What’s a Triple? I’ll Take a Double
Markus Knupp, MD
Orthopaedic Clinic
Liestal, Switzerland

Triple Arthrodesis

- The lateral incision is at risk for postoperative breakdown of the wounds after correction of the abduction deformity
- Fusion of the CC joint is not necessary in all flatfeet and increases the operative time and the risk for nonunions (additional joint)
- Maintaining the CC joint reduces the restrictions of hindfoot motion

Potential advantages of the Diple Arthrodesis / Hypothesis

- Single medial incision allows for a good visualization of the TN and the ST joint making the lateral incision unnecessary and thereby reducing the risk for wound healing problems
- The Diple in flatfeet restores the foot to the same extend as the traditional triple arthrodesis
- Limitation of the fusion on two joints leads to a more physiological gait pattern, thereby reducing the risk for adjacent joint arthritis
- Reduced operative time

Own experience

- Reliable technique with good visualization of the ST and TN joint
- Good clinical and radiological deformity correction
- Low risk for nonunion and breakdown of the wounds

Literature

Radiographs of a 66y old female patient preoperative (above) and 14mt postoperative (below).