Adult Acquired Flatfoot Deformity
Decision-making

Harold B. Kitaoka, M.D.
Professor of Orthopedic Surgery, Mayo Clinic, Rochester, Minnesota, U.S.A.
Finnish Orthopedic Foot and Ankle Society
Foot and Ankle Congress, Naantalin Kylypla
June 15, 2007

I. GENERAL TREATMENT PRINCIPLES
   A. Individualize
   B. Consider patient age, severity of structural change, flexibility
   D. Goals of treatment: plantigrade, flexible, painless foot
   E. Attempt to correct malalignment, preserve motion and function
   F. Need to consider possibility of late salvage treatment
   G. Educate patient and family; further problems or residual symptoms possible

II. NONOPERATIVE TREATMENT
   A. Important, often successful
   B. Shoe modifications: low heel
   C. Foot orthosis
   D. Bracing-hindfoot orthosis, ankle-foot orthosis

III. OPERATIVE TECHNIQUES
   A. Tenosynovectomy,
   B. Soft tissue reconstruction
   C. Osteotomies
      1. Lateral column lengthening (Evans)
      2. Medial displacement calcaneal osteotomy
      3. Cuneiform
      4. Other
   D. Arthrodesis
      1. Limited hindfoot arthrodesis
         a. Subtalar
         b. Distraction calcaneocuboid arthrodesis
      2. Triple arthrodesis-subtalar, talonavicular, calcaneocuboid
   E. Arthroereisis
   F. Combined
   G. Other: Alanen procedure
IV. SPECIFIC OPERATIVE TECHNIQUE: MEDIAL DISPLACEMENT CALCANEAL OSTEOTOMY, FDL TENDON TRANSFER, ACHILLES LENGTHENING
   A. Technique
   B. Postoperative care

V. SPECIFIC OPERATIVE TECHNIQUE: TRIPLE ARTHRODESIS
   A. Technique
   B. Postoperative Care

VI. RESULTS OF TREATMENT
   A. Review and analysis of literature

VII. COMPLICATIONS, FAILURES
   A. Nonunion: osteotomy, arthrodesis
   B. Arthritis after osteotomies and arthrodeses
   C. Incomplete correction
   D. Recurrent deformity

VIII. SURGICAL DECISION-MAKING
   A. Algorithm
   B. Subsequent treatment likely
   C. Principles

IX. REFERENCES


Needleman RL: A surgical approach for flexible flatfeet in adults including a subtalar arthroereisis with the MBA sinus tarsi implant. Foot Ankle Int. 2006;27:9-18.


