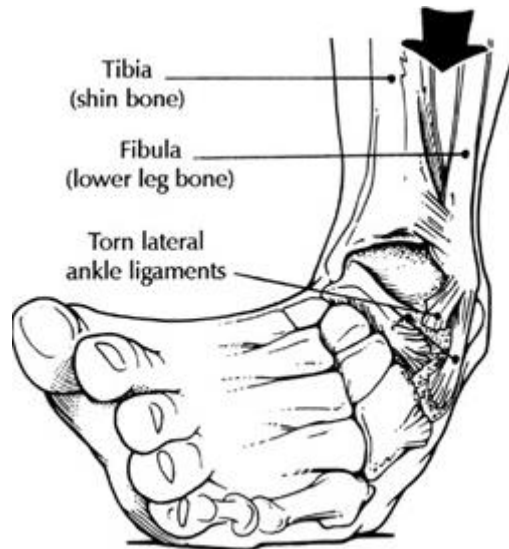




NIKHIL NANAVATI

Ligament repair



Introduction

There are lots of ligaments in the foot and ankle and any of these can be injured resulting in pain and instability. Some of the time, the body can repair the ligaments by itself but usually this requires some form of immobilisation (e.g. a protective boot). There are also occasions where the body doesn't repair the ligament itself or the ligament heals in a stretched (slack) position which can lead to ongoing instability and pain.

The ankle is a precise joint which doesn't give much room for error so if there is any instability, the foot or ankle may keep 'giving way' which causes the cartilage on the ends of bone surfaces to 'wear out' more quickly. This therefore accelerates the process of 'wear and tear' arthritis.

By stabilising the foot and ankle joints, it protects and allows the joint to move in the way it has been designed, thereby minimising the onset of 'wear and tear' arthritis.



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Treatment

Orthotics: Use of supportive boots or braces may be used to provide additional stability to the foot and ankle which can minimise motion at these joints and therefore reduce pain.

Surgery: Reconstruction can be performed either by repair of the original ligaments or by using a synthetic device (depending on which ligament is being repaired). The principles remain the same – to restore the natural biomechanics and stability to the foot and ankle to minimise pain and slowdown onset of future ‘wear and tear.’ Furthermore, it may be important to visualise nearby joints to establish any degree of ‘wear and tear’ whilst also ‘cleaning’ these areas out at the same time.

Patients will also be provided with a personalised treatment plan following their individual operations.