

## Case Study: Residual Clubfoot Deformity

**History:** The patient is a 27-year-old female who presented to our office from the urgent care center with a history of multiple sprained ankles on the right side. She is originally from Mexico and immigrated to the United States 5 years ago. She states she has always had a "deformed" right foot, which causes her pain with every step and multiple ankle sprains.

**Physical Exam:** The right foot is in a marked varus position to the leg. This deformity is not reducible to neutral position. The Achilles tendon is tight with significant equinus present.



**Treatment:** Since this patient does not have a plantigrade (able to achieve neutral position) foot, bracing was not an option for her. Therefore, surgical intervention was chosen to fix this deformity. This consisted of a triple arthrodesis to align the rearfoot with an open Achilles lengthening and a posterior subtalar joint release. The ankle was normal and in good alignment.



**Discussion:** A residual clubfoot deformity, which is not addressed early in life, can present a real challenge. If caught early, every attempt should be made for joint salvage (non-fusion procedures). However, in the above case this deformity has been present for 27 years and left us no option but for fusion of her rearfoot. Soft tissue procedures alone would not have allowed for correction of her deformity. This patient is now 2.5 months out from surgery and is doing great. She is able to ambulate normally with a plantigrade foot and is now getting into shoes with custom inserts for optimal comfort.

If there are any questions regarding this case or any others, please feel free to contact us.

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