Set It and Forget It: MIS Ankle Fusion and Reconstruction

Minimally invasive surgery (MIS) is reshaping ankle arthrodesis and reconstruction, allowing for reliable deformity correction and joint stabilization with less soft tissue disruption. “Set It and Forget It” dives into modern MIS ankle fusion techniques, including percutaneous joint preparation, biologic augmentation, and fixation strategies that promote immediate stability and durable union. The focus is on patient selection, alignment, and avoiding pitfalls like nonunion, malalignment, and wound complications.

The episode also explores MIS approaches to complex ankle reconstruction, from post-traumatic arthritis to revision cases. With an emphasis on efficiency, reduced morbidity, and evolving evidence, this discussion highlights why MIS is increasingly becoming a preferred approach—delivering reproducible outcomes while respecting the biology and biomechanics that ultimately determine success.

Learning Objectives:

1. Evaluate appropriate patient selection criteria and preoperative planning strategies for minimally invasive ankle fusion and reconstructive procedures.
2. Analyze key MIS surgical techniques, including joint preparation, alignment principles, and fixation methods that optimize stability and fusion rates.
3. Identify common complications and technical pitfalls in MIS ankle surgery, and apply evidence-based strategies to mitigate risks and improve clinical outcomes.

Intended Audience: Podiatrists
Fees: $ 15.00
Refund Policy: N/A
Date of Original Release: 06/04/2026 07:00:00 PM
Date of Course Expiration: 06/04/2028
Estimated Time to Complete Course: 64

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

Participants must complete a post-test quiz and an evaluation at the end of the educational program. A score of 70% or better is required to pass the course and receive a certificate of attendance.

In-House CME is accredited by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. In-House CME has accredited 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.

Ettore Vulcano, MD

Dr. Ettore Vulcano is the Chief of Orthopedics at Mount Sinai Medical Center and an Full Professor of Orthopedics at Florida International University and New York Medical College. He is also Director of Foot & Ankle Surgery, Limb Lengthening and Deformity Correction at Mount Sinai Medical Center. Prior to joining Mount Sinai Medical Center, Dr. Vulcano was the Chief of Orthopedic Foot and Ankle Surgery at Mount Sinai West and Associate Professor at the Leni & Peter W. May Department of Orthopaedic Surgery at the Icahn School of Medicine at Mount Sinai New York. Dr. Vulcano has diverse and extensive training. He graduated summa cum laude from Campus Biomedico University Medical School, the leading-ranked medical school in Rome, Italy, and completed a rigorous orthopedic surgery residency at the University of Insubria in Varese, Italy, also graduating summa cum laude. He then completed a foot and ankle fellowship at the Institute for Foot and Ankle Reconstruction in Baltimore, MD, and an additional fellowship in limb lengthening, limb realignment, and complex reconstruction at the Hospital for Special Surgery in New York City, one of the only three centers for limb lengthening and reconstruction in the United States. Dr. Vulcano is an internationally recognized expert in both foot and ankle surgery, and limb lengthening and deformity correction. He pioneered modern minimally invasive foot and ankle surgery in the United States and has performed among the highest number of cases in North America. Dr. Vulcano employs arthroscopic and minimally invasive techniques whenever possible to reduce risk of complications, shorten recovery time, and decrease postoperative pain. A recipient of national and international awards for excellence in clinical research, Dr. Vulcano has a strong research background in orthopedic surgery. He has authored numerous peer-reviewed publications and books, and delivered presentations at national and international conferences.

Disclosures: Dr. Vulcano is a consultant for Vilex and Treace, and is a stock shareholder of Curvebeam, and Treace.

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.