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# Percutaneous Zadek Osteotomy Produces Immediate Pain Relief.

Short Case Series.

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# Faculty Disclosure Information

- Nothing to disclosure



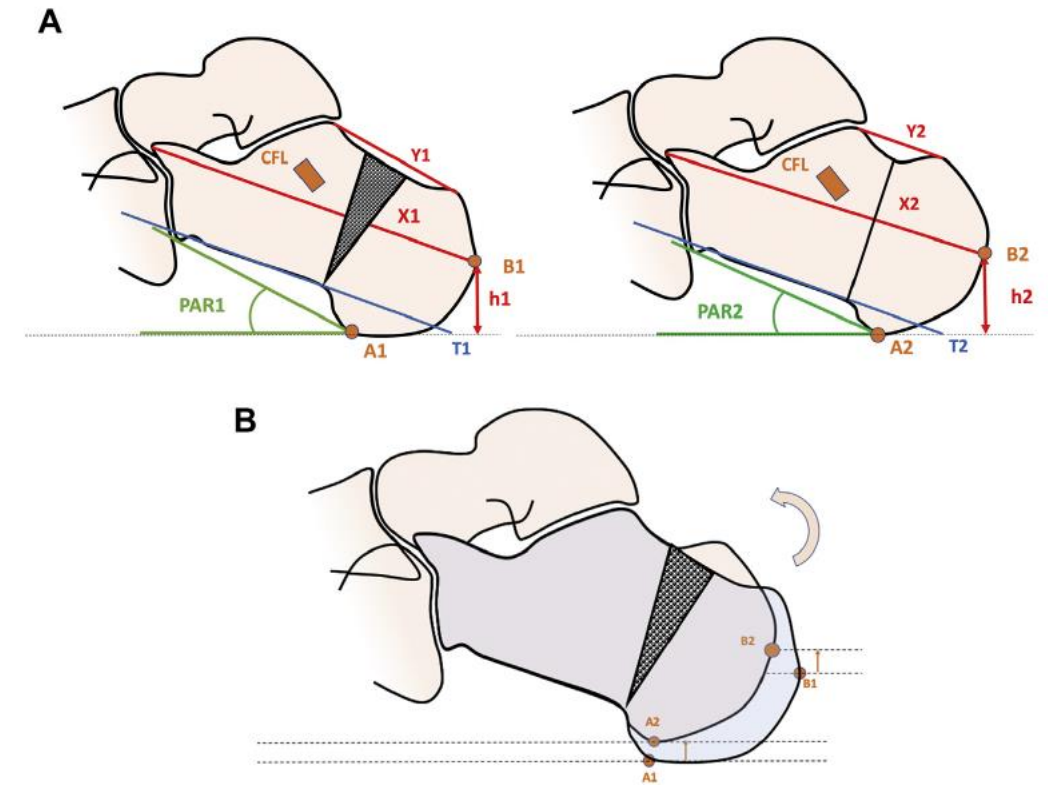
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# Introduction

- The Zadek osteotomy (ZO) was first described as a closing wedge calcaneal osteotomy in 1939 as an effective technique for the treatment of insertional Achilles tendinopathy.
- ZO considers the reduction of the Achilles tendon impingement by rotating the posterosuperior corner of the calcaneal tuberosity anterior and elevating the Achilles tendon insertion through an open approach.
- Percutaneous ZO has been recently published, and comparing to the open technique, it reports fewer postoperative complications and decreased pain.



*Tourne, FAS 2021*



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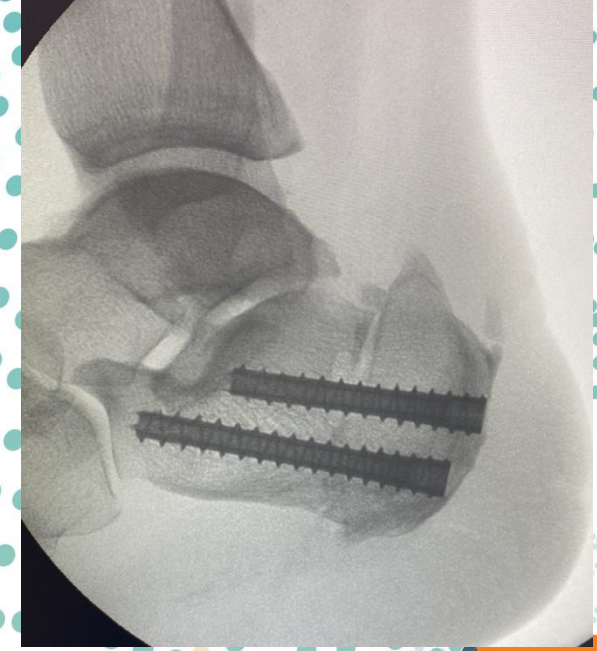
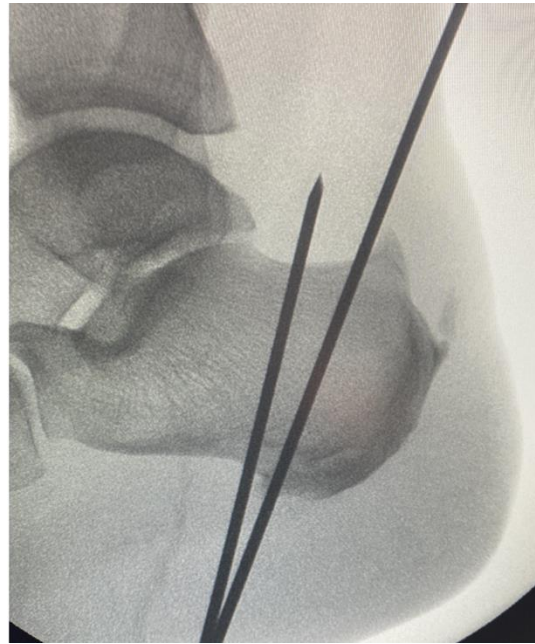


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# Objective

- To describe the preliminary results (short-term) of a clinical and radiological outcome study following Zadek MIS osteotomy.







# Methods

- A prospective study.
- Visual Analogue Scale (VAS) preoperatively and at 1 month/3 months/6 months and 12 months postoperative.
- Achilles VISA score preoperatively and at 3 months/6 months/12 months postoperative mark.
- Radiological analysis of pre and postoperative Fowler-Philip angles and X/Y relation.



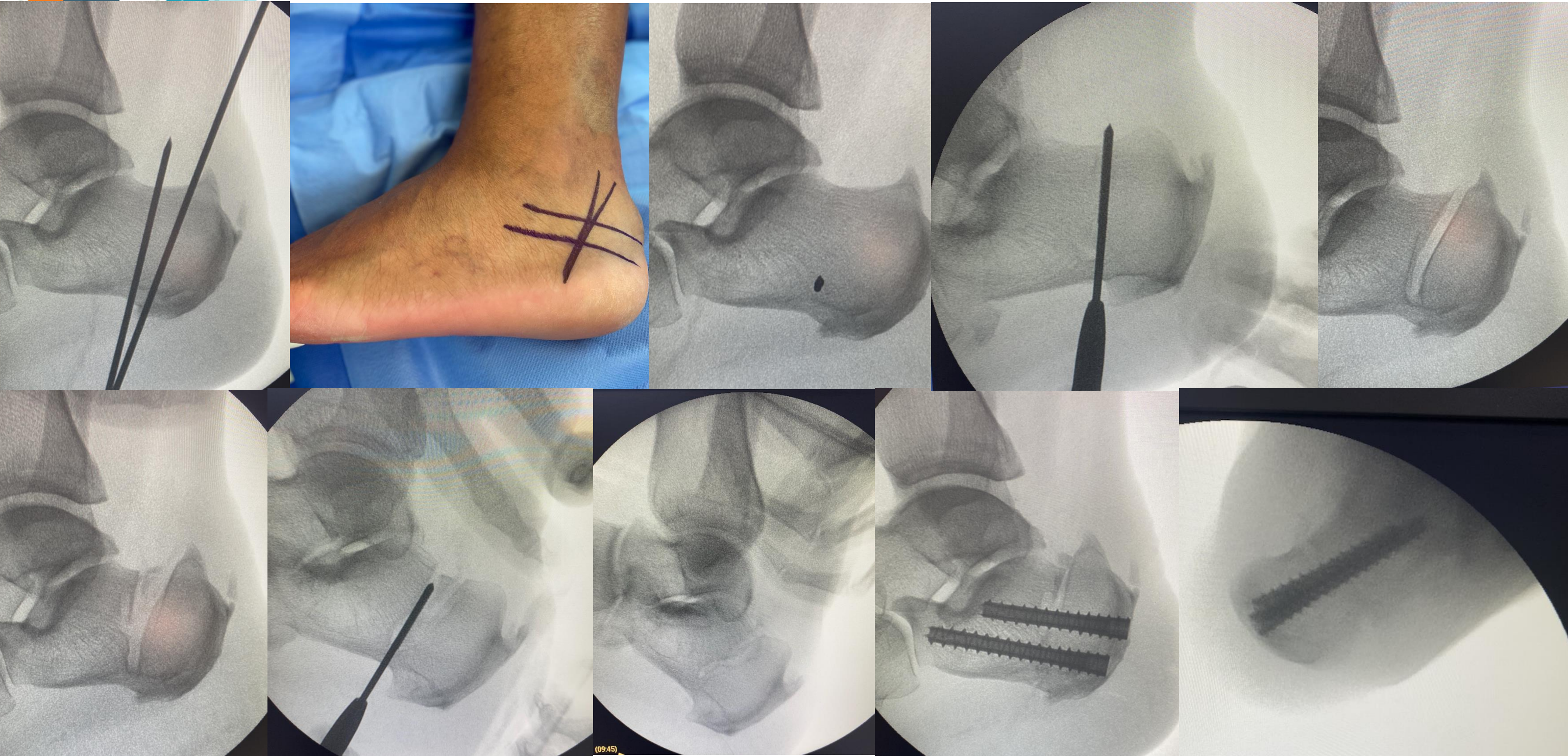
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# Technique

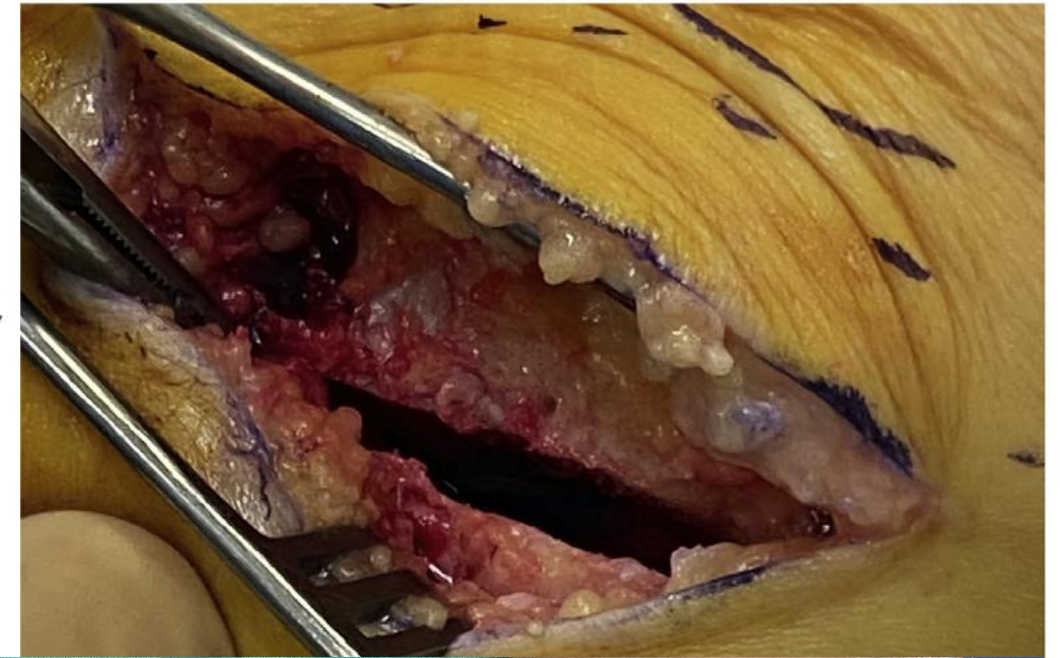




# Technique



*Tourne, FAS 2021*





# Results

- 3 patients, 2 bilateral (5 ZO)
- 2 women 1 man. Average age 50 years old (48-53)
- All obese, BMI 34.6 (32.4-35.8). All sedentary.
- Mean duration of symptoms: 40 months (12-72)
- VAS 9/10 (7/10-10/10).
- At the 30-day evaluation **VAS 0.8/10** (4/10-0/10).
- **No wound complications.**
- Radiological
  - Fowler-Philip preop 62 and postop 52.
  - Relation X/Y preop 2.7 and postop 4.1.







# Conclusion

- The Zadek MIS osteotomy is a safe procedure and significantly improves pain at immediate postop.
- Clinical relevance: we present these early results because of the significant pain relief in the immediate evaluation of all the patients, 4/5 with VAS 0/10 at 30 days.



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