Transfer Metatarsalgia after Hallux Valgus surgery

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- Hallux valgus surgery
- Causes of Metarsalgia
  - Shortening
  - Recurrence
  - Dorsiflexion malunion
- Treatment
Bunions (hallux valgus)

- Pain
- Difficulty in finding footwear
- Progressive deformity
- Can cause arthritis
Why are they symptomatic?

- Overcrowding of lesser toes
- Overload of lesser rays
- Particularly 2nd

= transfer metatarsalgia
Chevron osteotomy
Arthrodesis
Lapidus

Managing Complications in Foot & Ankle Surgery

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Why Metatarsalgia?

- 1st metatarsal not taking sufficient load
- Shortening
- Recurrence
- Dorsal malunion
Maestro’s Arcade

- 2\textsuperscript{nd} rocker callosity
- Under MT head
- MT head depressed
- 3\textsuperscript{rd} rocker Callosity
- Distal to MT head
- MT too long
Shortening

- Overly long 2\textsuperscript{nd} 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
Dorsal Malunion in Lapidus

- Dorsal based wedge excision of joint
- Excessive dorsal compression
Treatment
Use XR

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

- Shorten lesser MTs
Shortening

- Lengthen 1st MT with fusion
Shortening

- Lengthen with Osteotomy
- NB stiffening of joint
Recurrence

- Osteotomy
Recurrence

- Fusion
Dorsal Malunion

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