

Kyle S. Peterson, DPM

Fellowship-Trained Foot and Ankle Surgeon

www.suburbanortho.com

Total Ankle Replacement

Ankle Replacement Surgery

Dr. Peterson trained with world-renowned foot and ankle surgeons at the Orthopedic Foot and ankle Center in Columbus, Ohio where he received cutting edge experience in total ankle replacement surgery.

In ankle replacement surgery, the damaged bones and cartilage are replaced with specialized components consisting of metal and plastic pieces that are shaped to restore ankle movement and function.

What is Arthritis?

Arthritis is a debilitating musculoskeletal condition that affects the cartilage lining of a joint. A breakdown of this cartilage layer causes the bones to rub together, developing pain, stiffness, swelling, and loss of motion. There are many forms of arthritis, however, the three most common types are osteoarthritis, rheumatoid arthritis, and juvenile arthritis. In addition, arthritis can occur in a joint following an injury, known as traumatic arthritis. More than 50 million Americans are living with some form of arthritis.

Symptoms

The symptoms of arthritis in the ankle joint usually begin as pain with weight bearing and range of motion. You may limp and the ankle may become swollen with fluid. Bone spurs will usually develop and can be seen on radiographs. As the arthritis becomes worse, the pain may be present all the time and may even keep you awake at night.

Diagnosis

The diagnosis of arthritis in the ankle starts with a complete history and physical examination by your doctor. Radiographs will be required to determine the extent of the degenerative process and may suggest a cause for the degeneration. Oftentimes, advanced imaging with a CT scan or MRI is needed to further evaluate the amount of arthritis present.

Treatment of Arthritis

Depending on the type, location and severity of your arthritis, both non-operative and surgical treatment options are available.

Non-Surgical Treatment

- **Weight Control**
- **Pain Medications**
- **Shoes, inserts, and braces**
- **Injection**

- **Physical Therapy**

Surgical Treatment

- **Arthroscopic debridement**
- **Arthrodesis (Fusion)**
- **Total Ankle Replacement**

For more information on the total ankle replacement's Dr. Peterson is trained on, please visit www.myankle.com