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

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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
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:
- Big toe arthritis 19, 34%
- Hallux Valgus 10, 18%
- Morton's neuroma 18, 32%

Mid-foot conditions:
- TMT joint arthritis 15, 68%
- TMT arthritis 3, 14%
- CCI arthritis 4, 18%

Hind-foot conditions:
- STJ arthritis 9, 33%
- Tib. post pathol. 4, 15%
- Peroneal pathol. 3, 11%
- 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