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OTHER ARTHROSCOPIC PROCEDURES

WHAT IS THE SUBTALAR JOINT?

The subtalar joint is located just below the ankle joint between the talus and the calcaneus (heel bone). The main job of the subtalar joint is to allow for side-to-side movement of the foot and ankle (eversion/inversion). This movement aids walking, especially on uneven surfaces.

When there is a problem in the subtalar joint, the location of pain is “deep.” The exact location may be hard to describe. Pain may be felt in the soft spot on the outside of the ankle.

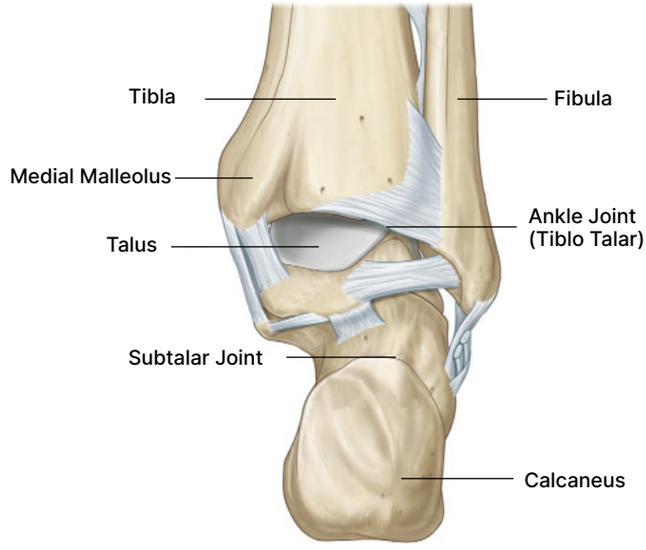
Another common area for patients to have subtalar joint pain is the back of the ankle in front of the Achilles tendon. Pain in this area may be seen in athletes that point their toes frequently, such as dancers and gymnasts. In addition, there is a bone in this area called the os trigonum that can be injured. When this bone injury does not heal properly, it can become painful and may need a surgical treatment to relieve pain.

The back of the ankle and subtalar joint has ligaments that can be torn with injury. If the ligaments heal with thick scar tissue irritation and stiffness may result.

WHAT IS AN ARTHROSCOPY?

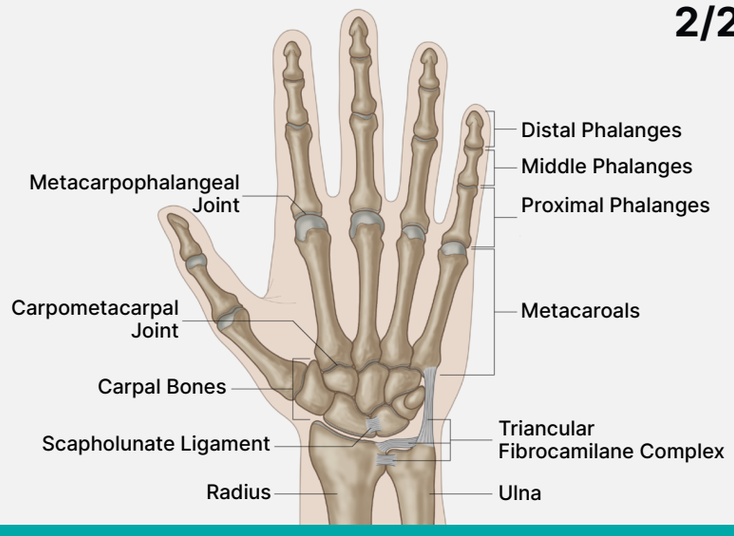
Arthroscopy is ‘scoping of the joint’. Arthroscopic techniques are a less invasive surgery associated with faster healing time and less postoperative pain. An added advantage to an arthroscopic procedure is a more rapid return to activity.

This involves small incisions, through which a small camera and small surgical tools are inserted Conditions that can be treated in this way include painful scar tissue and bone injuries. Inflammation (synovitis), debris, loose bodies and spurs are identified and removed via the arthroscopic portal. Arthroscopy helps to minimize pain, swelling and disability after surgery



WRIST ARTHROSCOPY

The wrist is commonly injured from sporting activities. Often the wrist is injured when a fall is sustained on an outstretched hand. The wrist is a complex joint with eight small bones and many connecting ligaments. Arthroscopic surgery can be used to diagnose and treat several conditions of the wrist, including chronic wrist pain, wrist fractures, ganglion cysts, and ligament tears.



Ligament/TFCC Tears

Ligaments are fibrous bands of connective tissue that link or hinge bones. They provide stability and support to the joints. The TFCC is a cushioning structure within the wrist. This is a classic injury from a fall on the outstretched hand.

Chronic Wrist Pain

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Wrist Fractures

Used for the removal of small fragments and fracture debris.

Ganglion Cysts

These cysts commonly grow from a stalk between two bones in the wrist. During arthroscopy the stalk can be removed to decrease the recurrence.

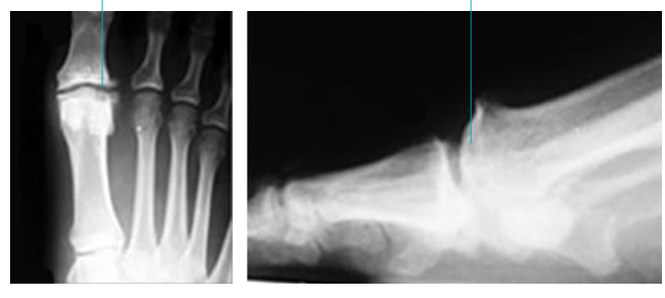
1ST MTP JOINT ARTHROSCOPY

This procedure can also be referred to as arthroscopy of the big toe. Commonly this procedure is used for soccer players, ballet dancers and patients who have gout. The joint is distracted (gently pulled apart) to gain access to the joint, an arthroscope is then introduced into the joint. Debris, synovitis (inflammation), bony spurs etc are then removed or 'smoothed down' to ease pain in the joint. Results for this procedure show considerable improvement following the procedure, with most patients returning to their usual activities within one month.

Below the big toe (1st MTP) joint is shown and arthritis can be seen in the joint, symptoms associated with this condition can be improved through arthroscopy.

Arthroscopic Cheilectomy removes bony contact points and smooths irregular cartridge. This minimally invasive procedure can delay fusion or joint replacement procedures.

The 1st MTP Joint



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