

Hello AOPT Foot and Ankle SIG members!

We write this newsletter amidst the increasing spread of the SARS-CoV 2 virus nationally as we approach the end of November 2020. This has certainly been a year of struggle and adaptation. We have now transitioned to a digital world, impacting our patient care, teaching, and learning. This will continue as the Combined Sections Meeting in 2021 will allow us to gather virtually – stay tuned for our FASIG meetings and presentations. We continue to lead several initiatives that will impact FASIG members and recognize the contributions from all those pushing these along.

- We continue to work on our foot and ankle fellowship initiative. Working closely with the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) we are in the final stages of distributing a *Practice Analysis Survey*. The survey was reviewed at the ABPTRFE's August 2020 meeting and, working closely with the AOPT office, the survey is now adapted for release using an online survey tool. Many thanks to the Practice Analysis Coordinators, Project consultant, and the entire task-force working on this. The information gathered during the last quarter of 2020 sets the stage for the final steps of the process outlined by ABPTRFE during 2021. We continue to work diligently towards the goal!
- The FASIG Practice Committee together with guidance from the AOPT Public Relations Committee has created infographics to share information about common foot and ankle pathologies. The first two of these are now available on our website. A special thanks to the FASIG Practice Chair, Megan Peach, DPT, OCS, CSCS, who is coordinating this effort. Additional infographics are being drafted and if you want to help, or have an idea for a new one, please contact Megan directly (contact links for FA leadership available on our website).
<https://www.orthopt.org/content/special-interest-groups/foot-ankle/fasig-infographics>
- Our partnership with the American Orthopaedic Foot and Ankle Society (AOFAS) continues with a series of webinars that are available to FASIG members. Keep an eye out for another webinar coming in the first quarter of 2021. We will be communicating these opportunities via Academy social media, email, and Facebook.
www.facebook.com/groups/FASIG/
- Make sure to check-out our quarterly newsletters posted to our website (listed below) if you didn't catch them in your email! Dr. Jennifer Zellers at Washington University works closely with a great group of student FASIG members to develop these newsletters. They include summaries of our SIG activity, member spotlights, and a citation blast for hot-off-the press foot and ankle research.

We wish everyone in the AOPT and the FASIG well and look forward to a start to 2021 with an innovative CSM in February.

The FASIG Leadership

<https://www.orthopt.org/content/special-interest-groups/foot-ankle>

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Description

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1 BUY ALL 6, ENHANCING PERFORMANCE USING A MIND, BODY, METRIC APPROACH (includes both Optimizing Recovery and Performance)

2 OPTIMIZING RECOVERY

Topics and Authors

Current Trends in Nutrition and Supplementation with Relevance to the Physical Therapist—Leslie Bonci, MPH, RD, CSSD, LDN

Let Me Sleep On It: Sleep for Healthy Aging and Optimal Performance—Kristinn I. Heinrichs, PhD, PT, NCS, SCS, ATC; Melanie M. Weller, MPT, OCS, CEEAA, ATC

Blood Flow Restricted Exercise: Physical Therapy Patient Management Using Current Evidence—Johnny G. Owens, MPT; Luke Hughes, PhD; Stephen Patterson, PhD

3 OPTIMIZING PERFORMANCE

Topics and Authors

Mental Techniques for Performance—Scott B. Martin, PhD, FACSM, FAASP; Rebecca Zakrajsek, PhD, CMPC®; Taylor Casey, MEd; Alexander Bianco, MS

Wearable Technologies for Monitoring Human Performance—Mike McGuigan, PhD, CSCS

Training Methodologies for Runners—Jerry-Thomas Monaco, PT, DPT, OCS; Richard G. Hubler, Jr., PT, DPT, OCS, FAAOMPT

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