

4th Foot and Ankle Symposium

Transfer Metatarsalgia after Hallux Valgus surgery

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September 20th/21st 2012

- ▣ Hallux valgus surgery
- ▣ Causes of Metatarsalgia
 - Shortening
 - Recurrence
 - Dorsiflexion malunion
- ▣ Treatment

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Bunions (hallux valgus)

- ▣ Pain
- ▣ Difficulty in finding footwear
- ▣ Progressive deformity
- ▣ Can cause arthritis



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Why are they symptomatic?

- Overcrowding of lesser toes
 - Overload of lesser rays
 - Particularly 2nd
- = transfer metatarsalgia



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Chevron osteotomy



Scarf



Arthrodesis

WT BEARING



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Lapidus



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Why Metatarsalgia?

- ▣ 1st metatarsal not taking sufficient load
- ▣ Shortening
- ▣ Recurrence
- ▣ Dorsal malunion



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Maestro's Arcade

- ▣ 2nd rocker callosity
- ▣ Under MT head
- ▣ MT head depressed
- ▣ 3rd rocker Callosity
- ▣ Distal to MT head
- ▣ MT too long

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Shortening

- ▣ Overly long 2nd MT
- ▣ Not addressed at primary surgery



Shortening

- ▣ Iatrogenic shortening



Recurrence

- ▣ Incomplete correction at initial operation
- ▣ DO NOT RELY ON SOFT TISSUE CORRECTION TO COMPENSATE FOR INADEQUACY



Dorsal Malunion in Osteotomies

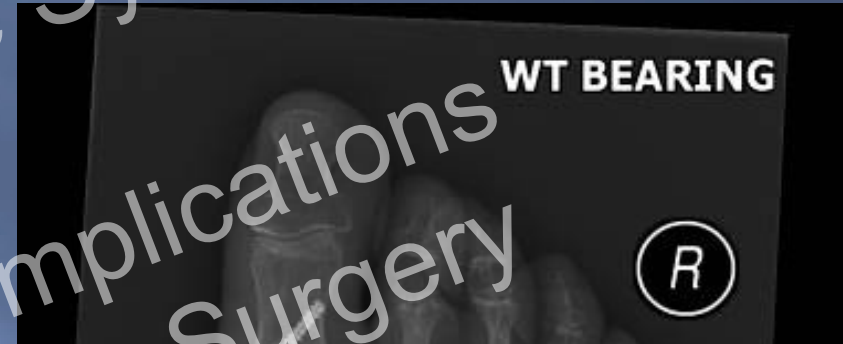
- ▣ Troughing
- ▣ Failure to appose proximal end of osteotomy



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Dorsal Malunion in Lapidus

- ▣ Dorsal based wedge excision of joint
- ▣ Excessive dorsal compression



Treatment

Weight Bearing



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Weight Bearing



Use XR

- ▣ Holland, Molloy et al (submitted)
- ▣ 31 pts each arm
- ▣ Significant difference HV angle
- ▣ Significant difference sesamoid position

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Shortening

- Shorten lesser MTs



Shortening

- Lengthen 1st MT with fusion



Shortening

- ▣ Lengthen with Osteotomy
- ▣ NB stiffening of joint

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Recurrence

- ▣ Osteotomy



Recurrence

- ▣ Fusion

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Dorsal Malunion

- ▣ Osteotomy
- ▣ Re-osteotomise with plantarflexion +/- grafting
- ▣ Lapidus
- ▣ Resect wedge + insert inverted

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Summary

- ▣ Get it right first time; use XR
- ▣ Decide whether to treat deformity or lesser toes if shortening
- ▣ Is first MTPJ arthritic or will it become so if use osteotomies

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Thank you

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