

HALLUX VARUS

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CSFS 2017

Can be Congenital or Idiopathic



Introduction

Acquired or Iatrogenic

- 2-13%
- Can occur with any bunion correction


**BEST
TREATMENT IS
AVOIDANCE**



Introduction

Bunion Complication

- Most commonly associated with McBride procedure and lateral sesmoidectomy
- Overcorrection IM angle




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Introduction

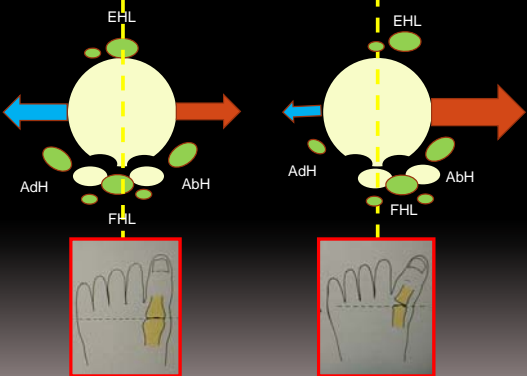
Bunion Complication

- Excessive Medial eminence resection
- Aggressive medial reefing
- Excessive lateral release



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Soft Tissue Imbalance



EHL
AdH AbH
FHL

Clinical Evaluation

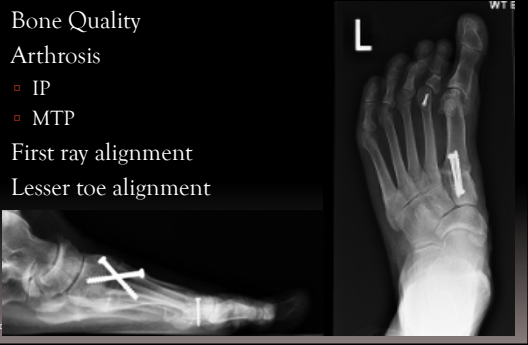
- Symptomatic?
- Redness/Callus
- Fixed or Flexible
- 1st MTP ROM
- Weight bearing alignment
 - IP involved?
 - Lesser MTPs?



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Radiographic Evaluation

- Bone Quality
- Arthrosis
 - IP
 - MTP
- First ray alignment
- Lesser toe alignment



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Treatment

Conservative

- Typically need no treatment
- Shoe Wear Modifications
- Buddy taping
- Local padding



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Operative Treatment

- **Flexible Deformities**
 - Simple soft tissue release
 - Tendon transfer/tenodesis
 - Endobutton
- **Rigid/Arthritic**
 - Fusion

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Flexible Deformity

Soft Tissue Release



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Flexible Deformity

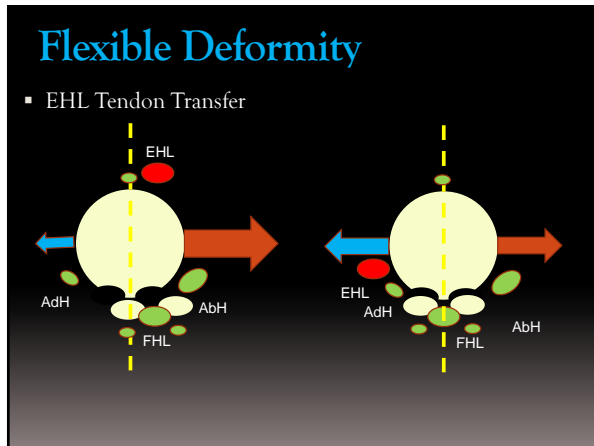
Tendon Transfer or Tenodesis

Entire extensor hallucis longus (EHL) with arthrodesis of IPJ

Split EHL without IPJ fusion

Extensor hallucis brevis (EHB)

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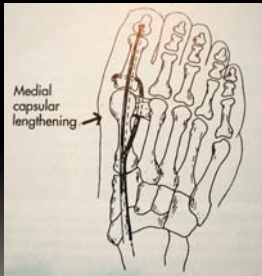
Flexible Deformity

- Split EHL Tendon Transfer



Flexible Deformity

- Split EHL Surgical Technique



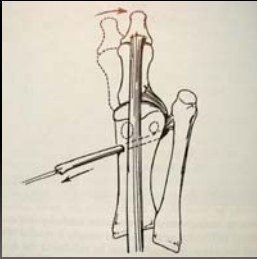
Flexible Deformity

- Split EHL Surgical Technique



Flexible Deformity

- EHL/EHB Tenodesis Surgical Technique



Complications

- Weakness of Dorsiflexion
- Recurrence



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Flexible Deformity

- Endobutton Surgical Technique



Flexible Deformity

- Endobutton Surgical Technique



The slide contains two images. On the left is a photograph of a surgical procedure on a patient's hand, showing an incision and the placement of a button. On the right is an anatomical diagram of the wrist joint. Labels include 'Incision' pointing to a line on the dorsal wrist, '5mm' indicating the length of the incision, and 'sesamoid bone' pointing to the bone on the ulnar side of the wrist.

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Flexible Deformity

- Endobutton Surgical Technique

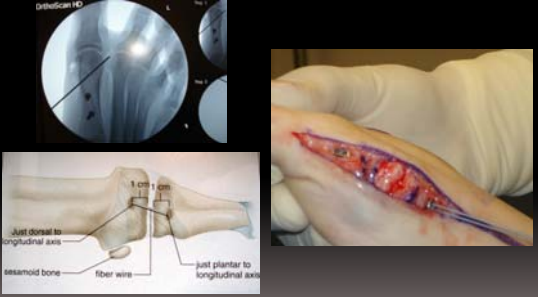


The slide features three images. On the left is a photograph of a surgeon's hands performing the procedure. In the top right is an arthroscopic view labeled 'Arthroscopic HD'. In the bottom right is an anatomical diagram with labels: 'Just distal to longitudinal axis', 'sesamoid bone', 'fiber wire', and 'Just plantar to longitudinal axis'. A '1 cm 1 cm' square is drawn on the diagram to indicate the location of the fiber wire.

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Flexible Deformity

- Endobutton Surgical Technique



The slide contains three images. On the left is an arthroscopic view labeled 'Arthroscopic HD'. In the bottom left is an anatomical diagram with labels: 'Just dorsal to longitudinal axis', 'sesamoid bone', 'fiber wire', and 'Just plantar to longitudinal axis'. A '1 cm 1 cm' square is drawn on the diagram. On the right is a photograph of the surgical incision site.

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Flexible Deformity

- Endobutton Surgical Technique



Postoperative Care



- Reverse bunion wrap
- Weight bearing thru heel with post op shoe
- Normal footwear and activities as tolerates at 6 weeks

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Other Options



- Reverse Aiken
 - Sesamoid alignment
- Reverse Chevron


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1st MTP Fusion

- Treatment for rigid/arthritis hallux varus
- Large deformities
- Most reproducible outcomes
- Eliminates chance of recurrence

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Rigid/Arthritic Deformity

- 1st MTP Fusion



Rigid Deformity

- 1st MTP Fusion



Rigid Deformity

- 1st MTP Fusion



Failed 1st MTP Implant

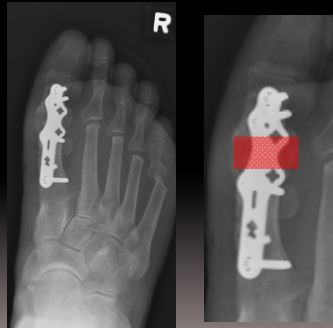
- 1st MTP Fusion with structural autograft

54 yo female with inflammatory arthritis



Failed 1st MTP Implant

- 1st MTP Fusion with structural autograft



Failed 1st MTP Implant

- 1st MTP Fusion with structural autograft



Summary



- Be conscientious about hallux valgus correction
- Reconstruction should be reserved for the symptomatic patient
- Soft tissue reconstruction is a good procedure in the right patient
- MTP fusion is probably the easiest and most reproducible operation
