

Pedorthic Management of the Post-Operative Foot

Midfoot Disorders

Post Tib Tendon Reconstruction

- Pedorthic Objectives
 - Protect from excessive midfoot motion
 - Reduce tension from posterior tibial tendon



Post Tib Tendon Reconstruction

- Footwear
 - Long medial counter
- Shoe Modifications
 - Medial counter reinforcement
 - Scaphoid or navicular pad
 - Medial heel wedge



Post Tib Tendon Reconstruction

- Foot Orthotic Considerations
 - Total contact foot orthosis with medial heel and forefoot posting



Midfoot Disorders

Plantar Fascia Release

- Pedorthic Objective
 - Provide support to longitudinal arch
 - Absorb plantar surface pressure



Plantar Fascia Release

- Footwear
 - Long medial counter
 - Blucher style shoe
- Shoe Modifications
 - Scaphoid or navicular pad
 - Medial heel wedge
 - SACH heel



Plantar Fascia Release

- Foot Orthotic Considerations
 - Total contact foot orthosis
 - Medial heel and forefoot posting
 - Shock absorbing materials
 - Viscoelastic polymer for relief



Midfoot Disorders

Midfoot Osteoarthritis

- Pedorthic Objectives
 - Provide support to the longitudinal arch
 - Absorb plantar pressures
 - Reduce dorsal irritation, if present



Midfoot Osteoarthritis

- Footwear
 - Long medial Counter
 - Blucher style shoe
- Shoe Modifications
 - Rocker soles
 - Flares medial and/or lateral
 - Tongue pad
 - Skip lacing

Midfoot Osteoarthritis

- Foot Orthotic Considerations
 - Total contact foot orthosis
 - Shock absorbing materials



Midfoot Disorders

Midfoot Fusions

- Pedorthic Objectives
 - Provide support to longitudinal arch
 - Absorb plantar surface pressures
 - Reduce dorsal irritation if present
 - Reduce surgical site irritation



Midfoot Fusion

- Footwear
 - Long medial counter
 - Blucher style shoe
- Shoe modifications
 - Rocker soles
 - Flares medial and/or lateral
 - Skip lacing
- Foot Orthotic Considerations
 - Total contact foot orthosis
 - Shock absorbing materials

Hindfoot Disorders

Hindfoot Muscle Flaps or Grafts

- Pedorthic Objectives
 - Protect muscle flap
 - Contain muscle flap
 - Provide shock absorption



Hindfoot Muscle Flaps or Grafts

- Footwear
 - In-depth shoe
 - Possible mismated/larger on affected side
- Shoe modifications
 - Modified posterior counter
 - Cushion Heel
 - Rocker Bottom Sole

Hindfoot Muscle Flap or Graft

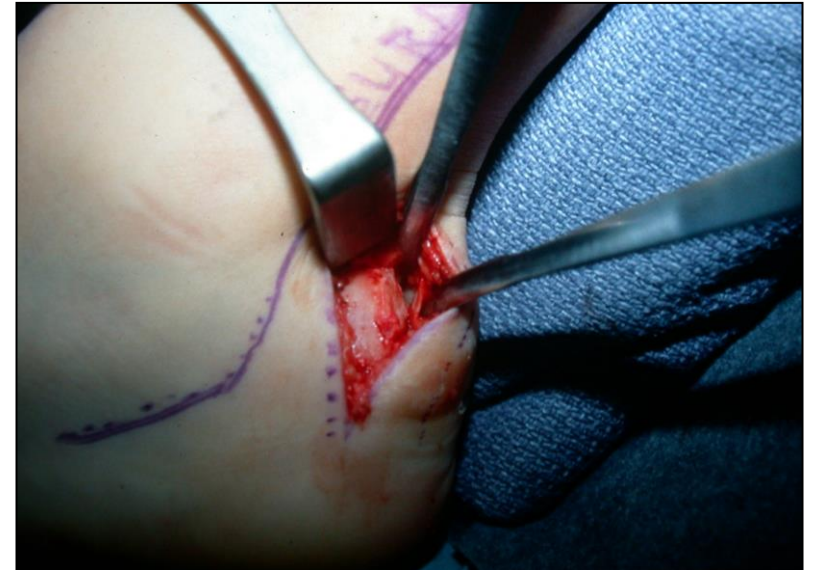
- Foot Orthotic Considerations
 - Hindfoot Containment Orthosis (HCO)
 - Silicone Elastomer Orthosis



Hindfoot Disorders

Excision of Pump Bump

- Pedorthic Objectives
 - Reduce pressure on surgical site
 - Reduce friction and shear to calcaneus



Excision of Pump Bump

- Footwear
 - Open heel shoe or sandal
 - Padded collar
- Shoe modifications
 - Remove Counter
 - Trim and pad posterior counter
 - Donut pad in posterior counter

Excision of Pump Bump

- Foot Orthotic Considerations
 - Silicone Elastomer Orthosis
 - Heel Lift
 - Reduce Achilles tension
 - Lift heel out of shoe



Hindfoot Disorders

Achilles Tendon Repair

- Pedorthic Objectives
 - Reduce tension on Achilles tendon
 - Protect surgical site



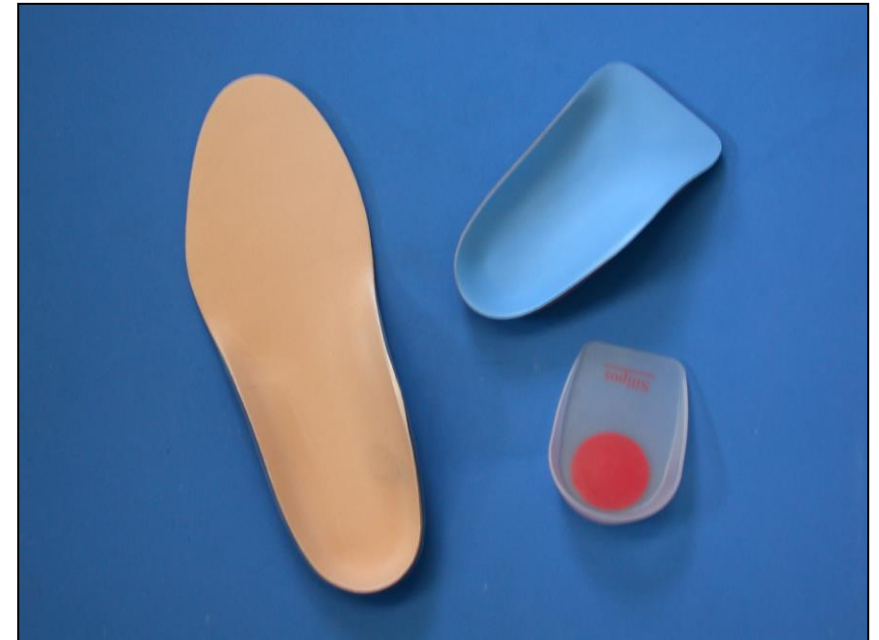
Achilles Tendon Repair

- Footwear
 - Higher heeled shoe
 - Shock absorbing sole
- Shoe Modifications
 - Inside shoe heel lift
 - Heel lift built into sole
 - Posterior counter modification



Achilles Tendon Repair

- Foot Orthotic Considerations
 - Total contact foot orthosis
 - Heel lift
 - Additional cushioning



Hindfoot Disorders

Calcaneal Fractures

- Pedorthic Objectives
 - Provide control of inversion and eversion
 - Provide support to longitudinal arch
 - Provide shock absorption



Calcaneal Fracture

- Footwear
 - Long medial counter
 - Stable/wide heel base
 - Padded collar
 - Shock absorbing sole
- Shoe Modifications
 - SACH heel
 - Rocker bottom sole
 - Medial and/or lateral flares
 - Heel cushion inside shoe
 - Excavate insole/sole for relief



Calcaneal Fracture

- Foot Orthotic Considerations
 - UCBL
 - Total contact foot orthosis
 - Heel cushioning (PQ, Silicone, Polyurethane)



Hindfoot Disorders

Triple Arthrodesis

- Pedorthic Objectives
 - Provide control of inversion and eversion
 - Provide support to longitudinal arch



Triple Arthrodesis

- Footwear
 - Long medial counter
 - Stable heel base
 - Shock absorbing sole
- Shoe Modifications
 - Cushion heel
 - Rocker bottom sole
 - Medial and/or lateral heel flare



Triple Arthrodesis

- Foot Orthotic Considerations
 - UCBL
 - Total contact foot orthosis



Hindfoot Disorders

Subtalar Osteoarthritis

- Pedorthic Objectives

Provide control of inversion and eversion

Provide support to medial longitudinal arch



Subtalar Osteoarthritis

- Footwear
 - Long medial counter
 - Stable heel base
 - Wedge sole
- Shoe Modifications
 - Cushioned heel
 - Rocker bottom sole
 - Medial and/or lateral heel flare
 - Medial counter reinforcement
 - Scaphoid or navicular pad

Subtalar Osteoarthritis

- Foot Orthotic Considerations
 - Total contact foot orthosis
 - UCBL



Ankle Disorders

Ankle Fusion

- Pedorthic Objectives
 - Restore biomechanical deficit(loss of ankle motion)
 - Accommodate fused position
 - Normalize gait



Ankle Fusion

- Footwear
 - Shock absorbing sole
 - Padded collar
 - High top to reduce slippage
 - Consider heel height



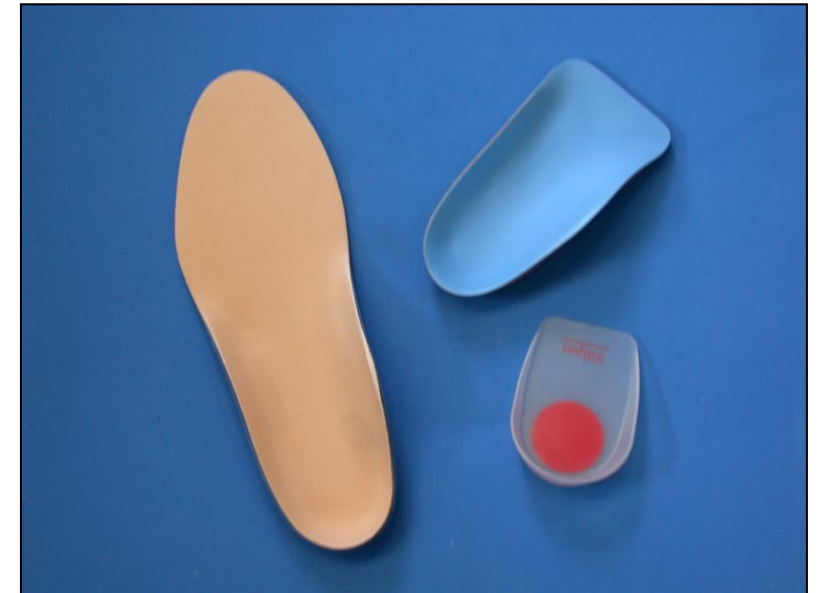
Ankle Fusion

- Shoe Modifications
 - Cushion heel
 - Rocker bottom sole
 - Heel lift (if fused in equinus)
 - Heel cushion
 - Flares medial and/or lateral



Ankle Fusion

- Foot Orthotic Considerations
 - Total contact foot orthosis
 - Heel cushion (PQ, Silicone, Polyurethane)



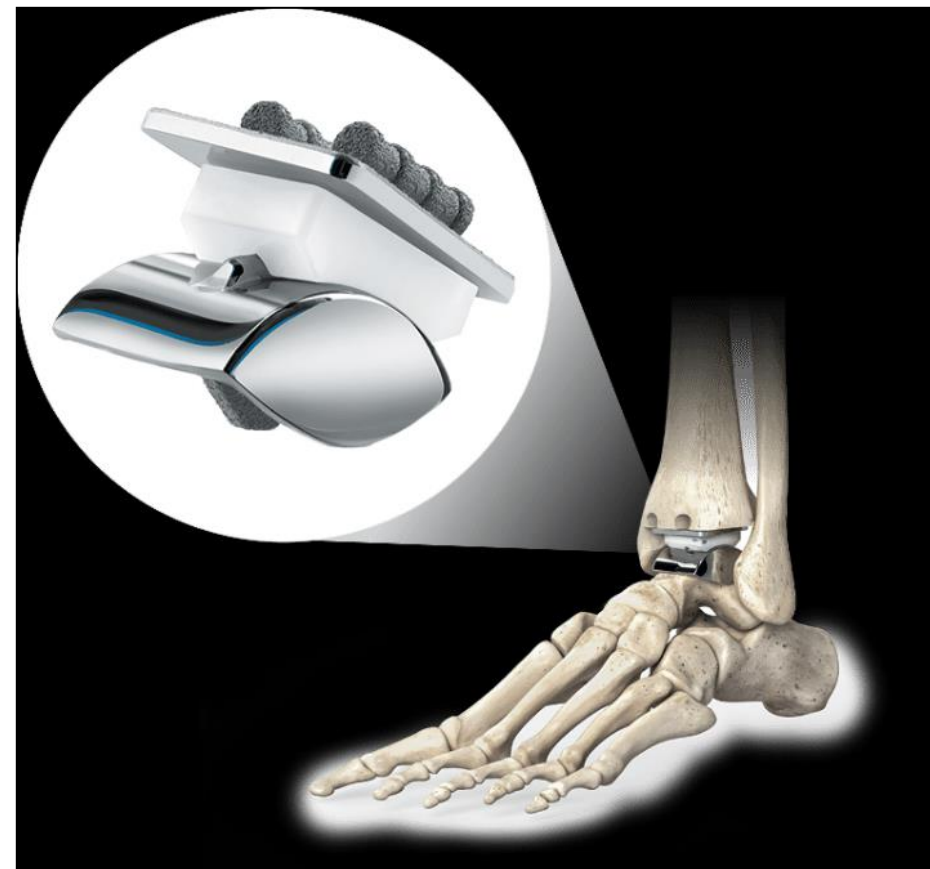
Total ankle replacements



Ankle Replacement Surgical Procedure

- Ankle replacement, or ankle arthroplasty, is a surgical procedure to replace the damaged articular surfaces of the human ankle joint with prosthetic components. This procedure is becoming the treatment of choice for patients requiring arthroplasty, replacing the conventional use of arthrodesis, i.e. fusion of the bones. The restoration of range of motion is the key feature in favor of ankle replacement with respect to arthrodesis. However, clinical evidence of the superiority of the former has only been demonstrated for particular isolated implant designs.

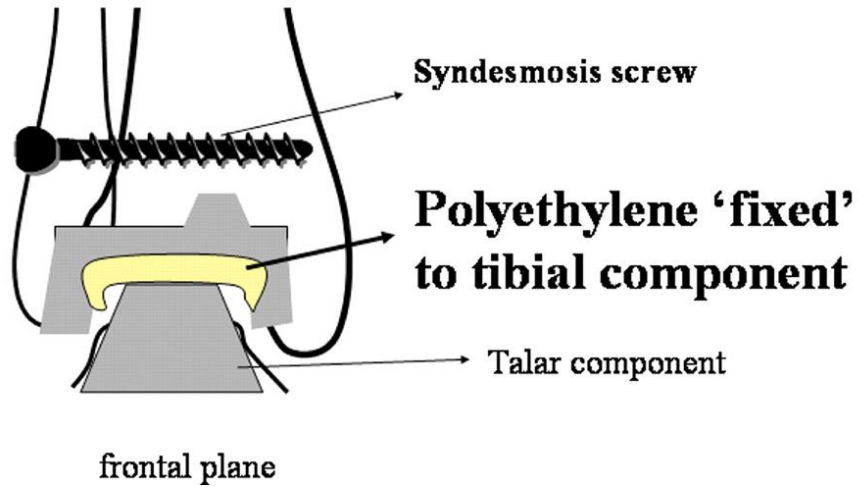
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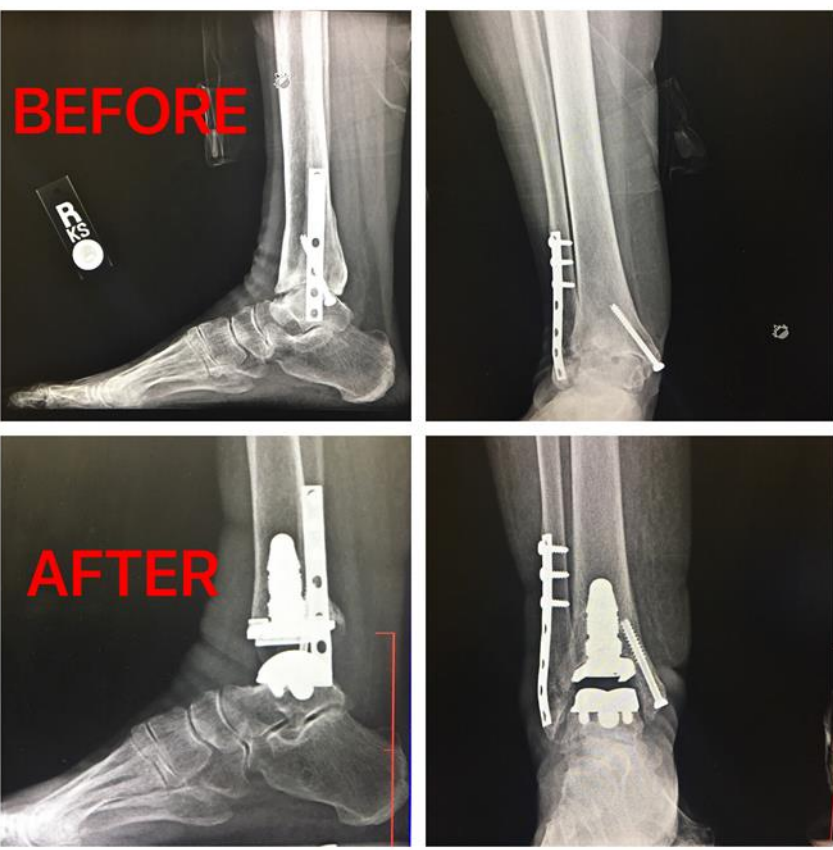
Agility

Agility:

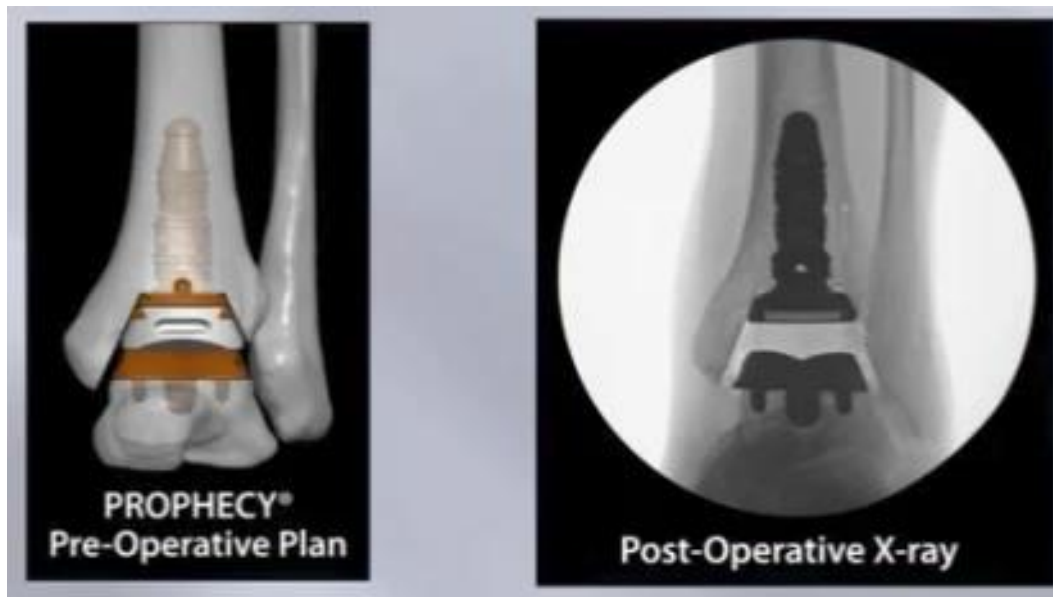
a fixed-bearing (two-component) ankle prosthesis



Inbone



Infinity



Pedorthic Management of the Post-Surgical or Post-Traumatic Foot Can...

- Protect the surgical site
- Aid healing
- Improve function/gait
- Prevent overuse of alternative joints, distal and/or proximal
- Prevent or delay transfer lesions

The End