

Case Study - Painful Arthritic Rearfoot

Patient is a 60 year old female with a very painful rearfoot (back part of the foot). Patient denies any trauma. Accommodative orthotics, supportive shoes and anti-inflammatories have been tried without significant relief. Pt is now requesting surgical intervention.



This x-ray shows degeneration of the joints of the back part of the foot



Here you see degeneration at the outside joint in the back part of the foot

After a full consultation with this patient, it was decided that surgery was needed to achieve comfort for her. Since the joints causing her pain were damaged from the arthritis, the decision was made to fuse those joints (scrape the joints and allow bone to heal across the area to prevent motion and pain).



Here you see 4 screws in the back part of the foot holding the joints together. The body will eventually grow bone across the joints creating a rigid but painless foot.

Patient was non-weight bearing in a short leg cast for 8 weeks, and then was transitioned to a cam walker for an additional 4 weeks. Pt is now able to perform daily activities without pain.

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