

This edition of *Orthopedic Physical Therapy Practice (OPTP)* will be landing on your desk right around the time of the Combined Sections Meeting (CSM) 2020 and there are a lot of Foot and Ankle highlights you should be aware of for your consideration to attend. Plan to check out some of the programming while at the meeting, online following the meeting, or by tuning into the FASIG Facebook page. In addition to sharing CSM highlights, the FASIG was active at the American Orthopaedic Foot and Ankle Surgeon (AOFAS) meeting this past September.

The CSM meeting will include 3 talks delivered during primary AOPT sessions and includes a broad range of topics. As a general starting point, Drs Neville, McClinton, and Pettineo will share an overview of assessment and treatment strategies that are fundamental to the care of many of our foot and ankle patients in a talk titled, *What Assessment and Intervention Strategies Are Essential for Great Foot and Ankle Care?* Beginning with patient reported outcomes using the Patient-Reported Outcome Measurement Information System (PROMIS), the talk will then focus on the assessment of ankle dorsiflexion and improving ankle plantar flexion performance. Next, Drs Chimenti, Willy, Chang, and Cuddeford will provide an innovative look at managing tendinopathy with a focus on how tendon pathology and pain drive changes in motor control in a talk titled, *New Considerations for Exercise Prescription in Treating Achilles and Patellar Tendon Pain*. Last, we have an update on the revised, *Ankle Stability and Movement Coordination Impairments: Ankle Ligament Sprains Clinical Practice Guideline Update* by speakers, Drs Martin, Kivlan, Fraser, Sawdon-Bea, and Carroll. In addition to these 3 great presentations there are numerous other great talks that you should be sure to attend or get the handouts online following the meeting.

- *The Impact of Foot Arch Characteristics on Cadence and Running Mechanics in Youth Runners* Claire McKeone, PT, DPT; Micah C. Garcia, Jeffery Allen Taylor-Haas, PT, DPT; Jason Long, PhD; Kevin R. Ford
- *Role of Foot and Ankle Joint Mobility on Heel Rise Performance in People with Diabetes* Hyo-Jung Jeong, PT, MS; Michael Jeffrey Mueller, PT, PhD, FAPTA; Jessica Loren Stumpf, SPT; Mary Kent Hastings, PT, DPT, ATC
- *Science Meets Practice 10: Keeping Runners in the Game: Management of Foot Pain in Runners* Michael John Mullaney, PT, DPT; Carol Marie Mack, PT, DPT; Bryan C. Heiderscheit, PT, PhD, FAPTA
- *Foot and Ankle: The Often-Forgotten Component of Fall Prevention* Christopher Glenn Neville, PT, PhD; Mariana Wingood, PT, DPT; Anne M. Reilley, PT, DPT, MS; Sandra Heald Sublett, PT, DPT
- *Evaluating the Diabetic Foot With Diabetic Foot Ulcers* Theresa Biven, PT, DPT; Emily Anne Green, PT, DPT; Leia D. Richardson, PT
- *What Is All the Hype About Running Shoes? Practical Implications for the Running Tactical Athlete* Nancy C. Henderson, PT, DPT; Haley Shea Worst, PT, DPT
- *Are We Underserving the Pediatric Ankle? Supporting Development through a Multisystem Approach* Amanda Hall, PT, MPT

In addition to great CSM programming, the FASIG has a growing presence at the AOFAS meeting. The 2019 annual meeting was in Chicago this past September. The FASIG co-sponsored 5 sessions of programming, 1 hands-on lab session, and 1 keynote talk listed below. The FASIG would like to formally thank each of the speakers and excellent foot and ankle experts that shared their expertise during this great meeting!

- **Session 1: The Foot and Ankle Exam**

Anatomy and Biomechanics of the Foot and Ankle
Jennifer A. Zellers, DPT, PhD

The Foot and Ankle Exam
Thomas Hunt, PA-C

- **Session 2: Returning to Sports/Recreation for the Active Person**

Operative Management and Imaging
Casey Jo Humbyrd, MD

Nonoperative Management: Achilles

Erik Martinez, PT, DPT, OCS, FAAOMPT

Nonoperative Management: Ankle Sprain and Plantar Fasciitis

Robert Sigler, PT, DPT, OCS

- **Session 3: Trauma: Post Traumatic Return to Function**

Operative Management and Imaging
Lauren E. Geaney, MD

Nonoperative Management of Fractures

James A. Sabetta, MPAS, PA-C

Postoperative Management

Stephanie Albin, PT, DPT, PhD, OCS, FAAOMPT

- **BREAKOUT SESSION**

Hands-on Foot and Ankle Exam

Leaders: Craig Hensley, PT, DPT, OCS, FAAOMPT; Alison Chang, PT, DPT, MS

- **KEYNOTE TALK**

The Compression Wrapping Program: Postoperative Care After Foot and Ankle Reconstruction

Carol Lynn Meyers, PT

- **Session 4: Degeneration: Managing the Older Patient**

Operative Management and Imaging

Cesar de Cesar Netto, MD, PhD

Nonoperative Management: Arthritis and Posterior Tibial Tendon Dysfunction

Craig P. Hensley, PT, DPT, OCS, FAAOMPT; Alison Chang, PT, DPT, MS

- **Session 5: Forefoot**

Operative Management and Imaging

Paul G. Talusan, MD

Forefoot Ulcer Management

Mary K. Hastings, PT, DPT, ATC

If these topics look interesting to you consider being a part of next year's AOFAS annual meeting to be held September 9-12 in San Antonio, TX. It is a whole weekend of just foot and ankle care!

(See page 50)