Foot & Ankle Trauma Panel Discussion

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Case 1

- 22 yo man, motorcycle accident
- Presents with deformed, swollen leg
- slight tingling in toes, otherwise DNVI
- Trauma workup reveals pulmonary contusion
- Closed fracture

Case 1
Case 1

Different Case, lots of screws

Case 2

- 45 yo man, ski accident, ORIF in Canada
- Non-smoker, non-diabetic
- Presents 3 weeks post-op after fall
- Patient heard a crack and notes the leg is deformed
- DNV1
- Skin intact
Case 2

55 yo woman, osteoporosis
Twisted ankle on sidewalk, unable to walk
Skin intact, DNVI

Case 3

55 yo woman, osteoporosis
Twisted ankle on sidewalk, unable to walk
Skin intact, DNVI
Case 3
- 62 yo woman fell getting off horse
- Isolated ankle injury, obvious deformity
- Skin intact, + blisters, DNVI

Case 4
- 62 yo woman fell getting off horse
- Isolated ankle injury, obvious deformity
- Skin intact, + blisters, DNVI
Case 5

- 18 yo 250lb high school senior football player
- scholarship bound
- closed injury at practice

2 weeks of non-weight bearing

6 weeks of non-weight bearing
Case 5

12 weeks of non-weight bearing

Case 5

• 46 yo man in MVC
• Isolated trauma to ankle
• Skin intact, DNVI
• Non-smoker

Case 6
Case 6

• 35 yo woman, office worker, non-smoker
• Tripped on steps landing on heel
• Presents with swollen foot, unable to walk
• Skin intact, no blisters

Case 7

• 35 yo woman, office worker, non-smoker
• Tripped on steps landing on heel
• Presents with swollen foot, unable to walk
• Skin intact, no blisters

Case 7

Sinus Tarsi Approach

Lateral

Medial
Case 7

If the same case involved a 55 year old male construction worker
hurt on the job
smoker

would your treatment plan change?

Case 8

33 year old man fall from roof at work
isolated injury
non-smoker
no blisters
Case 8

• 27 yo woman, motorcycle accident
• isolated injury
• boot protected skin
• non smoker

Case 9