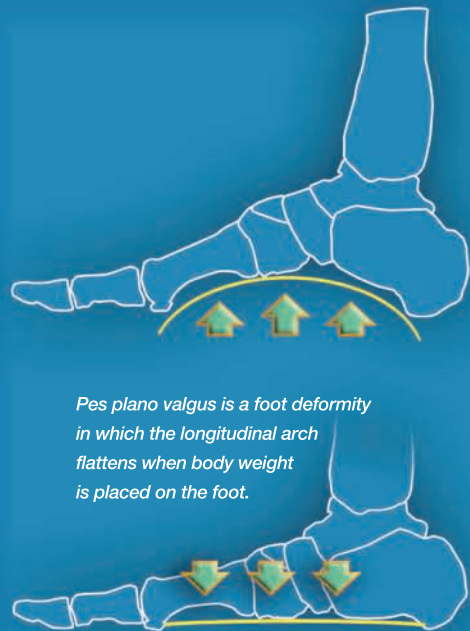


Flexible Flatfoot

Medical name: Pes plano valgus

This pamphlet provides an overview of the correction of pes plano valgus, or flexible flatfoot deformity. It outlines the anatomy of the joint, treatment options, and what to expect after surgery.



Flexible Flatfoot: Pes Plano Valgus

Futura[™] CSI

Conical Subtalar Implant

Flexible Flatfoot

Pes Plano Valgus



Please note: The following information is provided for reference purposes only. Your doctor will decide the best treatment option based on individual assessment.



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An overview of the correction
of flexible flatfoot using the Futura[™]

Conical Subtalar Implant
from Nexa Orthopedics

Futura™ CSI Conical Subtalar Implant



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Overview

Flexible flatfoot deformity is one of the most common deformities of the foot. It typically begins in childhood or adolescence and continues into adulthood. The term “flexible” means the foot is flat when standing (weight-bearing) and the arch height returns when sitting.

Symptoms

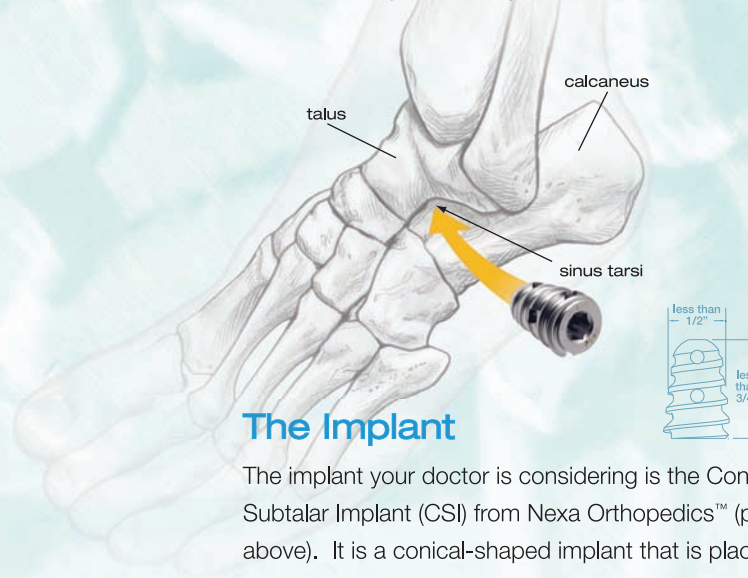
- Pain in any of the following areas:
 - heel
 - arch
 - ankle
 - along the inside of the leg or knee
- “Turned-in” ankle
- Out-toe (duck-footed walking)
- Muscle cramps
- General weakness/fatigue in the foot or leg
- Awkward appearance while walking
- Knee and lower back discomfort



*The longitudinal arch
flattens when standing*

Treatment Options

Treatment options will range based on the severity of the deformity. Some cases can be treated with physical therapy, orthotics, and/or corrective shoes which provide additional support for the foot and prevent pronation (inward turning of foot and collapse of the arch). Other cases that are more severe may need to be treated surgically. Several treatments available and some require the insertion of an implant. You should thoroughly discuss all treatment options with your doctor.



The Implant

The implant your doctor is considering is the Conical Subtalar Implant (CSI) from Nexa Orthopedics™ (pictured above). It is a conical-shaped implant that is placed in the sinus tarsi to block forward, downward and inward motion of the talus bone of your foot. Just as an orthotic limits this motion from the outside of the foot, the CSI limits the same motion from the inside. The implant is manufactured from medical-grade titanium and is held in place by soft tissue in the sinus tarsi, a small canal found in the subtalar joint.

The Surgery

The procedure is brief and typically performed in an outpatient setting. There is no use of cement and no removal of bone, and it can be reversed if necessary. If your doctor determines the need for additional corrective procedures they will be discussed prior to surgery.



An 11-year-old female patient's right foot PRE-OP and six-weeks POST-OP. Photos courtesy of Richard T. Braver, D.P.M.

After surgery you will most likely be in a weight-bearing cast for two weeks. You will then transition to a protective boot. Your postoperative care may vary if other surgeries were also performed.

Benefits

There are many benefits of using the CSI implant. These may include a decrease in both pain and tiring of the legs and feet. You may also be able to return to normal activities for longer periods of time.