

Postgraduate Diploma

Knee, Ankle and Foot Orthopedic Surgery and Traumatology





Postgraduate Diploma Knee, Ankle and Foot Orthopedic Surgery and Traumatology

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

Website: www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-knee-ankle-foot-orthopedic-surgery-traumatology

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01

Introduction

Orthopedic surgery and traumatology have undergone a spectacular development in recent years. Advances in the approach to tumors and infections in the knee, ankle and foot offer new possibilities in the management of pathologies and improvements in patient prognosis. This Postgraduate Diploma is aimed at updating the specialist so that they can incorporate these advances in the daily surgical practice with their patients.

Scientific evidence increases the quality of trauma surgery. Keeping up-to-date is key to providing better care to our patients





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New scenarios in traumatology push us to propose new training programs that fit the real needs of experienced professionals, so that they can incorporate advances in the management of knee, ankle and foot pathology into their daily practice"

Orthopedic surgery and traumatology is constantly evolving. The volume of information increases exponentially every year and it is impossible to be updated in all areas of the specialty, unless a team of experts in different sub-areas performs this work for the specialist, making an intelligent discrimination of the information. In addition, the current tendency to subspecialize in one anatomical region or surgical technique, makes it more difficult to keep up to date in those areas that are not routinely treated.

Advances in molecular biology, biomaterials, cell culture, diagnostic imaging techniques and minimally invasive endoscopic access have been integrated opening new expectations in the management of patients with medical-surgical pathologies of the knee, ankle and foot. The prognosis after surgery improves along with shorter recovery times and a lower rate of post-surgical infection, making these new approaches an opportunity, once unthinkable, for patients.

This Postgraduate Diploma in Orthopedic Surgery and Traumatology of the Knee, Ankle and Foot offers a detailed review of the most relevant advances in the discipline from an eminently practical point of view, providing the necessary update to the specialist to be able to provide quality care to their patients.

The **Postgraduate Diploma in Knee, Ankle and Foot Orthopedic Surgery and Traumatology** contains the most complete and updated scientific program on the market. The most important features of the program include:

- ♦ Development of clinical cases presented by experts in trauma surgery. The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice.
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning.
- ♦ Interactive learning system based on algorithms for decision making in the surgical patient with osteoarticular pathology of the knee, ankle and foot.
- ♦ Clinical practice guidelines on the different musculoskeletal pathologies.
- ♦ All of this will be complemented by 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.



Update your knowledge with the Postgraduate Diploma in Knee, Ankle and Foot Orthopedic Surgery and Traumatology"

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This Postgraduate Diploma may be the best investment you can make in the selection of an updated program for two reasons: in addition to updating your knowledge in Knee, Ankle and Foot Orthopedic Surgery and Traumatology you will obtain a Postgraduate Diploma from TECH - Technological University"

Its teaching staff includes specialists of recognized prestige in trauma surgery, who bring their experience to this training.

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 an immersive training program to train in real situations.

This program is designed around Problem Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the physician will be assisted by an innovative interactive video system developed by renowned experts in the field of trauma surgery with extensive teaching experience.

Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma course

Do not miss this opportunity and choose the best way to stay updated in orthopedic and trauma surgery of the knee, ankle and foot

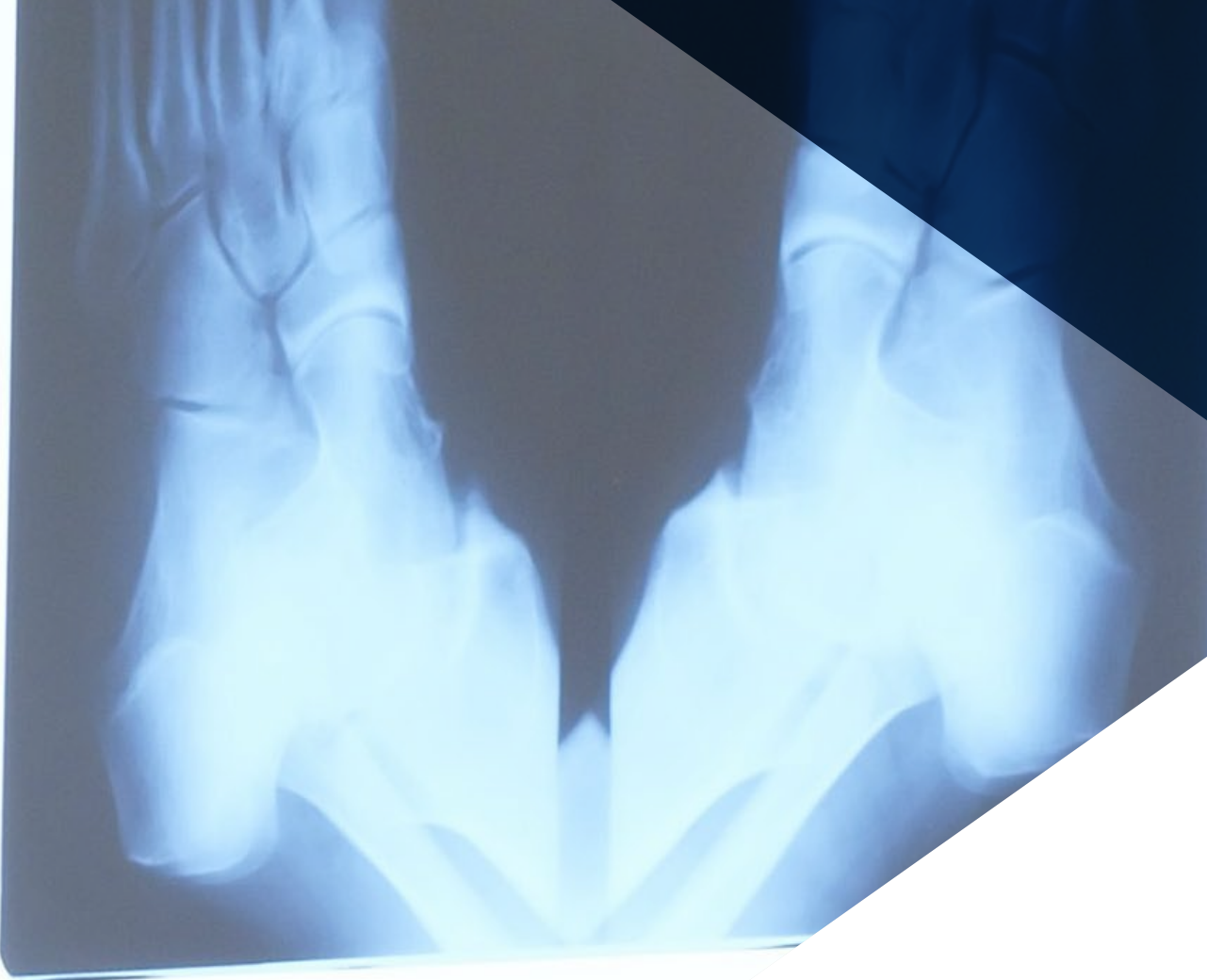


02

Objectives

This program aims to provide the specialist with updated knowledge on the new surgical techniques indicated for the knee, ankle and foot. To this end, it proposes a review of the different pathologies and their medical-surgical management in the light of the latest scientific evidence.





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This Postgraduate Diploma is designed to help you update your knowledge in knee, ankle and foot orthopedic surgery and traumatology with the use of the latest educational technology, to contribute with quality and safety to decision making"



General Objective

- ♦ Update the physician on the most important surgical procedures in orthopedic and trauma surgery, as well as to incorporate advances in the approach to oncological and infectious processes of the knee, ankle and foot, in order to provide care based on quality and safety, which will minimize the complications and improve the patient's prognosis.



Specific Objectives

- ♦ Determine the main advances in orthopedic surgery and traumatology of the knee, ankle and foot, based on the latest scientific evidence.
- ♦ Recognize and distinguish the signs and symptoms of the different knee pathologies in order to apply the appropriate treatment in each case.
- ♦ Apply the criteria of EvidenceBased Medicine when choosing the correct treatment in orthopedic surgery and traumatology.
- ♦ Deepen in the analysis of pathological signs to differentiate foot and ankle pathologies, and to indicate the appropriate treatment.
- ♦ Define the ethical main aspects of orthopedic surgery and traumatology.
- ♦ Update knowledge in antibiotic prophylaxis in orthopedic surgery and traumatology.
- ♦ Correctly apply out the new thromboprophylaxis guidelines in orthopedic surgery and traumatologic.
- ♦ Update knowledge of blood-saving policies used in orthopedic and traumatologic surgery.
- ♦ Distinguish the different applications of cell cultures in Orthopedics and Traumatology.
- ♦ Explain in which cases it is correct to use BMPs in Orthopedics and Traumatology.
- ♦ Interpret the clinical evidence on platelet-rich plasma in tendon and joint pathology.
- ♦ Recognize the biopsychosocial model in musculoskeletal pathology.
- ♦ Classify and update performance measurement systems in Orthopedic Surgery and Traumatology.
- ♦ Interpret the results correctly in Interventional Radiology in musculoskeletal pathology.
- ♦ Recognize the current concepts of Neurophysiology in Orthopedic Surgery.
- ♦ Review the meniscal suture technique.
- ♦ Revise the techniques and indications in a meniscal transplant.
- ♦ Analyze actions to be taken in case of degenerative meniscal tears.
- ♦ Review the current evidence on surgical treatment.
- ♦ Review the current evidence on conservational treatment.
- ♦ Evaluate anterior knee pain syndrome.
- ♦ Assess proximal and distal stabilization techniques in patellar instability.
- ♦ Medial patellofemoral ligament plasty in patellar instability.
- ♦ Establish criteria to monitor complications and failures of patellar stabilization techniques.
- ♦ Recognize indications and action guidelines for extensor apparatus rupture and reconstruction techniques.
- ♦ Evaluate extensor device transplantation procedure.
- ♦ Review high and low patella reconstructive techniques.
- ♦ Review primary knee prosthesis technique.
- ♦ Analyze the MIS approach in knee arthroplasty.
- ♦ Understand new designs in the total prosthesis of the knee.

- ♦ Apply indications and surgical techniques in unicompartmental prosthesis.
- ♦ Interpret management of femoral defects and total knee replacement.
- ♦ Interpret management of tibial defects and total knee replacement.
- ♦ Apply indications and surgical techniques in constrained and semi-constrained knee prostheses.
- ♦ Apply indications and surgical techniques in knee denervation in painful total knee replacements.
- ♦ Review the technique of arthroscopic knee mosaicplasty.
- ♦ Identify the correct sequence of steps to be followed in the implantation of chondrocyte culture in articular pathology in the knee.
- ♦ Evaluate microfracture performance in chondral pathology of the knee.
- ♦ Review indications, types and surgical techniques in tibial osteotomies.
- ♦ Review indications and surgical techniques in femoral osteotomies.
- ♦ Review indications and surgical techniques for implanting cushioning systems in gonarthrosis.
- ♦ Review the latest evidence on the management of lesser toe deformities and metatarsalgias.
- ♦ Review latest evidence on forefoot minimally invasive surgery.
- ♦ Review surgical techniques for flatfoot in adults.
- ♦ Review surgical techniques in pes cavus.
- ♦ Update knowledge on hindfoot pathology.
- ♦ Review the procedures in the approach to foot and ankle arthrodesis.
- ♦ Identify bone and soft tissue tumors and their correct treatment.
- ♦ Describe the characteristics of the different types of congenital malformations.
- ♦ Classify diabetic foot lesions in scale of degrees and correct treatment in each case.

- ♦ Explain the reasons for ankle instability and decide on the right treatment.
- ♦ Distinguish and classify ligament injuries.
- ♦ Review reconstructive techniques.
- ♦ Recognize ankle impingement syndrome.
- ♦ Recognize the correct steps to follow in the event of osteochondral lesions.
- ♦ Recognize the correct steps to follow in case of tibial pylon fracture and ankle fracture.
- ♦ Recognize the correct steps to follow in case of fractures and dislocations of the calcaneus and talus.
- ♦ Recognize the correct steps to follow in case of midfoot and forefoot fractures and dislocations.



03

Course Management

The creation of the materials has been carried out by a team of professionals of reference in the field of trauma surgery, who perform their professional activity in prestigious hospitals. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





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Learn about the latest advances in knee, ankle and foot orthopedic surgery and traumatology from leading professionals”

Management



Doménech Fernández, Julio

- Degree in Medicine from the University of Navarra.
- PhD in Medicine from the University of Valencia.
- Specialist in OST at the Ramón y Cajal Hospital in Madrid.
- Professor in the Faculty of Medicine at Cardenal Herrera University CEU, Valencia.
- Master's Degree in Healthcare from the University of Valencia.
- Head of Service of the Arnau de Vilanova Hospital in Valencia and Liria Hospital.
- Pro Academia Award of the European Society of NMR.
- Two-time winner of the Best Paper Award from the Spine Society of Europe
- Two-time winner of the Spanish Spine Society Award (GEER).
- 2nd Prize Ángel Herrera Research Award from the San Pablo CEU Foundation, member of the Board of Directors of the Spanish Society for Research in Orthopedic Surgery (INVESCOT)
- Head researcher in several research projects with competitive funding from public agencies.

Coordinators

Navarrete Faubel, Enrique

- ♦ Specialist in Orthopedic Surgery and Traumatology.
- ♦ La Fe Polytechnic and University Hospital. Valencia

Sanchís Alfonso, Vicente

- ♦ Specialist in Orthopedic Surgery and Traumatology.
- ♦ Arnau de Vilanova Hospital Valencia

Professors

Baixauli García, Francisco

- ♦ Head of the OST La Fe Polytechnic and University Hospital. Valencia

Cabanes Soriano, Francisco

- ♦ Head of the OST Department at the Lliria Hospital, Valencia.

Calvo Crespo, Emilio

- ♦ Head of the OST Jiménez Díaz Foundation Hospital. Madrid.

Guillén García, Pedro

- ♦ Head of the OST ClínicaCemtro. Madrid

Hevia Sierra, Eduardo

- ♦ Head of the OST La Fraternidad Hospital Madrid

Knorr, Jorge

- ♦ Head of the OST Sant Joan de Déu hospital. Barcelona:

Mesado Solernou, Cristóbal

- ♦ Head of the OST Castellón General Hospital. Castellón

Soler Romagosa, Francesc

- ♦ Head of the OST EGARSAT.

Dr. Valverde Mordt, Carlos

- ♦ Retired head of the OST Arnau de Vilanova Hospital Valencia

Dr. Vaquero Martín, Javier

- ♦ Head of the OST Gregorio Marañon Hospital. Madrid.

Dr. Segura Llopis, Francisco

- ♦ Head of the OST Clinical University Hospital of Valencia.

Dr. Burgos Flores, Jesús

- ♦ Head of the OST Department. Ramón y Cajal University Hospital, Madrid

Dr. Chaques Asensi, Francisco

- ♦ Head of the OST Department. FREMAP Hospital, Seville

Dr. Díaz Ulloa, Máximo Alberto

- ♦ Head of the OST Department. Santiago de Compostela University Hospital Complex, A Coruña

Dr. Hernández Ferrando, Lorenzo

- ♦ Head of the OST Department. Hip and Pelvis. General University Hospital of Valencia.

Dr. Maruenda Paulino, José Ignacio

- ♦ Head of the OST Department. Clinical University Hospital of Valencia

Dr. Monllau García, Joan Carles

- ♦ Head of the OST Department. Del Mar Hospital. Barcelona:

Dr. Ordoño Domínguez, Juan Fermín

- ♦ Head of Department Clinical Neurophysiology Service. Arnau de Vilanova Hospital Valencia

Dr. Salavert Lletí, Miguel

- ♦ Chief of Infectious Diseases Unit. University and technique Hospital La Fe, Valencia

Dr. Vicent Carsí, Vicente

- ♦ Head of the OST Department. La Fe Polytechnic and University Hospital. Valencia

Vilá Rico, Jesús Enrique

- ♦ Head of the OST Department. 12 de Octubre University Hospital. Madrid.

Álvarez Galovich, Luís

- ♦ Head of the Spinal Pathology Unit. Jiménez Díaz Foundation Hospital and Collado Villalba General University Hospital.

Aracil Silvestre, José

- ♦ Head of Lower Limbs Unit at La Fe Polytechnic and University Hospital, Valencia Valencia

Cuadros Romero, Miguel

- ♦ Head of Upper Limbs Unit and Microsurgery at Virgencia de la Victoria Hospital. Malaga.

Delgado Serrano, Pedro J.

- ♦ Head of Hand and Upper Limbs Surgery HM Montepíncipe University Hospital Madrid.

Espejo Baena, Alejandro

- ♦ Head of Arthroscopy Unit. Virgen de la Victoria Hospital and Vitas Parque San Antonio Hospital. Malaga.

Gallart Castany, Xavier

- ♦ Head of the Hip Unit at the Clinical Hospital. Barcelona:

Galovich, Luís Álvarez

- ♦ Head of the Spinal Pathology Unit. Jiménez Díaz Foundation Hospital and Villalba General University Hospital

Guillén Vicente, Isabel

- ♦ Head of Cartilage Unit. Centro Clinic.

López-Alcorocho Sánchez, Juan Manuel

- ♦ Head of the Clinical Research Unit at Centro Clinic- Amplicel

Soldado Carrera, Francisco

- ♦ Head of the Upper Limb Unit at Sant Joan de Déu Hospital

Torner Rubies, Ferran

- ♦ Head of the Musculoskeletal Tumor Unit at Sant Joan de Déu Hospital.

Ullot Font, Rosendo

- ♦ Coordinator of OST Sant Joan de Déu hospital,.

Aguilella Fernández, Luís

- ♦ Assistant physician of the OST service. Hand and upper extremity surgery unit. La Ribera University Hospital, Madrid.

Aguirre García, Rafael

- ♦ Assistant physician of the OST service. Spine Unit. Doctor Peset University Hospital

Alonso Benavente, Antonio

- ♦ Assistant physician of the OST service. Arnau de Vilanova Hospital, Valencia

Álvarez Llanos, Alejandro

- ♦ Assistant physician of the OST service. Arnau de Villanova Hospital, Valencia.

Angulo Sánchez, Manuel Ángel

- ♦ Assistant physician of the OST service. University and Polytechnic Hospital La Fe, Valencia

Arnau Massanet, Rosana

- ♦ Assistant physician of the OST service. Valencia Clinical Hospital

Aroca Navarro, José Enrique

- ♦ Assistant physician of the OST service. La Fe University Hospital, Valencia.

Bas Hermida, Paloma

- ♦ Assistant physician of the OST service. Spine Unit. University and Polytechnic Hospital La Fe, Valencia

Blanco Baiges, Eduardo

- ♦ Assistant physician of the OST service. Royo Vilanova Hospital, Zaragoza

Calabuig Muñoz, Eva

- ♦ Attending Physician in the Infectious Diseases Unit. Clinical Medical Area. La Fe Polytechnic and University Hospital, Valencia.

Cañete San Pastor, Pablo

- ♦ Assistant physician of the OST service. Manises Hospital, Valencia

Carratalá Baixauli, Vicente

- ♦ Assistant physician of the OST service. Unión de Mutuas and Quirón Salud. Valencia

Climent Peris, Vicente

- ♦ Assistant physician of the OST service. Lluís Alcanyís Hospital. Xàtiva

Collado Gastalver, Diego

- ♦ Assistant physician of the OST service. Sant Joan de Déu hospital,.

Compte Verdaguer, Antonio

- ♦ Assistant physician of the OST service. Sant Joan de Déu hospital,.

Corella Montoya, Fernando

- ♦ Assistant physician of the OST service. Hand surgery unit Infanta Leonor University Hospital, Madrid.

Díaz Fernández, Rodrigo

- ♦ Assistant physician of the OST service. Manises Hospital. Valencia

Duart Clemente, Javier Melchor

- ♦ Assistant physician of Neurosurgery service. Spine Unit. Jiménez Díaz Foundation. Madrid

Ezzedine, Aída

- ♦ Physician specializing in Rehabilitation and Physical Medicine. Marina Alta Hospital, Denia, Alicante

Fahandezh-Saddi Díaz, Homid

- ♦ Assistant physician of the OST service. Hand and upper member surgery unit. Madrid. Fundación Alcorcón University Hospital. Madrid.

Fuertes Lanzuela, Manuel

- ♦ Assistant physician of the OST service. La Fe Hospital of Valencia.

García Ramiro, Sebastián

- ♦ Senior consultant in OST Clinical Hospital Barcelona:

Garreta Catalá, Iago

- ♦ Assistant physician of the OST service. Bellvitge Hospital. Barcelona

Garzón Márquez, Francisco Miguel

- ♦ Assistant physician of the OST service. Spine Pathology Unit at the Fundación Jiménez Díaz Hospital, Madrid.

Gastaldi Rodrigo, Pablo

- ♦ Assistant physician of the OST service. Gastaldi Clinic 9 d'Octubre Hospital Valencia

Gelber Ghertner, Pablo E.

- ♦ Assistant physician of the OST service. Sant Pau y Santa Creu University Hospital Barcelona:

González Cañas, Lluís

- ♦ Assistant physician of the OST service. Bellvitge Hospital. Barcelona:

Herrero Mediavilla, Daniel

- ♦ Assistant physician of the OST service. Llíria Hospital Valencia

Juando Amores, Carlos

- ♦ Assistant physician of the OST service. University Hospital of Valencia.

Leal Blanquet, Joan

- ♦ Assistant physician of the OST service. Parc de Salut Mar Barcelona:

Leyes Vence, Manuel

- ♦ Orthopedic surgery consultant Cemtro Clinic. Madrid.

Llombart Blanco, Rafael

- ♦ Assistant physician of the OST service. Arnau de Villanova Hospital Valencia

Maculé Beneyto, Francisco

- ♦ Senior Consultant at the Clinical Hospital. Barcelona

Martínez Giménez, Enrique

- ♦ Assistant physician of the OST service. Vistahermosa Clinic Alicante

Matas Diaz, Jose Antonio

- ♦ Assistant physician of the OST service. Gregorio Marañon Hospital. Madrid.

Mayordomo Aranda, Empar

- ♦ Specialist in Pathological Anatomy from La Fe Hospital Valencia

Montesinos Berry, Erik

- ♦ Assistant physician of the OST service. Lausanne Hospital, Suiza

Mut Oltra, Tomás

- ♦ Assistant physician of Septic service. La Fe Polytechnic and University Hospital. Valencia

Ortego Sanz, Javier

- ♦ Assistant physician of the OST service. Llíria Hospital Valencia

Dr. Piñera Parrilla, Angel Ramón

- ♦ Assistant physician of the OST service. Spine Pathology. Jiménez Díaz Foundation Hospital. Madrid.

Pérez Aznar, Adolfo

- ♦ Assistant physician of the OST service. Elda General Hospital.

Pérez García, Alberto

- ♦ Medical Specialist in Plastic fluids Surgery and Repair. La Fe Polytechnic and University Hospital. Valencia

Popescu, Dragos

- ♦ Senior Consultant at the Clinical Hospital. Barcelona

Dr. Redin Huarte, Juan Miguel

- ♦ Assistant physician of the OST service. Arnau de Vilanova Hospital and Liria Hospital. Valencia

Sánchez González, María

- ♦ Assistant physician of the OST service. La Fe Polytechnic and University Hospital. Valencia

Sánchez Mariscal, Felisa

- ♦ Assistant physician of the OST service. University Hospital of Getafe, (Madrid)

Sangüesa Nebot, María José

- ♦ Assistant physician of the OST service. Arnau de Villanova Hospital Valencia

Sanz Aguilera, Sylvia

- ♦ Assistant physician of the OST service. Spine Pathology Unit at the Fundación Jiménez Díaz Hospital, Madrid

Sanz Ruiz, Pablo

- ♦ Assistant physician of the OST service. Gregorio Marañón Hospital. Madrid.

Schmitt, Julia

- ♦ Physician specializing in Rehabilitation and Physical Medicine. Arnau de Vilanova Hospital Valencia

Tasias Pitarch, María

- ♦ Attending Physician in the Infectious Diseases Unit. Clinical Medical Area. La Fe

Polytechnic and University Hospital, Valencia.

Terol Alcaide, Pablo José

- ♦ Assistant physician of the OST service. Clinical University Hospital of Valencia.

Valero García, Adolfo

- ♦ Medical Specialist in Pathological Anatomy (Internal Medicine. Lluís Alcanyís Hospital. Xàtiva

Villanueva Martínez, Manuel

- ♦ Assistant physician of the OST service. Gregorio Marañón Hospital. Madrid.

Sánchez Zarzuela, Victor Manuel

- ♦ Assistant physician of the OST service. Tumor unit Valencia General Hospital Consortium.

04

Structure and Content

The structure of the curriculum has been designed by a team of professionals knowledgeable about the implications of training in orthopedic surgery traumatology, aware of the relevance of current training and committed to quality teaching through new educational technologies.



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The Postgraduate Diploma in Knee, Ankle and Foot Orthopedic Surgery and Traumatology , contains the most complete and updated scientific program on the market”

Module 1. Overview

- 1.1. Ethical Aspects of Orthopedic Surgery and Traumatology
- 1.2. Evidence-Based Medicine for Choosing the Correct Treatment in Orthopedic Surgery and Traumatology.
- 1.3. Bone Bank
 - 1.3.1. Bone Substitute
 - 1.3.2. Current concepts
- 1.4. Update on Antibiotic Prophylaxis in Orthopedic Surgery and Traumatology.
- 1.5. Thromboprophylaxis in Orthopedic Surgery and Traumatology.
 - 1.5.1. Evidence on Physical Measurements.
 - 1.5.2. New Oral Anticoagulants .
- 1.6. Update on Blood-Saving Policies Used in Orthopedic Surgery and Traumatology.
- 1.7. Applications of Cell Cultures in Orthopedics and Traumatology.
- 1.8. Use of BMP in Orthopedics and Traumatology.
- 1.9. Clinical Evidence on Platelet-rich Plasma in Tendon and Joint Pathology.
- 1.10. Biopsychosocial Model in Musculoskeletal Pathology.
 - 1.10.1. Fear-avoidance Model in Musculoskeletal Pain.
- 1.11. Update on Results Measurement in Orthopedic Surgery and Traumatology.
 - 1.11.1. Pain, Health and Quality of Life.
- 1.12. Interventional Radiology in Musculoskeletal Pathology.
- 1.13. Current Concepts of Neurophysiology in Orthopedic Surgery.

Module 2. Knee

Section: Meniscal Pathology

- 2.1. Meniscal Suture
 - 2.1.1. Techniques.
 - 2.1.2. Indications.
- 2.2. Meniscal Transplant
 - 2.2.1. Techniques.
 - 2.2.2. Indications.

- 2.3. Discoid Meniscus
 - 2.3.1. Meniscal Cysts.
 - 2.3.2. Diagnosis.
 - 2.3.3. Treatment Management.
- 2.4. Degenerative Meniscal Tears.
 - 2.4.1. Current Evidence on Surgical Treatment.
 - 2.4.2. Current Evidence on Conservational Treatment.

Section: Pathology of the Extensor Apparatus

- 2.5. Evaluate Anterior Knee Pain Syndrome.
 - 2.5.1. Current concepts
- 2.6. Proximal and Distal Stabilization Techniques in Patellar Instability.
 - 2.6.1. Medial Patellofemoral Ligament Plasty in Patellar Instability.
- 2.7. Complications and Failures of Patellar Stabilization Techniques. Salvage.
- 2.8. Rupture of the Extensor Apparatus.
 - 2.8.1. Reconstruction Techniques.
 - 2.8.2. Transplantation of Extensor Apparatus
- 2.9. High and Low Patella Reconstructive Techniques

Section: Knee Arthroplasty

- 2.10. Primary Knee Prosthesis.
 - 2.10.1. Articular Ligament Balance.
 - 2.10.2. Preservation of the Anterior Cruciate Ligament (ACL).
 - 2.10.3. Preservation of the Posterior Cruciate Ligament (PCL).
 - 2.10.4. Post-stabilized Prosthesis.
- 2.11. MIS Approach in Knee Arthroplasty.
- 2.12. New Designs in Total Knee Prosthesis.
 - 2.12.1. Gender Design.
 - 2.12.2. Hiperflex.
 - 2.12.3. Turntable.
 - 2.12.4. Alternatives to Cementation and New Materials.

- 2.13. Unicompartmental Prosthesis.
 - 2.13.1. Indications.
 - 2.13.2. Surgical management
- 2.14. PTR Replacement
 - 2.14.1. Management of Femoral Defects.
- 2.14. PTR Replacement
 - 2.15.1. Management of Tibial Defects.
- 2.16. Constricted and Semi-constrained Knee Prostheses.
 - 2.16.1. Indications.
 - 2.16.2. Surgical management
- 2.17. Knee Denervation in Painful PTR.
 - 2.17.1. Indications.
 - 2.17.2. Surgical management

Section: Joint Preservation surgery

- 2.18. Arthroscopic Knee Mosaicplasty.
- 2.19. Chondrocyte Culture Implantation in Joint Pathology in the Knee.
- 2.20. Microfractures in Chondral Pathology of the Knee.
- 2.21. Tibial Osteotomies.
 - 2.21.1. Indications.
 - 2.21.2. Types.
 - 2.21.3. Surgical management
- 2.22. Femoral Osteotomies.
 - 2.22.1. Indications.
 - 2.22.2. Techniques
- 2.23. Implantation of Cushioning Systems in Gonarthrosis.
 - 2.23.1. Indications.
 - 2.23.2. Surgical Defects.

Module 3. Foot and Ankle

- 3.1. Hallux Valgus and Hallux Rigidus.
- 3.2. Deformities of the Little Toes and Metatarsalgia.
- 3.3. Minimally Invasive Surgery (MIS) of the Forefoot.
- 3.4. Update on Flat Foot in Adults.
 - 3.4.1. Surgical Defects.
- 3.5. Update on Pes Cavus.
 - 3.5.1. Surgical Defects.
- 3.6. Hindfoot Pathology.
 - 3.6.1. Arthrodesis of the Foot.
 - 3.6.2. Arthrodesis of the Ankle
- 3.7. Bone and Soft Tissue Tumors
- 3.8. Congenital Malformations.
- 3.9. Diabetic Foot
- 3.10. Ankle Instability
 - 3.10.1. Ligament Injuries.
 - 3.10.2. Reconstructive Techniques
- 3.11. Ankle Impingement Syndrome.
 - 3.11.1. Canalicular Syndromes.
 - 3.11.2. Tendon Disorders.
 - 3.11.3. Tendoscopy.
- 3.12. Osteochondral Injuries
 - 3.12.1. Osteochondritis of the Talus.
 - 3.12.2. Ankle Arthroscopy.
 - 3.12.3. Foot Arthroscopy.

Section: Update in Traumatic Pathology

- 3.13. Tibial Pylon Fracture and Ankle Fracture.
- 3.14. Calcaneus and Talus Fractures and Dislocations.
- 3.15. Fractures and Dislocations of the Midfoot and Forefoot.

05

Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.



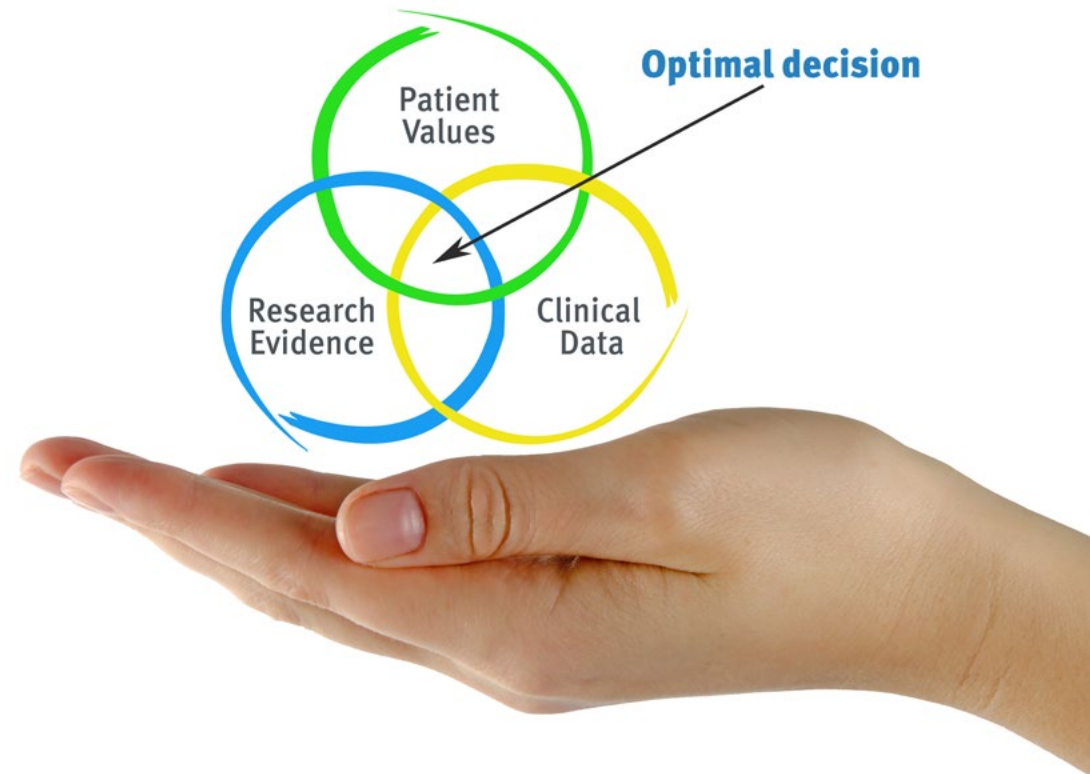
“

Discover Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

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



According to Dr. Gervas, 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 potential 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 professional medical practice.

“

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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



The physician will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

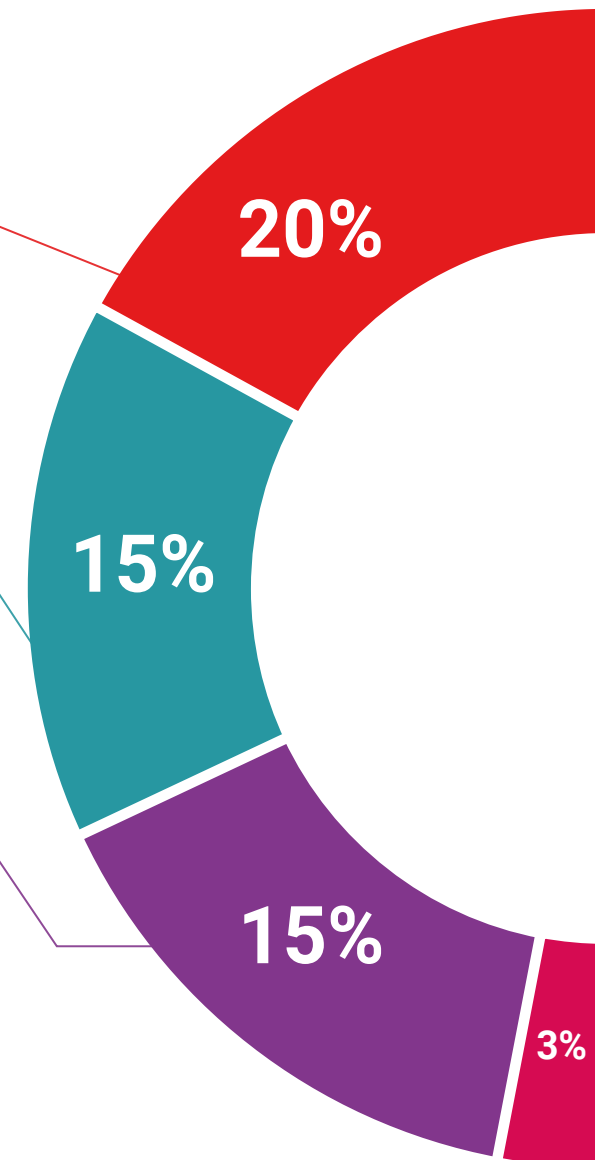
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

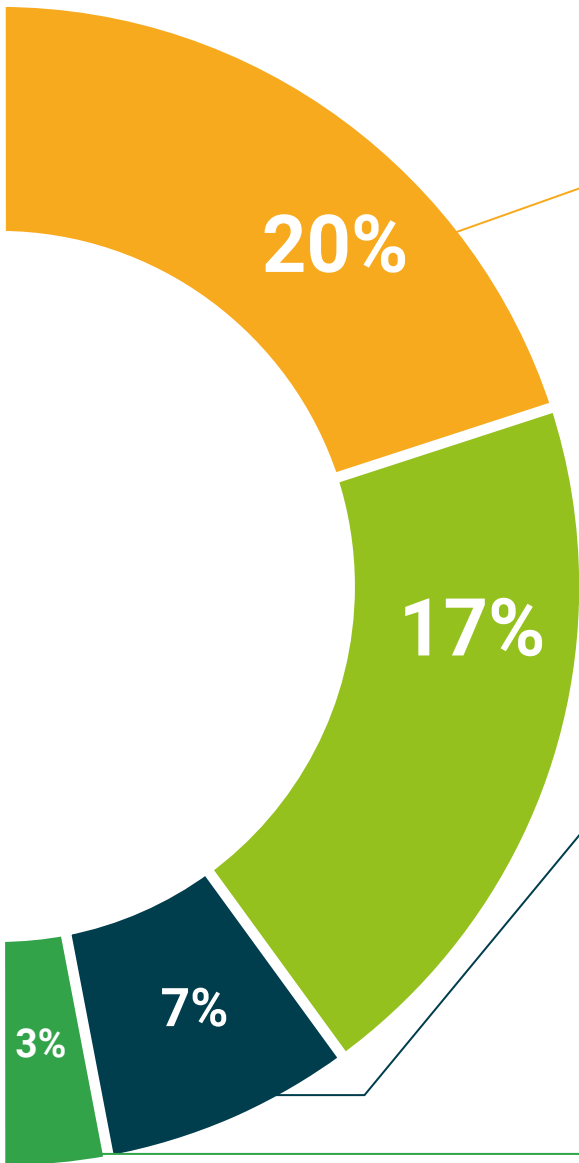
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06 Certificate

The **Postgraduate Diploma in Knee, Ankle and Foot Orthopedic Surgery and Traumatology** guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Diploma issued by TECH - Technological University.



“

Successfully complete this training and receive your Postgraduate Diploma without travel or laborious paperwork"

The Postgraduate Diploma in Knee, Ankle and Foot Orthopedic Surgery and Traumatology , contains the most complete and updated scientific program on the market”

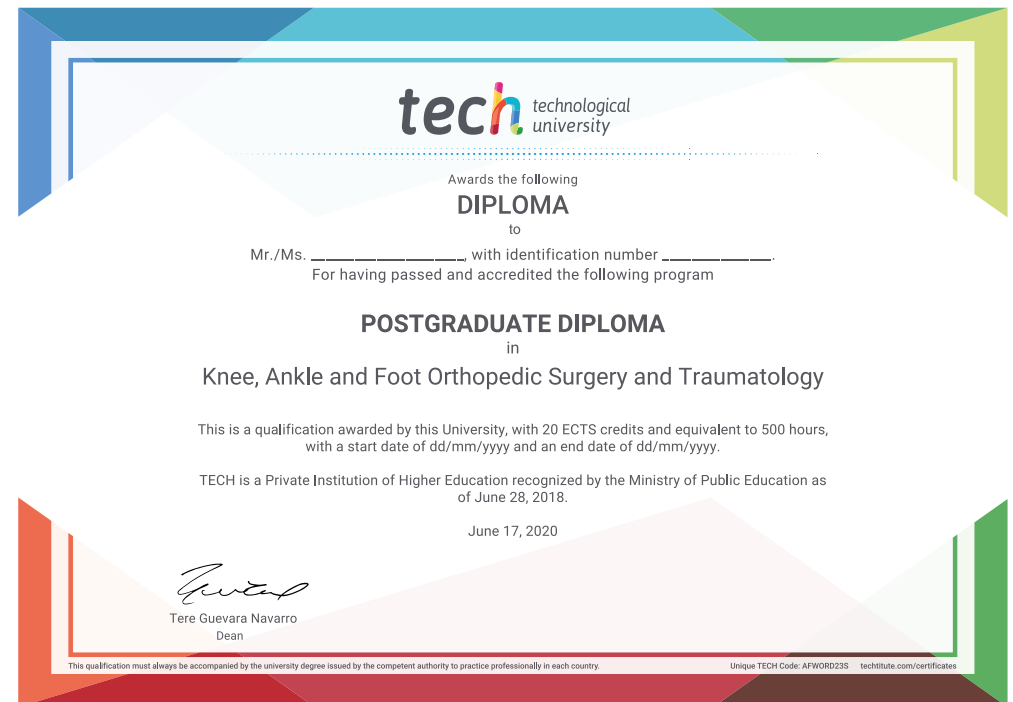
After the student has passed the evaluations,they will receive by mail their corresponding Postgraduate Diploma issued by **TECH - Technological University** via tracked delivery.

The diploma issued by **TECH - Technological University** will specify the qualification obtained though the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Diploma in Knee, Ankle and Foot Orthopedic Surgery and Traumatology

ECTS: 20

Official Number of Hours: 500



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

tech technological
university

Postgraduate Diploma
Knee, Ankle and Foot
Orthopedic Surgery
and Traumatology

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

Postgraduate Diploma

Knee, Ankle and Foot Orthopedic
Surgery and Traumatology