



ABOS Foot & Ankle Recertification Exam Blueprint

VS



Foot & Ankle MOC Study Plan

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 Tendonitis
Tibiotalar Impingement
FHL Tendonitis & Injuries
Cerebral Palsy - Gait Disorders
Cerebral Palsy - Foot Conditions
Cerebral Palsy - General

Diabetic fracture/Charcot arthropathy 0.5-1%	1%	1
Hindfoot 24-28%	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%	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%	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, 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, mucoid 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