



Total Ankle Replacement Surgery

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The American College of Foot and Ankle Surgeons (ACFAS) is a professional society of more than 8,000 foot and ankle surgeons. Founded in 1942, ACFAS seeks to promote the art and science of foot, ankle, and related lower extremity surgery, address the concerns of foot and ankle surgeons, advance and improve standards of education and surgical skill, and advance and advocate for the highest standards of patient care and safety.

ACFAS member physicians are doctors of podiatric medicine who are graduates of accredited U.S. podiatric medical schools. ACFAS members have completed surgical residency programs, and all Fellows of the College are certified by the American Board of Foot and Ankle Surgery (the surgical board of foot and ankle surgeons recognized by the Specialty Board Recognition Committee of the Council on Podiatric Medical Education). Many member physicians have additional fellowship training in various aspects of foot, ankle, and lower extremity surgery.

Osteoarthritis in advanced stages affects 1% of the adult population, with most cases resulting from previous ankle trauma.^{1,2} Historically, the prevailing option for patients with painful end-stage ankle arthritis has been ankle arthrodesis (joint fusion).³⁻⁶ While ankle arthrodesis can successfully relieve the pain within the joint, the resulting range of motion restriction can shift motion stresses to the adjacent joints, which in time may also become arthritic.³ In more recent years, total ankle replacement has been refined and is now a viable alternative to ankle arthrodesis with high patient acceptance in intermediate to long term data.^{4,7-10}

Not every patient with end-stage arthritis of the ankle is a sound candidate for ankle replacement.⁵ Adjunctive procedures are often necessary as part of the surgical plan to ensure proper device function.^{11,12} A surgeon experienced in total ankle surgery can make this determination through careful history and physical evaluation.^{12,13} As with any total joint replacement, patients who are candidates for this procedure should be made aware of the expected outcomes and the possibility of revision surgery, as well as the risks, benefits, and alternative treatments.^{14,15}

In the United States, total ankle replacement surgery is currently a safe and effective treatment option for appropriate patients with end stage ankle arthritis. Total ankle replacement surgery improves patient function, reduces pain, reduces energy expenditure in gait, and promotes improved quality of life.^{7,11,16-19}

Patients should consider consulting with a surgeon who is board certified or board qualified in foot and ankle surgery with experience in total ankle replacement when considering this procedure.

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