

# Postgraduate Certificate

## Foot and Ankle Arthroscopy





## Postgraduate Certificate Foot and Ankle Arthroscopy

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

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

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# 01

# Introduction

Technological advances in instrumentation and surgical techniques for small joints have boosted the use of arthroscopy in foot and ankle surgery. As a result, in recent years, positive results have been obtained in the approach to certain pathologies, thanks to the use of this surgical technique. Its advantages and the reduction in the margin of complications have made many specialists bet on it and wish, in turn, to keep abreast of developments in this field. That is why TECH has created this 100% online qualification, which offers the specialist the most advanced multimedia content, developed by an expert teaching team with extensive experience in this area.





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*A 100% online Postgraduate Certificate that will bring you up to date on the latest scientific developments in Foot and Ankle Arthroscopy in just 6 weeks"*

In recent decades there has been considerable progress in the use of minimally invasive techniques by foot and ankle specialists. Such progress is accompanied by technological innovations and refinement of technique. In this scenario, arthroscopy has become a preferred procedure for the treatment of certain pathologies.

As in the case of arthroscopic knee and shoulder surgery, there have been significant improvements in foot and ankle surgery, which have an impact on patient recovery. The benefits obtained and the reduction of skin and soft tissue complications have made this technique preferable over others. In this line, TECH has created this university qualification, which offers the specialist the latest information on Foot and Ankle Arthroscopy, through an expert teaching staff with extensive experience in reference hospitals.

A program that provides the most relevant information in this area through a theoretical and practical content. In this way, the professional will learn about the scope of this technique, the instruments used, the arthroscopic reconstruction of the lateral ligaments of the ankle, as well as the indications and contraindications in the use of this technique. For this purpose, this educational institution provides the student with multimedia teaching resources, essential readings and clinical case studies.

In addition, with the Relearning method, the professional will be able to advance in a natural way through the syllabus of this Postgraduate Certificate, reducing even the long hours of study and memorization, so frequent in other teaching systems.

The professional is therefore presented with an excellent opportunity to update their knowledge through a qualification that can be taken comfortably, whenever and wherever they wish. They only need an electronic device with an internet connection to be able to access, at any time, the syllabus hosted on the virtual platform. A flexible and ideal educational option for those who wish to balance the most demanding responsibilities with a high-level university program.

This **Postgraduate Certificate in Foot and Ankle Arthroscopy** 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 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
- ◆ Practical exercises where self-assessment can be used 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



*Detailed videos and case studies will give you a more practical insight into the latest techniques used in Foot and Ankle Arthroscopy"*

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*Delve at your convenience into the latest advances in the refinement of the endoscopy technique”*

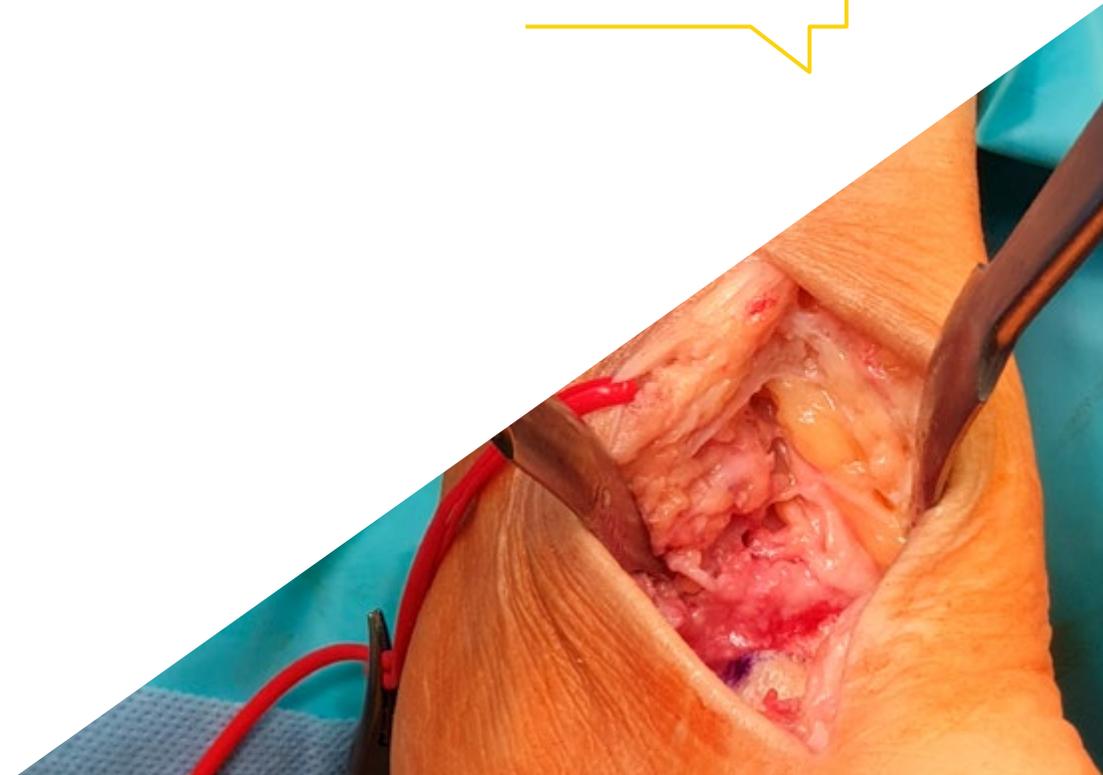
The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby 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 and experienced experts.

*This is a flexible university qualification that is compatible with the most demanding professional responsibilities.*

*You will be able to reduce the hours of study and memorization thanks to the Relearning method, used by TECH.*



# 02 Objectives

The main objective of this Postgraduate Certificate is to provide the specialist with the most advanced content on Foot and Ankle Arthroscopy, as well as the latest developments in this procedure. For this, TECH provides the most innovative teaching tools, which will lead you to be up to date in the techniques and instrumentation most commonly used in small joints. In this process, you will also be accompanied by a specialized teaching team, with whom you will be able to successfully achieve your goals.





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*With this Postgraduate Certificate, TECH will enhance your skills to solve the most frequent complications in the use of subtalar arthroscopy”*



## General Objectives

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- ◆ Approach hindfoot pathology in a comprehensive manner
- ◆ Assess, in the clinical history and physical examination, the main causes
- ◆ Compile the complementary tests and possible pre-treatment studies
- ◆ Develop treatment algorithms and description of current surgical techniques

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*This Postgraduate Certificate will allow you to be up to date on the main contraindications in the posterior arthroscopic approach to the ankle"*





## Specific Objectives

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- ◆ Develop European and leading society guidelines and update literature and articles of interest
- ◆ Compile the topographic anatomy, as well as the osteoarticular anatomy for correct anamnesis
- ◆ Specify the surgical indications and their decision algorithm
- ◆ Establish contraindications as well as special situations
- ◆ Review the main approaches used in open surgery, as well as in minimally invasive surgery and hindfoot arthroscopy
- ◆ Develop the main surgical techniques, material used and “tips & tricks”
- ◆ Analyze the most frequent complications and how to avoid them

# 03

## Course Management

In its maxim to offer a high level teaching, TECH rigorously selects the specialized teaching team that integrates each of its university qualifications. Therefore, the professional who enters this program will have at their disposal an excellent teaching staff with extensive experience in Foot and Ankle Surgery. In addition, thanks to their proximity, during the course of this qualification, they will be able to resolve any doubts that may arise regarding the syllabus of this Postgraduate Certificate.





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*Thanks to the extensive experience of the specialists who teach this qualification, you will obtain the latest information on the use of arthroscopy in Foot and Ankle”*

## Management



### Dr. Pacheco Gutiérrez, Victor Alexander

- ◆ Specialist in Orthopedics and Sports Medicine, Dr. Sulaiman Al Habib Hospital
- ◆ Medical Advisor, Venezuelan Cycling Federation
- ◆ Specialist, Department of Shoulder and Elbow Orthopedics and Sports Medicine, La Isabelica Clinical Center
- ◆ Medical advisor to several baseball clubs and to the Carabobo Boxing Association
- ◆ Degree in Medicine, University of Carabobo
- ◆ Specialty in Orthopedics and Traumatology, Dr. Enrique Tejera Hospital City

## Professors

### Dr. Mauro Reyes, José Francisco

- ◆ Specialist in Traumatology at the Julios Dopefner Hospital
- ◆ Specialist in Traumatology and Orthopedics at the University Military Hospital Carlos Arvel
- ◆ Graduated in Medicine and Surgery at the University of Carabobo
- ◆ Specialist in Traumatology and Orthopedics at the Military University Hospital Dr. Carlos Arvelo
- ◆ Fellowship in Reconstructive Foot and Ankle Surgery at the Foot and Ankle Surgery Unit of the Caracas Clínicas Hospital



# 04

## Structure and Content

The syllabus of this Postgraduate Certificate provides the professional with the necessary pedagogical tools to be able to obtain an advanced update on Foot and Ankle Arthroscopy. This will allow them to be aware of the arthroscopic posterior approach to the ankle, the anterior impingement or the procedure performed in the first metatarsophalangeal joint. In addition, thanks to the Relearning method, the specialist will be able to progress through the course in a more natural and progressive way, even reducing the long hours of study.



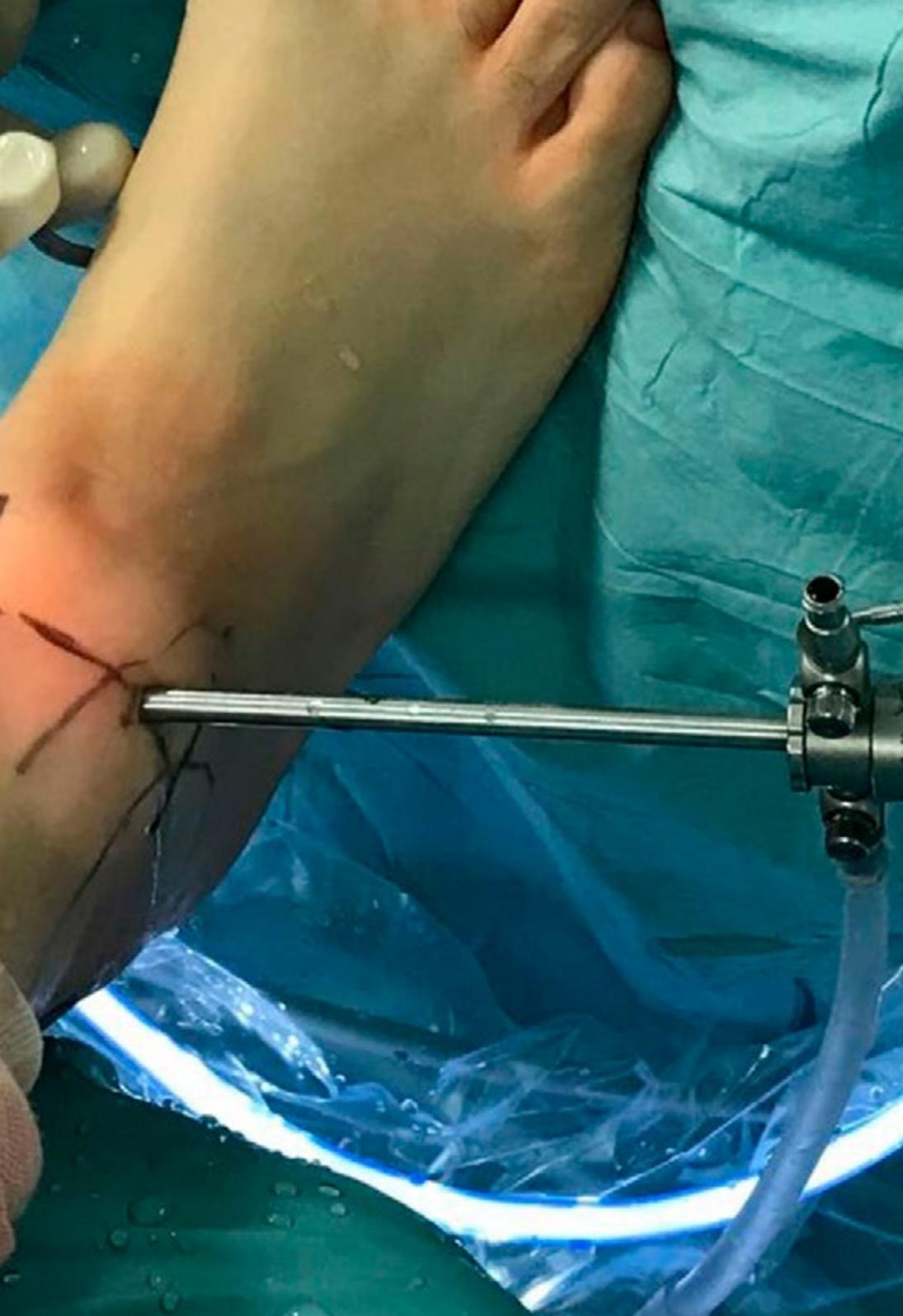
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*Thanks to this university qualification you will be able to delve into the advances in Foot and Ankle Arthroscopy with multimedia resources”*

## Module 1. Foot and Ankle Arthroscopy

- 1.1. Arthroscopy
  - 1.1.1. The Endoscope Components
  - 1.1.2. Instruments for Foot and Ankle Arthroscopy
  - 1.1.3. The Operating Room for Foot and Ankle Arthroscopy
- 1.2. Patient Positioning on the Operating Table
  - 1.2.1. Articular Distractors for Ankle Arthroscopy
  - 1.2.2. Posterior Ankle Arthroscopy
  - 1.2.3. Anterior Ankle Arthroscopy
  - 1.2.4. Subtalar Arthroscopy
- 1.3. Arthroscopic Posterior Approach to the Ankle
  - 1.3.1. Arthroscopic Anatomy
  - 1.3.2. Indications
  - 1.3.3. Contraindications
  - 1.3.4. Surgical Technique
  - 1.3.5. Complications
  - 1.3.6. Post-Operative Care
- 1.4. Anterior Ankle Impingement
  - 1.4.1. Arthroscopic Anatomy
  - 1.4.2. Indications
  - 1.4.3. Contraindications
  - 1.4.4. Surgical Technique
  - 1.4.5. Complications
  - 1.4.6. Postoperative Care
- 1.5. Posterior Ankle Impingement
  - 1.5.1. Arthroscopic Anatomy
  - 1.5.2. Indications
  - 1.5.3. Contraindications
  - 1.5.4. Surgical Technique
  - 1.5.5. Complications
  - 1.5.6. Postoperative Care





- 1.6. Arthroscopy of the First Metatarsophalangeal Joint
  - 1.6.1. Anatomy
  - 1.6.2. Literature Review
  - 1.6.3. Indications
  - 1.6.4. Contraindications
  - 1.6.5. Scope of the Technique
- 1.7. Subtalar Arthroscopy
  - 1.7.1. Arthroscopic Anatomy
  - 1.7.2. Indications
  - 1.7.3. Contraindications
  - 1.7.4. Surgical Technique
  - 1.7.5. Complications
  - 1.7.6. Postoperative Care
- 1.8. Tendoscopy
  - 1.8.1. Anatomy
  - 1.8.2. Indications
  - 1.8.3. Contraindications
  - 1.8.4. Preoperative Planning
  - 1.8.5. Surgical Technique
  - 1.8.6. Complications
- 1.9. Arthroscopic Reconstruction of Lateral Ankle Ligaments
  - 1.9.1. Anatomy
  - 1.9.2. Indications
  - 1.9.3. Contraindications
  - 1.9.4. Preoperative Planning
  - 1.9.5. Surgical Technique
  - 1.9.6. Complications
- 1.10. Arthroscopically Assisted Fractures
  - 1.10.1. Indications
  - 1.10.2. Contraindications
  - 1.10.3. Preoperative Planning
  - 1.10.4. Complications
  - 1.10.5. Postoperative Treatment

# 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

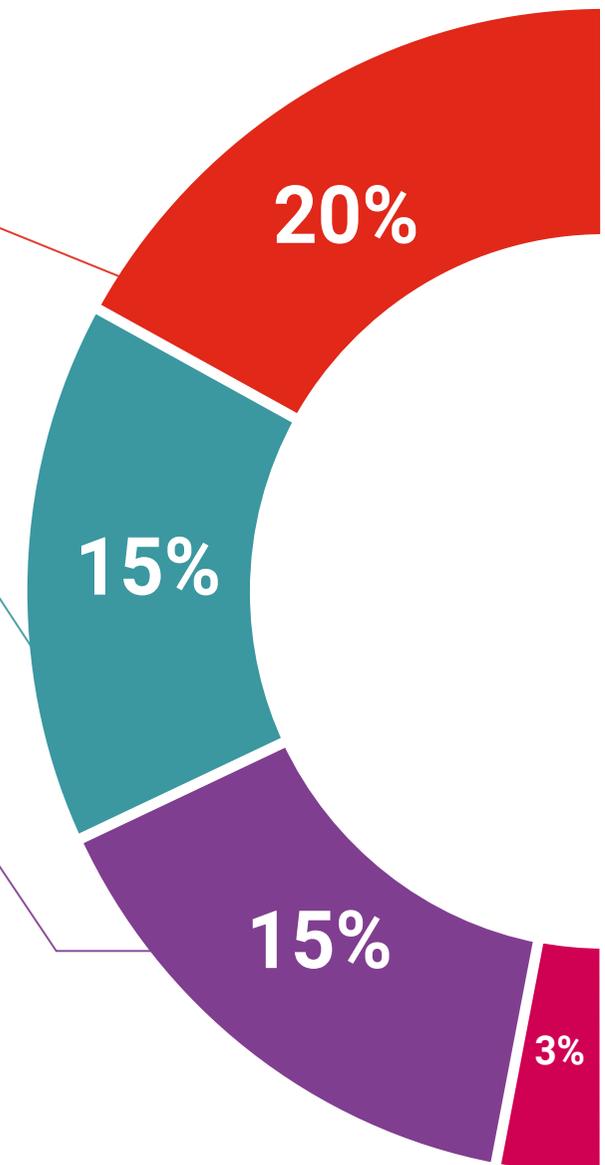
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

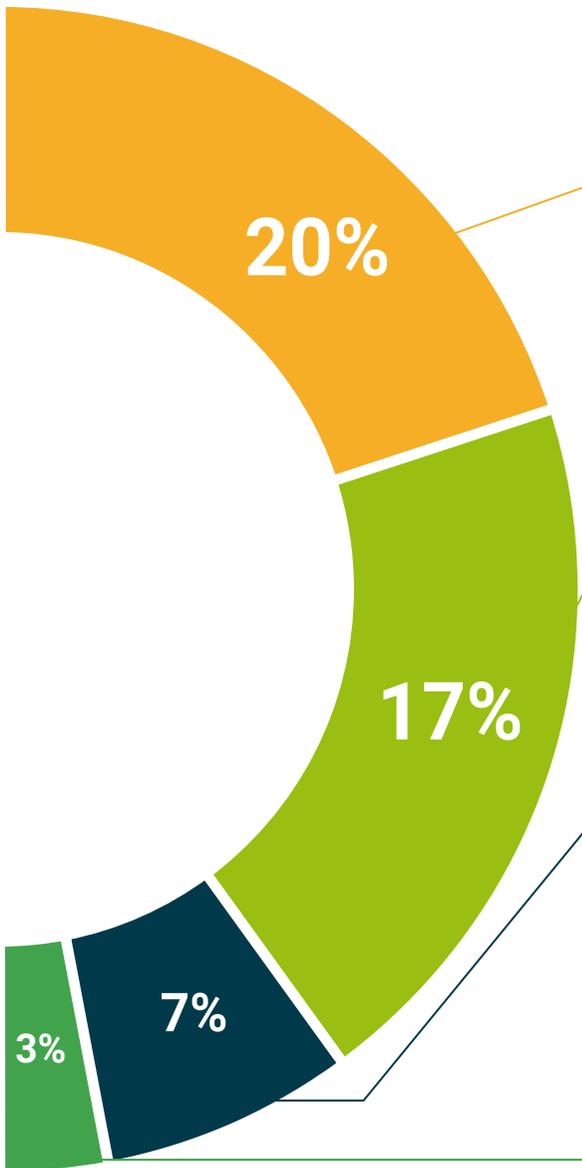
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Arthroscopy 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 Arthroscopy** 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 Foot and Ankle Arthroscopy**

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.

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



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