

PREVIEW

2014 – 2015

Friday Academicals

By: Indian Foot and Ankle Society

Dr. Rajiv Shah
President, IFAS 2014 – 2015

Dr. Sampat Dumbre Patil
Secretary, IFAS 2014 – 2015

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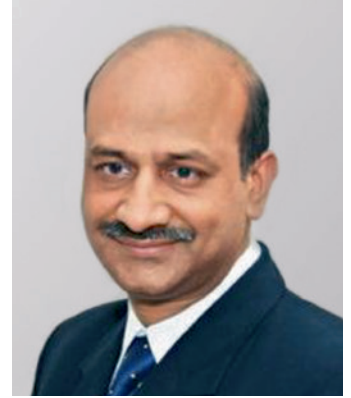
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*“Simplistic but
algorithmic guidelines
by experts based
on their experiences
and innovations are
the need of the day.”*

From the desk of president, IFAS



Dear colleagues,

While practising foot and ankle orthopaedics in India, I did notice paucity of guiding literature for clinical practice. Foot and ankle problems faced by Indian surgeons are complicated by delayed presentations & ignorance. Simplistic but algorithmic guidelines by experts based on their experiences and innovations are the need of the day.

At the other end there are many foot and ankle problems which are seen sparingly in our country but are very common in the western world. For these problems, western counterpart needs to help Indian orthopaedic fraternity.

Considering these needs, guided by Dr. Ashish Shah of USA; I picked up the idea of having articles by experts in the field on various foot and ankle topics. List of fifty two such articles was prepared and experts were requested to write on these topics. Care was taken to have the format of article where simplistic algorithms and management tips and tricks were key features. Every Friday one such topic was sent through the mail to members of Indian Foot and Ankle Society and topic was also uploaded on society's website.

'Friday academics', labelled rightly so, now comes in a form of unique compilation which I feel would serve as reference manual for day to day clinical practice. Wish you happy reading!

Dr. Rajiv Shah

President, IFAS
2014 – 2015

From the desk of secretary, IFAS



Dear colleagues,

'Friday academics' was a concept proposed by our dynamic President – Dr. Rajiv Shah and has been very well supported by all National, International authors, and IFAS members.

Throughout last year we circulated these informal yet informative articles to all IFAS members on every friday. These write ups illustrate useful clinical tips on common foot and ankle conditions treated by most of orthopedic surgeons.

We received requests from many of members to print them in the form of a book. Hence this is an effort of IFAS office to circulate these clinical tips to our orthopedic colleagues.

Best wishes for safe and successful clinical practice.

Dr. Sampat Dumbre Patil

Secretary, IFAS
2014 – 2015

*“For my father,
his greatest profes-
sional achievement
is that every day he
did his best to ease
the suffering of those
who walked through
his door.”*

Darrel Darby, CEO of DARCO International:
Remarks on the occasion of the DSC Distinguished Service Citation
posthumous ward in honour of his father Darrel Darby, DPM.

From the desk of the industry



Dear readers,

DARCO International is honoured to contribute to the IFAS 'Friday Academicals'.

Beyond the manufacture and sale of its products, DARCO prides itself on being a good citizen in the market place, the profession and the community. Since its founding 30 years ago, philanthropy is a part of the DARCO credo with significant ongoing contributions to medical education, with emphasis on the improvement of the medical and surgical treatment of lower extremity problems.

We are committed to the promotion and education of physicians engaged in the medical and surgical treatment of the foot and ankle throughout the world and we are looking forward to a fruitful cooperation with the Indian Foot and Ankle Society.

Darrel Darby

CEO of DARCO International



Acknowledgements

'Friday Academicals' is a feature of harmonic efforts by many. Acknowledging these efforts is a pleasant obligation on my part.

Dr. Ashish Shah, our honorary member from Alabama, USA blessed me with the brilliant idea of having mailer of academic topics & deserves all the credit.

The greatest support was from the most enthusiastic and highly efficient secretary of IFAS, Dr. Sampat who carried loads of taking my vision forward with smile.

I am thankful to all foreign and Indian authors who volunteered their services to educate their counterpart. They took out time from their busy schedule and also sustained my vigorous follow ups. Without their contribution this manual may not have existed.

My special thanks to Dr. Selene Parekh, Dr. Ashish Shah, Dr. Vinod Panchbhavi and Kartik Hariharan for giving their valuable review about this manual.

Ms. Rohini from Pune gave wonderful secretarial support all throughout the year. Her punctuality and tender help made everything possible.

My special thanks to DARCO Company and their key personnel Shashi Surpali, Raphael Böhm and Alexandra Panizza. Without their help and support this manual would have not existed.

I shall thank one and all who have directly or indirectly contributed to the existence of this book.

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38. Charcot foot p. 439

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Syndesmotic injuries

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Ankle Syndesmotic Injuries: Evidence based recommendations

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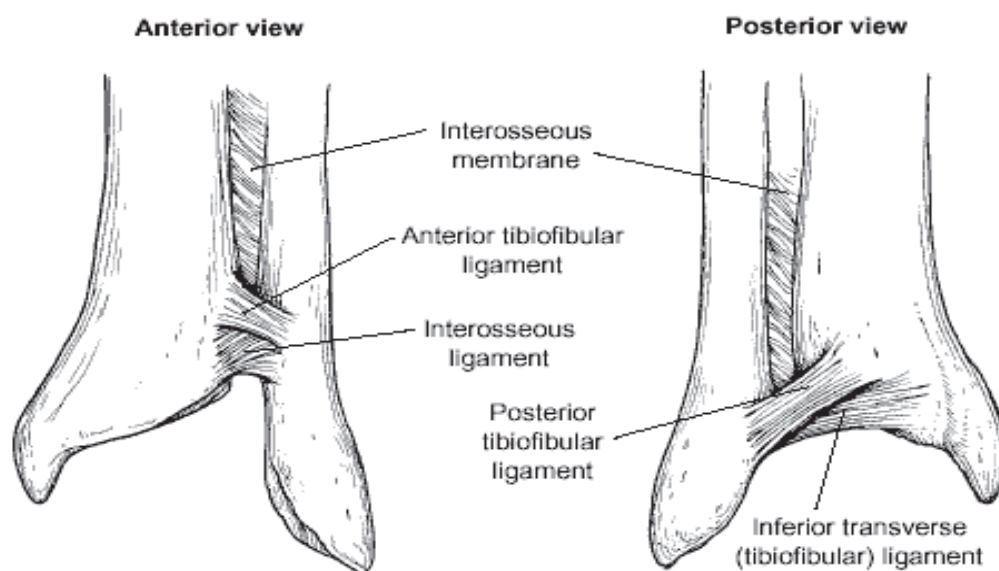


Fig. 1 The components of the DLES.

Made up of 4 ligaments:
Anterior Inferior Tibiofibular ligament,
Interosseous ligament
Posterior Inferior Tibiofibular ligament
Inferior Transverse ligament

- Acts as a secondary stabilizer of the ankle joint. If Deltoid ligament is injured along with syndesmosis, there is marked instability

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“Every 15 seconds somewhere in the world a foot and ankle specialist prescribes a DARCO product.”

Darrel Darby, CEO of DARCO International



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About this manual...



Dr. Ashish Shah

'Friday academics' was a novel idea of providing foot & ankle education to the Indian orthopaedic society throughout the year. The emerging foot & ankle society will definitely benefit with this book. I really admire Dr. Rajiv Shah & his team's dedication and perseverance to finish the '52 weeks journey' of foot & ankle education and contributing to the society by publishing this book.



Dr. Vinod Panchbhavi

The 'Friday academics' started by Dr. Rajiv Shah is something I look forward to reading every week. They provide a unique perspective from a senior surgeon with current practice laced with a personal touch based on their experience and training. I highly recommend this compendium has a handy reference for an update and as a reflection of current practice.



Dr. Selene Parekh

This manual is a great pocket book that every orthopaedic surgeon should have. It provides a quick review and summary of pertinent topics encountered by the general orthopaedist. It is concise with useful pearls to understand immediately. This is a must have.



Kartik Hariharan

Yet another master stroke from Dr. Rajiv Shah and his team. This is a unique idea of drip feeding knowledge in foot and ankle surgery on a weekly basis, covering a host of essential topics in a concise and easily understood format. An excellent review of current practice in foot and ankle surgery for the general orthopaedic surgeon. Let this river of knowledge continue to flow enlighten and nourish!

Friday Academics

By: Indian Foot and Ankle Society