



ALABAMA PODIATRIC MEDICAL ASSOCIATION

Component Society of the American Podiatric Medical Association

Wednesday, April 29, 2026 (3 cme contact hours)

4:55 PM – 5:00 PM

Welcome

5:00 PM – 6:00 PM

Pre-Surgical Nutrition Optimization: Preparing Patients for Better Healing and Outcomes

Jerlyn Jones, MS MPA RDN LD CLT

- Describe the role of pre-operative nutrition in surgical outcomes, including its impact on immune function, inflammation, and tissue repair.
- Identify patients at risk for poor surgical outcomes due to malnutrition, overnutrition, or suboptimal dietary intake.
- Outline key macronutrient and micronutrient needs before surgery.
- Determine when to recommend nutrition supplements or refer to a registered dietitian for pre-operative nutrition optimization

6:00 PM – 7:00 PM

Diabetes and Depression: Impact on Treating the Diabetic Podiatric Patient

Robson Araujo, DPM

- Participant will learn incidence of diabetes
- Participant will learn prevalence of depression in general population and in diabetics
- Participant will learn the impact of mental health comorbidities on diabetes management
- Participant will learn Bidirectional Relationship of diabetes and depression
- Participant will learn how the Bidirectional Relationship can affect treatment of diabetic patients.

7:00 PM – 8:00 PM

“Disgruntled patients? Why? And What to do About It.”

Robert Russell, DPM

- Attendees will be able to appreciate the cost of patient dissatisfaction to the practice.
- Attendees will be able to discuss and identify the most common things that contribute to patient dissatisfaction.
- Attendees will be able to discuss and learn policies, procedures, and actions to help mitigate things that contribute to patient dissatisfaction.
- Attendees will be able to identify ways to improve the overall atmosphere in their practices to promote better care....And physician and staff satisfaction.
- Attendees will be able to implement three policies to improve their practices.
- Attendees will have the opportunity participate in a Question and Answer session to address specific concerns to the benefit of all doctors in attendance.

Thursday, April 30, 2026 AM (4 cme contact hours)

- 7:00 AM – 7:40 AM Register
- 7:40 AM – 7:45 AM Welcome
*Rosemarie Caillier, DPM-Director, Eric Fillinger, DPM,
Johnnie Alston, DPM, Mallory Kirkland, DPM*
- 7:45 AM – 8:30 AM Percutaneous Ultrasonic Cutting Tool for Resection of Underlying Bone Prominence in Treatment of Diabetic Foot Ulcers
James Morgan, Jr., DPM
- Introduction of a percutaneous alternative to open procedures for resection of the underlying bone prominence to promote healing of diabetic foot ulcers
 - Attendees will learn why many treatment options for diabetic foot ulcers fail
 - Attendees will learn why successful treatment options for diabetic foot ulcers are prone to recurrence
- 8:30 AM – 9:15 AM First Metatarsal Phalangeal Joint Fusion for Correction of Hallux Valgus
James Morgan, Jr., DPM
- Attendee will understand when a first metatarsal phalangeal joint fusion is indicated for hallux valgus correction
 - Attendee will understand the procedure technique for correction
 - Attendee will understand the various fixation options for the procedure
- 9:15 AM – 9:45 AM Visit with Exhibitors
- 9:45 AM – 10:15 AM My 2 Most Challenging Forefoot Cases
James Morgan, Jr., DPM
- Discussion of difficult forefoot cases
 - Insight into alternative approaches to difficult forefoot cases
- 10:15 AM – 11:15 AM MISsion accomplished or MIStake: ***MIS hype or hoax***
Eric B. Fillinger, DPM
- Compare and contrast complications of open procedures verses MIS procedures
 - Identify specific factors that lead to complications for MIS
 - Evaluate outcomes of MIS verses open procedures
 - Develop and adjust techniques to optimize outcome
 - Distinguish factors to minimize non-union and bone healing complications

11:15 AM – 11:45 AM

My Career in International Medicine

Patrick DeHeer, DPM

- Attendees will explore how foot and ankle surgical practices vary across different countries and healthcare systems, highlighting the challenges and opportunities of international medical work - Identify Key Skills for Practicing Foot and Ankle Surgery Internationally
- Attendees will learn the clinical and cultural competencies required for effective practice in diverse international settings, focusing on adapting surgical techniques and patient care protocols - Analyze the Impact of Cultural and Healthcare Infrastructure Differences
- Attendees will examine case studies to understand how local healthcare infrastructure and cultural practices influence treatment approaches and patient outcomes in different countries - Develop Strategies for Building International Medical Collaborations
- Attendees will gain insights into forming partnerships with international institutions, contributing to global health initiatives, and sharing knowledge and resources for advancing foot and ankle surgery - Reflect on the Ethical Considerations of International Medical Practice**
- Attendees will discuss the ethical dilemmas encountered in international medical missions, including balancing local resources with advanced surgical interventions and the long-term sustainability of healthcare efforts.

11:45 AM – 12:15 PM

"Please Stop Cutting the Plantar Fascia"

Patrick DeHeer, DPM

- Attendee should be able to understand the anatomy of the plantar fascia
- Attendee should be able to describe the biomechanics of the medial arch
- Attendee should be able to describe the biomechanics of the 1st ray
- Attendee should be able to describe the relationship between equinus and the plantar fascia
- Attendee should understand the benefits of gastroc recession for plantar fasciitis compared to plantar fascia release

12:15 PM – 1:15 PM

Lunch Break (on your own) OR NON-CECH Lunch Program – Hosted by Sagis, PLLC in Jasmine.

Thursday, April 30, 2026 PM (4 cme contact hours)

1:15 PM – 2:00 PM

Before the FIRST CUT, Oncology Principles you Must Know When Planning Biopsy Surgery

Bryan Markinson, DPM

- Attendees will become familiar with oncology principles that must be adhered to for best outcomes
- Attendees will appreciate that every biopsy done should be with anticipation of malignancy
- Attendees will appreciate how poor biopsy choices may lead to

disastrous consequences

2:00 PM – 3:00 PM

Scoping it Out: The Ankle and Subtalar joint

Caroline R. Kiser, DPM, FACFAS

- Attendees will be able to identify all anatomy pertinent to ankle and subtalar arthroscopy
- Attendees will be able to positioning and set up for arthroscopy
- Attendees will have a working knowledge of various arthroscopic portals
- Attendees will be able to identify arthroscopic pathology
- Attendees will be able to utilize proper indication for arthroscopy

3:00 PM – 3:30 PM

Visit with Exhibitors

3:30 PM – 4:30 PM

Lymphedema: Evaluation, Management & Treatment

Lee Ferguson, MD

- Attendee will learn proper evaluation technique for Lymphedema
- Attendee will learn best management practices for Lymphedema
- Attendee will learn different treatment options for Lymphedema

4:30 PM – 5:30 PM

What's new in podiatric dermatology? 2026 Update

Javan Bass, DPM

- This presentation will provide an update on various conditions that are largely limited to the lower extremity. Attendees will gain perspective on evidence-based diagnosis and innovative testing options that will help to improve patient outcomes with early diagnosis and treatment. Examples of dermatology protocols and the value of office-dispensed products unique to podiatric medicine will be reviewed.

5:30 PM – 5:45 PM

Q & A

Friday, May 1, 2026

(4.5 cme contact hours)

6:30 AM – 7:00 AM

Check In/Breakfast with Exhibitors

7:00 AM – 8:00 AM

Preparing for the Future

Cindy Sorenti, PMAC

- No matter if you plan to grow your single location practice, expand and build an empire, sell to a large group or retire and play more golf, now is the time to work ON rather than just IN your practice to improve systems, streamline processes and increase profitability.

8:00 AM – 9:00 AM

Progressive Collapsing Foot Deformity: My Evidence-Based Approach to Surgical Treatment

Patrick DeHeer, DPM

- Understand the terminology changes from adult/pediatric flexible flatfoot to progressive collapsing foot deformity (PCFD)

- Describe the consensus group's recommendations for radiographic analysis of PCFD
- Understand the consensus group's recommendations for a medial calcaneal displacement osteotomy including indications and surgical correction parameters for PCFD
- Understand the consensus group's recommendations for an Evans osteotomy including indications and surgical correction parameters for PCFD
- Understand the consensus group's recommendations for a Cotton osteotomy including indications and surgical correction parameters for PCFD
- Understand the consensus group's general surgical recommendations for PCFD
- Understand the consensus group's general surgical recommendations for PCFD
- Understand the surgical basis for treatment of equinus deformity
- Understand the surgical basis and optimal position for hindfoot alignment
- Understand the surgical basis and optimal position for forefoot alignment
- Review of surgical cases to increase understanding of key concepts

9:00 AM – 9:30 AM

Visit with Exhibitors

9:30 AM – 10:15 AM

Function Reimagined: Strategic Tendon Transfers in Foot and Ankle Surgery

Patrick DeHeer, DPM

- Define the biomechanical principles that govern tendon transfer success, including vector alignment, tensioning, and lever arm optimization.
- Differentiate between commonly used donor tendons and their ideal indications based on functional deficit, pathology chronicity, and patient-specific factors.
- Analyze case-based indications for tendon transfer in both static deformities (e.g., drop foot, flatfoot) and dynamic dysfunctions (e.g., peroneal nerve injury, posterior tibial tendon dysfunction).
- Describe surgical techniques for key foot and ankle tendon transfers, including:
 - ♣ Tibialis posterior to dorsum transfer
 - ♣ Split anterior tibial tendon transfer
 - ♣ Peroneus brevis to peroneus longus transfer
- Formulate preoperative plans that include patient selection, timing, and rehabilitation strategy to maximize functional restoration and reduce failure risk.
- Evaluate post-transfer outcomes using functional metrics and identify early signs of complications or underperformance.

10:15 AM – 11:15 AM

Consistent Metric Monitoring

Cindy Sorenti, PMAC

- We will review the basic and commonly overlooked (but important) reports that should be run and analyzed (month over month and year over year) and what to do with the findings. In every aspect of practice,

from charges and collections and rejection rates to patient volume/mix, days to pay and per visit value, black and white doesn't lie.

11:15 AM – 12:00 PM

Simple and Effective Training Tools

Cindy Sorenti, PMAC

- Staff members are the bridge between you and your patients and training (or lack thereof) can make or break your reputation. From check-in to check-out and every step in between, join us as we detail the "ah-ha" moments that result from taking the time to properly train and teach them what you think they know (but don't).

1:00 PM – Open

Golf Tournament – The Baytowne Course

Saturday, May 2, 2026 (5 cme contact hours)

6:30 AM – 7:00 AM

Check In/Breakfast with Exhibitors

7:00 AM – 8:00 AM

Wound Care

Justin Parden, MD

8:00 AM – 9:00 AM

Hypermobility Spectrum Disorder

Matthew Carroll, MD

- Define Hypermobility Spectrum Disorder (HSD) and describe its underlying characteristics, including generalized joint hypermobility and its potential impact on connective tissue and musculoskeletal function
- Recognize common lower limb and foot presentations associated with HSD, including pain patterns, instability, fatigue, and recurrent soft tissue injury
- Understand principles of podiatric management for patients with HSD, including activity modification, strengthening approaches, footwear considerations, and when to consider multidisciplinary referral

9:00 AM – 9:30 AM

Visit with Exhibitors

9:30 AM – 10:30 AM

Podiatry and Physical Therapy: A Cost-Effective Approach

Ryan Hunt, DPT

- Review of the literature on cost effectiveness of podiatry and physical therapy in treatment of plantar fasciitis.
- Learn about the physical therapy approach to treatment of plantar fasciitis.
- Learn about current treatment techniques from a physical therapy perspective.
- Open discussion of communication needs from physical therapist to podiatrist.

10:30 AM – 11:30 AM

Your Practice Is Your Patient: Prescribing Direct Care for Thriving Independence

Grace Torres-Hodges, DPM

- Identify administrative and operational challenges that physician owners currently face
- Explain how physician owners can apply their clinical skills to effectively manage their financial and operational issues
- Introduce and discuss the positive impacts of the Direct Care model on patient satisfaction and preventative care
- Analyze the practice benefits for improved financial stability and sustainable growth
- Assess the potential for improved work-life balance for the physician
- Demonstrate the improvement in overall health outcomes for both patients and physicians

11:30 AM-12:30 PM

CAC Lecture

Brent Harwood, DPM

- Attendees will be updated on Medicare coding and billing

12:30 PM – 2:00 PM

**ALPMA Annual Business Meeting Lunch
(ALPMA Members Only)**

Sunday, May 3, 2026 (4.5 cme contact hours)

***The Mildred Dixon, DPM Resident Lecture Series
In view of her contribution and pioneering spirit to podiatry***

6:45 AM – 7:00 AM

Check In

7:00 AM – 8:00 AM

Freiberg's Disease: A Joint in Jeopardy

Katie A. Rameriz, DPM PGY-3

- Define Freiberg's disease and describe its underlying pathophysiology
- Recognize the clinical presentation and establish diagnosis
- Learn and apply Smillie classification system
- Discuss appropriate intervention: surgical and non-surgical
- Identify common pitfalls in management

8:00 AM – 9:00 AM

Salvage or Sacrifice: Decision Making in a Chronic 1st MPJ Wound with Hardware Exposure

Lucas Freeman, DPM PGY-2

- Describe the diagnostic workup for a non-healing postoperative 1st MPJ wound, including interpretation of radiographic studies (X-ray, CT, and triple-phase bone scan) and the role of bone biopsy.

- Recognize clinical indicators of hardware failure and chronic wound complications, including hardware protrusion, persistent ulceration, and suspected osteomyelitis.
- Discuss differential management strategies for failed 1st MPJ arthrodesis or arthroplasty, including revisional reconstruction, the Masquelet technique, external fixation, and partial first-ray amputation.
- Explain the rationale for pursuing partial first-ray amputation, with consideration of wound-healing potential, functional implications, and patient-centered goals.
- Identify postoperative considerations and long-term outcomes following first-ray amputation, including gait alterations, pressure redistribution, orthotic requirements, and associated complication risks.
- Reflect on lessons learned regarding preoperative planning, surgical decision-making, patient counseling, and multidisciplinary management of complex forefoot pathology.

9:00 AM – 9:15 AM

Break

9:15 AM – 10:15 AM

Traumatic Lisfranc Injuries

Tatyana Dervil, DPM PGY-3

- Describe the relevant anatomy and structures of the tarsometatarsal joint
- Identify the clinical signs, symptoms, and mechanisms of injury
- Evaluate various imaging findings to accurately diagnose
- Formulate appropriate treatment plans
- Recognize common complications and long-term outcomes

10:15 AM – 11:15 AM

Soft Tissue Tumors: Decision-Making for Biopsy vs. Referral

Charles Faulk, DPM PGY-3

- Differentiate between benign versus malignant features of soft tissue lesions
- Perform a focused history and physical of soft tissue lesions
- Determine when to biopsy vs when to refer
- Select appropriate biopsy technique

11:15 AM – 11:45 AM

Q & A