

# FASST

Feet & Ankle Symposium & Surgical Techniques

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## Saturday

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## Disclosure

- Partner, BESPA Global
- Orthosolutions, Design Team Member
- ACFAS, Speaker

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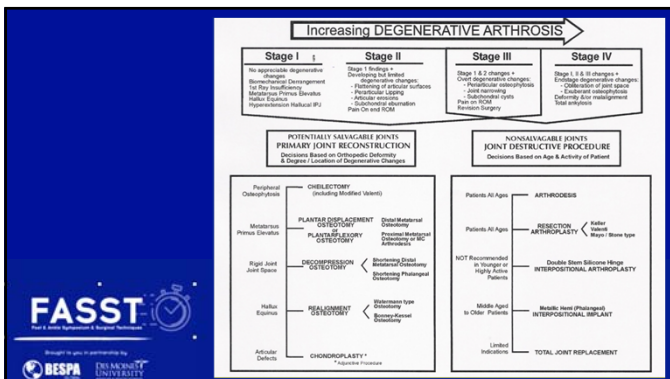
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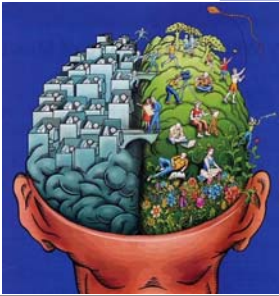
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**What is Decompression?**

- Grafting
- Osteotomy
- Cheilectomy



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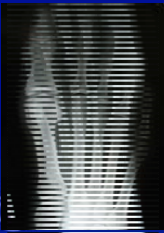
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**Decompression Indications/Contraindications**



- **Indications**
  - Healthy/Active Patient
  - Cartilage Loss
  - Grade I to III
  - Want to retain motion
- **Contraindications**
  - Grade IV
  - Shape of Metatarsal Head
  - Damaged Proximal Phalanx

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**Decompression Considerations**

- **Patient Expectations**
- **Underlying Etiology**
  - Met Primus Elevatus
  - Parabola
  - Shape of MT head
- **Typically dorsal 50% of articular surface is damaged**



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### Surgical Technique

Ⓞ **Patient Selection**

- Grade I to III
- Has Decent Motion
- Need to address underlying etiology
- Adjunctive procedure
  - Cheilectomy
  - Decompression/Shortening osteotomy





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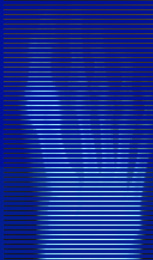
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### Surgical Technique

Ⓞ **Preoperative Considerations**



- Pt Foot Type
  - Parabola
- Amount of graft needed
- Damage/Shape to Proximal Phalanx
- Etiology





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### Surgical Technique

Ⓞ **Options for Graft**

- Autogenous
  - Medial Talar Head
    - \*Knee
- Allogeneic
  - Fresh Metatarsal
- Alloimplants
- Synthetic Plugs



Ⓞ **Decision on Graft**


- Medial Talar Head will produce limited graft
- Multiple Small grafts from Fresh Metatarsal
- Unlimited Supply of Synthetic Plugs



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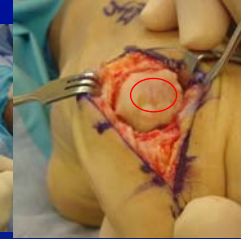
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### Surgical Technique

- **Prepping the Surface**
  - Cheilectomy
  - Evaluate Articular Surface
  - How big is defect
  - Pre-op MRI?
  - Mosaicplasty with 6/8/10 mm plugs



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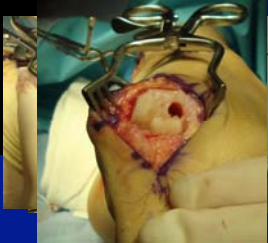
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### Surgical Technique

- **Prepping the Recipient Site**
  - Guide Pin
  - Ream
    - 6/8/10
    - 8mm deep



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### Surgical Technique

- **Harvest of articular Surface**
  - 6/8/10 mm plug resection
  - Trepine
    - 2mm deeper
  - Multiple smaller plugs advantageous
  - Mix and match based on articular surface



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### Surgical Technique

- **Transfer of Graft**
  - Placement
  - Left "Proud"
  - Tamped Flush
- **Mosaicplasty**
  - "Olympic Rings"
  - Contour of Articular Surface



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### Surgical Technique

- **Address Etiology**
  - Elongated MT
    - Shortening Osteotomy
    - Decompression is key
  - MPE
    - Plantarflexory Osteotomy
    - Dual plane Chevron
    - Waterman-Green



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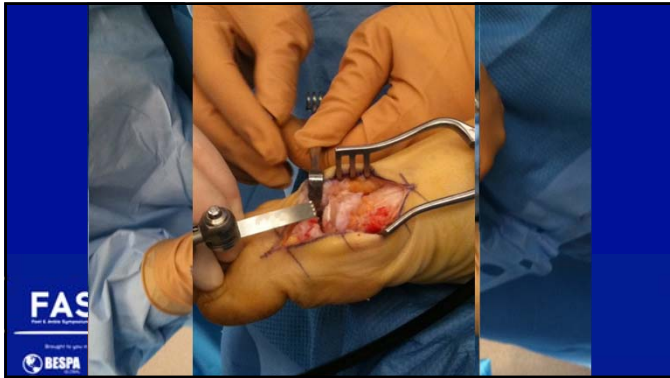
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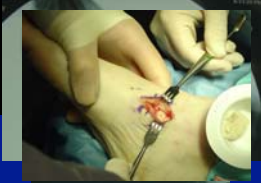
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### Surgical Technique

- **Post-operative Course**
  - Early ROM of joint
  - WB dependant upon ancillary procedures
- **Donor Site**
  - Bone Craft



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### Limitations

- **No EBM**
  - Knee/Ankle
  - Axial Loading Joints
  - MPJ differs
  - Different Etiology
  - OCD vs. DJD
- **Case Reports**
  - Both Traumatic
  - Kravitz JFAS 2008
  - Zelent & Nees JFAS 2005



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### Take Home Points

- Range of Motion
- Watch the Parabola
- Look at the Joint



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### Thank You



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