

ANKLE ARTHRITIS FACTS

For some, ankle arthritis has worsened to the point where surgery is the last option to maintain mobility. Check out these facts about ankle arthritis and two of the different surgery options that are available for pain relief.

1 ABOUT 1% OF THE ADULT POPULATION HAS ANKLE ARTHRITIS

2 THERE IS A GENETIC PREDISPOSITION TO CHRONIC PAIN RELATED TO ARTHRITIS

3 MOST PEOPLE THAT HAVE ANKLE ARTHRITIS HAD A SPRAIN OF THE LATERAL LIGAMENTS (OUTSIDE LIGAMENTS) OF THE ANKLE OR PREVIOUS FRACTURE (BREAK)

SURGERY OPTIONS

ANKLE FUSION VS. ANKLE REPLACEMENT

While ankle fusion (arthrodesis) has been the 'gold standard' for many years in this country and many surgeons still believe that it is the only option, there are a number of newer procedures available. See if your surgeon is trained and capable of alternatives.

1 ANKLE FUSION

The traditional treatment has been to fuse the ankle. Ankle fusion sacrifices the joint for pain relief. This is effective at eliminating the pain, but it also eliminates the natural motion of the ankle joint. There is mounting data and evidence that fusing the ankle is very detrimental to the foot, knee, hip and back. In addition, the remainder of the foot breaks down earlier.

2 ANKLE REPLACEMENT

Many doctors and surgeons are unaware that this is a viable option or still believe that an ankle fusion is best. Replacement provides the same pain relief of a fusion with the added benefit of motion retention. Today, studies have shown that total ankles have a survival rate at 10 years of 84-89%. Ankle replacement can protect the knees, hip, and back with a more normal gait.

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