

# CORRECTION AND ARTHRODESIS OF A SEVERE CHARCOT ANKLE USING ILIZAROV EXTERNAL FIXATOR

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## INTRODUCTION:

Charcot arthropathy is a progressive disease affecting the bones, joints, and soft tissue extremities. Inflammation occurs in the earliest phase followed by loss of protective sensation leading to bone resorption, joints destruction and ligamentous instability. We report a case of 63-year old diabetic lady presented with progressive left ankle deformity for 1 year. The deformity of her left ankle was corrected to a functional position, and arthrodesis was performed using an Ilizarov external fixator.

## CASE REPORT:

We present a 63-year old diabetic lady with progressive deformity and instability of left ankle for 1 year. She was standing on the lateral aspect of the foot, unable to walk, and wheelchair-bound. Clinically, the left ankle was severely deformed with prominent lateral malleolus. The hindfoot was varus, plantar supinated, and absent medial arch. Plain radiographs revealed destruction of distal medial tibia with resorption of talus and tarsal bones. Ankle correction and arthrodesis was performed using an Ilizarov external fixator. The lateral malleolus had to be resected to allow good correction in functional position. No pin site infection throughout her regular clinic visits.



Figure 1: Severe deformity of a Charcot ankle

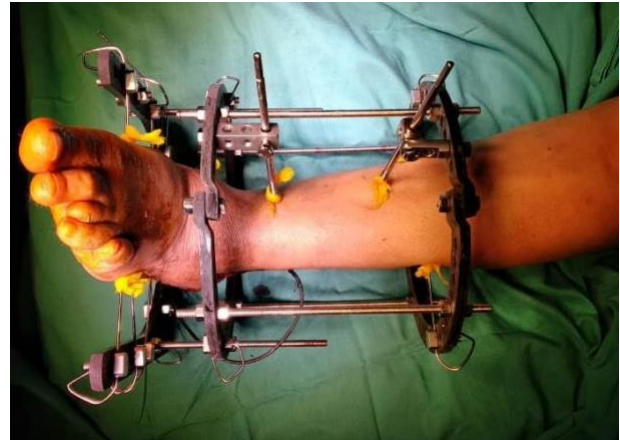


Figure 2: After correction using Ilizarov

## DISCUSSIONS:

The goal of treatment of foot and ankle Charcot arthropathy is to correct deformity, ensuring even pressure distribution for healing and preventing ulceration. Application of Ilizarov external fixator in this case was preferred due to its ability to correct deformity without internal hardware and preserving ankle stability during weight-bearing, while waiting for bone consolidation.

## CONCLUSION:

Arthrodesis using Ilizarov external fixator is an effective and safe method of deformity correction in diabetic patients. It provides good correction, allowing early weight-bearing, free of internal hardware, and prevents recurrent ulceration while keeping the risk of limb amputation at bay.

## REFERENCES:

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