



In-House CME

Heel to Hero: MIS Techniques for Haglund's, Zadek, and Achilles Tears

Heel to Hero explores modern minimally invasive strategies for posterior heel pathology, focusing on Haglund's deformity, the Zadek osteotomy, and Achilles tears. We'll break down percutaneous burr resection for Haglund's and how MIS techniques reduce soft-tissue morbidity in an area notorious for wound issues. The discussion then shifts to the Zadek osteotomy—a dorsal closing-wedge calcaneal osteotomy that decreases posterior calcaneal pitch and unloads the Achilles insertion without direct tendon violation—highlighting key radiographic parameters and patient selection.

We'll finish with minimally invasive Achilles repair and insertional management, including percutaneous midsubstance repair and limited-incision debridement with anchor fixation. Expect concise, practical pearls on indications, nerve protection, tendon tensioning, and postoperative protocols that balance biologic healing with early functional recovery.

Learning Objectives:

At the conclusion of this activity, the participant will be able to:

- **Identify appropriate patient selection criteria and surgical indications** for minimally invasive (MIS) resection of Haglund's deformity, and describe the core technical principles necessary to minimize soft-tissue and wound-healing complications.
- **Explain the biomechanical rationale and radiographic planning considerations** for a dorsal closing-wedge (Zadek) calcaneal osteotomy, and determine appropriate clinical indications in the management of insertional Achilles tendinopathy.
- **Evaluate surgical indications for minimally invasive Achilles tendon repair**, and describe key technical steps and postoperative management principles to optimize tendon healing and functional recovery.

Intended Audience: Podiatrists

Date of Original Release: 03/10/2026 07:00:00 PM

Fees: \$ 15.00

Date of Course Expiration: 03/10/2028

Refund Policy: N/A

Estimated Time to Complete Course: 71

Technology requirements: A device with internet access that allows the user to log into a website and have video and audio capabilities.

In-House CME is approved by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. In-House CME has approved this activity for a maximum of 1.0 continuing education contact hour.

No commercial interest provided financial support for this continuing education activity.

Panelists

Jeffrey Dikis, DPM



Dr. Jeffrey Dikis is a board-certified podiatric foot and ankle surgeon currently practicing at McFarland Multispecialty Clinic in Polk City, Iowa. He earned his Doctor of Podiatric Medicine degree from Des Moines University College of Podiatric Medicine & Surgery in 2012, following his undergraduate studies in Integrative Physiology at the University of Iowa. Dr. Dikis completed his comprehensive foot and ankle surgery residency at the University of Pittsburgh Medical Center from 2012-2015, where he served as Chief Resident Physician in his final year. He achieved board certification from the American Board of Foot and Ankle Surgery in both Forefoot Surgery and Rearfoot & Ankle Surgery in 2021, and is a Fellow of the American College of Foot and Ankle Surgeons.

Beyond his clinical practice, Dr. Dikis is actively involved in medical education and research, serving as a Clinical Instructor at Des Moines University College of Podiatric Medicine & Surgery and as a peer reviewer for medical journals including the Journal of the American Podiatric Medical Association. He has authored multiple research publications on topics ranging from surgical techniques to biomechanical analyses and has presented over 50 presentations during his career. Dr. Dikis is also a prominent voice in podiatric education through his hosting of the Pod Patrol Podcast, which ranks in the top 10% of Spotify Video Podcasts, and the GaitKeepers National Journal Club. His clinical interests focus on arthroscopy and minimally invasive surgery, sports medicine and athletic injuries, and trauma and rearfoot reconstructive surgery.

Disclosures: No financial relationships with commercial interests to disclose.

Tyler Gonzalez



Dr. Tyler Gonzalez is a fellowship-trained and board-certified orthopedic foot and ankle surgeon treating patients of all ages. He has a clinical interest in minimally invasive surgery, minimally invasive bunion correction, ankle replacements, ankle arthroscopy, foot and ankle arthritis, Charcot Marie Tooth disease, sports-related injuries, cartilage preservation and replacement surgery, bunion and hammertoe surgery, ligament/tendon disorders, dance medicine, and orthopedic trauma and fracture care. After receiving a Master of Business Administration and Doctor of Medicine from UCLA in Los Angeles, Dr. Gonzalez completed a residency in orthopedic surgery at Harvard Medical School in Boston, followed by a fellowship in foot and ankle surgery at Cedar Sinai Medical Center in Los Angeles. He is the author of over 100 peer-reviewed scientific publications and presentations and routinely lecture at regional, national, and international forums. Dr. Gonzalez is an active journal reviewer and President and co-founder of Orthopaedic Foot and Ankle Society, Inc., a collaboration of foot and ankle surgeons to improve the delivery of healthcare, innovate on current surgical technologies, and advance overall patient care.

Disclosures: Is a consultant for and receives grant/research support from Vilex

For more information contact In-House CME at:info@InHouseCME.com. If you wish to opt out of your information being shared with commercial interests, please contact us.