

First metatarsophalangeal fusion using novel dorsal plate: Clinical and radiological outcomes

Sheena Seewoonarain et al.

William Harvey Hospital, United Kingdom



Abstract

Arthrodesis of the first metatarsophalangeal joint (1st MTPJ) is a commonly performed procedure for hallux valgus and degenerative disease of the 1st MTPJ. This study reports the outcome of a plating system for arthrodesis that utilizes both a compression screw and dorsal compression plate. Whilst this construct has been well reported, this is the first report of the outcomes of this implant in the United Kingdom. Patient and Methods This is a prospective cohort study of 20 consecutive primary 1st MTPJ arthrodesis procedures at a single centre. The mean age of the cohort was 66 years (range, 42-83 years). The diagnosis was hallux rigidus in 15 patients, severe hallux valgus with severe degenerative changes in 4 patients and inflammatory arthropathy in 1 patients. Results

All patients achieved clinical union at 6 weeks and radiological union was confirmed on plain radiographs between 6 - 16 weeks. Zero cases of metal removal were reported. 2 wound infections were reported, 1 superficial and 1 stitch abscess. 5 patients reported postoperative swelling at six months postoperatively, which improved after one year. Conclusion The cohort achieved consistently satisfactory results with a reliable and reproducible MTPJ position and a 100% union rate. There was a zero rate of hardware removal and low rate of other complications including infection, postoperative pain and postoperative swelling.



Speaker Biography:

Miss Seewoonarain has completed her medical degree at Imperial College London and is currently completing her post graduate studies in orthopaedics in the United Kingdom.

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