

Ankle Replacement

In this procedure, the surgeon removes the ends of the damaged bones and fits a plastic-and-metal replacement joint onto them. The artificial joint helps the ankle retain more-natural movement, so there's less risk of arthritis developing in nearby joints. However, loosening of the components can occur.

Artificial ankle joints are generally recommended for healthy people over the age of 60 who have less-active lifestyles. High-impact activities such as running and jumping can damage an artificial ankle joint.

Fig. 1. Normal anatomy of the foot and ankle

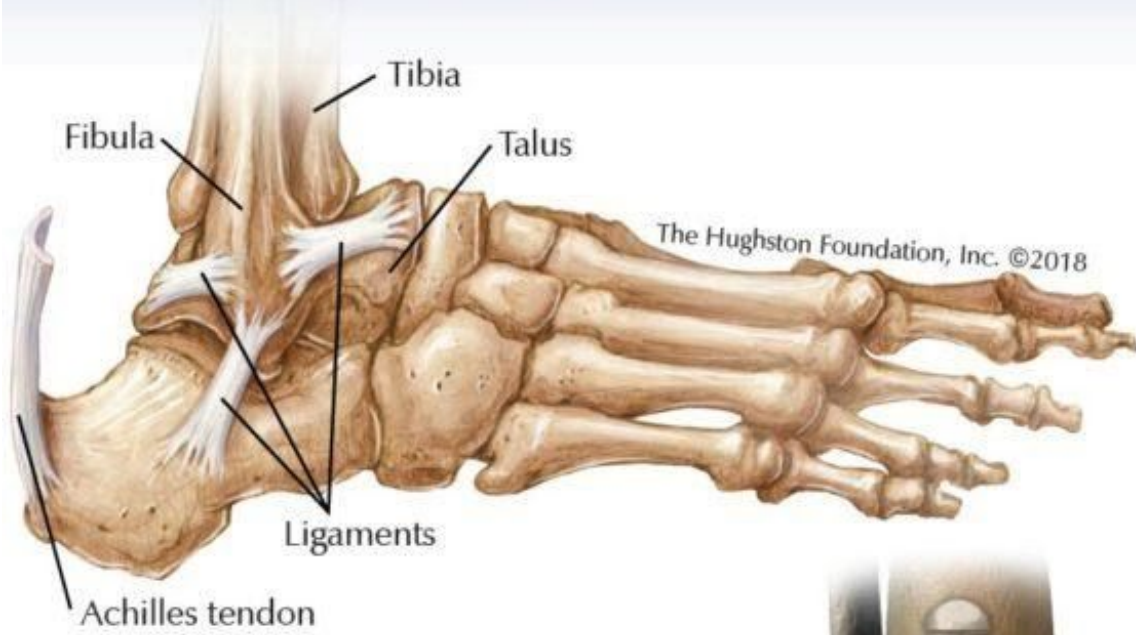


Fig. 2. Total ankle replacement hardware options



The surgeon's implant choice is based on the patient's weight, age, activity level, material sensitivity, and history.



Image permission granted. Wright Medical Group © 2018. All rights reserved

Ankle replacement might not be a good choice if you:

- Are younger than 50
- Have weakened ankle ligaments
- Participate in high-impact sports or work
- Have misaligned ankle bones
- Are significantly overweight
- Have nerve damage from diabetes
- Are a heavy smoker

