GP BULLETIN: A NEWSLETTER FOR GPs BY HEALTHWAY MEDICAL



NO MOTION, NO LIFE

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End-stage ankle arthritis is associated with considerable pain, disability and functional limitations. Management options for ankle arthritis without deformity are total ankle replacement (TAR), open ankle arthrodesis (OAA) and arthroscopic ankle arthrodesis (AAA).¹

FACTORS TO BE CONSIDERED IN THE CHOICE OF TREATMENT

- **Clinical Outcomes & Quality of Life**
- Quality of life is similar for TAR and ankle arthrodesis.²
- AAA has better outcomes compared to OAA.¹



- TAR costs significantly more than ankle fusion.³
- TAR patients may need additional surgical procedures.⁴

Hospital stay

- Hospital stay is least with AAA.
- OAA and TAR have a similar hospital stay.⁵

EATMENT CHOICE OF

Open Arthrodesis

- Isolated ankle arthritis
- **Diabetes**

 Risk of wound infections Less complex deformity

AAA

- Severe ankle deformity
- **Younger patients**
- **More active**



Key messages:

- End-stage ankle arthritis is a debilitating condition which can be managed effectively by various surgical treatments.1
- Patient selection based on existing deformities is the key to good clinical outcomes and patient satisfaction.4

References

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TAR

Ipsilateral hindfoot arthritis

Less physical demands

Older patients

Extensive arthritis