Patient satisfaction and function after bilateral ankle arthrodeses

Philip Vaughan, David Gordon, Andy Goldberg, Nick Cullen, Dishan Singh
Royal National Orthopaedic Hospital, Stanmore, United Kingdom
2014
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Philip Vaughan

My disclosure is in the Final AOFAS Mobile App.
I have no potential conflicts with this presentation.
Background

• Ankle arthrodesis remains the gold standard for treating patients with refractory unilateral ankle arthritis.

• The optimum way to manage patients with bilateral ankle arthritis remains unclear.

• The evidence for the outcome of bilateral ankle arthrodesis is limited to a few series including those with unilateral and bilateral disease (1,2).
Aim

• The purpose of this study is to report the midterm satisfaction and functional outcome of a series of patients who have undergone staged, bilateral ankle arthrodesis.
Methods

• A retrospective review was performed of all patients who had undergone bilateral, staged open ankle arthrodesis at our institution over a 10 year period.
Exclusion criteria

• Patients with an underlying neuromuscular disorder and those who underwent a primary tibo-talo-calcaneal fusion were excluded.
Outcome measures

• Patient satisfaction measured on a five point Likert scale.

• Function was measured by the American Orthopaedic Foot and Ankle Society (AOFAS) hindfoot score.

• Time to union/ Union rate.

• Infection

• Development of subsequent symptomatic adjacent joint arthritis.
Results

• We included 8 patients (6M: 2F)

• Median age 68.5 yrs (range 59-80)

• Median follow-up was 58.5 months (range 24-100, 95% CI 49.1 to 70.1)

• There were no wound infections

• All 16 fusions united in a mean time of 12.8 weeks (range 10-19).
Results

• The median AOFAS hindfoot score was 79.5 (range 71-90, 95% CI 75.4- 85.6)
• Six patients (75%) were very satisfied after their second arthrodesis, one was satisfied, and the other neither satisfied nor dissatisfied about the outcome.
• Two patients subsequently developed symptomatic subtalar arthritis on their first side, diagnosed at 39 and 89 months post-operatively.
Conclusions

• We believe this to be the first report focusing solely on the mid-term outcome of a series of bilateral ankle arthrodeses.

• We highlight that 87.5 % of patients are either satisfied or very satisfied with their outcome following bilateral ankle arthrodesis.

• Our results also highlight that functional outcome after bilateral ankle arthrodesis is comparable to that for bilateral total ankle replacement (3).
References

1. Mann RA, Rongstad KM. Arthrodesis of the ankle: a critical analysis. Foot Ankle Int. 1998;19:3-9
