

# Postgraduate Certificate

## Forefoot Surgery Pathologies of the First Radius





## Postgraduate Certificate Forefoot Surgery Pathologies of the First Radius

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

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/forefoot-surgery-pathologies-first-radius](http://www.techtitute.com/us/medicine/postgraduate-certificate/forefoot-surgery-pathologies-first-radius)

# Index

01

Introduction

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*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

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*p. 22*

06

Certificate

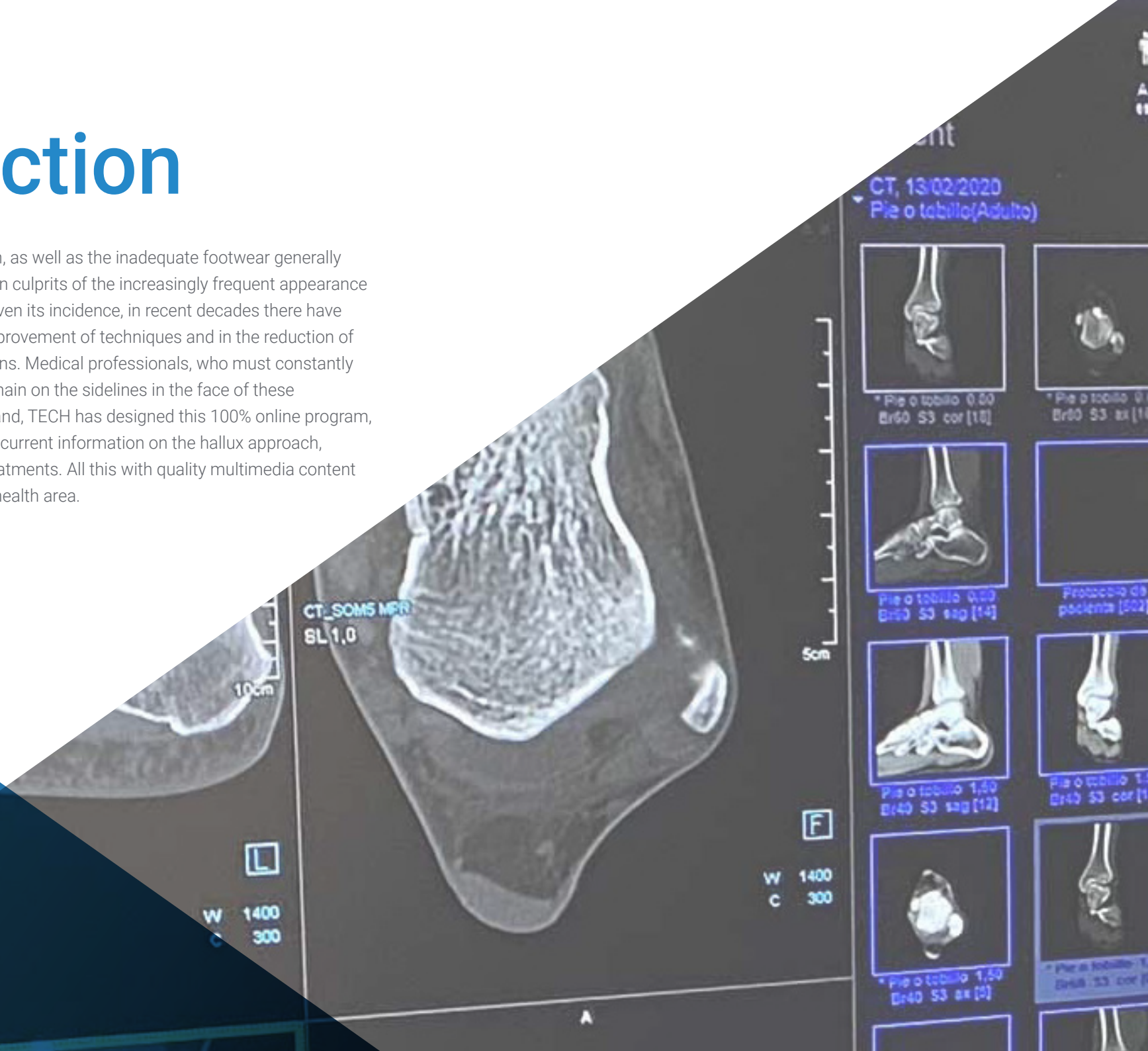
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# 01

# Introduction

Undoubtedly, genetic predisposition, as well as the inadequate footwear generally worn by the population, are the main culprits of the increasingly frequent appearance of pathologies in the first radius. Given its incidence, in recent decades there have been important advances in the improvement of techniques and in the reduction of recoveries after surgical interventions. Medical professionals, who must constantly update their knowledge, cannot remain on the sidelines in the face of these advances. In response to this demand, TECH has designed this 100% online program, which offers the most relevant and current information on the hallux approach, contraindications and the latest treatments. All this with quality multimedia content prepared ad hoc by experts in this health area.





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*A high level Postgraduate Certificate to update your knowledge in relation to Forefoot Surgery and the most frequent pathologies of the first radius"*

One of the most frequent pathologies treated in orthopedic and traumatology medical offices is hallux, especially hallux valgus. Unsuitable footwear, increasingly used in the western world, has increased the number of patients with these problems. However, technical advances have allowed surgical correction through different techniques used depending on the severity of the case.

This boom has led to an improvement both in diagnosis and in the choice of the most appropriate treatment. Therefore, new technologies have facilitated this optimization of results, while forcing medical professionals to be aware of them, to provide the best care and comprehensive approach to the patient. That is why TECH has launched this university program taught exclusively online, which offers a complete update in just 6 weeks.

For this purpose, this academic institution has a teaching team made up of specialists in Traumatology and Orthopedics, who provide the most advanced and exhaustive information through a theoretical-practical syllabus. Therefore, the professional will be able to deepen in the hallux valgus deformity or bunion, the hallux rigidus problem or arthropathy of the first metatarsophalangeal joint, the hallux varus deformity and the problems of the sesamoid system or complex.

The multimedia resources will also facilitate the specialist's update on the four forefoot pathologies, the forms of evaluation and the most appropriate treatments. In addition, the Relearningsystem will allow them to reduce the long hours of study and memorization.

A 100% online Postgraduate Certificate that can be accessed comfortably by the health care professional, whenever and wherever they wish. All they need is an electronic device with an Internet connection to view the syllabus hosted on the Virtual Campus. This program is, therefore, an excellent opportunity for physicians seeking to keep abreast of advances in Forefoot Surgery through a program that offers flexibility and quality.

This **Postgraduate Certificate in Forefoot Surgery: Pathologies of the First Radius** 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



*You will get up to date through innovative multimedia resources that you can access 24 hours a day, from any electronic device with an Internet connection"*

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*The specialized teaching team provides you with clinical case studies to keep you up to date with the most effective techniques and methodologies currently in use”*

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.

*A program that will allow you to enhance your skills in the choice of complementary tests and possible studies prior to surgical treatments.*

*This program is at the academic forefront and therefore offers you the flexibility you need as a medical professional.*



# 02 Objectives

The updating of knowledge is a constant in the medical area, so this is the first objective of this Postgraduate Certificate, which will also allow the professional to enhance their skills in the comprehensive management of the patient. Therefore, at the end of the 150 teaching hours, students will have broadened their skills in the approach to lesions in the first radius of the forefoot, in the different diagnostic techniques and previous studies, as well as in the most appropriate choice of treatment. The clinical cases, provided by the teaching team, will allow a more practical approach to the achievement of these goals.







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*You will be able to update your knowledge  
in the treatment of hallux problems”*



## General Objectives

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- ◆ Approach, in a comprehensive manner, the pathology that affects the first radius of the forefoot
- ◆ Assess the physical examination and the aspects to take into account in the problems of the first radius
- ◆ Determine the best complementary tests and possible pre-treatment testing
- ◆ Develop treatment algorithms and description of current surgical techniques to solve the problems of the pathology of the first radius





## Specific Objectives

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- ◆ Develop the anatomical and pathophysiological principles of the problems affecting the first radius of the forefoot
- ◆ Know how to assess the different complementary tests for the evaluation and staging of the pathologies of the first radius
- ◆ Determine the ideal conservative or surgical treatment options and know how to establish a therapeutic algorithm
- ◆ Examine the best and specific surgical techniques for each problem affecting the first radius and evaluate the pros and cons of each surgical option
- ◆ Analyze the most frequent complications and how to avoid them



*TECH provides you with the most innovative pedagogical tools so that you can successfully achieve your objectives"*

# 03

## Course Management

In its maxim of offering quality education within everyone's reach, TECH carefully selects the professionals who make up the management and teaching staff of each of its programs. Therefore, the professional who enters this Postgraduate Certificate has an expert teaching staff in Orthopedic Surgery and Traumatology. Their excellent professional background is a guarantee for the specialist, who seeks in just 6 weeks to obtain a complete update of their knowledge in the area of Forefoot Surgery. Additionally, thanks to its proximity, they will be able to resolve any questions that arise about the agenda during the course of this program.





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*An excellent team of specialized professionals will be responsible for bringing you the most recent and innovative information in forefoot surgery”*

## 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. Kwon, John

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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



*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





## Professors

### Dr. Ballester Alomar, Manel

- ◆ Head of Orthopedic Surgery and Traumatology at Hospital Mataró, Barcelona
- ◆ Coordinator of the Traumatology Group of Creu Blanca Clinic
- ◆ Head of the Pathology, Foot and Ankle Surgery and Sports Traumatology Unit at Creu Blanca Clinic
- ◆ Responsible and Coordinator of the Emergency Department of Creu Blanca Clinic
- ◆ Medical Coordinator of the surgical area of Creu Blanca Clinic
- ◆ Degree in Medicine and Surgery from the Autonomous University of Barcelona
- ◆ Specialist in Orthopedic Surgery and Traumatology at the Mataró Hospital
- ◆ Fellowship in the Department of Foot and Ankle Surgery at the Balgrist Klinik University Hospital in Zurich, Switzerland
- ◆ Fellowship at the Institute for Foot and Ankle Reconstruction at Mercy, en Baltimore, United States

# 04

## Structure and Content

The curriculum of this university program has been designed to offer through innovative teaching resources, the most comprehensive and advanced content in the field of forefoot surgery, with special emphasis on the pathologies of the first radius. Additionally, the syllabus is complemented by a library of quality didactic material (video summaries, detailed videos), essential readings or case studies, with access available 24 hours a day, 7 days a week.





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*A theoretical-practical approach that will provide you with an update on hallux diagnosis and the different treatment options”*

## Module 1. Forefoot: Pathologies of the First Radius

- 1.1. Anatomy
  - 1.1.1. Topographic Anatomy
  - 1.1.2. Osteoarticular and Ligament Anatomy
  - 1.1.3. Basic Biomechanics of the First Radius
- 1.2. Diagnostic Imaging
  - 1.2.1. Radiographic Anatomy
  - 1.2.2. Value of CT in the Pathologies of the First Radius
  - 1.2.3. Benefits of Magnetic Resonance in the Pathologies of the First Radius
- 1.3. Treatment Update
  - 1.3.1. Associated Problems in the First Radius
  - 1.3.2. Differentiating Hallux Valgus, Hallux Varus, Hallux Rigidus
  - 1.3.3. Problems Associated with the Sesamoid Complex
  - 1.3.4. Treatment Update on Hallux Valgus, Hallux Varus, Hallux Rigidus, and Sesamoid Complex Problems
  - 1.3.5. Current Controversies
- 1.4. Indications
  - 1.4.1. Assessment of Hallux Valgus
  - 1.4.2. Assessment of Hallux Rigidus
  - 1.4.3. Assessment of Hallux Varus
  - 1.4.4. Assessment of Sesamoid Problems
  - 1.4.5. Treatment Update on Hallux Problems
  - 1.4.6. Controversies
- 1.5. Contraindications
  - 1.5.1. Absolute Contra-indications
  - 1.5.2. Relative Contra-indications
  - 1.5.3. Multidisciplinary Control
- 1.6. Preoperative Planning.
  - 1.6.1. Patient Optimization
  - 1.6.2. Preoperative Measures to Improve Results
  - 1.6.3. Multidisciplinary Management



- 1.7. Boarding Routes
  - 1.7.1. Medial Approach for First Radius Pathology
  - 1.7.2. Dorsal Approach for First Radius Pathology
  - 1.7.3. Minimally Invasive Approach to First Radius Problems
- 1.8. Surgical Technique
  - 1.8.1. Surgical Techniques for the Treatment of Hallux Valgus
  - 1.8.2. Surgical Techniques for the Treatment of Hallux Rigidus
  - 1.8.3. Surgical Techniques for the Treatment of Hallux Varus
  - 1.8.4. Surgical Techniques for the Treatment of Problems of the Sesamoid Complex
- 1.9. Complications
  - 1.9.1. Most Common Problems in the Treatment of Hallux Valgus and Hallux Varus
  - 1.9.2. Most Common Problems in the Treatment of Hallux Rigidus
  - 1.9.3. Most Common Problems in the Treatment of Sesamoid Problems
  - 1.9.4. Surgical Rescue Techniques for First Radius Problems
  - 1.9.5. Post-Surgical Infections and Treatment Options
  - 1.9.6. Other Complications
- 1.10. Post-Operative Care
  - 1.10.1. Post-Operative Guidelines for First Radius Surgery
  - 1.10.2. Controls and Follow-Up after First Radius Surgery
  - 1.10.3. Follow-up Discharge



*A program designed to offer the latest news on the approach to the most frequent complications in pathologies of the first radius"*

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.



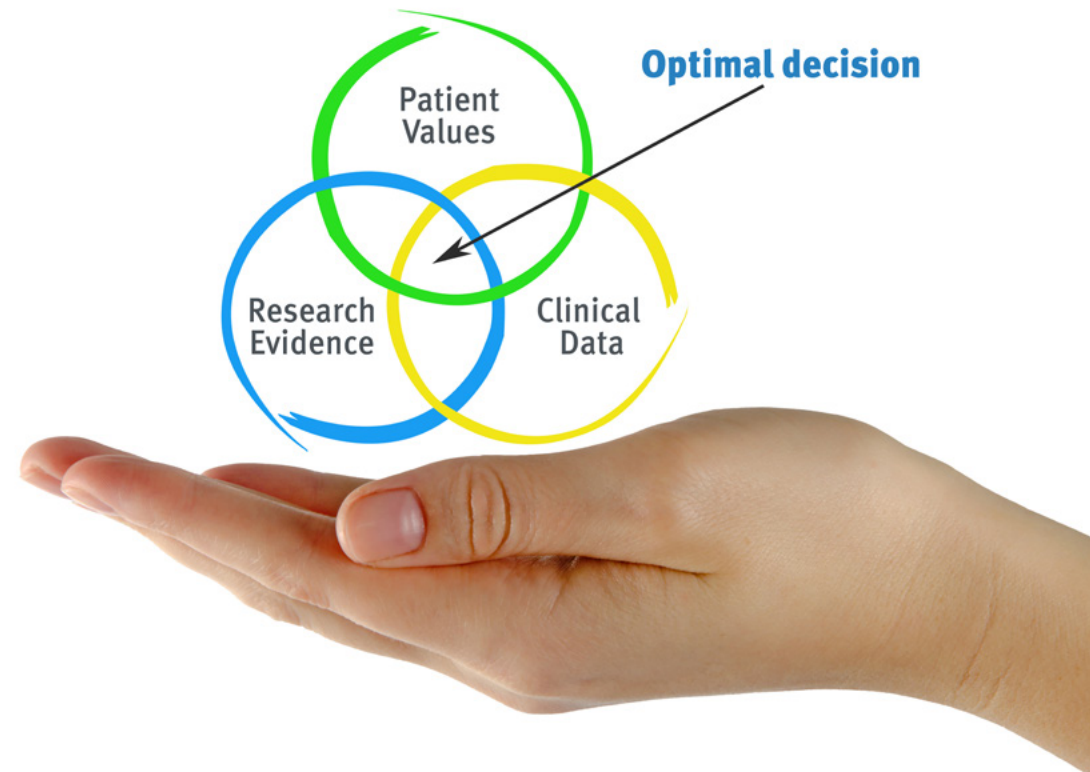
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Forefoot Surgery: Pathologies of the First Radius 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 Forefoot Surgery: Pathologies of the First Radius** contains the most complete and up-to-date scientific program 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 diploma 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 Forefoot Surgery: Pathologies of the First Radius**

Official N° of Hours: **150 h.**



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





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of the First Radius

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