

FOOT & ANKLE

SPECIAL INTEREST GROUP

PRESIDENT'S MESSAGE

What is the best part of the winter season? CSM of course! The FASIG is again presenting great programming, so don't miss it!

Thursday, February 9

Ankle Instability: Current Concepts for Evaluation and Management, Part 1

Time: 8:00 am-10:00 am

Speakers: Todd E. Davenport, PT, DPT, OCS

John Meyer, PT, DPT, OCS, FAFS

Terry Grindstaff, PT, PhD, SCS, CSCS, ATC

Ankle instability is one of the most common foot and ankle conditions managed by physical therapists. Sponsored by the Orthopaedic Section Foot & Ankle Special Interest Group, Part 1 of this 2-part session will provide attendees with the optimal evaluation and treatment strategies for the management of individuals with ankle instability. The current best practice model as outlined in the Ankle Instability Clinical Guidelines currently being developed by the Orthopaedic Section's ICF Foot & Ankle Workgroup will provide the framework for this presentation. The speakers will highlight current controversies in practice and research. During the second hour of programming, the speakers will address the examination and management of syndesmotic or "high" ankle sprains, considered to be one of the most complex types of ankle sprains. The anatomy of the distal tibiofibular syndesmosis, mechanisms of injury, evaluation, differential diagnosis, appropriate imaging, rehabilitation, and return-to-activity guidelines will be presented based on current, best available evidence. The format for this session will include lecture and interactive discussions between presenters and attendees.

Upon completion of this course, you'll be able to:

- Describe evidence-based practice, including diagnosis, prognosis, intervention, and assessment of outcome, for individuals with ankle instability.
- Integrate anatomical, biomechanical, and neuromuscular concepts relating to the etiology, examination, and intervention strategies for individuals with ankle instability that are commonly employed by physical therapists but require further research to advocate their use.
- Formulate an evaluation and rehabilitation program for individuals with syndesmotic or high ankle sprains that include return-to-activity guidelines.
- Apply the International Classification of Functioning, Disability, and Health terminology related to impairments of body function and body structure, activity limitations, and participation restrictions for individuals with ankle instability.

Ankle Instability: Current Concepts for Evaluation and Management, Part 2, & Foot & Ankle SIG Business Meeting

Time: 10:30 am-12:30 pm

Speakers: Todd E. Davenport, PT, DPT, OCS

John Meyer, PT, DPT, OCS, FAFS

Terry L. Grindstaff, PT, PhD, SCS, ATC

The first hour of programming in this second of two sessions will include a panel discussion of case studies involving an individual with ankle instability and an athlete with a syndesmotic ankle sprain, followed by a question-and-answer session. The format for this one-hour course will be lecture, as well as interactive discussion between presenters and course participants. During the second hour of this session, the Foot & Ankle Special Interest Group will conduct the group's annual business meeting.

Please take a moment, right now, and mark your schedule for our annual business meeting. Yes it does mean an early rise on Friday morning, but you are needed. We have so much to do! The coffee will be ready.

The FASIG is beginning an exciting project designed to enhance the way entry-level physical therapists learn about the foot and ankle. When it comes to the foot and ankle, what was your PT school education like? Looking back, what might you have done differently? Our meeting will convey information about how future physical therapists can learn orthopaedic foot and ankle information. So don't miss this awesome opportunity to make a difference!

Over the past few years, the FASIG has generated funds through its own programming. I want you to know that the FASIG has contributed over \$30,000 to fund research dedicated to foot and ankle areas of study. This money is now bearing fruit with genuine research data. Please come and experience the FASIG at work.

See you in Chicago!

Clarke D. Brown, PT, DPT, OCS, ATC

FASIG President

FASIG WELCOMES CHRIS NEVILLE, PHD, PT, AS RESEARCH CHAIR

Chris Neville, Assistant Professor at the College of Health Professions at Upstate Medical University in Syracuse, New York, has accepted the FASIG's Research Chair position. Chris is already an accomplished researcher and brings his expertise to the FASIG.