

## Foot and Ankle Surgery Q & A

### What foot and ankle problems may need surgery?

Your feet and ankles absorb a lot of pressure from walking, running, and carrying you from one activity to the next. This leaves feet and ankles especially prone to a multitude of injuries and conditions that may require surgery, such as:

- Foot and ankle fractures
- Severe ankle sprains
- Achilles tendon tears (ruptures)

Various types of arthritis may also affect the foot and ankle, including osteoarthritis and gout. If you suffer from one of these conditions, the team at Ascension Michigan Orthopaedics-Rochester are here to help. We provide surgical and nonsurgical treatment options for foot and ankle issues.

### When would I need foot or ankle surgery?

The team at Ascension Michigan Orthopaedics-Rochester takes a conservative approach to treatment and always explores nonsurgical methods first, like physical therapy and orthotics. However, severe injuries, like a torn tendon or complex fracture, only resolve with surgical intervention.

You may also need surgery if you have a chronic condition, such as arthritis, that continues despite conservative treatment. The team at Ascension Michigan Orthopaedics-Rochester thoroughly evaluates your condition with a physical exam and imaging tests like an X-ray or MRI. Then, we create a personalized treatment plan based on your needs.

### What are the different types of foot and ankle surgery?

The team at Ascension Michigan Orthopaedics-Rochester performs various surgical techniques to treat foot and ankle problems, including:

**Minimally invasive arthroscopy:** Ankle arthroscopy involves inserting a small camera through a buttonhole-sized incision. The camera projects images of the inside of your ankle onto a monitor for your surgeon to examine. This allows them to detect problems inside your joint and treat them with miniature surgical instruments.

**Open surgery:** When foot or ankle surgery is necessary, the team at Ascension Michigan Orthopaedics-Rochester uses the least invasive approach possible. In some cases, open surgery is the safest and most effective technique. This traditional form of surgery involves making a larger incision and manually moving soft tissue to access the problem in your joint.