



happy feet



Based on the same successful technology as joint implants for the hip, knee, and shoulder, which have been around for many years, now comes a new implant for the big toe joint. I find it very exciting that orthopedic companies have devoted their expertise and attention to this long ignored part of the body—the foot.

Commonly, patients that suffer with arthritis of the big toe will notice that their big toe joint is stiff and has limited motion. Aside from the pain associated with this condition, the lack of flexibility creates an inability to walk normally and comfortably; causing patients to favor walking more on the outside of their foot. This abnormal gait can cause associated pain in other parts of the body, such as the neck and back. Additionally,

MEDICAL BREAKTHROUGH
Two Thumbs-up for Big
Toe Solution!

with an arthritic big toe, the joint itself often swells and enlarges due to an accumulation of bone spurs. This bony enlargement makes wearing shoes uncomfortable and is cosmetically undesirable.

Until recently, the only way to completely eliminate arthritic joint pain and stiffness was to either fuse the big toe joint, or surgically insert a generic artificial joint. Although these operations helped to relieve the pain, the mechanics of the joint were ignored, causing the big toe joint to not function effectively. This immediately forced other parts of the foot to compensate for the misalignment, which often caused more stress. If the patient opted for joint fusion, then joint

motion would no longer be present which, in turn, would limit activities and drastically reduce shoe options (i.e. no more heels). With the older technology or joint fusion, there was a real trade off, eliminating toe pain but permanently limiting the mechanical function of the toe.

There are many people who will benefit from this dynamic, customizable toe joint implant. Evidence shows that highly active, baby boomers are wearing out foot joints at rates far exceeding those of previous generations. Not surprisingly, in an effort to maintain their desired energetic lifestyles, they are very quick to seek medical solutions.

This new surgery, approved by the FDA is for treating moderate and advanced arthritis of the big toe. This system replaces damaged cartilage with contoured implants, precisely matched to the patient's anatomy using three-dimensional mapping technology. Matching the curvature of the cartilage allows for proper function of the big toe joint.

The implant is positioned into the metatarsal head and replaces the old cartilage. The implant acts just like new cartilage but with the advancement of not destroying the joint. In essence, this is a high tech joint resurfacing procedure that keeps the architecture of the bone nearly the same as the original joint.



This new technology is different from both the existing methods and devices in the following ways.

- Custom matched and fitted to a patient's joint size and shape.
- Dramatically reduces the need for cartilage and bone removal.
- Crafted "into" the surface, leaving the joint less surgically altered.
- Preserves high range of joint motion.

This is an outpatient procedure performed with local or twilight anesthesia. You will walk out of the operating room in less than an hour, will be wearing tennis shoes in about three weeks, and will be ready to return to your regular activities shortly thereafter.

Dr. Ivar E. Roth DPM/MPH is the only Podiatric surgeon at Hoag Hospital to have full foot and ankle privileges. His office is located at 351 Hospital Road #407 Newport Beach, CA 93663, Directly across the street from Hoag. Please call 949-650-1147 for an appointment. Courtesy valet parking is provided for his patients. www.DrRoths.com

