

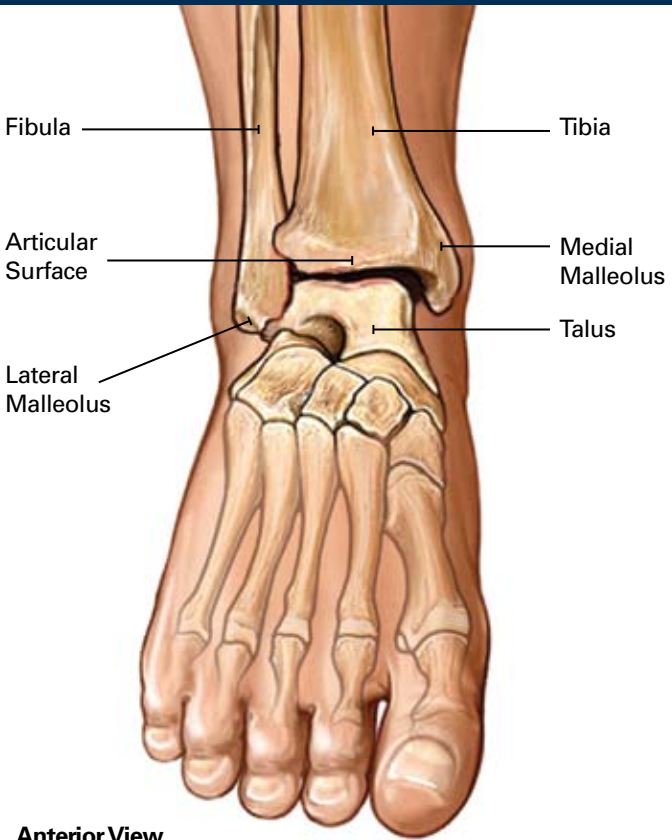


Total Ankle Replacement

Salto Talaris™ Anatomic Ankle

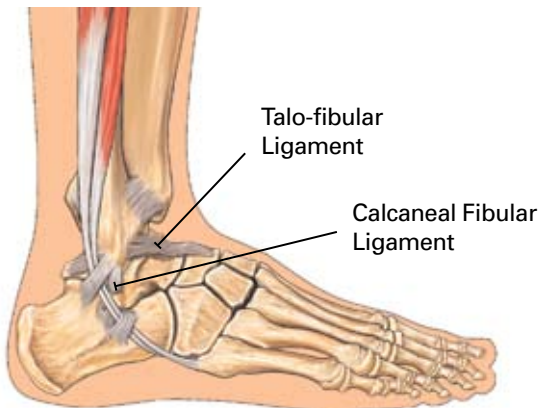
TORNIER 

Bones of the Ankle



**Anterior View
of the Right Ankle Region**

**Lateral (side) View
of Right Lower Leg**



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 plantarflex (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.

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

Arthritis is a joint condition of damaged cartilage or bone which causes the bones to grind on each other with movement, thus causing pain and inflammation.

The most common types of arthritis affecting the ankle joint are osteoarthritis (degenerative), rheumatoid arthritis (inflammatory), and post-traumatic arthritis.

- Osteoarthritis is the breakdown or degeneration of the joint's cartilage and formation of bony spurs in the joint.
- 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.
- Post-traumatic arthritis occurs after injury to the leg or ankle.

Total Ankle Arthroplasty

Total ankle replacement is considered in patients with chronic ankle pain that fails to respond to reduced activity, bracing, and medical therapy.

Treatment

One solution may be a Total Ankle Replacement.

The Salto Talaris Anatomic Ankle is modeled after the human anatomy and provides the ability to reproduce the natural flexion and extension of the ankle.

How can ankle replacement surgery help?

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

INDICATIONS

The Salto Talaris Anatomic Ankle 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. Total ankle arthroplasty is intended to give a patient improved mobility by reducing pain, restoring alignment and replacing the flexion and extension movement in the ankle joint.

CONTRAINDICATIONS

The Salto Talaris Anatomic Ankle is contraindicated for the following conditions:

Infection, significant bone loss, poor skin condition, unstable joint, bone immaturity, allergies to metal, pregnancy.

Symptoms:

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

Salto Talaris™ Anatomic Ankle



Salto Talaris™
Anatomic Ankle

Successful ankle replacement is influenced by:

- 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 Replacement

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 on the front of the ankle.
- The capsule of tissue that surrounds the joint is entered and the bones of the ankle are exposed.
- A measured bone cut is made after guides are aligned to the leg.
- The talus is cut on three different surfaces to enhance the stability of the implant.
- The trial implants are placed and the joint is assessed for mobility and stability.
- After final bone preparation the permanent implants are placed and the joint is closed.
- Additional procedures may be performed such as lengthening of the Achilles tendon or fusion of the foot.

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, a 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. Please contact your surgeon to discuss possible risk of complications in your specific case.

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.

Notify your doctor immediately if you experience any complications.

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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