Great-Toe Arthroscopy

Presented by
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Great-Toe Arthroscopy

History

- Watanabe 1986 First Description
- Lundeen 1987 Surgical Approaches
- Bartlett 1988 Rx OCD
- Ferkel 1991 AANA First Large Series
Biomechanics

- First Metatarsal Head
- Base of proximal Phalanax
- Sesamoids
- 60% Body Weight
Anatomy LAT

- Dorsal capsule
- Medial collateral ligament
- Abductor hallucis tendon
- Lateral sesamoid
- Medial sesamoid
Indications

- Pain
- Swelling
- Stiffness
- Locking
- Grinding
Instrumentation

- Instrumentation Spinal needles
- Probes
- Dissectors - elevating OCD lesions, ossicles
- Graspers - flat-tipped or pitbull for small or large loose bodies (2.7 - 3.0mm)
- Basket forceps - straight, right and left, up and down angles (2.5 - 3.0mm)
- Knives
- Curettes
- Osteotomes
- Power instruments
- Thigh/Ankle holder
- Aiming jigs
Distraction

- Non-invasive
- Finger Trap
- Overhead Shoulder Holder
- 7 Lbs Traction
Diagnosis

- Chondral Defects
- Arthrofibrosis
- Loose Bodies
- Synovitis
- OCDs
Therapeutic

- Synovectomy / Xtal Arthropathy
  - IAA Feb 09 (reduce rate of gout attacks)

- Resection of Arthrofibrosis
  - AANA Aug 06 (Increased ROM)

- Removal of Loose Bodies

- Debridement & Drilling of OCDs

- Cheilectomy

- Arthrodesis
  - Foot-Ankle Clin, March 02

- Hx Valgus Pain
  - IAA October 08
Theatre Setup
Mark Anatomy
Anteromedial Portal
Insert Cannula
Insert Arthroscope
Anterolateral Portal
Both Portals Established
Post Op

- 3.0 Nylon
- Pressure Dressing for 48 Hours
- Clinic Review 10 Days
Thank You