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NEBRASKA PODIATRIC MEDICAL
ASSOCIATION

2025 ANNUAL HEARTLAND FOOT & ANKLE CONFERENCE

October 8-10, 2025 at Des Moines Marriott - Downtown

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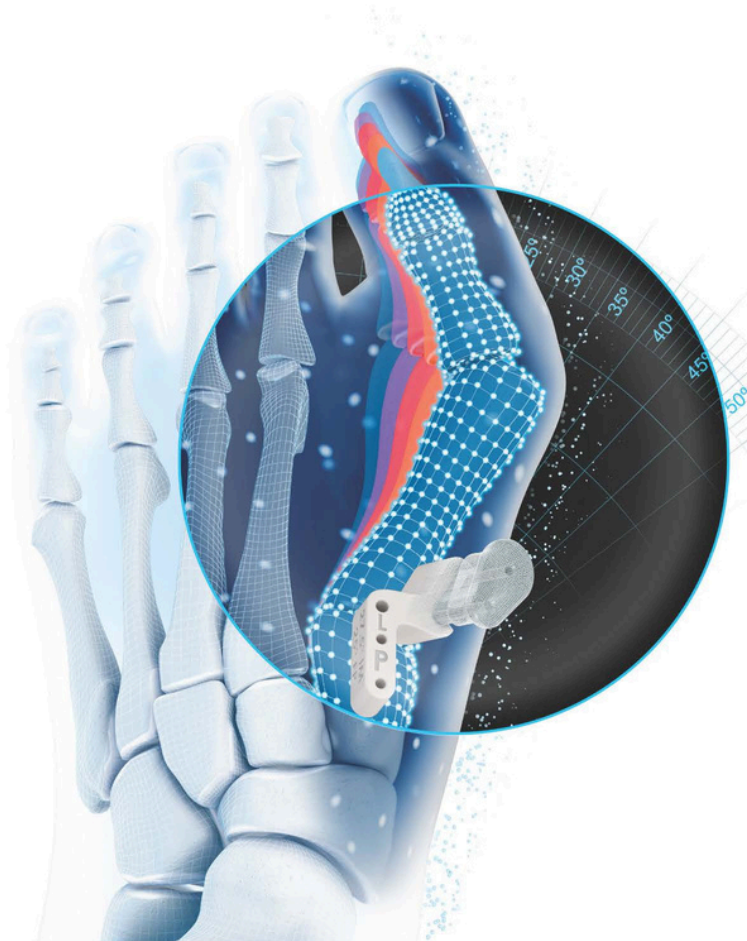
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1. AI-Powered Patient Matched Lapidus Correction: Johnson & Johnson and its affiliates VirtuGuide System Feature memo, 9th Dec 2024, Windchill # EM24-0027. The VIRTUGUIDE™ Planning Software, powered by PeekMed®, is developed and owned by Peek Health, S.A. Refer to help.peekmed.com for user manuals, FAQs, or any support. Important Information: Prior to use, refer to the instructions for use supplied with the device(s) or product(s) for indications, contraindications, side effects, warnings and precautions. Not all products may be currently available in all markets. © Johnson & Johnson and its affiliates 2025. All rights reserved. US_ORT_FTAk_396595.1

WELCOME TO THE 2025 HEARTLAND FOOT & ANKLE CONFERENCE

Dear Heartland Foot & Ankle Conference Attendees,

Welcome to the 2025 Heartland Foot & Ankle Conference! On behalf of the Iowa Podiatric Medical Society and the Nebraska Podiatric Medical Association, thank you for joining us for another great event.

This year's program features a new format with brief presentations followed by case discussions. We think you'll appreciate the fast pace and practical focus of these sessions. A big thank-you to the Scientific Committee for their hard work in building this agenda and securing an excellent lineup of speakers.

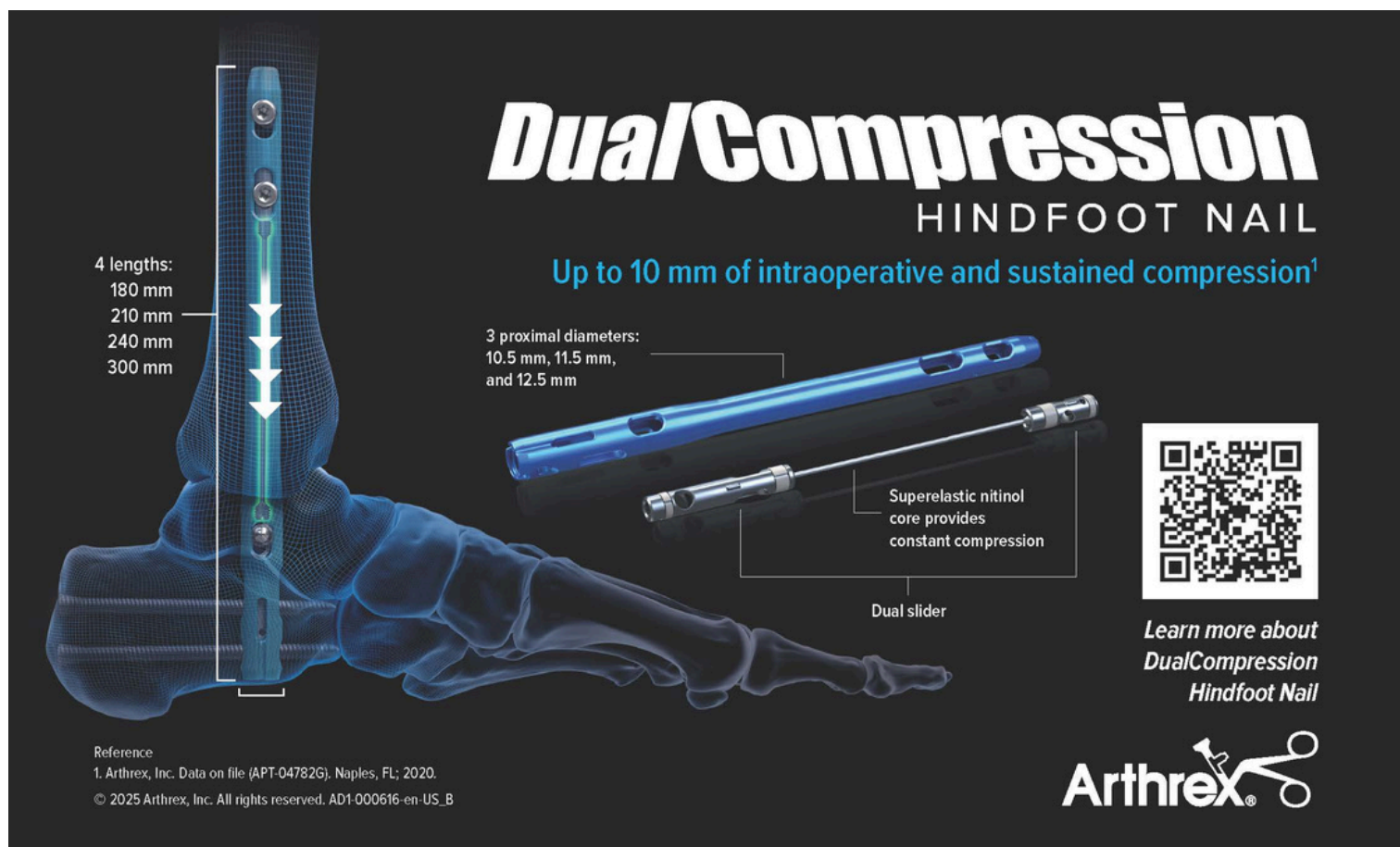
We also appreciate our sponsors and exhibitors for their ongoing support. Be sure to visit the Exhibit Hall and take part in the Poker Chip Challenge. Turn in your chips by 12 noon on Friday to be entered in the prize drawing for three \$200 gift cards.

A special shout-out to the Capture Management Solutions team for their work behind the scenes. This is their first year managing the event, and their efforts have been key to pulling everything together.

We hope you enjoy the conference and find it valuable to your practice. If you need help at any point, stop by the registration desk.

Warm regards,

Charles Cibula, DPM | IPMS President and 2025 Scientific Committee Co-Chair



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Live Podcast



Jeff Dikis, DPM



Thomas Chang, DPM

Heartland Foot & Ankle Conference

Des Moines, IA
Wednesday, October 8

VISIT THE EXHIBIT HALL

Des Moines Room & Hall of Cities
Current as of Sept. 30, 2025

10 Pacira
BioSciences, Inc.

9 Urgo Medical
North America

8 Hoosier
OsteoTronix

7 Medline
Unite

6 Orthofix

5 Arthrex

11 BioGen
Medical

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34 35

33 36

32 37

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1



2025 POKER CHIP CHALLENGE

Chat, collect, and win!

Visit exhibitor booths, 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, the better your chances to win big!

38 Organogenesis

39 LifeNet
Health

40 Treace
Medical
Concepts,
Inc.

43 Redi-Thotics

42 The
CORE
Group

41 Enovis



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 for three different \$200 gift cards.

You must be present to win.

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Hosted by:
Kelsey Millonig, DPM, MPH, FACFAS



Wednesday, October 8



7:00 - 8:15 p.m.



Fresko, Downtown Des Moines
909 Locust St, Suite 103
Des Moines, IA 50309



DOCTOR'S PROGRAM SCHEDULE

All sessions are in Salons ABCD
unless otherwise indicated.

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

WEDNESDAY, OCTOBER 8 | 9.50 CME HOURS

- 6:30 a.m. | Registration Opens - 2nd Floor
- 7:00 a.m. | Resident Roundtable with Jeff Dikis, DPM and Travis Langan, DPM FACFAS
- 8:00 a.m. | Welcome & Non-Arthritic Ankle Presentation with Thomas Chang, DPM
- 8:30 a.m. | The Non-Arthritic Ankle Continued with Luke Cicchinelli
- 8:45 a.m. | CASE DISCUSSION: NON-ARTHRITIC ANKLE moderated by Travis Langan, DPM
- 9:30 a.m. | Break
- 9:40 a.m. | Dermatology Case Reports with Dock Dockery, DPM, FACFAS
- 10:00 a.m. | Excision vs Flaps After Biopsy with Dock Dockery, DPM, FACFAS
- 10:20 a.m. | Cover to Recover with Andrew Rader, DPM
- 10:40 a.m. | Beyond the Barrier: Bioactivity in Skin Substitutes with Andrew Rader, DPM
- 11:00 a.m. | **Badge Scan & Break**
- 11:10 a.m. | Peripheral Nerve Surgery Update with Narendra R Patel, DPM
- 11:30 a.m. | Nerves & More with Aaron K Ruter, DPM
- 11:50 a.m. | Break
- 12:00 p.m. | Lunch Sponsored by OSSIO (in Cedar Rapids + Council Bluffs Rooms)
LIVE Pod Patrol Podcast with Thomas Chang, DPM and Jeff Dikis, DPM
- 1:00 p.m. | Civilian Gunshot Wounds: Primer on Evaluation & Management
with Dr. Christopher Bibbo, FACS, FACFAS
- 1:20 p.m. | Latrogenic Forefoot Complications with Thomas Chang, DPM
- 1:40 p.m. | My Most Challenging Forefoot Cases with Narendra R Patel, DPM
- 2:00 p.m. | Trauma Presentation with Dr. Christopher Bibbo, FACS, FACFAS
- 2:15 p.m. | Achilles Tendon and Osteochondral injuries with Thomas Chang, DPM
- 2:30 p.m. | Paradigm Shift in Treatment of Calcaneal Fractures with Narendra R Patel, DPM
- 2:45 p.m. | Trauma Continued with Thomas Chang, DPM
- 3:00 p.m. | Trauma Presentation with Dr. Christopher Bibbo, FACS, FACFAS
- 3:15 p.m. | CASE DISCUSSION: TRAUMA moderated by Jeff Dikis, DPM
- 4:00 p.m. | **Badge Scan**
- 4:15 p.m. | Meet & Greet at the Embassy Club
- 4:45 p.m. | Fireside Chat | Sponsored by PICA moderated by Sean Grambart, DPM, FACFAS, D.ABFAS
Des Moines Embassy Club | 7th & Grand Ave, 34th Floor

- 6:45 p.m. | **Badge Scan | Des Moines Embassy Club | 7th & Grand Ave, 34th Floor**

- 7:00 p.m. | Women in Podiatry Reception | Sponsored by Vilex
Fresko | 909 Locust St, Suite 103, Des Moines, IA 50309
with Kelsey Millonig, DPM, MPH, FACFAS

DOCTOR'S PROGRAM SCHEDULE

All sessions are in Salons ABCD
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Proudly presented by the Iowa Podiatric Medical Society & the Nebraska Podiatric Medical Association.

THURSDAY, OCTOBER 9 | 8.0 CME HOURS

- 6:30 a.m. | Registration Opens - 3rd Floor
- 7:00 a.m. | Resident Roundtable with Jeff Dikis, DPM and Gregory Foote, DPM, FACFAS
- 8:00 a.m. | Unique CMT Case Study with Byron Hutchinson, DPM
- 8:15 a.m. | Treatment of the Overcorrected Cavus Hindfoot with Thomas Chang, DPM
- 8:30 a.m. | Cavus Reimagined: Minimally Invasive Solutions for a Challenging Foot
with Kelsey Millonig, DPM, MPH, FACFAS
- 8:45 a.m. | CASE DISCUSSION: CAVUS moderated by Kelsey Millonig, DPM, MPH, FACFAS
- 9:30 a.m. | Exhibitor Break & Badge Scan
- 10:00 a.m. | MIS Bunion Surgery Via Percutaneous Distal Metatarsal Osteotomy & Akin
with Bradley P. Abicht, DPM, FACFAS
- 10:15 a.m. | Minimally Invasive Approaches to Hallux Valgus Deformity
with Corine L. Creech, DPM, D.ABFAS, FACFAS
- 10:30 a.m. | Bunion Presentation with Luke Cicchinelli
- 10:45 a.m. | CASE DISCUSSION: BUNION moderated by Kelsey Millonig, DPM, MPH, FACFAS
- 11:30 a.m. | Badge Scan
- 11:40 a.m. | Lunch & Iowa Annual Meeting | Cedar Rapids + Council Bluffs Rooms
Lunch & Nebraska Annual Meeting | Sioux City Room
Non-Member Lunch | Waterloo Room
- 12:40 p.m. | Surgical Coding Case Scenarios and Pearls with Danielle N. Butto DPM, FACFAS
- 1:00 p.m. | E&M Myth Buster with Danielle N. Butto DPM, FACFAS
- 1:20 p.m. | In Office Procedures with Danielle N. Butto DPM, FACFAS
- 1:40 p.m. | Coding Roundtable Discussion
with Danielle N. Butto DPM, FACFAS, and Sean Grambart, DPM, FACFAS, D.ABFAS
- 2:00 p.m. | Break
- 2:10 p.m. | CME Workshop: MIS Bunion and AI | Sponsored by Johnson & Johnson MedTech
with Gregory Foote, DPM, FACFAS, and Blake C. Hale, DPM, FACFAS
- 3:10 p.m. | Surgeon & Physical Therapy Communication and the Essentials of a Good
Rehab Protocol with Dr. Daniel Sherman, PT, DPT, CMPT, BDN
- 3:30 p.m. | The Terrible Tendon: Part 1 with Dr. Christopher Bibbo, FACS, FACFAS
- 3:45 p.m. | Achilles Tendon Complication
with Byron Hutchinson, DPM
- 4:00 p.m. | The Plantar Plate with Eric Barp, DPM
- 4:15 p.m. | Roundtable Discussion
moderated by Jeff Dikis, DPM
- 4:45 p.m. | Exhibitor Reception & Social and
Poster Contest
- 5:30 p.m. | Badge Scan



DOCTOR'S PROGRAM SCHEDULE

All sessions are in Salons ABCD unless otherwise indicated.

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

FRIDAY, OCTOBER 10 | 6.0 CME HOURS

- 7:30 a.m. | Registration Opens
- 8:00 a.m. | Trimalleolar Ankle Fractures - Tips to Stay Out of Trouble with Jeremy McCormick, MD
- 8:20 a.m. | The Lateral Ankle - When Is It More Than Just a Sprain? with Angela Walker, DO
- 8:40 a.m. | OCL of the Talus - Approach to Treatment & Updates with Jeremy McCormick, MD
- 9:00 a.m. | 5th Metatarsal Fractures - Treatment Strategies with Angela Walker, DO
- 9:20 a.m. | Navicular Stress Fractures - Problematic Injury with Jeremy McCormick, MD
- 9:40 a.m. | Syndesmosis Injuries - When Is Flexible Fixation Appropriate? with Angela Walker, DO
- 10:00 a.m. | **Exhibitor Break & Badge Scan**
- 10:30 a.m. | The Funky Forefoot with Dr. Thomas McDonald. FAAOS
- 10:45 a.m. | Percutaneous First Metatarsophalangeal Joint Arthrodesis with Bradley P. Abicht, DPM, FACFAS
- 11:00 a.m. | MIS Forefoot with Corine L. Creech, DPM, D.ABFAS, FACFAS
- 11:15 a.m. | CASE DISCUSSION: THE FUNKY FOREFOOT moderated by Kelsey Millonig, DPM, MPH, FACFAS
- 12:00 p.m. | CME Lunch Workshop: Hindfoot Fusions | Sponsored by Arthrex (in Cedar Rapids + Council Bluffs Rooms) with Kelsey Millonig, DPM, MPH, FACFAS
- 1:00 p.m. | Complication Disaster Part 1 with Dr. Christopher Bibbo, FACS, FACFAS
- 1:15 p.m. | Hindfoot Driven Midfoot Charcot Infection Complication with Byron Hutchinson, DPM
- 1:30 p.m. | Complication Disaster Part 3 with Dr. Thomas McDonald. FAAOS
- 1:45 p.m. | CASE DISCUSSION: COMPLICATIONS moderated by Travis Langen, DPM
- 2:30 p.m. | **Adjourn | Badge Scan | Prizes**

CME SIGN-IN INFORMATION

Periodic check-ins are required to obtain full CME credit. The check-in schedule is noted below.

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

Wednesday: 9.5 Total CMEs


- 11:00 a.m. | QR Code on Screen or Name Badge Scan at Registration on 2nd Floor Foyer | 4.0 CME Credits
- 4:00 p.m. | QR Code on Screen or Name Badge Scan at Registration on 2nd Floor Foyer | 3.5 CME Credits
- 6:45 p.m. | QR Code on Screen or Name Badge Scan at Embassy Club | 2.0 CME Credits

Thursday: 8.0 Total CMEs

- 9:30 a.m. | QR Code on Screen or Name Badge Scan by Exhibit Hall | 2.5 CME Credits
- 11:30 a.m. | QR Code on Screen or Name Badge Scan by Exhibit Hall | 1.5 CME Credits
- 5:30 p.m. | QR Code on Screen or Name Badge Scan by Exhibit Hall | 4.0 CME Credits


Friday: 6.0 Total CMEs

- 10:00 a.m. | QR Code on Screen or Name Badge Scan by Exhibit Hall | 2 CME Credits
- 2:30 p.m. | QR Code on Screen or Name Badge Scan by Exhibit Hall | 4 CME Credits



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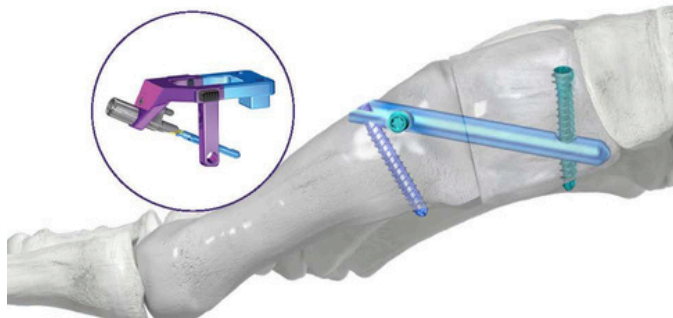
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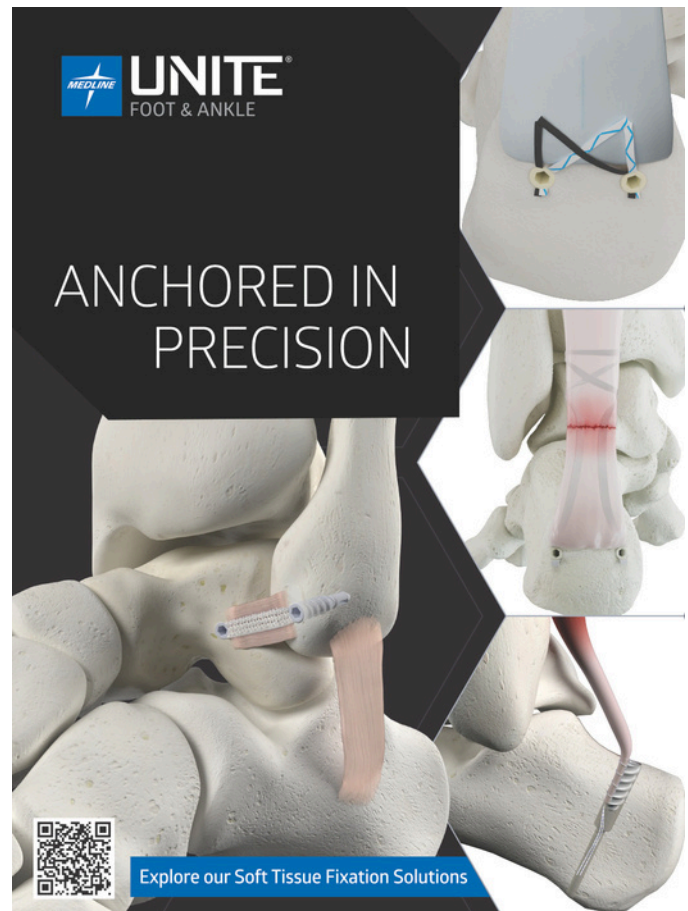

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THURSDAY, OCTOBER 9 | 5.25 CONTACT HOURS

- 6:30 a.m. | Registration Opens - Marriott Hotel 3rd Floor Foyer
- 8:00 a.m. | Welcome with Tara Brown, PMAC, PRAC, PAAC
- 8:15 a.m. | The Role of Over the Counter Orthotics in Patient Care with Alan Bass, DPM
- 8:45 a.m. | Ask Questions & Think Ahead with Eric Larsen, DPM
- 9:30 a.m. | Exhibitor Break
- 10:00 a.m. | Office Basics with Danielle N. Butto DPM, FACFAS
- 10:30 a.m. | Medical Mission Work – as a Podiatrist with Thomas Chang, DPM
- 11:00 a.m. | Diabetic Woundcare with Danielle N. Butto DPM, FACFAS
- 11:30 a.m. | Lunch | Located in Salons FGH | Food in 3rd Floor Foyer
- 12:45 p.m. | Sterile Technique with David Alper, DPM
- 1:30 p.m. | Insurance Presentation – Billing & Coding Requirements with Ed Prikaszczyk, DPM
- 2:00 p.m. | Insurance changes since 2024 with Ed Prikaszczyk, DPM
- 2:30 p.m. | Roundtable Insurance Discussion with Ed Prikaszczyk, DPM
- 3:15 p.m. | Thursday Sessions Conclude

FRIDAY, OCTOBER 10 | 4.5 CONTACT HOURS

- 7:30 a.m. | Registration Opens - Marriott Hotel 3rd Floor Foyer
- 8:00 a.m. | The 3 Minute Foot Exam with David Alper, DPM
- 8:30 a.m. | What is a Podiatrist? with David Alper, DPM
- 9:00 a.m. | They'll Grow Out of It: Common Lower Extremity Pediatric Issues and Do They Really Go Away? with Mathew Johnstone DPM, MS, FACFAS, DABPM, FFPM RCPS(Glasg)
- 9:30 a.m. | Exhibitor Break
- 10:00 a.m. | Neuropathy vs. Vascular Pain with Eric Larsen, DPM
- 10:30 a.m. | They WON'T Grow Out of That: Recognizing Surgical Lower Extremity Deformities in Children with Mathew Johnstone DPM, MS, FACFAS, DABPM, FFPM RCPS(Glasg)
- 11:00 a.m. | The Good, The Bad, and the Complicated: Challenges in Foot & Ankle Surgery with Ashley Dikis, DPM, MEd
- 11:30 a.m. | When Every Step Hurts: A Guide to Acute Foot & Ankle Injuries with Ashley Dikis, DPM, MEd
- 12:00 p.m. | Lunch | Located in Salons FGH | Food in 3rd Floor Foyer
- 1:00 p.m. | Sole Session - Interactive Roundtable with Tara Brown, PMAC, PRAC, PAAC; Cheryl Bailey, PMAC, PRAC, PAAC; and Kim Reider, PMAC, PRAC, PAAC
- 2:00 p.m. | Friday Sessions Conclude

NURSING & ASSISTANT'S PROGRAM, 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 9.75 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.
 - There is a \$30 administration fee assessed to receive Contact Hour credits.
-

RADIOLOGY TRACK

All radiology sessions are in Salon E.

FRIDAY, OCTOBER 10 | 4.0 CONTACT HOURS

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

- 7:30 a.m. | Registration Opens - Marriott Hotel 3rd Floor Foyer
- 8:00 a.m. | Radiation Safety
- 9:00 a.m. | Ankle X-Rays Unlocked: Spotting Sprains, Strains, and Breaks
- 9:30 a.m. | The Silent Break
- 10:00 a.m. | Arthropathies in the Foot & Ankle
- 11:00 a.m. | Cysts, Tumors, and Shadows
- 12:00 p.m. | Radiology Track Sessions Conclude

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March 2026!



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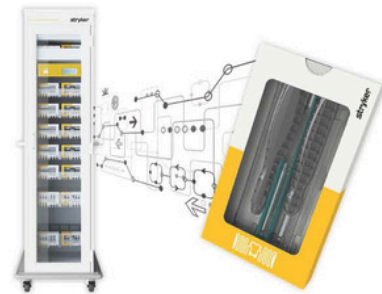
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