

2026

HEART AND

FOOT & ANKLE CONFERENCE

OCTOBER 7-9, 2026 AT DES MOINES MARRIOTT - DOWNTOWN



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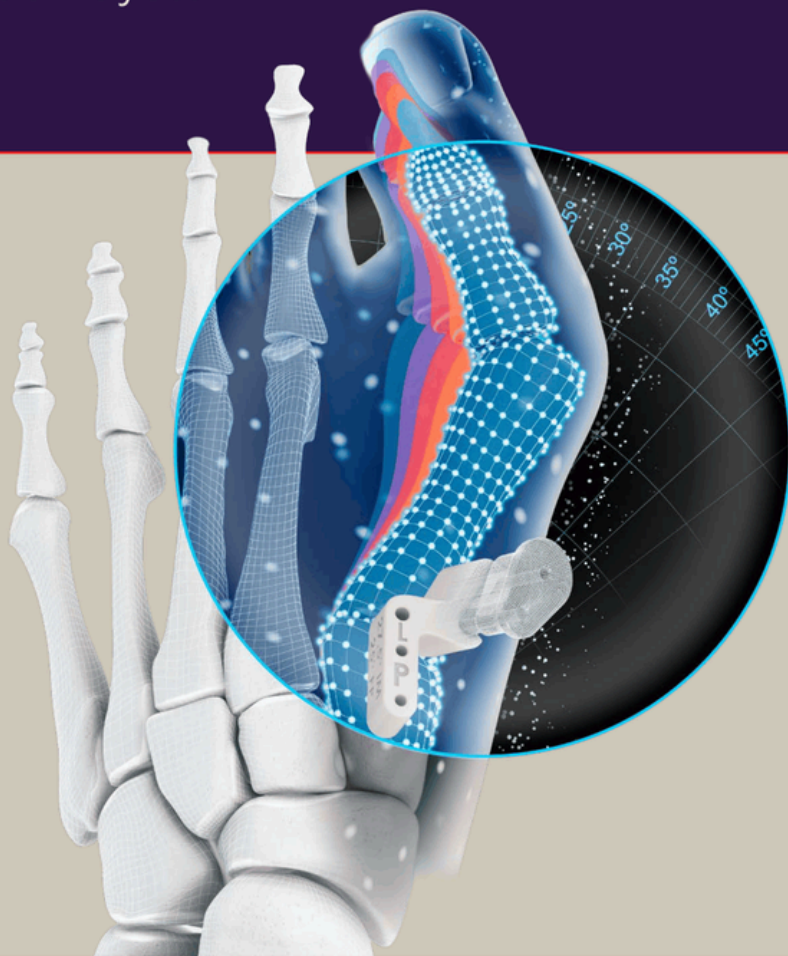
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* Statements are based on responses from 10 surgeons, having completed a total of 150 Lapidus procedures using the VIRTUGUIDE™ System. The statements reflect surgeon experience, not clinical outcomes, and were included if at least 6 surgeons agreed.

1. Johnson & Johnson MedTech, VIRTUGUIDE™ System Early Surgeon Experience Report December 2024, Windchill Document# EM24-0028.

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2026 HEARTLAND FOOT & ANKLE CONFERENCE

TABLE OF CONTENTS

Welcome to the 2026 Heartland Foot & Ankle Conference	4
Exhibitor & Sponsor Directory	5
Women in Podiatry Reception	6
Poker Chip Challenge & CME Sign-In Information	7
Doctor Track: Wednesday	8
Doctor Track: Thursday	9
Doctor Track: Friday	10
Nurse & Assistant Track	11-12
Radiology Track	12
Support the Profession	13
Notes	14-15



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WELCOME TO THE 2026 HEARTLAND FOOT & ANKLE CONFERENCE

Dear Heartland Foot & Ankle Conference Attendees,

Welcome to the 2026 Heartland Foot & Ankle Conference! On behalf of the Iowa Podiatric Medical Society and the Nebraska Podiatric Medical Association, thank you for joining us.

This year's conference features an outstanding lineup of speakers and sessions designed to provide practical insights and meaningful discussion. A special thank-you to the IPMS Scientific Committee for their hard work in developing this program and bringing together such an excellent group of presenters.

We are also grateful to our sponsors and exhibitors, whose continued support helps make this conference possible. Be sure to visit the Exhibit Hall, explore the latest innovations impacting our profession, and take part in the Poker Chip Challenge. **Turn in your chips by noon on Friday to be entered into a special prize drawing.**

I hope you'll take time to reconnect with colleagues, exchange ideas, and build new professional relationships. These connections remain one of the most valuable parts of our annual gathering.

Thank you for being part of Heartland 2026.

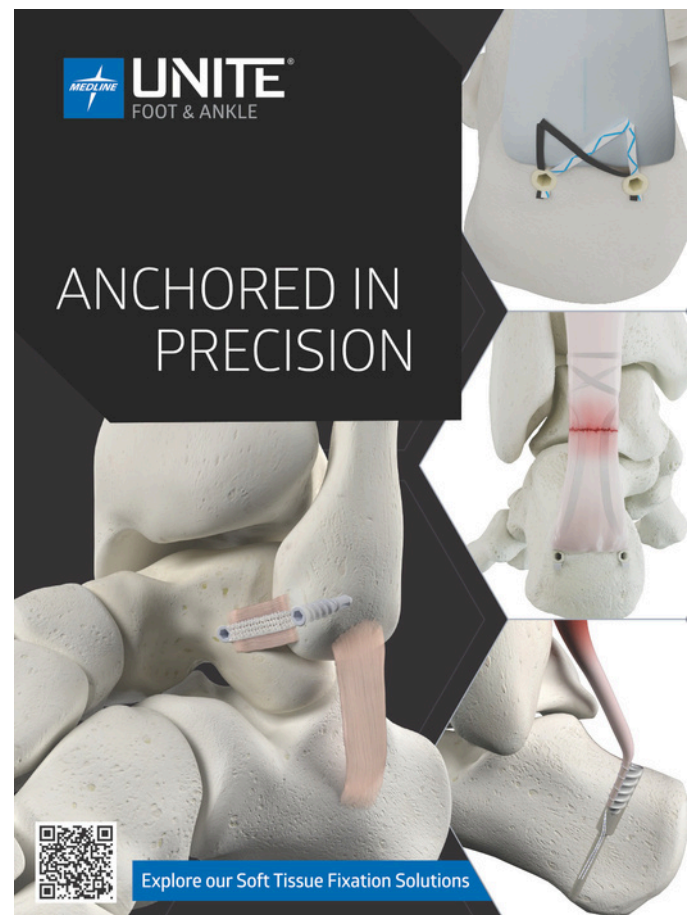
I hope you find the conference informative, engaging, and valuable to your practice. If you need assistance during the conference, please don't hesitate to reach out to our staff or volunteers.

Warm regards,



John Erickson, DPM

President, Iowa Podiatric Medical Society



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WOMEN IN PODIATRY RECEPTION

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A time to recognize and honor the women in podiatry.
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Wednesday, October 7



6:30 - 8:00 p.m.



Fresko, Downtown Des Moines

909 Locust St, Suite 103
Des Moines, IA 50309

Hosted by:

Kelsey Millonig, DPM, MPH, FACFAS



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2026 POKER CHIP CHALLENGE

Chat, collect, and win! Visit the exhibitor booths on the third floor, engage in great conversations, and earn poker chips from the reps. Each chip is a golden ticket for our prize drawing. You can snag more than one chip per booth, so the more you explore and converse, the better your chances to win big!



Don't Forget to Cash In!

Turn in your poker chips at the registration desk by **12 noon on Friday** to enter the prize drawing. We'll pull winners at the end of the day on Friday for a special prize drawing.

You must be present to win.

DOCTOR TRACK

CME SIGN-IN INFORMATION

Periodic check-ins are required to obtain full CME credit. See check-in schedule below.

You can check in by scanning each check-in QR code with your event app, or visit the registration desk to scan your name badge. 23.5 CMEs is the maximum that will be awarded.

Wednesday: 8.25 Total CMEs

10:00 a.m. | QR Code on Screen or Name Badge Scan in the Exhibit Hall on the 3rd Floor | 2.75 CME Credits

12:15 p.m. | QR Code on Screen or Name Badge Scan in the Exhibit Hall on the 3rd Floor | 1.75 CME Credits

3:00 p.m. | QR Code on Screen or Name Badge Scan in the Exhibit Hall on the 3rd Floor | 1.75 CME Credits

6:00 p.m. | QR Code on Screen or Name Badge Scan at Embassy Club | 2 CME Credits

Thursday: 7.75 Total CMEs

10:00 a.m. | QR Code on Screen or Name Badge Scan in the Exhibit Hall on the 3rd Floor | 3 CME Credits

2:00 p.m. | QR Code on Screen or Name Badge Scan in the Exhibit Hall on the 3rd Floor | 2 CME Credits

6:00 p.m. | QR Code on Screen or Name Badge Scan in the Exhibit Hall on the 3rd Floor | 2.75 CME Credits

Friday: 6.25 Total CMEs

9:45 a.m. | QR Code on Screen or Name Badge Scan in the 2nd Floor Foyer | 1.75 CME Credits

12:45 p.m. | QR Code on Screen or Name Badge Scan in the 2nd Floor Foyer | 2.75 CME Credits

2:45 p.m. | QR Code on Screen or Name Badge Scan in the 2nd Floor Foyer | 1.75 CME Credits

Proudly presented by the Iowa Podiatric Medical Society & the Nebraska Podiatric Medical Association.

WEDNESDAY, OCTOBER 7 | 8.25 CME HOURS**Sessions are subject to change. Please check the event app for the latest updates.**

6:30 a.m.	Registration Opens and Breakfast Available	<i>Exhibit Hall 3rd Floor</i>
7:00 a.m.	Resident Roundtable	Moderated by John Jaeger, DPM, AACFAS, & Eric Reese, DPM
8:00 a.m.	President's Welcome and Convention Kick-Off	John Erickson, DPM, FACFAS
8:15 a.m.	It's Not Just the Tendon: Finding the Driver of Progressive Collapsing Foot Deformity	Pat Deheer, DPM, FACFAS, FFPM RCPS (Glasg)
8:30 a.m.	When to Consider FHL Transfer	Christopher F. Hyer, DPM, MS, FACFAS
8:45 a.m.	Peroneals Are Kaput	Christopher F. Hyer, DPM, MS, FACFAS
9:00 a.m.	Terrible Tendon Case Discussion	Moderated by Jeff Dikis, DPM
10:00 a.m.	Exhibitor Break and Badge Scan	<i>Exhibit Hall 3rd Floor</i>
10:30 a.m.	Considerations in Selection of Your TAR Implant	Christopher F. Hyer, DPM, MS, FACFAS
10:45 a.m.	Why the Broström Fails: Five Things to Find Before You Stabilize the Ankle	Pat Deheer, DPM, FACFAS, FFPM RCPS (Glasg)
11:00 a.m.	TAR Case Review and Thought Process	Christopher F. Hyer, DPM, MS, FACFAS
11:15 a.m.	Ankle Case Discussion	Moderated by Travis Langan, DPM, FACFAS
12:15 p.m.	Lunch with Exhibitors and Non-CME Presentation Unmet Needs in Acute Pain and the Role of Suzetrigine in Acute Pain Management	<i>Exhibit Hall 3rd Floor</i> David Walker, PharmD, BCPS, BCIDP
1:15 p.m.	The Recurrent Ankle Sprain That Isn't: Recognizing Tarsal Coalition	Pat Deheer, DPM, FACFAS, FFPM RCPS (Glasg)
1:30 p.m.	Idiopathic Toe Walking	Daniel J. Hatch, DPM, FACFAS
1:45 p.m.	Exam of the Pediatric Patient	Daniel J. Hatch, DPM, FACFAS
2:00 p.m.	Pediatrics Case Discussion	Moderated by Jeff Dikis, DPM
3:00 p.m.	Exhibitor Time, Badge Scan and Transition	<i>Exhibit Hall 3rd Floor</i>
4:00-6:00 p.m.	Fireside Chat: Curveballs, Complications and Case Controversies Sponsored by Stryker	<i>Embassy Club</i> Moderated by Travis Langan, DPM, FACFAS, & Kelsey Millonig, DPM, MPH, FACFAS
6:30-8:00 p.m.	Women in Podiatry Reception Sponsored by Stryker	<i>Fresko</i> With Kelsey Millonig, DPM, MPH, FACFAS

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THURSDAY, OCTOBER 8 | 7.75 CME HOURS**Sessions are subject to change. Please check the event app for the latest updates.**

6:30 a.m.	Registration Opens and Breakfast Available	<i>Exhibit Hall 3rd Floor</i>
7:00 a.m.	Resident Roundtable	Moderated by Gregory Foote, DPM, FACFAS & Madison Leyk, DPM
8:00 a.m.	Lesser Toe Pathology - Is Osteotomy Always Necessary?	Matthew Sorensen, DPM, FACFAS
8:15 a.m.	Small Incisions with Big Outcomes	Andrew M. Belis, DPM, FACFAS, FASPS
8:30 a.m.	A No-Brainer Technique to Repair the Plantar Plate	Maryellen Brucato, DPM, FACFAS
8:45 a.m.	Billing Pearls and Pitfalls	Danielle Butto, DPM, FACFAS
9:00 a.m.	Lesser Digit Pathology Case Discussion	Moderated by Madison Leyk, DPM
10:00 a.m.	Exhibitor Break and Badge Scan	<i>Exhibit Hall 3rd Floor</i>
10:30 a.m.	Procedure Selection for the Cavus Foot: High Hopes for High Arches	Maryellen Brucato, DPM, FACFAS
10:45 a.m.	Flat Foot	Matthew Sorensen, DPM, FACFAS
11:00 a.m.	Skewfoot in the Fallen Arch	Matthew Sorensen, DPM, FACFAS
11:15 a.m.	Billing Pearls and Pitfalls	Danielle Butto, DPM, FACFAS
11:30 a.m.	Arch Enemies Case Discussion	Moderated by Gregory Foote, DPM, FACFAS
12:30 p.m.	Annual Meetings and Lunch	Iowa meeting: <i>Windows on 7th (1st Floor)</i>
2:00 p.m.	Transition Time and Badge Scan	<i>Exhibit Hall 3rd Floor</i>
2:15 p.m.	Regenerative Medicine	Russell Bergum, DO
2:30 p.m.	Podiatric Procedures: Yes, you can do that in your office!	Maryellen Brucato, DPM, FACFAS
2:45 p.m.	Integrating Laser and Shockwave Treatment into Your Practice	Maryellen Brucato, DPM, FACFAS
3:00 p.m.	Billing Pearls and Pitfalls	Danielle Butto, DPM, FACFAS
3:15 p.m.	In-Office Treatment Modalities Case Discussion	Moderated by John Jaeger, DPM, AACFAS
4:15 p.m.	Minimally Invasive Achilles Solutions Sponsored by Arthrex	Kelsey Millonig, DPM, MPH, FACFAS, and Jeff Dikis, DPM
5:00 p.m.	Exhibitor Reception	<i>Exhibit Hall 3rd Floor</i>

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FRIDAY, OCTOBER 9 | 6.25 CME HOURS**Sessions are subject to change. Please check the event app for the latest updates.**

7:30 a.m.	Registration Opens and Breakfast Available	<i>Salons ABCD Foyer 2nd Floor</i>
8:00 a.m.	Small Procedures with a Big Impact	Katherine Raspovic, DPM
8:15 a.m.	Charcot: It's Just a Dislocation	Narendra R. Patel, DPM
8:30 a.m.	Charcot Pre-Operative Optimization: What I Have Learned	Katherine Raspovic, DPM
8:45 a.m.	Diabetic Foot Case Discussion	Moderated by Kelsey Millonig, DPM, MPH, FACFAS
9:45 a.m.	Break and Badge Scan	<i>Salons ABCD Foyer 2nd Floor</i>
10:00 a.m.	Staged Ankle Distraction Arthrodiastasis for Post-Traumatic DJD and 16 Year Follow-Up with Total Ankle Replacement	Andrew M. Belis, DPM, FACFAS, FASPS
10:15 a.m.	Salvaging the Failed TTC Fusion: Managing Bone Loss, Nonunion, and Infection	Katherine Raspovic, DPM
10:30 a.m.	Missed the Mark: Revision of the Malreduced Tib-Fib Syndesmosis	Kyle Pearson, DPM
10:45 a.m.	Revision Hindfoot Surgery Case Discussion	Moderated by Kelsey Millonig, DPM, MPH, FACFAS
11:45 a.m.	Sponsored CME Lunch (TBD) Presentation and Poster Contest Awards	<i>Salon E 2nd Floor</i>
12:45 p.m.	Transition Time and Badge Scan	<i>Salons ABCD Foyer 2nd Floor</i>
1:00 p.m.	Segmental Forefoot Reconstruction	Andrew M. Belis, DPM, FACFAS, FASPS
1:15 p.m.	Revision of the Windswept Forefoot	Kyle Pearson, DPM
1:30 p.m.	My Achy Brachy Toe	Narendra R. Patel, DPM
1:45 p.m.	Revision Forefoot Case Discussion	Moderated by Eric Reese, DPM
2:45 p.m.	Badge Scan and Prize Drawings	<i>Salon ABCD 2nd Floor</i>
3:00 p.m.	Conference Adjourns	

NURSE & ASSISTANT TRACK

All sessions are in
Salons FGH.

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organized in partnership with the American Society of Podiatric Medical Assistants.

WEDNESDAY, OCTOBER 7 | 4 CONTACT HOURS

Sessions are subject to change. Please check the event app for the latest updates.

8:45 a.m.	Welcome	Cheryl Bailey, PMAC, PRAC, PAAC
9:00 a.m.	MIPS: What Every Podiatric Medical Assistant Needs to Know	Kimberly Reider, RCM Advisor
9:30 a.m.	Overview of the Diabetic Foot	John Erickson, DPM, FACFAS
10:00 a.m.	Break and Visit Exhibitors	<i>Exhibit Hall 3rd Floor</i>
10:30 a.m.	SOLE Session: Your Career, Your Questions, Your Future	Tara Brown, Cheryl Bailey and Kimberly Reider
12:00 p.m.	Lunch	<i>Exhibit Hall 3rd Floor</i>
1:30 p.m.	Use of In-Office EPAT for Plantar Fasciitis and Other Tendinopathies	Christopher F. Hyer, DPM, MS, FACFAS
2:00 p.m.	Managing Patient Expectations	Kimberly Reider, RCM Advisor
2:30 p.m.	Looks Can Be Deceiving: Common Foot and Ankle Mimics	Ashley Dikis, DPM, MEd, FACFAS
3:00 p.m.	Break and Visit Exhibitors	<i>Exhibit Hall 3rd Floor</i>

THURSDAY, OCTOBER 8 | 6 CONTACT HOURS

8:00 a.m.	Ankle Ligaments Gone Wild	Jeff Dikis, DPM
8:30 a.m.	Telephone Triage for the Medical Assistant	Ashley Dikis, DPM, MEd, FACFAS
9:00 a.m.	Custom vs. OTC Orthotics	Alan Bass, DPM
9:30 a.m.	Taping and Padding Demonstration	David Alper, DPM
10:00 a.m.	Break and Visit Exhibitors	<i>Exhibit Hall 3rd Floor</i>
10:30 a.m.	The 3-Minute Foot Exam	David Alper, DPM
11:00 a.m.	Podiatric Trauma	Sean Grambart, DPM
11:30 a.m.	Surgical Complications	Sean Grambart, DPM
12:00 p.m.	Achilles: Title Forthcoming	Sean Grambart, DPM
12:30 p.m.	Lunch	<i>Exhibit Hall 3rd Floor</i>
2:00 p.m.	Charcot Neuroarthropathy: Recognize it. Protect it. Save the foot.	Travis Langan, DPM, FACFAS
2:30 p.m.	Core Concepts in Clinical Efficiency	Gregory Foote, DPM, FACFAS
3:00 p.m.	Why Won't This Heal? Recognizing Factors That Contribute to Difficult Wounds	Mathew Johnstone, DPM
3:30 p.m.	You Just Saved My Bacon! Minor Foot Issues Herald Major Diagnoses	Mathew Johnstone, DPM
5:00 p.m.	Exhibitor Reception	<i>Exhibit Hall 3rd Floor</i>

NURSE & ASSISTANT TRACK, CONTINUED

Proudly presented by the Iowa Podiatric Medical Society & the Nebraska Podiatric Medical Association, organized in partnership with the American Society of Podiatric Medical Assistants.

NURSING CONTACT HOURS INFORMATION

Nursing contact hours awarded for this conference are 10.0 for the non-radiology track and 4.0 for the radiology track.

- Attendees must stay within their track to be awarded contact hours.
- Full attendance required to earn contact hours. No partial attendance credit will be awarded.
- It is the licensee’s responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board.

RADIOLOGY TRACK

All radiology sessions are in Salon E.

THURSDAY, OCTOBER 8 | 4 CONTACT HOURS

All sessions will be taught by Tara Brown, PMAC, PRAC, PAAC, and Cheryl Bailey, PMAC, PRAC, PAAC.

7:00 a.m.	Every Exposure Counts
8:00 a.m.	Document It Right
9:00 a.m.	Break
9:30 a.m.	Good Enough Isn’t Diagnostic
10:30 a.m.	The Future on Film
11:30 a.m.	Radiology Track Sessions Conclude

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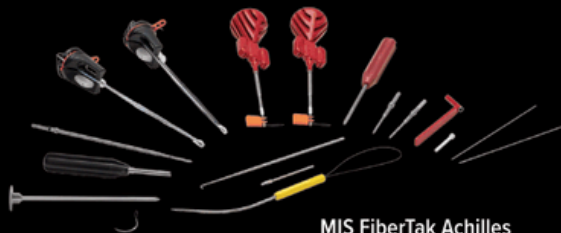
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The MIS FiberTak Achilles SpeedBridge repair implant system enables an hourglass pattern of FiberTape suture and knotless rip-stop sutures to be laid over the tendon's distal end in a completely knotless 4-anchor configuration. It also provides rigid tendon fixation with improved tendon-to-bone opposition, potentially allowing for immediate postoperative weightbearing and range of motion.¹

- Four small poke holes
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- Collagen-coated 1.7 mm FiberTape suture
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*Learn more about the MIS
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References

1. Arthrex, Inc. Data on file (APT-01462, APT-00924, APT-01140). Naples, FL; 2020.
2. Arthrex, Inc. Data on file (APT-05964). Naples, FL; 2023.

Postoperative management is patient-specific and dependent on the treating professional's assessment.
Individual results will vary and not all patients will experience the same postoperative activity level or outcomes.



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NOTES



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