THERAPEUTIC FOOT INJECTIONS:
A RETROSPECTIVE STUDY

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My disclosure is in the Final AOFAS Program Book

I have no potential conflicts with this presentation
INTRODUCTION

- Intra-articular corticosteroid injections are used in the management of both osteoarthritis and rheumatoid arthritis.

- Most evidence of efficacy has been confined to the knee joint with paucity of published clinical data on foot injections.

- Septic arthritis remains the greatest concern with reported incidences of 1 in 3000 to 1 in 50,000.
AIM

- This study aimed to further evaluate the efficacy of intra-articular foot injections and the influence of a variety of independent clinical variables on its efficacy.

- Determine if the anatomical joint affected influenced outcome.

- Report our secondary operation rates following persistence of symptoms.
Methods

- Retrospective review of consecutive patients over a 2-year period (Jan 2007 to Dec 2009)
- 67 patients were identified (34 patients audited (5 had no notes, 8 wrongly coded, 20 ankle injections excluded)
- Radiological and clinical data were analysed retrospectively using the patient’s hospital case-notes and electronic PACS system.
- Data was analysed using Microsoft Access
RESULTS

- N34 patients with an average age of 62 years (1 year follow up).
- 41% presented with mid-foot pain with right sided laterality in 44%.
- 53% got better following injections.
- Only 20% presented with hind-foot osteoarthritis but 42% of these patients required surgery.
18% of the study population had surgery with majority undergoing subtalar fusion.

No septic arthritis was noted.

There was no relationship between number of joints involved and need for surgical intervention (p=0.328).

No relationship between dose of steroid or combination of steroid with local anaesthesia or course of injections with outcome of foot injections was noted (p=0.6341).
LIMITATIONS

- Poor documentation for both clinical and operative notes
- Small sample size
- Lack of similar studies to compare data against
CONCLUSION

- Our study provides further evidence supporting the role of steroid foot injections in the management of osteoarthritic pain.

- Our results demonstrate that the majority of patients were pain-free post injections with only 6 patients requiring surgery (n34).

- Perhaps steroid injections should be used with caution in subtalar osteoarthritis.
THANK YOU