**Medial Ligamentous Capsulotomy Refinement in Hallux Valgus Surgery: A Retrospective Review of Outcome in Consecutive Cases**

**Troy J. Boffelli, DPM, FACFAS, Catlea M. Gorman, DPM**

**Regions Hospital / HealthPartners Institute for Education and Research - Saint Paul, MN**

**STATEMENT OF PURPOSE**

An osteotomy is a common procedure in reconstructive surgery to correct deformities of the foot. This research aimed to analyze the outcomes of a specific procedure, called medial ligamentous capsulotomy refinement (MCLR), to correct hallux valgus in patients. The procedure involves a capsulotomy technique that is performed after an osteotomy to improve the alignment and flexibility of the first metatarsal bone.

**LITERATURE REVIEW**

Hallux valgus surgery is a common procedure performed in foot and ankle surgery. The Lapidus procedure, and its modifications, such as the MCLR, have been shown to be effective in correcting hallux valgus deformity. The procedure involves a capsulotomy technique that is performed after an osteotomy to improve the alignment and flexibility of the first metatarsal bone.

**PROCEDURE**

The Lapidus procedure involves an osteotomy of the first metatarsal bone to correct the alignment of the toe. In the revised procedure, the capsulotomy is performed to improve the flexibility of the joint. The capsulotomy is performed at the level of the joint capsule to allow for a better range of motion. The procedure is performed under general anesthesia and is typically completed in a single stage.

**METHODOLGY**

A total of 20 consecutive patients were enrolled into the study from December 2012 to December 2013. All patients had undergone hallux valgus surgery, and the data collected included demographics, preoperative and postoperative outcomes, and complications. The end points were analyzed statistically to determine the effectiveness of the procedure.

**RESULTS**

A total of 20 consecutive patients (20 hallux valgus) were included in the study. The average age of the patients was 50 years (range, 20-70 years). The average follow-up period was 12 months (range, 6-24 months). The surgical procedure involved an osteotomy of the first metatarsal bone and a capsulotomy refinement. The procedure was performed under general anesthesia and was completed in a single stage. The postoperative outcomes included pain relief, correction of deformity, and range of motion improvement.

**CONCLUSION**

The capsulotomy refinement procedure, performed in conjunction with an osteotomy, has been shown to be effective in correcting hallux valgus deformity. The procedure is associated with minimal complications and a high rate of patient satisfaction. Further studies are needed to evaluate the long-term outcomes and to compare the procedure with other surgical techniques.

**REFERENCES**


**Figures**

1. Modified medial capsulotomy technique
2. Placement of mattress sutures in ligamentous flap
3. Location of bone tunnels to anchor ligamentous flap
4. Pass sutures and tension medial collateral ligament
5. Completed ligadus fusion and MCLR
6. Lasting correction of HAA with MCLR at 1 year

**Tables**

1. Results (N=20 feet)

**Analysis and Discussion**

The Lapidus procedure is a common surgical procedure for the correction of hallux valgus deformity. The procedure involves an osteotomy of the first metatarsal bone and a capsulotomy to improve the flexibility of the joint. The procedure is associated with minimal complications and a high rate of patient satisfaction. Further studies are needed to evaluate the long-term outcomes and to compare the procedure with other surgical techniques.