Ankle Surgery
- ◆ Fellowship in Foot and Ankle Surgery at International Hospital







# 04

## Structure and Content

In the elaboration of the study plan of this Postgraduate Certificate, the teaching staff that integrates this program has taken into account the need, on the part of specialists, to have the most recent and exhaustive information. Therefore, through innovative multimedia content (video summaries, videos *in focus*), essential medical readings and clinical cases, the professional will delve into the most appropriate methods to evaluate a fracture of the foot and ankle, the different osteosynthesis materials or the most accurate techniques used today. The syllabus is also available 24 hours a day and can be accessed from any electronic device with an Internet connection.







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*The multimedia pills and the clinical cases will offer you an innovative and close theoretical-practical vision of the interventions performed on patients with foot and ankle fractures"*

## Module 1. Foot and Ankle Fractures

- 1.1. Posterior Malleolar Fractures
  - 1.1.1. Anatomy
  - 1.1.2. Literature Review
  - 1.1.3. Indications
  - 1.1.4. Contraindications
  - 1.1.5. Preoperative Planning
  - 1.1.6. Approach
  - 1.1.7. Surgical Technique
  - 1.1.8. Complications
  - 1.1.9. Post-Operative Treatment
- 1.2. Complex Malleolar Fractures
  - 1.2.1. Anatomy
  - 1.2.2. Literature Review
  - 1.2.3. Indications
  - 1.2.4. Contraindications
  - 1.2.5. Preoperative Planning
  - 1.2.6. Approach
  - 1.2.7. Surgical Technique
  - 1.2.8. Complications
  - 1.2.9. Post-Operative Treatment
- 1.3. Acute and Chronic Syndesmosis Injuries
  - 1.3.1. Anatomy
  - 1.3.2. Literature Review
  - 1.3.3. Indications
  - 1.3.4. Contraindications
  - 1.3.5. Preoperative Planning
  - 1.3.6. Approach
  - 1.3.7. Surgical Technique
  - 1.3.8. Complications
  - 1.3.9. Post-Operative Treatment
- 1.4. Tibial Pylon Fracture
  - 1.4.1. Anatomy
  - 1.4.2. Literature Review
  - 1.4.3. Indications
  - 1.4.4. Contraindications
  - 1.4.5. Preoperative Planning
  - 1.4.6. Approach
  - 1.4.7. Surgical Technique
  - 1.4.8. Complications
  - 1.4.9. Post-Operative Treatment
- 1.5. Fractures of the Neck and Body of the Talus
  - 1.5.1. Anatomy
  - 1.5.2. Literature Review
  - 1.5.3. Indications
  - 1.5.4. Contraindications
  - 1.5.5. Preoperative Planning
  - 1.5.6. Approach
  - 1.5.7. Surgical Technique
  - 1.5.8. Complications
  - 1.5.9. Post-Operative Treatment
- 1.6. Fractures of the Forefoot and of the Diaphysis and Distal Segment of the Fifth Metatarsal
  - 1.6.1. Anatomy
  - 1.6.2. Literature Review
  - 1.6.3. Indications
  - 1.6.4. Contraindications
  - 1.6.5. Preoperative Planning
  - 1.6.6. Approach
  - 1.6.7. Surgical Technique
  - 1.6.8. Complications
  - 1.6.9. Post-Operative Treatment

- 1.7. Calcaneal Fractures
  - 1.7.1. Anatomy
  - 1.7.2. Literature Review
  - 1.7.3. Indications
  - 1.7.4. Contraindications
  - 1.7.5. Preoperative Planning
  - 1.7.6. Approach
  - 1.7.7. Surgical Technique
  - 1.7.8. Complications
  - 1.7.9. Post-Operative Treatment
- 1.8. Scaphoid Fractures
  - 1.8.1. Anatomy
  - 1.8.2. Literature Review
  - 1.8.3. Indications
  - 1.8.4. Contraindications
  - 1.8.5. Preoperative Planning
  - 1.8.6. Approach
  - 1.8.7. Surgical Technique
  - 1.8.8. Complications
  - 1.8.9. Post-Operative Treatment
- 1.9. Lisfranc Fractures
  - 1.9.1. Anatomy
  - 1.9.2. Literature Review
  - 1.9.3. Indications
  - 1.9.4. Contraindications
  - 1.9.5. Preoperative Planning
  - 1.9.6. Approach
  - 1.9.7. Surgical Technique
  - 1.9.8. Complications
  - 1.9.9. Post-Operative Treatment

- 1.10. Vicious Consolidation of Fractures of the Foot and Ankle
  - 1.10.1. Anatomy
  - 1.10.2. Literature Review
  - 1.10.3. Indications
  - 1.10.4. Contraindications
  - 1.10.5. Preoperative Planning
  - 1.10.6. Approach
  - 1.10.7. Surgical Technique
  - 1.10.8. Complications
  - 1.10.9. Post-Operative Treatment



*A syllabus designed to provide you with the most up-to-date and recent scientific information on the approach to the patient with complications following surgery"*

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 Foot and Ankle Fractures guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Foot and Ankle Fractures** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Foot and Ankle Fractures**

Official No. of Hours: **150 h.**



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



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom



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