

Ankle Replacement: Today's Solution for Debilitating Ankle Arthritis



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Total Ankle Arthroscopy

- Commonly called total ankle replacement
- Rapidly on the rise

What is Total Ankle Replacement?

- Replaces an arthritic joint with an implant (prosthesis)
- Enables pain-free motion
- Gained in popularity because of improved implants

Less Desirable Treatment Option: Fusion (Arthodesis)

- Removes the arthritic joint and fuses the bone
- Advantages
 - Takes away pain
- Disadvantages
 - Can't move ankle
 - Can lead to arthritis in neighboring joints

Advantages of Total Ankle Replacement

- Eliminates pain
- Enables complete range of motion (normal gait)
- No risk of arthritis in neighboring joints
- Performed by well-versed foot & ankle surgeons with proven success

Who is Suited for Ankle Replacement?

- People with severe, painful ankle arthritis
- Wide age group
 - Typically 40s through 60s
 - Younger and older have also had success

Not Everyone Is a Candidate

- Reasons to avoid this surgery:
 - Neuropathy, poor blood flow, severe osteoporosis, infection, etc.
 - Perhaps obesity
- Your surgeon will determine if it is right for you

What Does Ankle Replacement Involve?

- Takes about two hours
- Incision on front part of the ankle
- Removes arthritic bones and cartilage
- Implant is inserted to form the new ankle joint

Recovering from Ankle Replacement

- 8-10 weeks before getting around wearing a regular shoe
- No weightbearing or motion for the first few weeks
 - Need crutches, walker or other aid

Possible Complications

- Can occur with any procedure
- Infection can occur in some patients
- Board-certified, experienced foot & ankle surgeon can manage this

How Long Will the Implant Last?

- Lifespan of implant is 15-20 years
- Plastic lining may wear out and can be replaced (with a shorter recovery time)

Will It Bring Substantial Improvement? Yes!

- Goal of surgery:
 - Return to pain-free walking
 - Walk with full motion

What You Can Expect from Ankle Replacement

- Will return to everyday activities without pain
 - Gardening, golfing, walking, etc.
- Unlike those who undergo fusion
 - Will have full range of motion
 - Won't need to wear a rocker-bottom shoe

Ankle Replacement: Getting You Back to Pain-Free, Full Motion

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