



QUESTION 1 | WHAT IS THE BEST QUICK TEST FOR A TORN ANTERIOR INFERIOR TIBIOFIBULAR LIGAMENT?

Point tenderness over the syndesmosis anteriorly, a positive squeeze test in the calf and a positive external rotation stress test.

In the acute situation a weight bearing x-ray to show joint separation is useful but not invariable positive.

QUESTION 2 | WHAT PROBLEMS OCCUR AFTER AN ARTHRODESIS OF THE FOOT AND ANKLE?

According to the work of Saltzmann, following an arthrodesis of the ankle, a 25 year follow up after ankle arthrodesis there is a 100% incidence of arthritis in the surrounding joints.

Mid foot arthritis through the naviculocuneiform and 1st, 2nd and 3rd tarsometatarsal joints tends to be very well tolerated, as does 1st MTP joint fusion.

QUESTION 3 | WHAT IS THE ROLE OF PRP AND STEM CELLS IN TENDINOPATHY OF THE FOOT AND ANKLE.

I feel the role at present is quite controversial. There is no level one evidence to my knowledge that PRP and stem cells are effective in tendinopathy.

QUESTION 4 | COULD HAVING TWO CORTICOSTEROIDS INTO AN ATHLETIC PATIENT WITH POSTERIOR IMPINGEMENT AGGRAVATE SYMPTOMS OF A POSTERIOR TALAR STRESS FRACTURE.

Certainly this is possible.

QUESTION 5 | TIBIOFIBULAR DIASTASIS SCREWS V/S TIGHTROPE.

This is controversial. There are advocates of both. In general I use screws. I remove them to allow movement. The problems with tightrope can sometimes relate to the non absorbable suture material under the skin causing irritation.

Screws sometimes break.

QUESTION 6 | WHAT IS A LAG SCREW?

A lag screw is a screw which produced compression which is gliding in the near cortex and biting in the distal cortex in order to compress the fragments.

QUESTION 7 | HOW EFFECTIVE ARE TOTAL ANKLE REPLACEMENTS?

The pain relief following ankle replacement we have found to be unreliable. Ankle replacement is not hip replacement or knee replacement.

Ankle replacement generally works in patients that have little deformity and are relatively low demand though this is not invariable so.

All ankle replacement surgeons in this country have patients with ongoing pain despite apparently satisfactory looking x-rays and investigations.

The role of ankle replacement in my opinion is when a fusion is not likely to be successful in the sense that the patient has arthritis in surrounding joints.

QUESTION 8 | WHAT TYPES OF SHOES ARE HELPFUL IN MID FOOT ARTHRITIS?

In general rocker soled shoes which take the stress off the mid foot. There is also an indication for injection into the tarsometatarsal joints under x-ray or ultrasound control.

Dr John Negrine