

L1



LEARNING OBJECTIVES

- Address biomechanical principles of bone stabilization and safe application of both internal and external fixation solutions.
- Become familiar with how to evaluate and diagnose appropriate treatments for foot and ankle conditions.
- Understand the elements in the decision and management of utilizing internal and external fixation techniques.

Podiatric Resident Course

April 12-14, 2023

CO-CHAIRS

Zachary Ritter, DPM – Williamsport, PA

Mark Solomon, DPM – Cedar Knolls, NJ

FACULTY

Christopher Bibbo, DO, DPM – Baltimore, MD

Adrienne Estes, DPM – Pomona, CA

Lisa Grant-McDonald, DPM – Virginia Beach, VA

Gregory Jaryga, DPM – Ft. Worth, TX

Guido LaPorta, DPM – Scranton, PA

Kelsey Millonig, DPM – Des Moines, IA

Ali Rahnama, DPM – Bethesda, MD

Dalton Ryba, DPM – Ft. Worth, TX



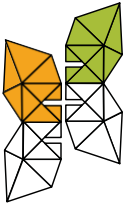
CERTIFICATE OF ATTENDANCE

- For compliance reasons, the course sponsorship is subject to certified course attendance. Therefore, you must attend the entire meeting and sign daily the attendance log sheet.
- Upon course completion, each participant will receive a Certificate of Attendance only with 100% presence recorded



IMPORTANT NOTE

- Due to a corporate code of business conduct and the AdvaMed guidelines on Interactions with Healthcare Professionals, Orthofix cannot book, reserve and in particular pay anything for accompanying persons.
- In case you travel with an accompanying person, please note that you will have to pay the associated expenses directly to the restaurants and/or the hotel.



April 12

UNT Health Science Center
3500 Camp Bowie Blvd.
Ft. Worth, TX 76107

7:30 am Shuttle from Hotel to UNT Health Science Center

8:00 am Welcome and Introduction
Z. Ritter

8:10 am **Lecture:** The Anatomy of an External Fixator
G. LaPorta

8:30 am **Lecture:** Anatomic Safe Zones
C. Bibbo

8:50 am **Lecture:** Basic Principals of Deformity Correction and Application Techniques
K. Millonig

9:10 am **Lecture:** Supramalleolar Osteotomies
G. Jaryga

9:30 am **Lecture:** Components of the TrueLok System
D. Ryba

9:50 am Break

10:00 am **Cadaveric Lab 1:** Static Frame Demonstration Application
All Faculty

11:00 am **Cadaveric Lab 2:** Circular External Fixation with Rapid Adjust Struts
D. Ryba / All Faculty

12:30 pm Working Lunch: Biologics and Bone Growth Therapies

1:30 pm **Lecture/Cadaveric Lab 3:** Cavus and Equinus Deformity Case Presentation / Equinus Frame Application with TrueLok Motor
M. Solomon / All Faculty

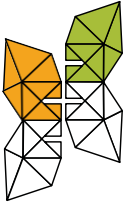
3:10 pm Break

3:20 pm **Lecture/Cadaveric Lab :** TL EVO Overview and Frame Application
Z. Ritter / All Faculty

5:00 pm **Adjourn/Shuttle to Hotel**

6:15 pm **Meet in Hotel Lobby:** Walk to Dinner as Group

6:30 pm Group Dinner:
Reata
310 Houston St.
Fort Worth, TX 76102



April 13

UNT Health Science Center
3500 Camp Bowie Blvd.
Ft. Worth, TX 76107

8:00 am Shuttle from Hotel to UNT Health Science Center

8:30 am **Lecture:** Introduction to TL-Hex: Benefits of Using a Hexapod
M. Solomon

8:50 am **Lecture:** TL-Hex Hardware Overview
A. Estes

9:10 am **Lecture:** TL-Hex Software Applications
K. Millonig

9:30 am Break

9:40 am **Computer Lab:** TL-Hex Software Planning
M. Solomon

11:00 am **Sawbone Workshop 1:** TL-Hex Frame Application Distal Tibial Valgus
All Faculty

12:30 pm **Working Lunch: Lecture:** TL-Hex Advanced Applications
M. Solomon

1:30 pm **Lecture:** Ankle Arthrodesis with Internal Fixation: Intramedullary Nail
A. Rahnama

1:50 pm **Lecture:** Intramedullary Nail Applications/Case Presentations
G. Jaryga, A. Rahnama

2:10 pm **Ankle Hindfoot Nail: Cut to Close Video**
G. Jaryga, A. Rahnama

2:30 pm Break

2:40 pm **Cadaveric Lab 4:** Ankle Fusion with Ankle Hindfoot Nail
All Faculty

4:00 pm **Lecture/Cadaveric Lab 5:** Principles of Beaming and G-Beam Application
L. Grant / All Faculty

5:30 pm Adjourn/Shuttle to Hotel

6:30 pm **Meet in Hotel Conference Room: Working Dinner**

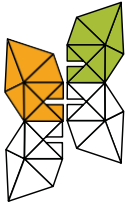


April 13

Worthington Renaissance Ft. Worth Hotel
Hotel Banquet Room
200 Main St., Ft. Worth, TX 76107

Working Dinner:

- 6:30 pm
- Contract Negotiations *G. Jaryga*
 - Importance of Efficiency in Office & Surgical Setting *K. Millonig*
 - 5 things You Should Know Before Your Fellowship
Or Going Into Practice *All Faculty*
- Moderator:** *Z. Ritter*



April 14

UNT Health Science Center
3500 Camp Bowie Blvd.
Ft. Worth, TX 76107

8:30 am Shuttle from Hotel to UNT Health Science Center

9:00 am **Lecture:** Trauma Applications Utilizing Xcaliber External Fixator
C. Bibbo

9:20 am **Lecture:** Use of Pin to Bar for Lower Extremity Trauma
Z. Ritter

9:40 am **Sawbone Workshop 2:** Trauma Applications with Xcaliber and Galaxy Fixators
All Faculty

10:50 am Break

11:00 am **Lecture:** Open Discussion on What Frame to Choose Per Indication
C. Bibbo, Z. Ritter

11:30 pm **Lunch with Closing Session/Q&A**

12:00 pm Adjourn – Transfer to Airport

CO-CHAIRS



Zachary Ritter, DPM

Dr. Ritter graduated with his Doctorate of Podiatric Medicine from the Temple University School of Podiatric Medicine in Philadelphia, PA and completed his residency at Saint Luke's Hospital & Health Network in Bethlehem, PA. He completed his fellowship at the Foot Disorder Research Academy in Rome, Italy in Reconstructive Surgery. He is the Chief, Division of Podiatric Surgery at UPMC Susquehanna and the Medical Director, Foot and Ankle Services at Bone and Joint Institute.

Dr. Ritter is certified by the American Board of Foot and Ankle Surgery in Foot Surgery and Reconstruction Rearfoot/Ankle Surgery, the American Board of Wound Management in Wound Care and is a Fellow of the American College of Foot and Ankle Surgeons.



Mark Solomon, DPM, FACFAS

Dr. Solomon attended Rutgers College of Engineering and graduated Rutgers University in 1996. He graduated from the New York College of Podiatric Medicine as a member of the Pi Delta National Honor society in 2000. Afterwards, he was an intern at Weill- Cornell/ Wyckoff Heights and was the first chief resident to graduate the Morristown Medical Center foot and ankle surgical program. Dr Solomon founded Advanced Foot & Ankle Surgeons in 2003. In 2016, the practice merged with The Orthopedic Center and in 2019 became The Pediatric Orthopedic Center. As a partner, in 2018 he founded and became director of the ACFAS Pediatric Foot & Ankle Fellowship. In addition, he manages the foot & ankle and limb deformity service lines for the practice. The practice also hosts the only certified Ponsetti center in the state and a newly acquired spasticity clinic.

Dr Solomon is board certified by the American Board of Foot and Ankle Surgery and is a fellow of the American College of Foot and Ankle Surgeons. Since 2008, he has served as the podiatric consultant to the New York Jets. The last few years he has been a representative for ABFAS as an on-site residency program evaluator. Recently, Dr. Solomon has been appointed to the ACFAS Fellowship Committee. On a regular basis, he lectures on pediatric limb deformity, acute and gradual correction of the foot & ankle. In 2018, he was named as Physician of the year for the ARC of Morris County and named as a NJ Family top doctor. Dr. Solomon has two wonderful boys that keep his family very busy and he enjoys scuba diving, obstacle course racing and snow skiing.

FACULTY



Adrienne Estes, DPM, MS, FACFAS, DAPM, FAPWHc

Dr. Adrienne Estes, DPM is a podiatric surgeon currently practicing in southern California. She is an Assistant Professor for Western University of Health Sciences and a practicing physician at Riverside University Health Systems. She graduated from WUCPM and after finishing her residency in NY at the HHC Hospitals she completed her fellowship at the North Jersey Foot & Ankle Fellowship under Dr. Michael Subik. She currently specializes in minimally invasive surgery, complex limb deformity correction, limb salvage, and surgical offloading solutions for diabetic ulcers. She is double board certified by the American Board of Podiatric Medicine and by the American College of Foot and Ankle Surgery. She is also a fellow of the Academy of Physicians in Wound Healing since 2016.

She is currently the site coordinator for the PGY3 residents from VA Loma Linda and leads the Foot & Ankle Grand Rounds at the RUHS Orthopedics Residency program. She was recently voted faculty of the year at WesternU and is currently advancing the medical school curriculum with surgical cadaver conferences for pre-clinical students. She has served on the fellowship committee for ACFAS, surgical committee for AACPM and most recently, the OR committee at her local hospital. She continues to grow as a regional and national speaker at conferences and not long ago was a guest speaker for the CPMA Young Practitioners Seminar for recent PGY3 graduates. When she has a moment of free time she enjoys traveling with her husband.



Kelsey Millonig, DPM, MPH, AACFAS

Dr. Kelsey Millonig is a fellowship trained foot and ankle surgeon practicing at East Village Foot and Ankle Surgeons in Des Moines, IA. Dr. Millonig received her Bachelor of Arts in Biology at Luther College in Decorah, IA where she earned honors as an All-American softball player and NCAA Woman of the Year. She completed her medical education at Des Moines University earning dual degrees in Doctor of Podiatric Medicine and Masters in Public Health. As a medical student, she was selected as the first podiatric medical student to ever intern at the World Health Organization Headquarters in Geneva, Switzerland. Dr. Millonig completed her surgical residency at Franciscan Foot and Ankle Institute in Federal Way, WA serving as chief resident her final year. She went on to complete her reconstructive fellowship specializing in complex limb deformity correction, lower extremity orthoplastics, and minimally invasive surgery at the Rubin Institute for Advanced Orthopedics International Center for Limb Lengthening in Baltimore, MD.

Dr. Millonig has served in medical service trips in several countries including the Uganda Clubfoot Care Project and Yucatan Crippled Children's Project. She has authored multiple articles in medical journals and textbooks. Dr. Millonig has served as a speaker and faculty for numerous international symposiums, earned several scholarly awards, and held multiple leadership positions in numerous national podiatric and public health committees with the American College of Foot and Ankle Surgery, American Public Health Association, and the American Podiatric Medical Association.



Christopher Bibbo, DO, DPM, FACS

Dr. Christopher Bibbo holds two medical degrees; a D.O. from the University of Medicine and Dentistry New Jersey/Rowan University School of Osteopathic Medicine and a D.P.M. from Temple University. Dr. Bibbo did his general surgery and orthopedic surgery residency at the University of Medicine and Dentistry of New Jersey, Rutgers New Jersey Medical School, followed by a Foot and Ankle Fellowship at the Miller Orthopaedic Clinic/OrthoCarolina in Charlotte, North Carolina. Dr. Bibbo completed a second fellowship in Reconstructive Plastic and Microsurgery in the Plastic Surgery Department at the University of Pennsylvania in Philadelphia. Dr. Bibbo is board certified in Orthopaedic surgery and Foot & Ankle/Rearfoot Surgery.

Dr. Bibbo has been in practice for 15 years and was the Chief of the Foot and Ankle and Limb Preservation Service at the Marshfield Clinic in Wisconsin, and is now the Chief of Foot & Ankle Surgery at Sinai Hospital of Baltimore, where he specializes in Orthopaedic & Plastic Reconstructive/Microsurgery and Limb Salvage. Dr. Bibbo has over 100 publications and chapters and serves on the editorial board and acts as reviewer for numerous journals. Dr. Bibbo also a lifetime member of the World Society of Microsurgery, a member of the American College of Surgeons, the American Academy of Orthopaedic Surgeons (AAOS), the American Orthopaedic Foot & Ankle Society (AOFAS), and the American College of Foot and Ankle Surgeons (ACFAS).



Lisa Grant-McDonald, DPM, ACFAS

Dr. Lisa Grant was born and raised in Virginia Beach, VA. She graduated with a Bachelor's of Science from Old Dominion University with high honors. She graduated from Des Moines University with a Doctorate of Podiatric Medicine. Dr. Grant completed a residency at Western Pennsylvania Hospital in Pittsburgh, PA with a primary focus on adult reconstructive surgery of the lower extremity. She completed her Fellowship in Limb Deformity Correction under the directorship of Dr. Byron Hutchinson.

Dr. Grant has co-authored numerous publications and several textbook chapters. She has acted as a speaker and faculty for numerous seminars, and has earned several academic awards related to her research contributions. Dr. Grant is partner and co-owner of Tidewater Foot and Ankle, specializing in adult reconstruction, limb deformity, and limb salvage. When not at work she focuses much of her free time on clinical investigations and is currently pursuing her PhD in Stem Cell and Regenerative Medicine.



Gregory Jaryga, DPM, FACFAS

Gregory Allen Jaryga, DPM, FACFAS specializes in podiatry and foot and ankle surgery in the group practice, Trinity Foot and Ankle Specialists in Ft. Worth, Texas of which he is co-founder. He graduated with Honors from the University of Toledo College of Pharmacy, and practiced Pharmacy before graduating with Honors from the Ohio College of Podiatric Medicine. Dr. Jaryga is board certified by the American Board of Foot and Ankle Surgery, and a Fellow of the American College of Foot and Ankle Surgery. Further, he is Board Certified by the American Board of Podiatric Orthopedics and Podiatric Primary Medicine. Dr. Jaryga completed his surgical residency at Continental Hospital Suburban in Fort Worth, Texas.

Dr. Jaryga has extensive knowledge and training in the Ilizarov Method of External Fixation for limb lengthening and deformity correction. He is a member of the American Podiatric Medical Association, the Texas Podiatric Medical Association, the Tarrant County Podiatric Medical Association, and the American Diabetes Association. Dr. Jaryga is an attending surgeon at the John Peter Smith Hospital Residency Program in Fort Worth, Texas. Dr. Jaryga has received multiple honors including the Who's Who in American Universities and Colleges and the Top Doctors Ft. Worth Magazine from consecutive years since 2006.



Guido LaPorta, DPM, MS, FACFAS

Guido LaPorta, DPM is a board certified podiatric surgeon by the American Board of Foot and Ankle Surgery, the American Board of Podiatric Medicine and the American Academy of Podiatric Sports Medicine in which he was a founding member. He is a Fellow of the American College of Foot and Ankle Surgery, the American College of Foot Orthopedics and Medicine and the National Academies of Practice in Podiatry. Dr. LaPorta graduated from Temple University School of Podiatric Medicine and completed his Residency in Reconstructive Foot and Ankle Surgery at California Podiatry Hospital in San Francisco, CA. He also completed his Master's degree in Podiatric Surgery at the California College of Podiatric Medicine.

Dr. LaPorta specializes in Reconstructive Foot, Ankle and Leg Surgery and is currently the Director of Podiatric Medical Education at the Community Medical Center in Scranton, PA and Our Lady of Lourdes Hospital, Binghamton, NY. He founded Residency programs at Metropolitan Hospital in Philadelphia, Geisinger-Community Medical Center in Scranton, PA, presented at both national and international conferences, and published numerous journal articles and book chapters on podiatric surgery and biomechanics.



Ali Rahnama, DPM, AACFAS

Dr. Ali Rahnama, DPM, is a fellowship-trained foot and ankle surgeon affiliated with MedStar Washington Hospital Center and MedStar Georgetown University Hospital, and is an Assistant Professor at the Georgetown University School of Medicine. Dr. Rahnama sees patients for all conditions of the foot and ankle, with a special focus on traumatic and reconstructive surgery as well as minimally invasive and arthroscopic surgery for the treatment of athletic injuries. Dr. Rahnama also treats and specializes in diabetic Charcot reconstruction of the lower extremity.

Dr. Rahnama completed his medical schooling at Temple University School of Podiatric Medicine before completing a three-year surgical residency in foot and ankle surgery at the Wayne State University/Detroit Medical Center and the Children's Hospital of Michigan. He then completed a one-year specialty fellowship in traumatic and reconstructive foot and ankle surgery with The Southeast Permanente Medical Group, Inc. in Atlanta, where he performed more than 1,000 surgical procedures.



Dalton Ryba, DPM, FACFAS

Dr. Dalton Ryba, is a dual board certified podiatric surgeon through the American Board of Foot and Ankle Surgeons and the American Board of Podiatric Medicine. He graduated with Honors from Des Moines University College of Podiatric Medicine and Surgery in 2016. Dr. Ryba completed his residency at John Peter Smith Hospital in Ft. Worth, TX and served as chief resident for his program. He is currently working with the Lone Star Orthopaedic and Spine Specialists focusing on complete foot and ankle care including wound care, foot and ankle pain, trauma, and reconstruction and deformity correction.

Dr. Ryba holds professional affiliations with the American Podiatric Medical Association, American College of Foot and Ankle Surgeons, the American Board of Podiatric Medicine and the American Society of Podiatric Surgeons. He has published multiple journals and been an invited speaker at both regional and national conferences.