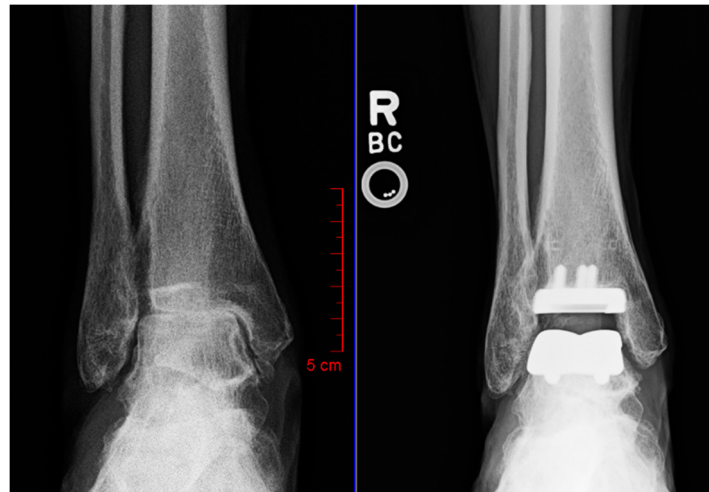


Are you suffering from debilitating ankle pain and think you may be a good candidate for a Total Ankle Replacement? Do you have a history of prior ankle injuries including sprains or fractures? Is your chronic ankle pain preventing you from leading an active lifestyle? Have you failed a thorough non-surgical treatment program involving ankle braces, activity modification, NSAIDS, cortisone injections, and physical therapy?

If you or a family member answered “yes” to any of the above questions, you may want to keep reading! Why is Total Ankle Replacement such an effective way to relieve ankle pain? Because it stops the bone-on-bone rubbing caused by ankle arthritis. Bones are loaded with nerve endings (i.e.. Broken bones hurt!) but cartilage has no nerve endings. In normal joints, cartilage rubs against cartilage and joint movement is completely non-painful. But arthritis is the loss or damage to the cartilage which results in bone-on-bone rubbing. This produces significant ankle pain and swelling.

Total Ankle Replacement removes some bone from the end of the leg bone (tibia) and from the top of the upper foot bone (talus). Metal implants are then tamped into position and separated by a plastic spacer (see the “before and after” picture below).



Total Ankle Replacement surgical techniques have improved drastically and now include 3-D printed porous coatings which enable your bone to grow into the implants, 3-D printed cutting guides which ensure precise implant placement, Vitamin E infused plastic inserts for lubrication and longevity of the joint surfaces, and patient-specific CT-based implant sizing to ensure an ideal fit.

It is possible to go home the same day as your Total Ankle Replacement surgery and immediately bear weight in a hard cast. Once the incisions have healed, you are placed in a walking boot and start immediate physical therapy.

Dr. Buchanan has been performing Total Ankle Replacement for over 15 years. His goal is to provide you with a long-lasting, pain-free ankle that allows you to enjoy life to its fullest!

Not all patients are candidates for Total Ankle Replacement surgery. Call 703-525-2200 to schedule a visit with Dr. Buchanan to discuss whether you are a good candidate for Total Ankle Replacement surgery.