



South Florida Institute of Sports Medicine™

Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

CARLO A. MESSINA, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

JOHN D. GOODNER, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

MICHAEL M. COHEN, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

WARREN WINDRAM, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

Children's Foot, Ankle & Leg Deformities

Flat Feet in Adults & Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care
Foot, Ankle & Leg

Total Ankle & Big Toe
Joint Replacements

Reconstructive Foot,
Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot &
Ankle Surgery

Achilles Tendon
Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries
Ankle & Lisfranc

Reconstructive
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care &
Charcot Reconstruction

Nerve Injuries

- Neuromas
- Tarsal Tunnel
- Entrapments

Total Ankle Replacement FAQs

Q. What is ankle arthritis?

A. Joints are protected by a specialized tissue called cartilage which allows for smooth, pain free movement. When cartilage becomes damaged it causes bones to grind on each other during movement which causes pain. As the condition worsens, bone spurs may develop around the joint which causes additional pain and limitation of motion. This condition is known as arthritis. Loss of cartilage will decrease joint function and ultimately result in pain, stiffness, swelling, and warmth. There are several types of arthritis in the ankle. The most common type of arthritis is osteoarthritis, a condition which is most often a result of previous trauma to the ankle or leg. The second most common is rheumatoid arthritis.

Q. What type of symptoms may I encounter if I have ankle arthritis?

A. Patients with advanced arthritis may experience pain with bearing weight, walking, and movement of the ankle. They may have limited ankle motion with grinding, locking or catching.

Q. What is total ankle replacement (TAR)?

A total ankle replacement is a surgical option for patients with advanced arthritic changes of the ankle joint which have failed to respond to conservative treatment. The arthritic portion will be removed and replaced with a mobile ankle implant to allow for pain free range of motion.

Q. What can I expect from this surgery?

The goal of surgery is to return you to pain-free, mechanically-sound, normal ankle function. In most cases you should notice an increase in muscle mass, improved ankle motion, and increased activity levels have been observed in most patients. Ultimately, the goal is to significantly improve your quality of life and eliminate the need to take anti-inflammatory or pain medication to treat pain stemming from ankle arthritis.

Q. Since the expertise of the surgeon is very important, what experience do the surgeons at the South Florida Institute of Sports Medicine have with the procedure?

There are several ankle replacement systems available to the surgeon. Some TAR systems require more removal to obtain a desired result. Others are referred to as "resurfacing" systems which remove less bone and generally replace only the surfaces of the joint. Your surgeon will discuss which implant you are a candidate for. Today's total ankle replacements are essentially anatomic and provide the patient with the ability to reproduce the natural movement of the ankle joint. The surgeons at SFISM have experience with the vast array of TAR systems available.

www.SouthFloridaSportsMedicine.com

WESTON

1600 Town Center Blvd, Suite C, Weston, FL 33326

Ph: 954-389-5900

Fax: 954-389-5751

PEMBROKE PINES

17842 NW 2nd St, Pembroke Pines, FL 33029

Ph: 954-430-9901

Fax: 954-432-3430

PLANTATION

220 SW 84th Ave, Suite 102, Plantation, FL 33324

Ph: 954-720-1530

Fax: 954-720-6540



South Florida Institute of Sports Medicine™

Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

CARLO A. MESSINA, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

JOHN D. GOODNER, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

MICHAEL M. COHEN, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

WARREN WINDRAM, D.P.M.

Board Certified Foot & Ankle Surgeon

*Fellow, American College of Foot & Ankle Surgeons
Diplomate, American Board of Foot & Ankle Surgery*

Children's Foot, Ankle & Leg Deformities

Flat Feet in Adults & Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care
Foot, Ankle & Leg

Total Ankle & Big Toe Joint Replacements

Reconstructive Foot, Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot & Ankle Surgery

Achilles Tendon Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries
Ankle & Lisfranc

Reconstructive
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care & Charcot Reconstruction

Nerve Injuries

- Neuromas
- Tarsal Tunnel
- Entrapments

Q. What is the success rate of TAR?

A. Today's TAR success rate is excellent. Studies show that patients preferred the outcome of replacement over fusion, which locks the joint in one position to eliminate all movement. Most patients experience normal pain-free function, increased muscle mass, lose any limp and enjoy an increased level of activity.

Q. What are potential complications of TAR?

A. There can be complications both in the period immediately following surgery as well as long term complications of TAR. These may include infection, scarring, nerve damage and loosening or wearing of the implant. Implants have a lifespan of 10-20 years depending on your age, weight, and level of activity, after which they may be revised or converted to a fusion.

Q. What is post-operative care for TAR?

Your post-operative care is critical. You will be kept overnight in the hospital to ensure your comfort. In some cases, your surgeon may perform adjunctive procedures to align the ankle joint prior to inserting the ankle replacement system, requiring a slightly longer recovery period. The post-operative recovery requires four to six weeks of immobilization in a short leg case or fracture boot with physical therapy starting at four to six weeks. This is an added advantage over a fusion which sometimes requires several months in a cast.

Q. Am I a candidate for a total ankle replacement?

Candidacy depends on the patient's age, extent of disease in the ankle joint, and the level of activity. The success of an ankle replacement is influenced by the condition and the quality of the bone, the type and severity of arthritis, the condition of the muscles, and tendons around the ankle, the weight, age, and overall health of the patient. Finally, the patient's commitment to physical therapy and rehabilitation is also a significant factor.

Q. What other treatment options are available if I have ankle arthritis?

The treatment is dependent on the state of arthritis. Options include non-steroidal anti-inflammatories (NSAIDs), injectable steroids, physical therapy, bracing, viscosupplementation, platelet rich plasma (PRP), stem cell injections, and arthroscopy.

www.SouthFloridaSportsMedicine.com

WESTON

1600 Town Center Blvd, Suite C, Weston, FL 33326

Ph: 954-389-5900

Fax: 954-389-5751

PEMBROKE PINES

17842 NW 2nd St, Pembroke Pines, FL 33029

Ph: 954-430-9901

Fax: 954-432-3430

PLANTATION

220 SW 84th Ave, Suite 102, Plantation, FL 33324

Ph: 954-720-1530

Fax: 954-720-6540