

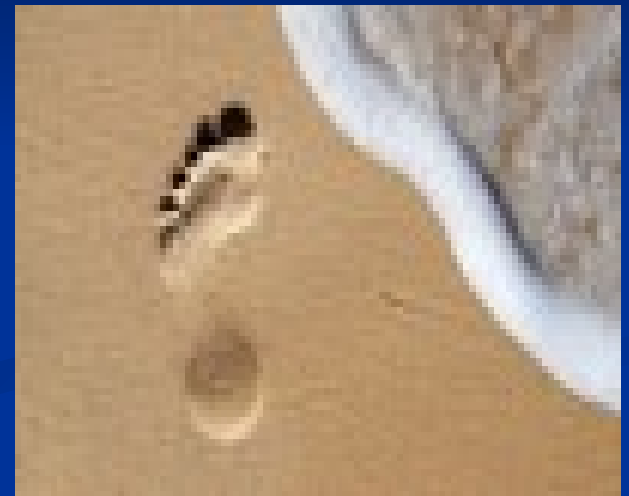


Acquired flatfoot deformity

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- Self introduction
- The acquired flatfoot deformity
 - What is it?
 - Why does it matter?
 - How does it happen?
 - Where does it affect?
 - When to treat?
 - Which way to manage?



- Sydney University Medical School
- NSW Orthopaedics program
- Fellowships
 - Belgium - Knee surgery
 - USA - Foot & Ankle surgery
- The Leg Bones Clinic
- (John Flynn Medical Centre)
 - JFH, Pindara Hospital
 - The Tweed Hospital



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What is it?

- Pes planus, low arched feet
- Tibialis posterior tendon dysfunction
- Hyperpronation

Disruption of the stable weight bearing tripod

Why does it matter?

- Pain
 - Tendinitis, impingement, arthritis
- Loss of function
 - Weakness, instability, stiffness
- Local effects
 - Deformity – shoe fitting, pressure areas
- Affect neighbouring joints
 - Changes the mechanics of the whole lower limb

How does it happen?

- Degenerative
- Inflammatory - Rheumatoid
- Post-traumatic - malunions, ligamentous injuries
- Neuropathic – Charcot, Diabetic

Where does it affect?

- Locally – ankle & foot
 - Tension medially & compression laterally
- Proximally – knee, hip, back
 - Internal rotation of lower limb
 - Loss of height
- Distally – foot & toes
 - Hallux valgus
 - Metatarsalgia & lesser toe deformities
 - Ingrown toenail



When to treat?

- Symptomatic vs Preventative
- Flexible vs Rigid
- Functional limitations
- Non-operative vs Operative

Which way to manage?

- Activity/lifestyle modifications
- Physiotherapy
- External supports – orthotics, braces
- Medications – oral, topical, injections

- Surgery

• Post surgery recovery

- Depends on the procedural details
- ~ 6-8 weeks nonweight bearing for the bones and soft tissues to heal
- Plaster/boot during this period to protect the healing
- Takes 6 + months to normalise
- Orthotic arch support long term

Summary

- Tripod configuration disruption
- Local & regional effects
- Preventative health
- Surgery is recommended when there is
 - **Worsening pain despite non-operative measures**
 - **Progressive deformity**
 - **Functional limitations**

