

A collage of six images related to healthcare: a hospital building, a doctor in a mask, a surgeon in an operating room, a close-up of a surgical mask, a person at a desk, and a man in a vest sitting in a chair.

# Foot & Ankle Bullets

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# Foot & Ankle in bullets

- Achilles
- Forefoot & Toes
- Heel Pain

# Achilles rupture



## Examine

- Lying prone or kneeling in chair
- Ruptured side is vertical.

**No Need For USS**

## Minimally Invasive Surgery

- No advantage in re-rupture rate in v precise conditions (SMART trial 2015)
- Function probably better
- V low 1% complications



# Achilles pain



- Insertional pain
- Non Insertional
- In-between (not common)

## Treatment.

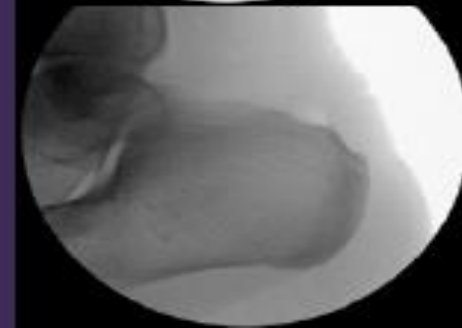
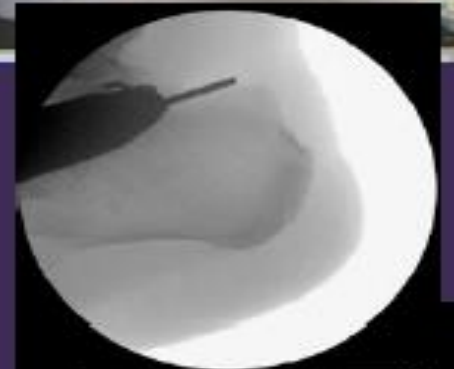
- Physio
- Shockwave therapy
- Heel Raise
- Time

# Achilles “Haglunds”



## Treatment.

- MI surgery
- V rapid recovery



# Bunions



- STABLE
- UNSTABLE
- PAINFUL

## Treatment

- Shoeware changes - “Comfort or fashion”
- Orthotics : No good
- Correction / Fusion



# Bunions



# Forefoot pain

## Metatarsalgia or Neuroma?

- 1/3 Metatarsalgia
- 1/3 Neuroma
- 1/3 Both....
  
- Others.....



# Mortons Neuroma vs Metatarsalgia

## Neuroma

- Numbness
- Electric shocks
- **Better Out of Shoes**

### Examination

- No Callosity
- Mulders Click

## Metatarsalgia

- Pebble feeling
- Toe Deformity
- **Worse out of shoes**

### Examination

- Callosity
- Anterior Draw +

# Metatarsalgia

- Toe deformity
  - Callosity
  - Tender joint
- 
- MTPJ Stress test
    - *Pain on stressing plantar plate*

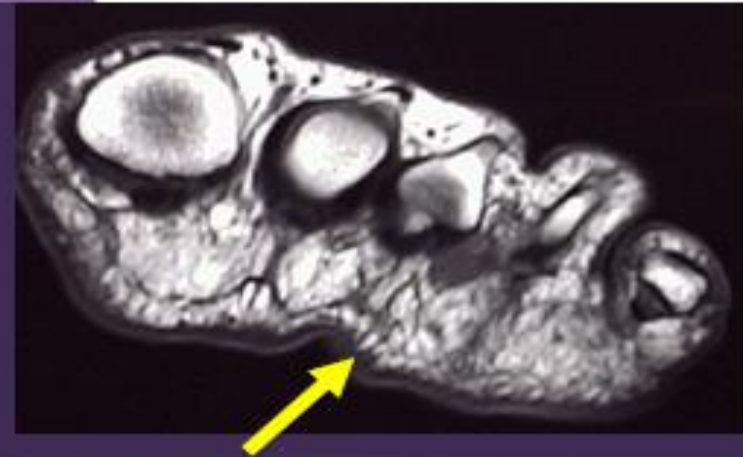


# Neuroma

- No deformity
- No hard skin
- Tender between joints?

- 'Mulder's Click' test

common in normal feet....  
.....Must recreate pain!



# Treatment

## Initially very similar

- Wide soft shoes Avoid high heels / MBT's are great
- Insoles with pre-metatarsal dome
- Physio on intrinsics 'forefoot stability exercises'
- Steroids?

Good temp relief in Mortons

Bad in metatarsalgia



# Surgery?

Patient selection important.



# Hallux Rigidus

- Good assessment essential  
 treatments have v different recoveries and complications
- Bump pain                    **MI Cheilectomy**
- Impingement pain        **MI Cheilectomy**
- Global Joint pain        **Fusion**



# Heel pain



- Plantar Fasciitis 99%
- Triple therapy
  - Physio
  - Silicone insoles
  - Shockwave
- *Rarely Tarsal Tunnel / Stress # / S1 nerve root*

J Bone Joint Surg Am. 2015  
Clinically relevant effectiveness of focused extracorporeal shock wave therapy in the treatment of chronic plantar fasciitis: a randomized, controlled multicenter study.

Improvement 70% vs 34%

# Thank you

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# Midfoot

## OA so common!

- Assess for bump pain or joint pain.
- Joint pain with forefoot twist / rotation.



## Treatment

- Bump pain
  - MI surgery (Rapid recovery)
- Joint pain
  - Orthotics and US injection
  - Fusion



# Ankle

## Assessment.

- Alignment
- Function
- Swelling
- Pain

# Ankle

## Alignment

- Varus
- Valgus

## Varus

- Lateral overload problems

## Valgus

- Medial overload problems

## Overload issues

- Tendinopathy
- Pressure callosity / pain
- Stress #
- OA



# Ankle – Anterior pain



- Anterior to malleoli
- Very much Joint based issues
- Maybe stiff.
- OA, synovitis, OCD
- Xray MRI

# Lateral ankle pain



- Behind / Below fibula
- Peroneal tendons
- Subtalar joint
- Esp with Pes Cavus & Ligament laxity
- MRI
- Orthotics less helpful



# Medial ankle pain

- Behind / Below malleolus
- Tib Post tendon
  - Esp Flat foot

## Assessment

- Flexible or Fixed?
- MRI
- **Orthotics excellent in flexible.**



# Ankle – posterior pain (not achilles)



- Unusual pain.
- Posterior impingement
- PI test - Rapid PF
- MRI

# Ankle – Instability



- 'Giving way'
- May cause pain / synovitis
- Ligament laxity not the only cause.





# Hindfoot (structures around the calcaneum)

- Subtalar joint
- Peroneal & Tib Post tendons
- Accessory Navicular
- CC joint
  
- Check alignment Valgus/varus

# Lateral Hindfoot pain



- Peroneal tendons
- Subtalar joint OA
- CC Joint OA
- Esp if Pes Cavus
- MRI



# Medial Hindfoot pain

- Tib Post tendon
  - Acc Navicular
  - Talonavicular Jt OA
- 
- MRI for Tib Post
  - Xray for Acc Navicular and TNJ



# Neuroma

- Numbness/Pins & Needles/Electric shocks
- **Better barefoot**
- No pain on tiptoe



Figure 1. Morton's neuroma found between 3<sup>rd</sup> and 4<sup>th</sup> toes underneath the deep transverse intermetatarsal ligament.

