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- Once you have an account, log in (upper right hand corner of the webpage) and go to the Foot and Ankle section of the website.



- On the main Foot and Ankle page click on the 'Add New Video' tab, under the Video section.

Contents:

Content submitted or edited within the Foot and Ankle section will be reviewed by the **AOFAS Editorial Board** and is subject to modification or deletion for the purpose of maintaining quality. Learn more about the [AOFAS](#).



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Added by [Christian Veillette](#), last edited by [Christian Veillette](#) on Nov 17, 2010 ([view change](#))

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- Once within the video section enter in the title of your video and click save.

title of video

Location: Orthopaedia Videos > Foot and Ankle Videos
 Creating page based on the Video template.

Save Cancel

- At this point you will be able to upload your video by clicking the 'Upload Video' button on the left side of the screen.
- Make sure the video is less than 300 MB.

title of video

Edit Data Preview Notation Guide

Save Cancel

Press "Upload Video" to select and upload a video file.

Upload Video

About Uploading

Uploading your video may take several minutes, depending on file size and your Internet connection. A 5MB video will take at least 5 minutes to upload. Please be patient.

Please complete the details to the right while you are waiting for your video to upload. You can "save this page" and continue using your browser BUT the "Upload Video Progress Window" must remain open until the video upload has been completed.

- Up to 20 minutes in length
- Up to 200 MB in size
- Best video formats: MOV, WMV, AVI (many are supported)

Description Enter brief description

Location Enter hospital/institution/organisation/meeting where video taken

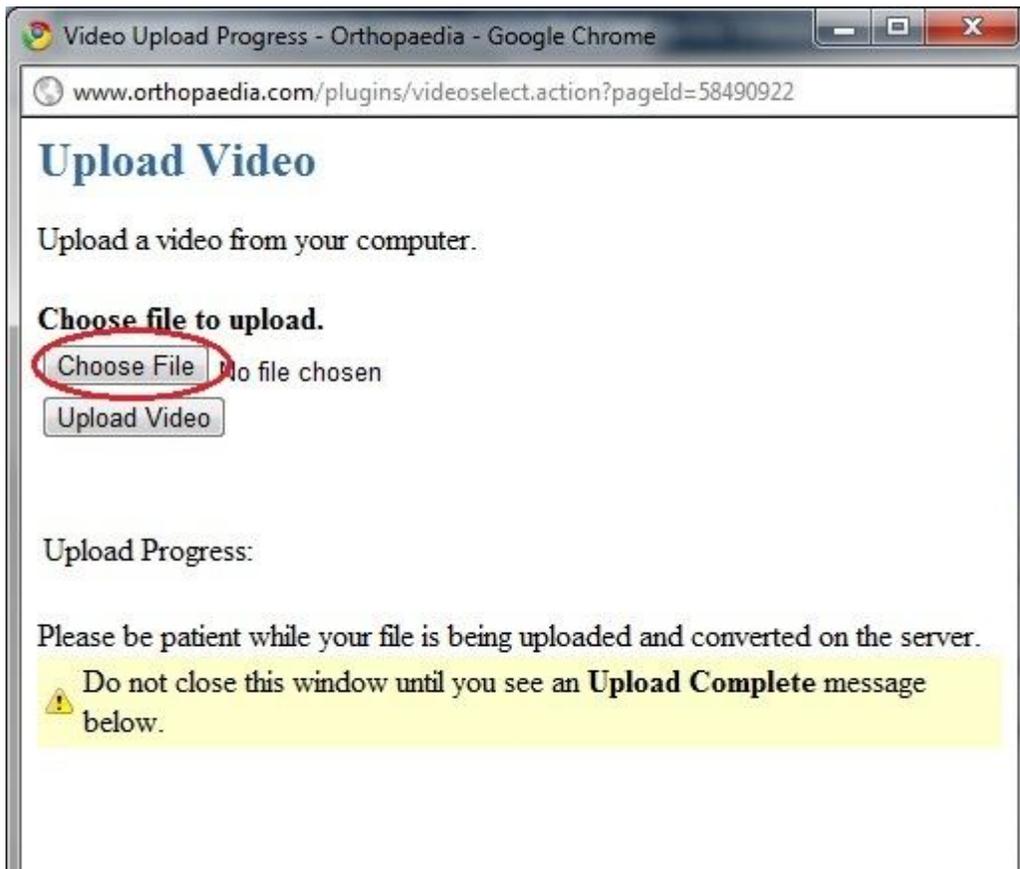
Category Select category from list below

Region Select a region label from list below

Keywords Enter keywords (lowercase, separate keywords by commas, separate words in a keyword phrase with an "underscore" ie. AC_joint_separation).

Date Added 28 - Mar - 2011

- The 'Upload Video' button will open a new window.
- Click 'Choose File' and find the video file on your computer.
- Once found, click the 'Upload Video' button to beginning the upload.
- Make sure to not close this window until the video has completely uploaded. I notification will be presented when the upload is complete.



- After uploading the video, you can fill in the demographic and the video information on the right side of the page.
- Once completed, click the save button on the upper right hand corner of the screen.
- At this point your video has been uploaded to the Foot and Ankle Section of Orthopaedia. Thank you!
- Any problems, please contact Rose Olea, rolea@aofas.org, 847-384-4369.

Editing/Peer Review

Orthopaedia is a peer-reviewed site. When submitted to the website the article will be marked as “Under Review” until it has been reviewed by an Associate Editor. Once approved, it will be possible for other Orthopaedia members to suggest possible changes. Any changes that are made will need to be approved by an Associate Editor. Until changes have been approved by the Associate Editor, the article will once again be marked as “Under Review”. The original author can be notified via email of any changes that have been suggested or made by selecting “Watch” in the Tools drop down.

The original author is encouraged to update and edit the text when they feel it is needed. The most important part of this project is to achieve a quality piece of work you would be proud of.

Sample Video

A good sample video is [Tibiotalar Arthrodesis](#)