

Adult Acquired Flatfoot Deformity Decision-making

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I. GENERAL TREATMENT PRINCIPLES

- A. Individualize
- B. Consider patient age, severity of structural change, flexibility
- D. Goals of treatment: plantigrade, flexible, painless foot
- E. Attempt to correct malalignment, preserve motion and function
- F. Need to consider possibility of late salvage treatment
- G. Educate patient and family; further problems or residual symptoms possible

II. NONOPERATIVE TREATMENT

- A. Important, often successful
- B. Shoe modifications: low heel
- C. Foot orthosis
- D. Bracing-hindfoot orthosis, ankle-foot orthosis

III. OPERATIVE TECHNIQUES

- A. Tenosynovectomy,
- B. Soft tissue reconstruction
- C. Osteotomies
 - 1. Lateral column lengthening (Evans)
 - 2. Medial displacement calcaneal osteotomy
 - 3. Cuneiform
 - 4. Other
- D. Arthrodesis
 - 1. Limited hindfoot arthrodesis
 - a. Subtalar
 - b. Distraction calcaneocuboid arthrodesis
 - 2. Triple arthrodesis-subtalar, talonavicular, calcaneocuboid
- E. Arthroereisis
- F. Combined
- G. Other: Alanen procedure

IV. SPECIFIC OPERATIVE TECHNIQUE: MEDIAL DISPLACEMENT CALCANEAL OSTEOTOMY, FDL TENDON TRANSFER, ACHILLES LENGTHENING

- A. Technique
- B. Postoperative care

V. SPECIFIC OPERATIVE TECHNIQUE: TRIPLE ARTHRODESIS

- A. Technique
- B. Postoperative Care

VI. RESULTS OF TREATMENT

- A. Review and analysis of literature

VII. COMPLICATIONS, FAILURES

- A. Nonunion: osteotomy, arthrodesis
- B. Arthritis after osteotomies and arthrodeses
- C. Incomplete correction
- D. Recurrent deformity

VIII. SURGICAL DECISION-MAKING

- A. Algorithm
- B. Subsequent treatment likely
- C. Principles

IX. REFERENCES

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