



ABOS 2020 Foot & Ankle Recertification Exam Blueprint

VS

2020 Foot & Ankle 90-Day Study Plan

2020 ABOS Breakdown		
	Max %	Qs
Ankle/Leg 28-32%		
Nerve entrapment/injury (peroneal, superficial peroneal, footdrop) 1-2%	2%	2
Gastrocnemius/soleus contracture 0.5-1%	1%	1
Achilles rupture/gastrocnemius tear 1-2%	2%	2
Stress injuries of the leg 0.5-1%	1%	1
Ankle fracture 1-4%	4%	4
Syndesmosis injuries 1-2%	2%	2
Pilon fracture 0.5-1%	1%	1
Ankle instability/sprain (medial/lateral) 1-2%	2%	2
Osteochondral lesions (arthroscopy) 1-2%	2%	2
Tendon tears (peroneal and anterior tibialis) 1-2%	2%	2
Arthritis (arthroplasty, arthrodesis) 1-4%	4%	4
Achilles tendinopathy (insertional and midsubstance) 1-2%	2%	2
Ankle impingement syndrome (posterior/anterior/os trigonum/	1%	1
flexor hallucis longus) 1-2%	2%	2
Ankle deformity 1-2%	2%	2

Topics Covered From Orthobullets in Study Plan
Deep Peroneal Nerve Entrapment
Leg Nerve Entrapment Syndromes
Equinovarus Foot
Achilles Tendon Rupture
Tibial Shaft Stress Fractures
Tibial Stress Syndrome (Shin Splints)
Ankle FX
Pediatric Abuse
Domestic and Elder Abuse
Ankle FX - Pediatric
Tillaux FX
Triplane FX
High Ankle Sprain & Syndesmosis Injury
Open FX Management
Tibial plafond Fractures
Ankle Sprain
Osteochondral Lesions of the Talus
Anterior Tibialis Tendon Rupture
Peroneal Tendon Subluxation & Dislocation
Articular Cartilage
Ankle Arthritis
Poliomyelitis
Ankle Arthroscopy
Ankle Arthrodesis
Total Ankle Arthroplasty
Ankle Ligaments
Achilles Tendinitis
Tibiotalar Impingement
FHL Tendinitis & Injuries
Cerebral Palsy - Gait Disorders
Cerebral Palsy - Foot Conditions
Cerebral Palsy - General

Diabetic fracture/Charcot arthropathy 0.5-1%	1%	1
Hindfoot 24-28%		
Navicular stress fracture 1-2%	2%	2
Cuboid fracture 0.5-1%	1%	1
Calcaneus fracture 1-3%	3%	3
Talus fracture (lateral process, osteonecrosis, body & neck) 1-3%	3%	3
Hindfoot dislocations 0.5-1%	1%	1
Compressive neuropathy 1-2%	2%	2
Heel pain 1-2%	2%	2
Posterior tibial tendon dysfunction 1-4%	4%	4
Flatfoot (idiopathic) 0.5-1%	1%	1
Charcot-Marie-Tooth disease, cavovarus, spasticity 1-3%	3%	3
Tarsal coalition 0.5-1%	1%	1
Arthritis 1-2%	2%	2
Accessory navicular 0.5-1%	1%	1
Midfoot 5-9%		
Lisfranc (stable/unstable) 1-2%	2%	2
Midfoot sprain 0.5-1%	1%	1
Arthritis 1-2%	2%	2
Charcot arthropathy 1-2%	2%	2
Forefoot 18-22%		
Metatarsophalangeal/sesamoid fracture 1-4%	2%	2
• Stress fracture		
• Acute fracture		
• Jones (base metatarsal) fracture	2%	2

Amputations
 Gas Gangrene
 Necrotizing Fasciitis
 Septic Arthritis - Adult
 Osteomyelitis - Adult
 Foot Puncture Wounds

Tarsal Navicular FX

Calcaneus FX
 Talar Neck FX
 Talus Fracture (other than neck)
 Subtalar Dislocations
 Tarsal Tunnel Syndrome

Posterior Tibial Tendon Insufficiency (PTTI)

Acquired Spastic Equinovarus Deformity
 Charcot-Marie-Tooth Disease
 Clubfoot (congenital talipes equinovarus)
 Cavovarus Foot in Pediatrics & Adults
 Equinovalgus Foot
 Congenital Vertical Talus
 Flexible Pes Planovalgus (Flexible Flatfoot)
 Calcaneovalgus Foot
 Metatarsus Adductus
 Tarsal Coalition
 Kohler's Disease
 Sever's disease
 Iselin's
 Lower Extremity Os
 Accessory Navicular

Lisfranc Injury (Tarsometatarsal fracture-dislocation)
 Synovitis of 2nd MTP
 Midfoot Arthritis
 MTP Dislocations
 Diabetic Charcot Neuropathy

Sesamoid Injuries of the Hallux
 Metatarsal FX
 Turf Toe
 5th Metatarsal Base Fracture

Hallux valgus/metatarsus primus varus 1-4%	4%	4
Hallux varus 0.5-1%	1%	1
Hallux rigidus 1-2%	2%	2
Lesser toe deformities (including arthritis) 1-2%	2%	2
Freiberg disease 0.5-1%	1%	1
Bunionette 0.5-1%	1%	1
Interdigital neuroma 0.5-1%	1%	1
Diabetic complications 0.5-1%	1%	1
Metatarsalgia 0.5-1%	1%	1
Metatarsophalangeal instability (including turf toe) 1-2%	2%	2
General 15-19%	19%	
Deep venous thrombosis 0.5-1%	1%	1
Inflammatory conditions and gout 0.5-1%	1%	1
Compartment syndrome-acute 0.5-1%	1%	1
Compartment syndrome-chronic 0.5-1%	1%	1
Infection/puncture 0.5-1%	1%	1
Orthotics/bracing 0.5-1%	1%	1
Amputation 1-2%	2%	2
Pharmacology (e.g., side effects of steroids, quinolones,	1%	1
tumor necrosis factor) 0.5-1%	1%	1

Hallux Valgus
 Hallux Varus
 DJD & Hallux Rigidus
 Claw Toe
 Hammer Toe
 Mallet Toe
 Congenital Hallux Varus (Atavistic Great Toe)
 Syndactyly of the Toes
 Polydactyly of Foot
 Oligodactyly
 Overlapping Toe
 Congenital Curly Toe
 Brachymetatarsia
 Epiphyseal bracket
 Freiberg's Disease
 Bunionette Deformity
 Interdigital (Morton's) Neuroma
 Diabetic Foot Ulcers
 Hyperkeratotic lesions
 Plantar Fasciitis
 Statistic Definitions
 Clinical Trial Design
 Outcome Measure Tools
 Legal and Ethics
 Thromboembolism (PE & DVT)
 Anticoagulation
 Gout
 Pseudogout (CPPD)
 Leg Compartment Syndrome
 Rheumatoid Arthritis
 Exertional Compartment Syndrome
 Gun Shot Wounds
 Osteomyelitis - Pediatric
 Wound & Hardware Infection
 Orthotics
 Bisphosphonates
 Prophylaxis Antibiotics
 Antibiotic Classification & Mechanism
 Anti-inflammatory Medications
 Opiates & Analgesic Medications
 Anesthesia
 Platelet-Rich Plasma

Vascularity 0.5-1%	1%	1
Biomechanics/gait 1-2%	2%	2
Metabolic (osteoporosis, vitamin D, diabetes) 0.5-1%	1%	1
Complex regional pain syndrome 0.5-1%	1%	1
Rehabilitation 0.5-1%	1%	1
Tumor (e.g., pigmented villonodular synovitis, ganglion cyst, plantar fibromatosis, muroid cyst, synovial cell sarcoma, melanoma) 1-2%	2%	2
	110%	102%

Blood Supply to the Foot
Gait Cycle
Foot Anatomy and Biomechanics
Foot Muscle Forces & Deformities
Nerves of the Foot
Material Properties
Orthopaedic Implants
Muscle Biology & Physiology
Osteopenia & Osteoporosis
Fracture Healing
Nonunion
Bone Growth Factors
Bone Grafting
PTH & Vit D Physiology
Bone Signaling & RANKL
Normal Bone Metabolism
Embryology
Complex Regional Pain Syndrome (CRPS)
Rehab & Prosthetics
Pigmented Villonodular Synovitis
Ganglion Cyst
Plantar Fibromatosis
Synovial Sarcoma
Soft Tissue Sarcoma
Melanoma
Osteoid Osteoma
Intramedullary Osteosarcoma
Enchondromas
Osteochondroma & Multiple Hereditary Exostosis
Metastatic Disease of Extremity
Impending Fracture & Prophylactic Fixation
Chondrosarcoma
Ewing's Sarcoma
Multiple Myeloma
Aneurysmal Bone Cyst
Giant Cell Tumor
Fibrous Dysplasia