

Orthopedic Management of ANKLE PAIN

The knees and hips aren't the only joints that can develop problems that make it difficult to live a full and active life. Many people suffer from painful conditions that affect the ankle, including arthritis, trauma, instability and rheumatological diseases. In some cases, ankle pain is so debilitating that activities must be limited.

If you have ankle pain, don't wait until your condition worsens or you need surgery. "People should visit an orthopedic physician who specializes in treating the ankle if they're in persistent pain or if their ankle becomes deformed or unstable," says Jorge Acevedo, MD, a board-certified foot and ankle surgeon. "Orthopedic foot and ankle specialists can recommend corrective treatments or procedures that help stabilize the ankle, reduce pain and prevent the joint from deteriorating even further."

Conservative Therapies

There are several noninvasive treatments that can help reduce the pain and disability caused by ankle disorders. Anti-inflammatory medications, bracing, exercise, physical therapy, special inserts for the shoes and activity modification are some of the conservative therapies that specialists may recommend.

As part of a national, multicenter study, Dr. Acevedo now offers some patients viscosupplementation injection therapy. This advanced treatment helps cushion the joint and stimulate the body's production of hyaluronic acid, a natural lubricant. Patients who qualify for this treatment receive three injections of hyaluronic acid directly into the joint over a period of several weeks. The injections typically cause only minor discomfort during the procedure, and the positive effects can last six months to a year.



Jorge I. Acevedo, MD, is a board-certified orthopedic surgeon specializing in foot and ankle injuries and conditions. He is a partner of the Center for Bone and Joint Surgery of the Palm Beaches, located at the Palms Wellington Surgery Center on State Road 7/441 in Royal Palm Beach. To learn more about innovative treatments for ankle pain, please call Dr. Acevedo's office at **561-803-8502**.



Ankle arthritis



Ankle fusion



Model of an ankle fusion

Surgical Treatment

When more conservative therapies don't work, specialists such as Dr. Acevedo may suggest other options, including:

- **Arthroscopic procedures** — During these minimally invasive procedures, doctors look inside the ankle with a small scope and use tiny instruments to remove loose bone and tissue fragments and repair damaged cartilage.
- **Realignment osteotomy** — If there is more damage on one side of the joint than the other, doctors may be able to cut the bones and realign the joint to shift the patient's weight to the healthier side of the ankle.
- **Ankle fusion** — Doctors remove the remaining cartilage in the ankle and use tiny metal screws to fuse the bones together. This procedure helps stabilize and immobilize the ankle joint.
- **Ankle replacement** — Surgeons remove the damaged ankle joint and replace it with an artificial joint.



Front view of a total ankle replacement

"Patients shouldn't suffer with ankle pain or dismiss it as a normal part of aging," Dr. Acevedo says. "We use a full range of therapies to help ease patients' symptoms and get them back on their feet."