

Easing Foot and Ankle Pain

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My Background

- Fellowship Trained, Board Certified Orthopedic Foot and Ankle and Trauma Specialist
- Undergraduate – University of Michigan
- Medical School – Wayne State University, Detroit
- Orthopedic Surgery Residency – Wayne State University, Detroit
- Orthopedic Foot and Ankle Fellowship – Baylor College of Medicine, Houston
- AO Orthopedic Trauma Fellowship – Dresden, Germany
- Chief of Orthopedic Foot and Ankle, Wayne State University
- Boulder 2001-Present
- Clinical Assistant Professor CU Department of Orthopedic Surgery

For the best possible foot and ankle care,
look for the "O"



Learn more at myFootCareMD.com

Why Foot and Ankle

- 28 Bones
- 26 Joints
- 11 muscles External to the Foot
- Flexion, Extension, Abduction, Adduction, Supination, Pronation, Internal Rotation, External Rotation, Varus, Valgus

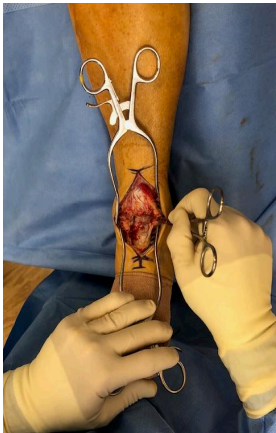
Why Foot and Ankle

- Trauma
- Arthritis
- Sports Medicine
- Degenerative Conditions
- Congenital Conditions
- Deformities
- Neuromuscular Conditions
- Children -> Elderly

Why Foot and Ankle

- Joint Replacement
- Deformity Correction
- Fracture management
- Ligament and Tendon Reconstruction
- Arthroscopic Surgery
- Arthritis Treatment

Ankle Arthritis



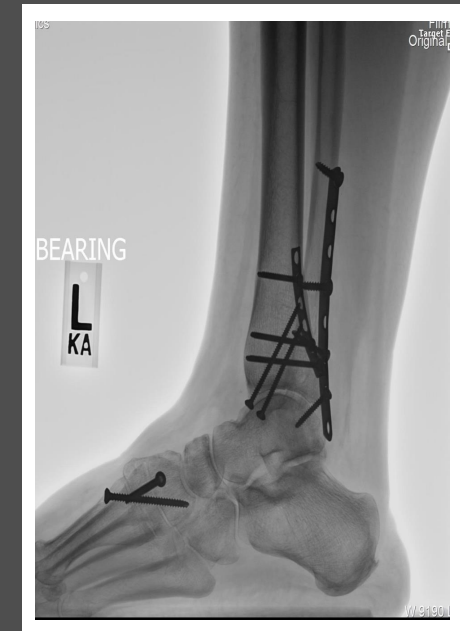
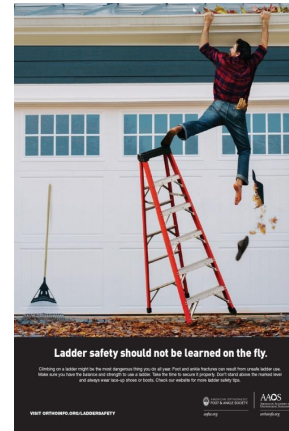
Ankle Arthritis

- Causes
- Non Surgical Treatment
- Surgical Treatment

Ankle Arthritis – Causes

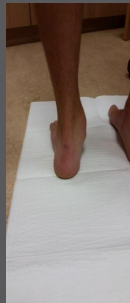
- Ankles are DIFFERENT!
 - Knees and Hips get “Degenerative” Arthritis
 - Rare in Ankles
- Post Traumatic Arthritis
- Rheumatoid Arthritis
- Chronic Instability
- Deformity
- Avascular Necrosis

Ankle Trauma



Deformity

- “High Arch” – Cavovarus
- “Flatfoot” - Planovalgus



Deformity



2/9/2018

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R

F

Instability

Ankle Arthritis: Non – Operative Treatment

- Activity Modifications
- Anti- Inflammatory Medicine
- Shoe Modifications
- Braces
- Injections
- Preventative Medicine?
- Regenerative Medicine

Activity Modifications



Shoe Modifications



Braces



Regenerative Medicine

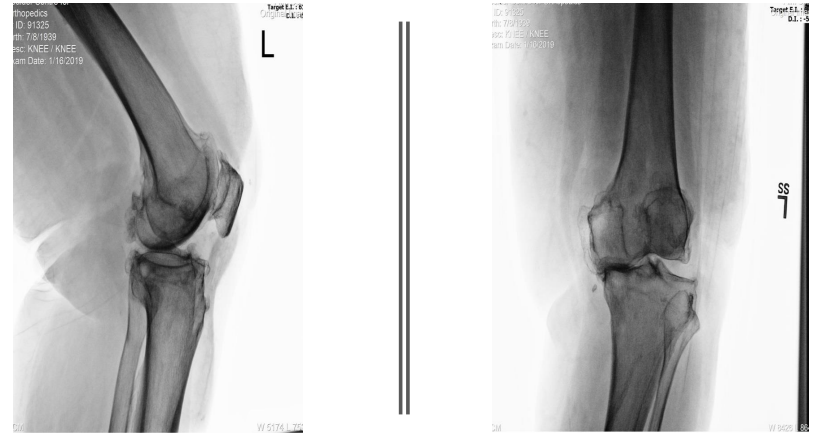


Regenerative Medicine

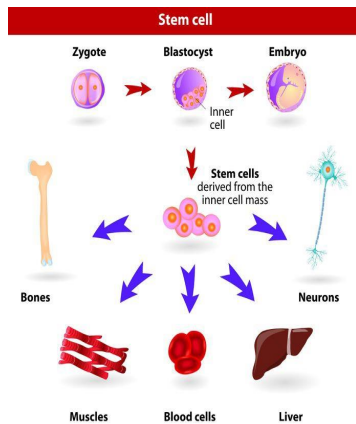
- Platelet Rich Plasma
- Stem Cells
- Exosomes



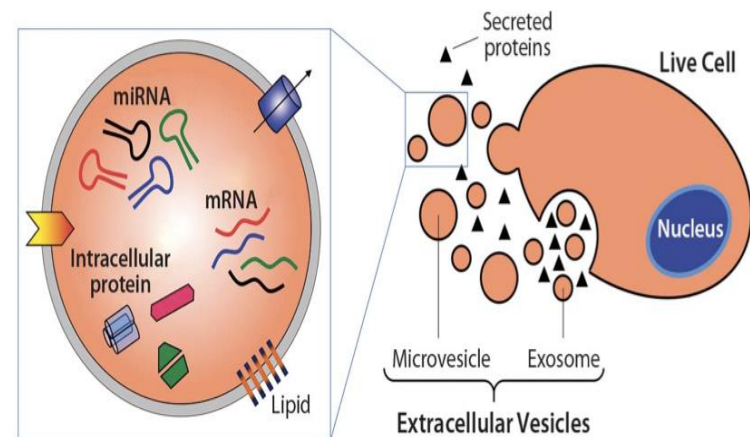
Regenerative Medicine



Stem Cells



Exosomes



Ankle Arthritis – Surgical Management

- Joint Preservation
 - Debridement
 - Osteotomies
- Joint Sacrifice
 - Arthrodesis
 - Total Ankle Arthroplasty

Joint Preservation



Joint Preservation



Joint Preservation



Joint Preservation



Total Ankle Arthroplasty



Total Ankle Arthroplasty



Total Ankle Arthroplasty – Ideal Patient

- Older
- Light Weight
- Low Demand
- No Deformity
- No History of Infection
- Not a Smoker or Diabetic

Total Ankle Arthroplasty

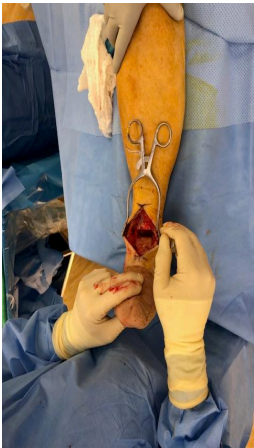
Do You Use a ROBOT?!



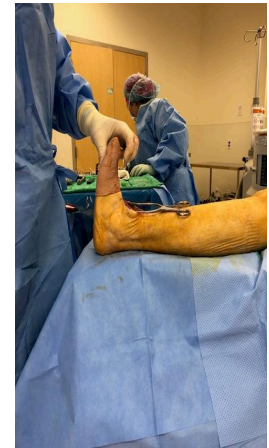
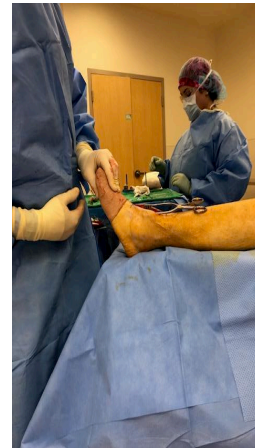
Total Ankle Arthroplasty



Total Ankle Arthroplasty



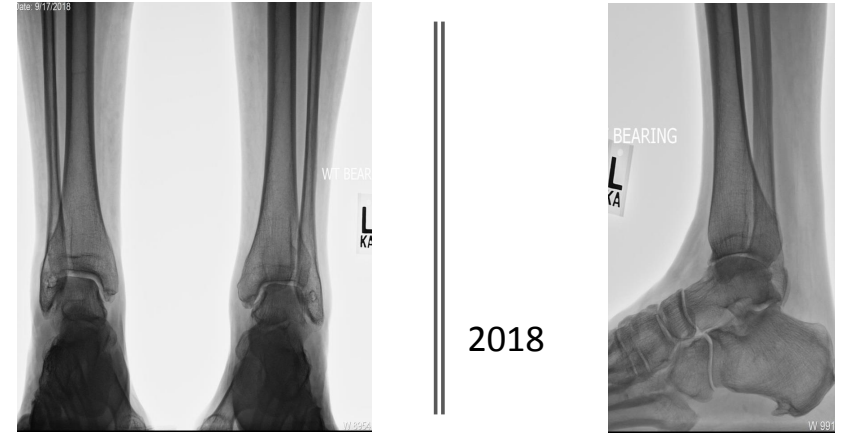
Total Ankle Arthroplasty



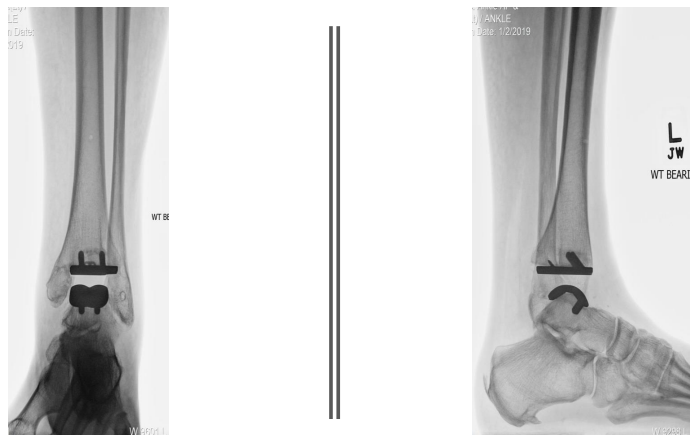
TAA - Case



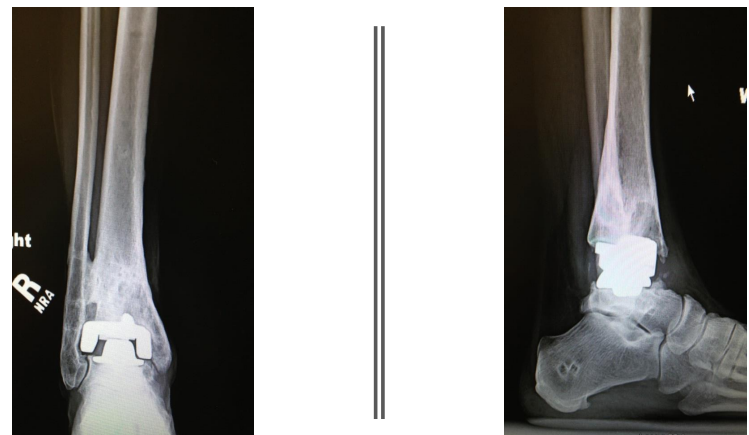
TAA - Case



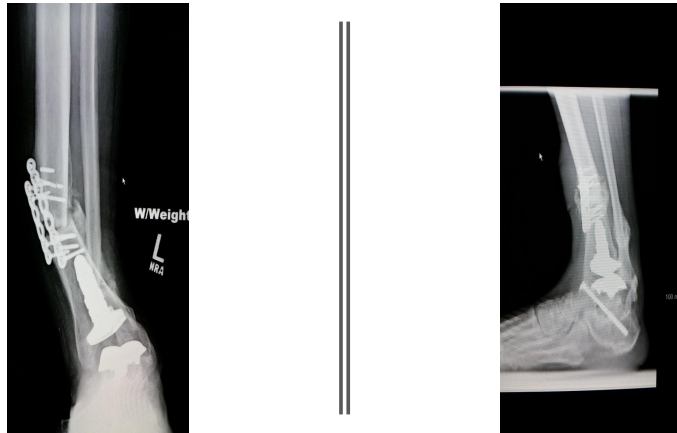
TAA - Case



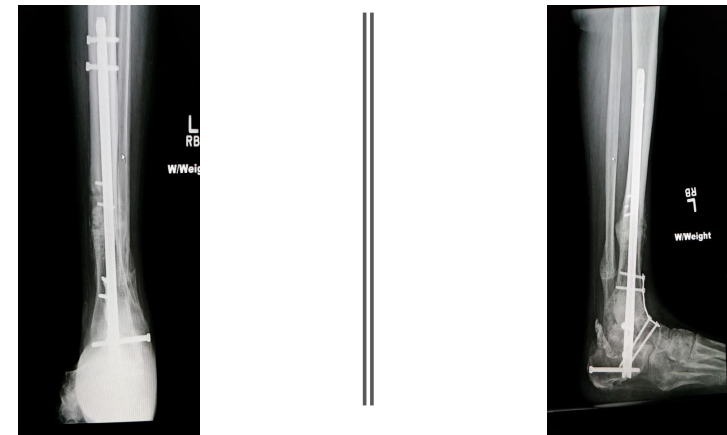
TAA – How Long Do They Last???



TAA – Can They Fail???



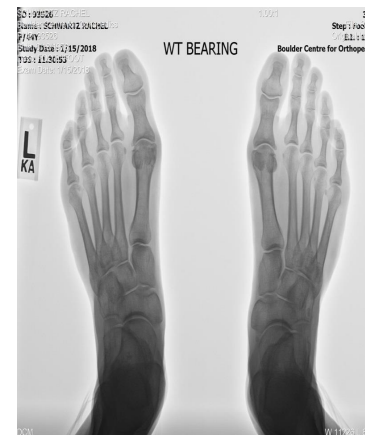
TAA – Can They Fail???



Hallux Rigidus – Arthritis of the “Big Toe”



Hallux Rigidus



Hallux Rigidus: Causes

- Post – Traumatic
- Degenerative
- Mechanical Overload
- Iatrogenic

Hallux Rigidus: Non Surgical Options

- Shoe Wear Modifications
- Activity Modifications
- Injections
- Preventative Medicine?

Hallux Rigidus: Surgical Options

- Debridement (Cheilectomy)
- Debridement + Osteotomy
- Arthrodesis (Fusion)
- Hemiarthroplasty (Partial Joint Replacement)

Implant Hemiarthroplasty

- Historically Metal Implants
 - Require Removal of Bone to Implant
- Polyvinyl Alcohol Cartilage “Replacement” – Cartiva
 - FDA Approval 3 Years Ago
 - Used in Europe/Canada Since 2002

Cartiva Implant

- Robot?
- Arthroscopically?
- Laser?



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Cartiva

Cartiva



Cartiva



Cartiva



New Trends – Percutaneous Bunion Correction

- Only an Option for MINIMAL Deformities
- Increased Risk of Recurrence With Inappropriate Indications



Bunion Correction



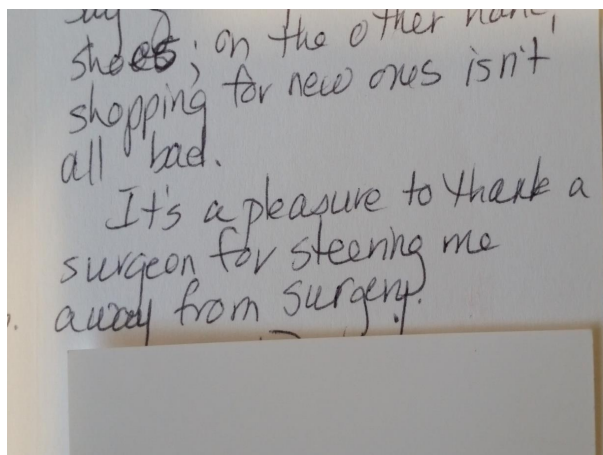
Bunion Correction



Parting Shot...

- My Spouse, Friend, Son, Daughter, Sister, Brother, Hair Stylist, Facebook Friend, Mechanic.... Told Me NEVER Have Foot Surgery!
- Don't Have the Wrong Surgery for the Wrong Indications
- IF Significant Pain or Limitations AND Failed Appropriate Non-Surgical Treatment, Consider Appropriate Surgery
- "Simpler" May Not Always Be Better

Parting Shot



Thank You!

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