

# HIGHLANDS FOOT & ANKLE INSTITUTE

Fall 2007

<b>LETTER FROM THE EDITOR, BRETT D. SACHS, DPM</b>
--

I hope everyone had a good winter and is having a prosperous spring. As you may know, the unfortunate individuals here in Denver were busy digging out from all the snow. The warm weather is a welcomed change. We are in the process of planning the next educational meeting of the Highlands Foot and Ankle Institute. The meeting will be scheduled for January 11-13, 2008. Remember that tuition will remain reasonable. We will have more details to follow. In addition, Dr. Bill Farrett has started our new website – <http://www.highlandsinstitute.org> . The website will have information on upcoming events and previous newsletters. Please check it out.

As always we appreciate your input. Exciting events are occurring with regards to the Highlands Foot and Ankle Institute. We recently completed the mandatory annual report to the Council on Podiatric Medical Education in January. We continue to be a sponsor of continuing education based on qualifications submitted to the CPME. Our nonprofit status is currently being held up by the IRS. They have recently inquired in a four page letter regarding our application. I will be meeting with our accountant for clarification. This inquiry appears to be another speed bump for the Institute, but is not a road block. I hope everyone had a good winter and is having a prosperous spring.

As you may know, the unfortunate individuals here in Denver were busy digging out from all the snow. The warm weather is a welcomed change. We are in the process of planning the next educational meeting of the Highlands Foot and Ankle Institute. The meeting will be scheduled for January 11-13, 2008. Remember that tuition will remain reasonable. We will have more details to follow. In addition, Dr. Bill Farrett has started our new website – <http://www.highlandsinstitute.org> . The website will have information on upcoming events and previous newsletters. Please check it out.

**UPDATE FROM THE CHAIRMAN, DR. BILL FARRETT, DPM**

Exciting events are occurring with regards to the Highlands Foot and Ankle Institute. We recently completed the mandatory annual report to the Council on Podiatric Medical Education in January. We continue to be a sponsor of continuing education based on qualifications submitted to the CPME. Our nonprofit status is currently being held up by the IRS. They have recently inquired in a four page letter regarding our application. I will be meeting with our accountant for clarification. This inquiry appears to be another speed bump for the Institute, but is not a road block.

In a recent Board of Directors meeting, we received information concerning the 2008 meeting from our Event Coordinator, Gail Stone. She has been working feverishly to find a mountain resort capable of hosting our event for reasonable rates. After much deliberation, we have chosen Copper Mountain. We will be doing a site survey of the Copper venue within a couple of weeks. Expect a postcard reminder in the mail this summer with the choice of venue. Please remember that the meeting is scheduled for January 11-13, 2008. It will be bigger and better than the meeting in 2006.

We would like to encourage those of you who receive this newsletter to consider being faculty, starting a multi-center study, or supporting the Institute financially. Remember the trip and the financial support are tax deductible, but more importantly the experience is priceless!!!! Our new website, <http://www.highlandsinstitute.org> is currently under construction. Please visit the site and give feedback via the e-mail link on the site. In the near future, we will list faculty with credentials on the website. Meeting information and forms will be available for download and completion. Enjoy the newsletter. I would like to thank Dr. John Miller for the case studies.

**UPDATE FROM THE DIRECTOR OF EDUCATION, PAUL A. STONE, DPM**

Mark your calendars for January 11-13! The Highlands Foot and Ankle Institute Educational seminar will be held January 11-13, 2008 at Copper Mountain Resort. Favorable accommodations and conference areas, and plenty of snow has led us to

Copper Mountain for our 2008 meeting. The program agenda will include morning and après ski lectures. In addition, there will be sponsored workshops. If you have an interest in lecturing, please contact Dr. Paul Stone at (303) 344-9090. See you at Copper Mountain!

**UPDATE FROM THE RESIDENCY DIRECTOR, MATTHEW H. PADEN, DPM**

We continue to see improvement in the program. Our residents are graduating with significant volume and diversity of cases; approximately 2000 “c” cases per resident. The residents get excellent training due to the high quality of attendings. Our attendings are an interesting mix of previous graduates as well as an influx of graduates from other institutions. The residents get clinical experience via three different clinics: High Street Clinic, Commerce City Clinic, and the Denver Wound Healing Center. The medical rotations are conducted at P/SL and Denver Health. These rotations include 6 weeks of internal medicine, 8 weeks of vascular surgery, 4 weeks of infectious disease, 4 weeks of emergency medicine, 2 weeks of general surgery, 2 weeks of plastic surgery, 2 weeks of orthopedic surgery, 2 weeks of pathology, 2 weeks of radiology, and 2 weeks of anesthesiology. Our academics include journal club on Monday, Limb salvage on Tuesday, X-ray conference on Wednesday, and Podiatric lecture series (formerly CPC) on Thursday. Many of our graduates are involved with or directly run other residency programs throughout the country. One of the goals of the institute is to utilize this large pool of individuals in order to provide a framework to conduct research and provide other educational opportunities. I am requesting that all those who would like to participate in these activities, contact me so we can provide a link with our new web site. Please e-mail me at [Padendpm@aol.com](mailto:Padendpm@aol.com) .

**CASE STUDY- LISFRANC'S DISLOCATION, JOHN MILLER, DPM**

Dr. John Miller presents a 41-year-old healthy male who is self-employed and a father of five children. The patient was riding a motor bike with his daughter and not wearing his biker boots at the time. Unfortunately, he was involved in a accident and the bike fell on his foot. There were no other injuries. The patient was evaluated in the office the next day following the injury. Upon examination, there was tenderness of the midfoot area with moderate edema noted. The injury was closed without neurovascular compromise. Radiographs reveals a LisFranc's dislocation with fractures of the 2nd and 3rd metatarsals.

ORIF was performed 2 days following the initial presentation. The pre-operative and post-operative films are represented. The patient is currently 5 months status post surgery. He is now walking in normal tennis shoes with orthotics and has returned to work without restrictions. The patient currently has no pain of the foot, however he some residual stiffness and edema of the tarsometatarsal joint area. Overall, the patient has progressed reasonably well.

PRE OP:



INITIAL POST OP



INITIAL POST OP



INITIAL POST OP



