Foot and Ankle Symposium

Case Discussion

Case 1

- 25 yo M
- Desk job
- No other PMH
- WB x rays
- Next step?

Gravity stress

- Who’s fixing?

Foot Ankle Int. 2021 Sep;42(9):1097-1105. doi: 10.1177/10711007211027286. Epub 2021 Jul 14.

Weightbearing Radiographs Reliably Predict Normal Ankle Congruence in Weber B/SER2 and 4a Fractures: A Prospective Case-Control Study

- 149 Weber B ankles with STABLE WB x rays
- Half had positive stress x ray with medial clear space widening (SER IV)
- Half did not (SER II)
- All nonoped (WBAT in aircast)
- All had equivalent radiographic outcomes

- Does this study change management?

I elected to ORIF

- ER stress x ray
- Who's fixing the deltoid?
- What if the patient were a professional soccer player?

PO Protocol?

- Does your protocol change if fixing the deltoid?
- Does it change for an elite athlete?

Case 2

- 42 yo M
- Manual laboror
- No other PMH
- Plan for ORIF

Fibula reduced, lagged and plated

- What’s next?

Cotton test

How to fix syndesmosis?

- Clamp vs thumb reduction?
- Tightrope vs screws vs combo?

Next?

ER stress negative. Talar tilt positive

- Who’s fixing?
- How to fix?

I fixed

Case 2

- 22 yo healthy F tripped over dog, L foot pain
  - Medial midfoot tenderness over Lisfranc interval
  - Pain with shuck
  - No plantar ecchymosis

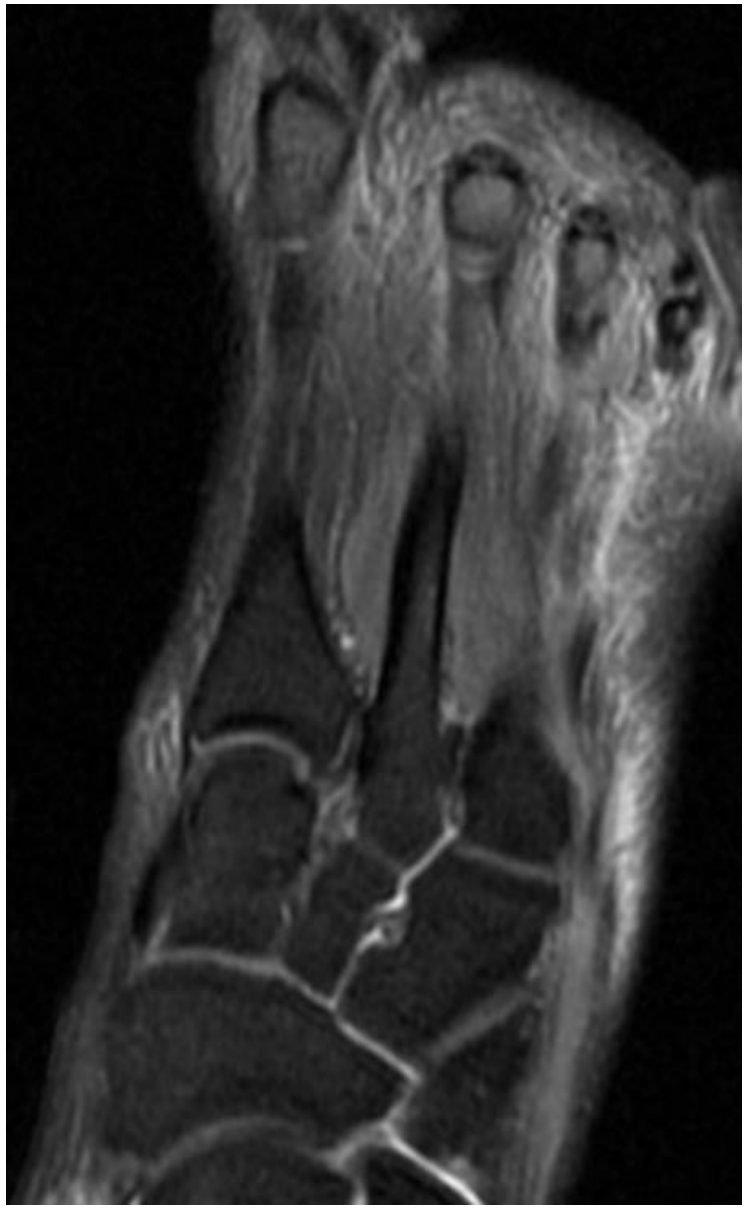
WB AP

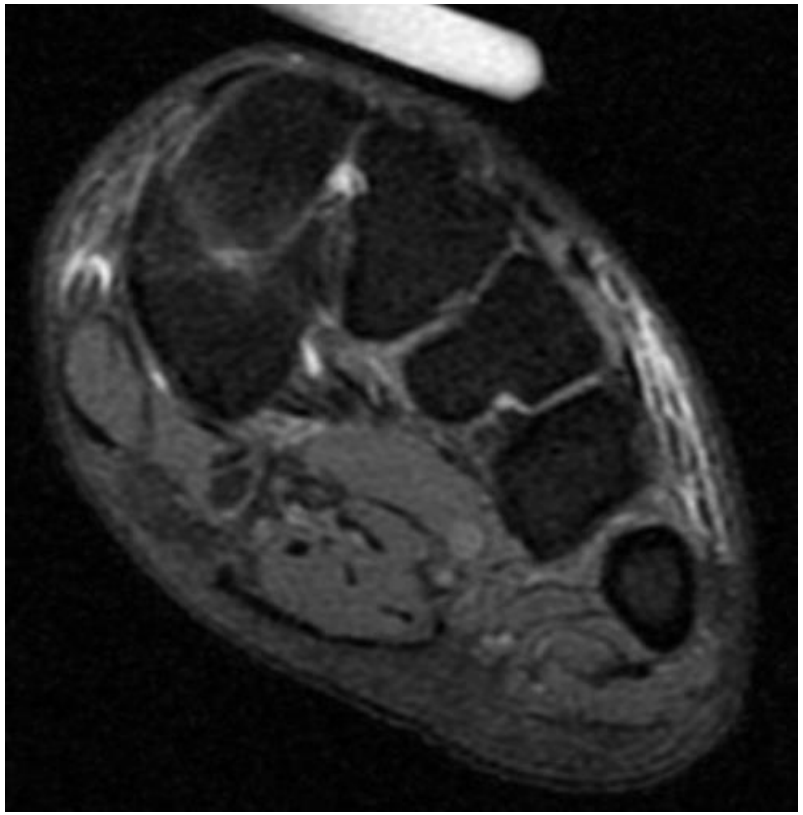
WB Lateral

Next??

MRI

“Mild to moderate sprain of the Lisfranc ligament without frank disruption”





What to do next?

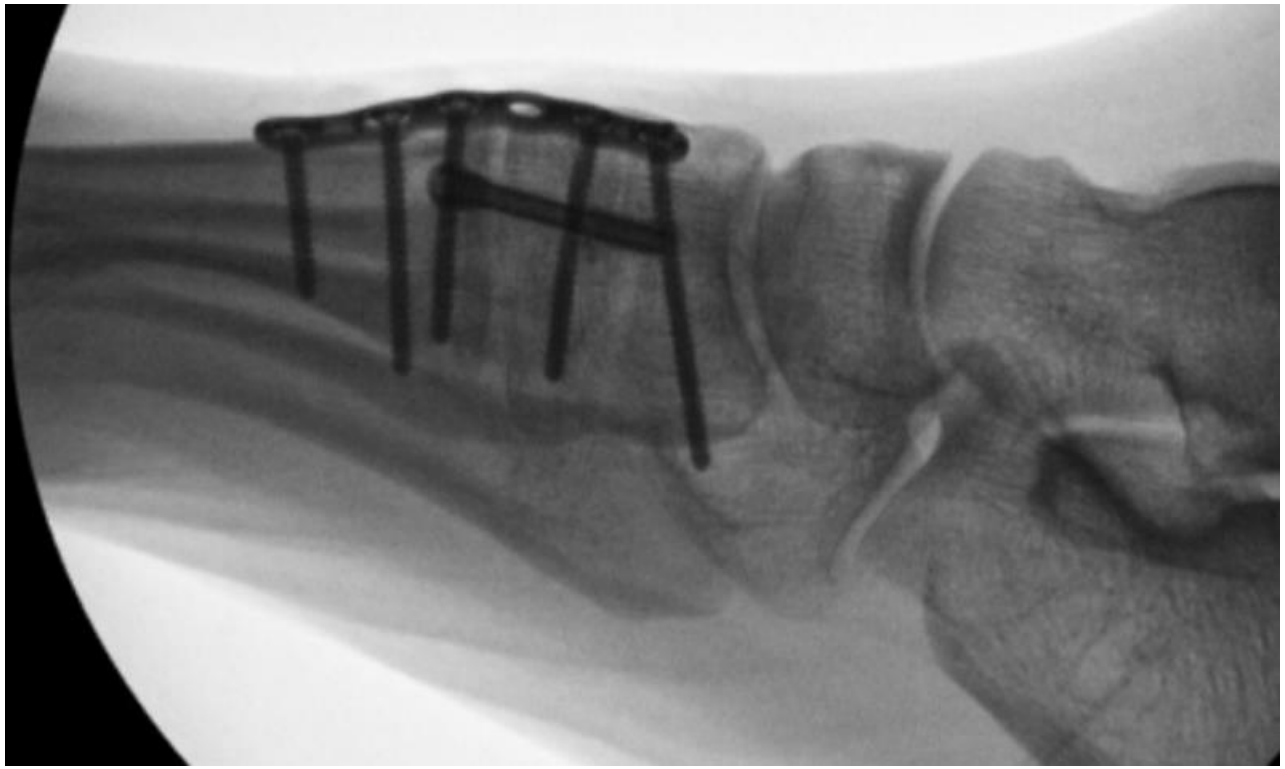
Elect for manipulation under anesthesia with flouro

- How to manipulate??

Asymmetry of 1st TMT with abduction force

Widening of Lisfranc with simulated weightbearing

Subtle instability of first TMT

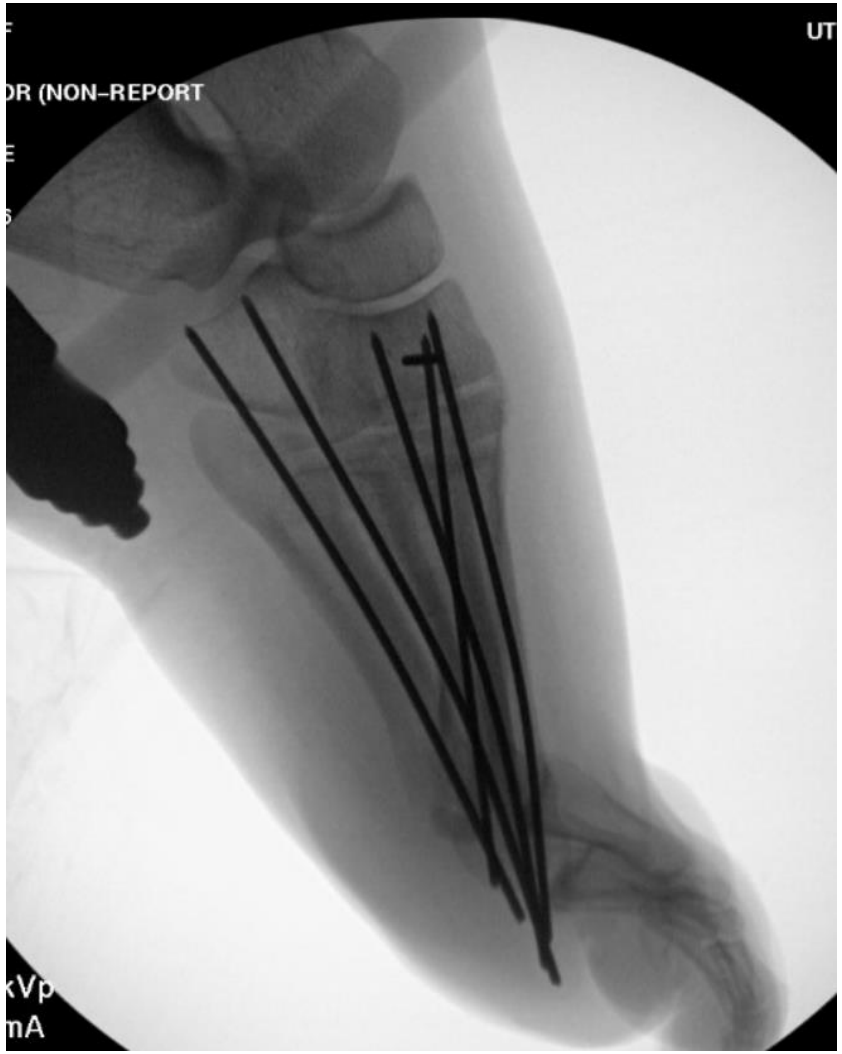


Case 3

- 14 yo girl, healthy, bicycle injury, L foot pain
- It's 10 pm at night
- Open injury medial foot
- What do we see here?

What’s the plan??

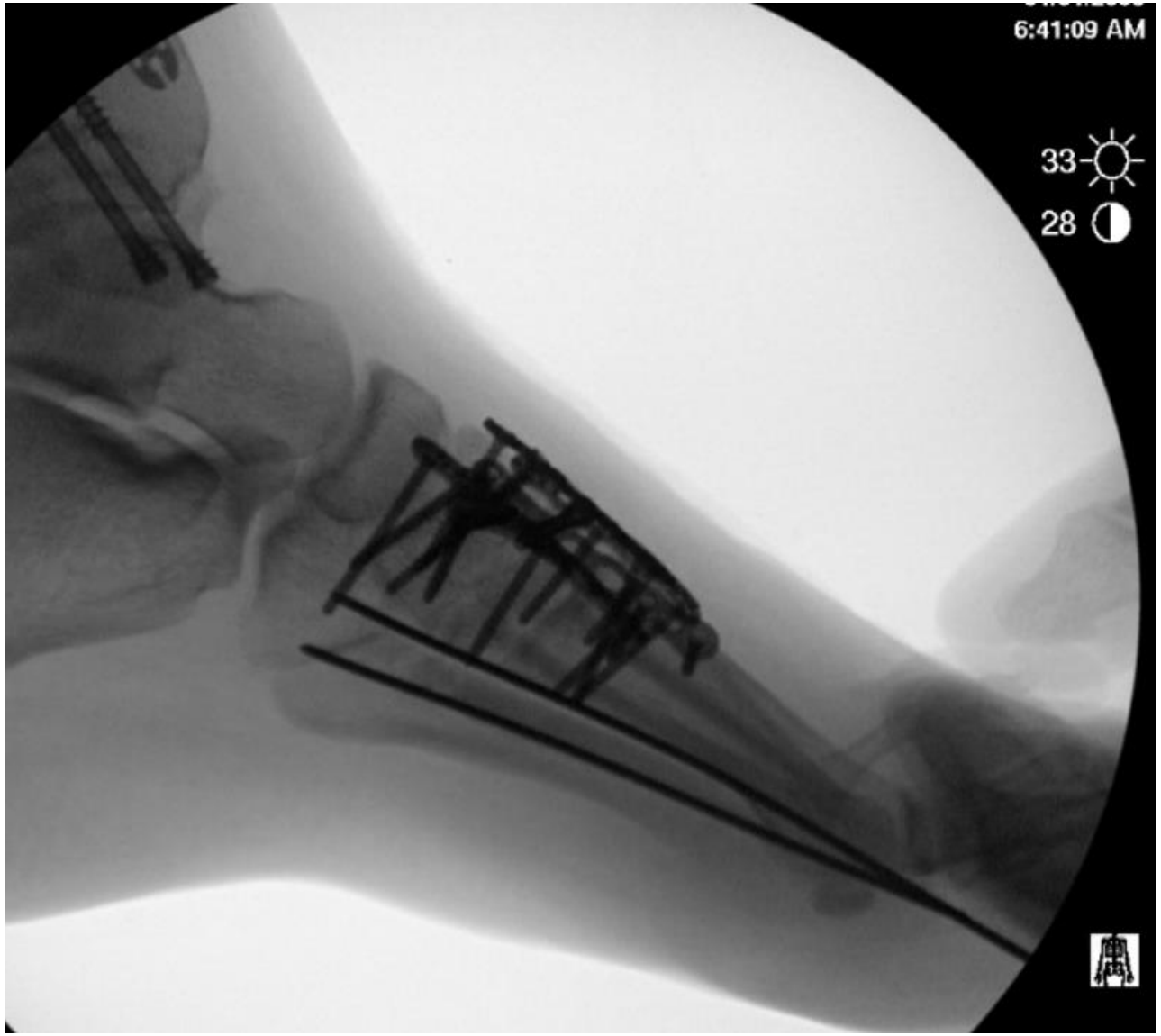
Ex fix ankle, I&D foot and close reduce/percutaneous pin



Ankle

Advanced imaging?

- Time to surgery?
- What’s first? Ankle or Lisfranc? Position?
- Order of fixation for Lisfranc?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- How to fix the syndesmosis?

- Pain-free 6 months out

Case 4

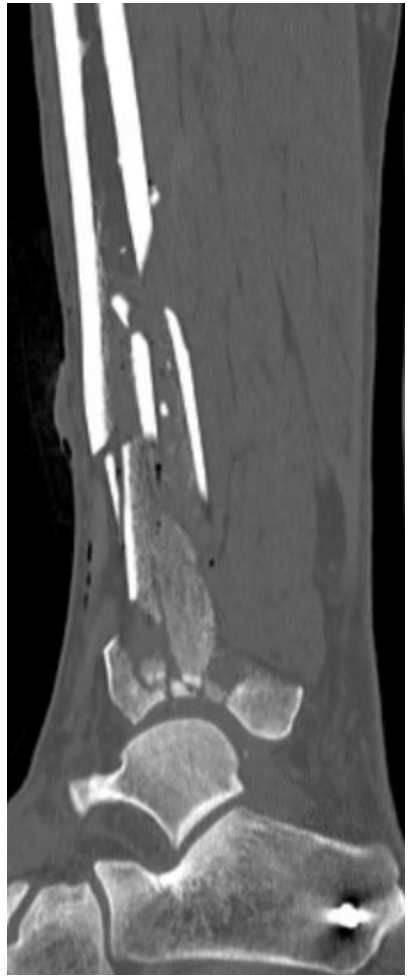
- 46 yo healthy M, laborer, fall from 20 foot scaffold

Injury films

- Plan for I&D, ex fix
- Acutely fix the fibula?

Wound closed, ex fixed

Post ex fix CT scan



Surgical plan?

- Primary fusion?
- ORIF?
- Treat in frame?

- If ORIF:
  - How to plan your incisions?
  - How to plan your plate placement?

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