Correction of flatfoot deformity by subtalar arthrodesis through single medial approach
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Category: Hindfoot

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Introduction/Purpose: To study the clinical results using isolate medial approach to correct flatfoot deformity in subtalar joint arthrodesis.

Methods: 14 patients with flatfoot deformity were treated using isolated subtalar joint arthrodesis from March 2011 to March 2014. There were 3 males and 11 females with an average age of 60.81 years ( ranged from 51 to 75 years). They are all cases of posterior tibial tendon dysfunctions, 9 of Myerson type III, 3 of II(b) and 2 of II(c).

Results: The mean duration of surgery was 100.54 minutes (range, 91-124 minutes). 12 patients were followed up for 20.25 months in average (range from 12 to 48 months). All of the cases have healed well, and the mean time of bone union was 9.53 weeks (ranged from 8 to 17 weeks). No infection was found in any cases. A complication was observed 1 patient which is painful fixation. None of the patients experienced a nonunion or an adverse event related to the medial neurovascular structures. The mean Kitaoka score increased from 43.67 to 80.81

Conclusion: Based on our experience with the procedure, the isolate subtalar joint arthrodesis is a useful alternative to triple arthrodesis for the correction of mild and some moderate flatfoot deformity.

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