

Ankle OA

Additional information supporting pathway

Clinical Features:

- Painful joint, usually worse on exercise
- Swelling
- Stiffness
- Enlarged appearance of joint
- Possible history of trauma

The group agreed that management of this condition and overall 'ownership' lies with ESP Podiatrist in PLIMS service. This service should be 1st point of contact for all patients with this condition.

Differential diagnoses:

- Talo-navicular OA
- Inflammatory Arthropathy

Non- surgical management:

- Advice & reassurance
- Pain relief medication
- Modification of activities
- Stiffer rocker soled footwear, consider referral to orthotics
- Consider cortisone injection

References:

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Cohen MM et al. Safety and efficacy of intra-articular sodium hyaluronate (Hyalgan) in a randomised, double-blind study for osteoarthritis of the ankle. Foot Ankle Int 2008; 29:657-63
Gougoulas N et al. How successful are current ankle replacements?: a systematic review of the literature. Clin Orthop Relat Res 2010; 468:199-208.
Henricson A et al. 10-year survival of total ankle arthroplasties: a report on 780 cases from the Swedish Ankle Register. Acta Orthop 2011; 82:655-659.
Karatosun V et al. Intra-articular hyaluronic acid compared to exercise therapy in osteoarthritis of the ankle. A prospective randomized trial with long-term follow-up. Clin Exp Rheumatol 2008; 26:288-94
Saltzman CL et al. Prospective controlled trial of STAR total ankle replacement versus ankle fusion: initial results. Foot Ankle Int 2009; 30:579-596.
Townshend D et al. Arthroscopic versus open ankle arthrodesis: a multicenter comparative case series. J Bone Joint Surg Am 2013; 95:98-102.

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