Does Ankle Arthritis cause more disability than other pathologies of the foot and ankle?

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“The authors have no conflict of interest to disclose”
Background

- Ankle arthritis is a condition resulting in significant pain and disability. This condition has been extensively studied for disease severity and outcomes of surgery.
- There is lack of literature on pain and disability in ankle arthritis compared to other pathologies of the foot and ankle.
Aims

- To study the level of disability caused due to ankle arthritis
- How does it compare to other commonly reported conditions of the foot and ankle?
Study Design

- Prospective single-center observational cohort study
- Single surgeon clinic series
MOX-FQ

- Manchester-Oxford Questionnaire
- 16 item patient reported outcome measure
- Scores: 0 to 100

Walking/standing (7 items)
Pain (5 items)
Social interaction (4 items)
Methods:
- Study duration: May 2014 to July 2014
- Research governance permissions were obtained
- Patient reported outcome measures (PROMs) were collected from newly diagnosed patients under the care of PI with a diagnosis of:
  1. Fore foot pathology
  2. Mid foot pathology
  3. Hind foot pathology
  4. Ankle pathology
Groups:

- Forefoot conditions
- Midfoot conditions
- Hindfoot conditions
- Ankle conditions

**Region** | **Group**
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Forefoot condition | A
Midfoot condition | B
Hindfoot condition | C
Ankle condition | D

**Forefoot conditions**
- Big toe arthritis: 9, 16%
- Hallux Valgus: 10, 18%
- Morton's neuroma: 18, 32%

**Midfoot conditions**
- TMT joint arthritis: 3, 14%
- TMT arthritis: 4, 18%
- CCI arthritis: 15, 68%

**Hindfoot conditions**
- STJ arthritis: 4, 15%
- Tib post pathology: 3, 11%
- Peroneal pathology: 4, 15%
- Plantar fasciitis: 1, 4%
- Haglund's: 6, 22%

**Ankle conditions**
- Ankle arthritis: 52, 100%
Results:

- 136 patients
Level of pain reported by groups:

No significant difference between groups; p=0.334
Difficulty with walking/standing:

Significant difference between groups; \( p = 0.008 \)
Social Interaction:

No significant difference between groups; p>0.05
Conclusion

- Patients with ankle arthritis experienced higher levels of difficulty with walking and standing
- A larger study is required to explore general health and functional limitations in lines with ICF for ankle arthritis
Thank You