Evaluation and Treatment of Common Foot and Ankle Disorders

Eric J Lindberg, M.D.
Orthopedic Associates
Denver, CO
Disclosures

• None to report
Foot and Ankle Disorders

- Common
- Observation
- Nonoperative treatment
- Operative treatment
Goals

- Cover common F & A problems
- Initiate treatment
  - What to do, say
- Identify potential problems
  - What not to do, say
- Dispel certain “myths”
Deformity

- Bunion Deformity
- Pes Planus
- Pes Cavus
“I have Bunions”
Bunion Deformity

• Hallux Valgus Deformity
• Hallux Rigidus – Arthritis
• Medial mass or Cyst
• Gout
Bunion Deformity

- Hallux Valgus
Bunion Deformity

• Angular Correction
Osteoarthritis

- Hallux Rigidus
- Same joint – different pathology
Osteoarthritis

- Hallux Rigidus
Gout
A bunion isn’t a bunion

- Results, recovery, and patient experiences vary
- Treatment depends on extent of deformity
- May be arthritis or a mass
Pes Planus

• A flat foot isn’t a flat foot
• Congenital asymptomatic flat foot
• Tarsal coalition
  – Peroneal spastic flat foot
• Adult acquired flat foot
Pes Planus

• Symptoms are key in treatment
  – Orthotics
  – Shoe modifications
  – Activity modifications
Pes Planus

• Pain – guides further treatment

• Pediatric
  – Tarsal coalition

• Adult
  – Posterior tibial dysfunction
  – arthritis
Tarsal Coalition
Tarsal Coalition
Pes Cavus

• Clinically more significant
  – Stiff foot
  – Lateral overload
  – Long term problems
Pes Cavus
Ankle Sprains

“I sprained my Ankle”
Ankle Sprains

• Ankle Sprain
• Peroneal Tendon Dislocations
• Midfoot Sprains
• Accessory Navicular Sprains
• Achilles Tendon Ruptures
• Fractures
Ankle Sprains

• Mechanism
  – Twist, rotation, dorsiflexion, plantarflexion
  – Direction and force determines pathology
Ankle Sprains

• Physical Exam
  – Based on Anatomy!
  – Inspect
  – Palpate
    • Area of injury
    • Area away from injury
Ankle Sprains

- Posterior talofibular ligament
- Partial tear to anterior talofibular ligament
- Calcaneofibular ligament

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Ankle Sprains
Ankle Sprains

• Initial Treatment
  – RICE –
  – Immobilization in position of function
  – Weight bearing allowed if tolerated
  – X-ray
  – ? MRI
Ankle Sprains

• Definitive treatment
  – Protection
  – Rehabilitation
    • Balance/proprioception
    • Peroneal tendon strengthening

• Recovery
  – >6 months
Ankle Sprains
Ankle Sprains

• “My MRI says I have a complete ligament tear...”
Ankle Sprains

• “I was told to wait until the swelling went down....”
Ankle Sprains

- Common injuries
- Varied severity
- Most are treated nonoperatively
Achilles Tendon Disorders

• Definitions vary
  – “itis”
  – “osis”

• Locations vary
  – Insertional
  – Central
Achilles Tendon Disorders
Achilles Tendon Disorders

- Pain
- Swelling
- Tenderness
  - Location matters
    - Central more likely to respond to nonoperative care
Achilles Tendon Disorders

• Treatment
  – Rest
    • Activity modification
    • Immobilization
    • Heel lifts
  – Ice
  – Physical therapy
    • Active stretching
    • Protected strengthening
Achilles Tendon Disorders
Achilles Tendon Disorders
Callosities

• Corns

• Calluses
  – Result of pressure
  – Tx: relieve pressure!
    • Operative
    • Nonoperative
      – Debride and include “core”
      – 10 blade with stiff handle
Callosities
Callosities
Plantar Warts

• Viral infection
• Identified by vasculature
• Treatment
  – Debride – can bleed
  – Inject
    • Small needle very superficial
      – Painful!
Plantar Wart
Neuromas

- Interdigital (Morton’s) Neuroma
  - Between metatarsal heads
  - 85% between 3\textsuperscript{rd} and 4\textsuperscript{th} heads
  - 15% between 2\textsuperscript{nd} and 3\textsuperscript{rd} heads
  - Can have both
Neuromas

• c/o ball of foot pain
• Feels like a bunched up sock
• Toe pain
• Electrical shock
• Tight shoes worse
Neuromas

• **Treatment**
  – Shoe changes
    • Especially bike shoes, ski boots
  – Orthotics
  – Injections
  – Surgical removal
Neuromas

• Traumatic Neuromas
  – Injury – contusion, laceration
  – Post surgical

• Can be quite painful
  – Treatment is usually release or resection
Plantar Fasciitis

- Heel pain
- Unilateral or bilateral
- Etiology unknown
- Not harmful
Plantar Fasciitis

• Symptoms
  – Pain with first steps
  – Typical location
    • Secondary locations may be lateral
  – May be long lasting
    • 6-12 months AFTER treatment
Plantar Fasciitis

• Bone Spur
  – Frequently associated with plantar fasciitis
  – This is NOT the problem
  – They do NOT need to come out
Plantar Fasciitis

• Treatment
  – Stretching
  – Massage
  – Taping
  – Cushions/heel cups/OTC orthotics
  – Custom orthotics
  – Immobilization
  – Injections
  – Surgery
Plantar Fasciitis
Plantar Fasciitis
Plantar Fasciitis
Arthritis

- Ankle
- Hindfoot
- Midfoot
- Forefoot
Arthritis

- Bracing
- Injections
- Debridements
- Fusion (arthrodesis)
- Replacement (arthroplasty)
Ankle Arthritis
Ankle Arthritis
Ankle and Subtalar Arthritis
Ankle and Subtalar Arthritis
Ankle and Subtalar Arthritis
Ankle and Subtalar Arthritis
Conclusion

• A bunion isn’t a bunion
• A sprain isn’t a sprain
• A flat foot isn’t a flat foot
• Fusions are not the end of the world
Thank You