

Other foot and ankle conditions

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Most postural deformities such as metatarsus adductus and calcaneovalgus feet improve spontaneously. Congenital vertical talus (CVT) is rare and frequently associated with neuromuscular conditions such as 'rocker-bottom' foot with dorsal dislocation of the navicular on the talus (Figure 44.31). A 'reverse' Ponseti method with a limited surgical approach to reduce and Kirschner (K)-wire the talonavicular joint and a percutaneous Achilles tenotomy may be preferable to more extensive surgical releases. In tarsal coalition there is failure of segmentation of adjacent tarsal bones. School-aged children present with hindfoot pain and recurrent ankle sprains. The most common coalitions are talocalcaneal and calcaneonavicular (Figure 44.4). Radiographs, computed tomography (CT) or MRI are used to confirm the diagnosis. Treatment is initially conservative, but if the coalition requires surgical excision this should be performed before degenerative changes develop. Other causes of foot pain in children include the osteochondroses, in which the radiographic changes are similar to A VN. These 'heal' but the change in shape of the affected bone may lead to secondary joint stiffness and loss of function. (Similar 'diseases' affect the lunate [Kienböck's] and the capitellum of the humerus [Panner's].) Freiberg's osteochondrosis presents with forefoot pain and avascular change in the second metatarsal head. Symptomatic bony spurs and osteochondral fragments may need excision but often it is asymptomatic and seen as an incidental finding on a radiograph. Köhler's disease presents with dorsal forefoot pain and swelling in young children. The navicular becomes avascular with alteration in the ossification process. Sever's disease (enthesopathy of the calcaneal apophysis) presents with heel pain related to activity. Tightness in the calf muscle complex may be a contributing factor. The 'features' on a radiograph are, in fact, part of normal growth and development. Flexed, medially curved 'curly toes' are common and rarely need treatment. Strapping is ineffective. Flexor tenotomy is used when there are symptoms or cosmetic concerns. Summary box 44.14 Other foot and ankle conditions

CVT - presents as 'rocker-bottom' foot
Tarsal coalition - presents as a stiff, painful flat foot
Osteochondroses - almost always self-limiting
Curly toes are common - most do not need treatment

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