Thursday: Deformity: 1:34 – 1:36 pm

Cavovarus Foot Realignment to Treat Anteromedial Ankle Arthrosis

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Background:
Adult patients with cavovarus feet were seen with symptomatic anteromedial ankle arthrosis. Static and dynamic realignment was performed to redistribute joint contact pressures and thus to relieve patients’ symptoms.

Methods:
Fourteen patients with cavovarus feet and mild to moderate anteromedial ankle arthrosis (7 neurogenic, 7 idiopathic) were treated by osteotomies and soft tissue procedures but no lateral ligament reconstruction; anteromedial cheilectomy of the ankle was added to increase dorsiflexion and alleviate anterior impingement. Patients were assessed clinically and radiographically.

Results:
Failure in two patients was most likely due to postoperative persistent ankle varus tilt. The AOFAS Ankle-Hindfoot Score of the remaining 12 patients improved from preoperative 45 to postoperative 75 points (follow-up 78 months, 28 - 129), ankle dorsiflexion improved 8° on average. At latest follow-up there was no hindfoot instability or progression of anteromedial ankle arthrosis.

Conclusion:
Cavovarus foot realignment reliably relieved patients’ symptoms, provided hindfoot instability, and stabilized the extent of anteromedial ankle arthrosis when talar varus tilt was corrected. In conjunction with realignment, anteromedial cheilectomy improved dorsiflexion and reduced anterior ankle impingement.