

# Total Ankle Replacement

Ankle pain comes in various forms and may be due to the joint wearing out, commonly known as arthritis. If conservative measures have failed, an option is to replace the joint and keep your ankle moving.

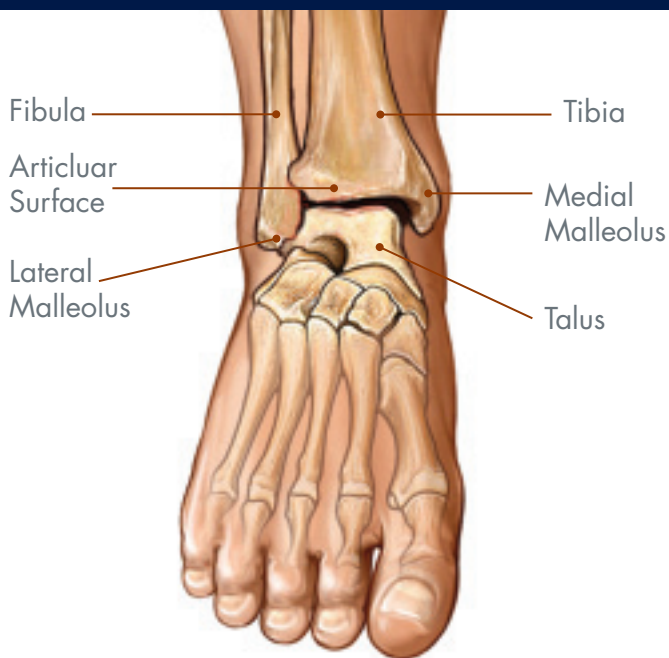




TOTAL ANKLE REPLACEMENT  
*Salto® Talaris Total Ankle Prosthesis*

TORNIER 

## BONES OF THE ANKLE

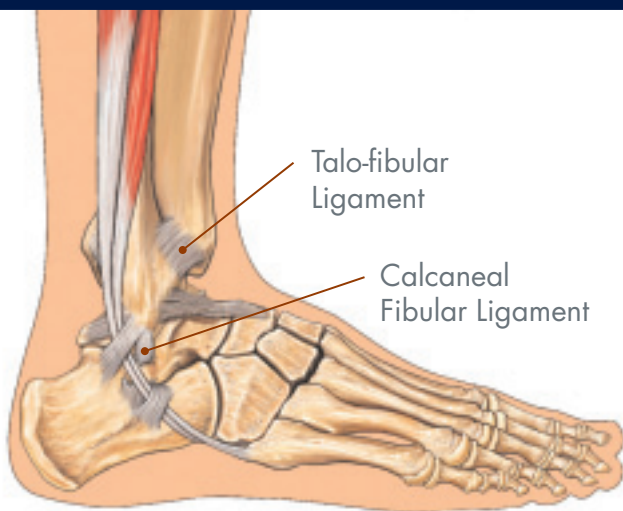


### ANTERIOR VIEW OF THE RIGHT ANKLE REGION

## Bones of the Ankle

The ankle joint is made up of three bones: the tibia, the fibula and the talus. The ankle joint acts like a hinge that allows the foot to dorsiflex (point the foot up) and plantar flex (point the foot down).

Ligaments (strong fibrous bands of tissue that connect two bones) are located on each side of the ankle joint to create stability in the joint. Tendons (strong fibrous structures that connect muscle to bone) are located throughout the foot to allow for motion in the other parts of the foot such as the movement of the toes.



## LATERAL (SIDE) VIEW OF RIGHT LOWER LEG

Cartilage is the specialized joint tissue that covers bones and allows the bones to move in relationship to each other with minimal friction. Loss of the cartilage can decrease joint function and produce pain, stiffness, swelling and warmth.

# COMMON ANKLE PROBLEMS THAT MAY LEAD TO A TOTAL ANKLE REPLACEMENT

## Arthritis

1. Arthritis is a joint condition of damaged cartilage and/or bone which causes the bones to grind on each other with movement, thus causing pain and inflammation.
2. **The most common types of arthritis** affecting the ankle joint are osteoarthritis (degenerative), rheumatoid arthritis (inflammatory), and post traumatic arthritis.
3. Osteoarthritis is the breakdown or degeneration of the joint's cartilage and formation of bony spurs in the joint.
4. Rheumatoid arthritis is an immune system disease resulting in inflammation of the joint lining which in its advanced stages can lead to cartilage, bone and muscle damage.
5. Post traumatic arthritis is often related to sport or recurring injuries.

## Total Ankle Replacement (Ankle Arthroplasty)

6. A total ankle replacement may be needed for those patients with chronic ankle arthritis causing pain that conservative measures such as rest, physical therapy, bracing or medications were unable to correct.

## Treatment

7. One solution may be a Total Ankle Replacement.
8. The Salto Talaris Total Ankle Prosthesis is modeled after the human anatomy and provides the ability to reproduce the natural flexion/extension of the ankle with a design that replicates the natural ankle.

# HOW CAN ANKLE REPLACEMENT SURGERY (ANKLE ARTHROPLASTY) HELP?

If you are considering ankle joint replacement surgery or ankle arthroplasty, this brochure may contain some helpful information.

- ◊ Reduce or eliminate ankle pain and regain range of motion.
- ◊ Return to normal daily activities that were previously limited by the ankle damage.

Success will depend on your age, activity level, as well as other factors.

## Indications

The Salto Talaris Total Ankle Prosthesis is indicated as a total ankle replacement in primary or revision surgery for patients with ankle joints damaged by severe rheumatoid, post-traumatic, or degenerative arthritis.

## Contraindications

Contraindications for the Salto Talaris Total Ankle Prosthesis include, but are not limited to, infection, significant bone loss, poor skin condition, unstable joint, bone immaturity, allergies to metal, pregnancy. Your physician can discuss the complete list of contraindications.

## Symptoms

- ◊ Pain with ankle movement
- ◊ Limited ankle motion
- ◊ Grinding or catching sensations with ankle movement



Salto® Talaris  
Total Ankle Prosthesis

Although ankle replacement is less common than hip or knee replacement, it is a very successful surgery. The success depends upon:

- ◊ The condition and quality of the bone.
- ◊ The type and severity of arthritis.
- ◊ The condition of the muscles around the ankle.
- ◊ Your age, activity level and overall health.
- ◊ Your commitment to ankle rehabilitation.

# Total Ankle Prosthesis

## X-rays - Pre Surgery



## X-rays - Post Surgery

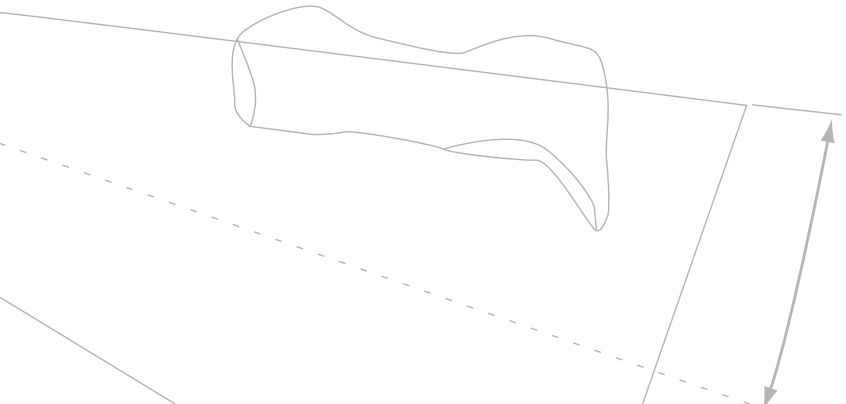


*Please consult your physician for further discussion based on your individual situation.*



## What does it involve?

- The surgeon makes an incision through the skin on the front of the ankle and top of the ankle.
- Next, the capsule of tissue that surrounds the joint is entered and the bones of the ankle are exposed.
- The bone cuts begin by first placing an alignment guide on the tibia and then cutting the necessary amount off the tibia.
- The talus is cut next on three different surfaces to enhance the stability of the implant.
- The trial implants are placed and the surgeon assesses the joint and movements.
- Once the tibia and talus are prepared, the final implants are placed in the joint and the ankle replacement is complete.
- Additional procedures may be performed at the same time as necessary. The doctor then closes the incision and places the foot in a splint.



## What should I expect after I get home?

- ◊ Depending on any additional procedures performed at the time of surgery, you should be in the hospital for a short time.
- ◊ You will be restricted to using crutches, walker, or a wheel chair. You will not be allowed to put weight on your ankle immediately.
- ◊ You should keep your ankle elevated as much as possible. Sleep on your back with a few pillows under your ankle. This will reduce swelling in the leg.
- ◊ You will see your surgeon 1-3 weeks after surgery to have your incision looked at and stitches taken out





## Are there any Complications?

The success rate is very good with this joint replacement. However, as with any surgery, there is always a risk of complications. If you experience fever, increased pain, drainage or delayed incisional healing, increased swelling — call your doctor.


However, advances in surgical techniques and prosthetic technology innovations are helping to reduce the occurrence of complications.

## Recovery:

- ◊ Some surgeons require you to see a physical therapist. A physical therapist will assist and guide you through exercises to strengthen the surrounding muscles that will help increase your ankle movement.
- ◊ Recovery and rehabilitation is different for every patient and is based on individual situations and additional procedures.
- ◊ Please consult your physician for your estimated recovery and rehabilitation protocol.

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*Notify your doctor immediately  
if you experience any side effects.*



DISCLAIMER: This pamphlet contains general medical information and does not replace the medical advice of your physician. If you have questions about your medical condition or exercises, ask your doctor or health care provider.

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