



**American  
College of  
Foot and Ankle  
Surgeons®**

## **ACFAS BASIC LEARNING PATHWAY: Ankle Arthritis – Etiology and Basic Treatments**

### **Learning Objectives of this Pathway:**

- Review the conservative measures that can be implemented in ankle arthritis
- Understand the etiology behind ankle arthritis

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### **Days 1-2:**

#### Clinical Sessions:

- [Injection Therapy: Efficacious or Delaying the Inevitable?](#)
- [The Basics: Biology, Collagen, Injury, Healing](#)

#### Podcasts:

[New Research Joint Preservation/Cartilagel Restoration](#)

#### Journal Articles:

- [Current Concepts in the Management of Ankle Osteoarthritis: A Systematic Review](#)
- [Conservative Treatment of Ankle Osteoarthritis: Can Platelet-Rich Plasma Effectively Postpone Surgery?](#)
- [Prospective Evaluation of Intra-Articular Sodium Hyaluronate Injection in the Ankle](#)
- [Nonanimal Hyaluronic Acid for the Treatment of Ankle Osteoarthritis: A Prospective, Single-Arm Cohort Study](#)
- [Intra-Articular Corticosteroid Injections in the Foot and Ankle: A Prospective 1-Year Follow-Up Investigation](#)
- [Association Between Knee Osteoarthritis and Functional Changes in Ankle Joint and Achilles Tendon](#)

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*The ACFAS learning pathways are a tool to be used by residency directors, fellowship directors and school faculty to aid with didactic learning during the COVID-19 crisis. They are not intended to replace a curriculum, but to supplement student and resident education during this time of need.*

*The learning pathways are divided into basic, intermediate, and advanced categories.*

*Pathways have been organized into specific topics that have a variety of educational materials from the ACFAS On Demand course content. They also include journal articles with links primarily from the Journal of Foot and Ankle Surgery (JFAS).*