Knee Pain Frequently Improves 1 Year After Foot or Ankle Surgery

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Disclosures

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Introduction & Aim

- Osteoarthritis frequently affects multiple joints through the lower limbs.
- Ankle pain is associated with increased odds of incident symptomatic knee pain in observational studies [1-3]
- Foot deformity such as flatfoot is associated with more severe OA-related knee symptoms [4]

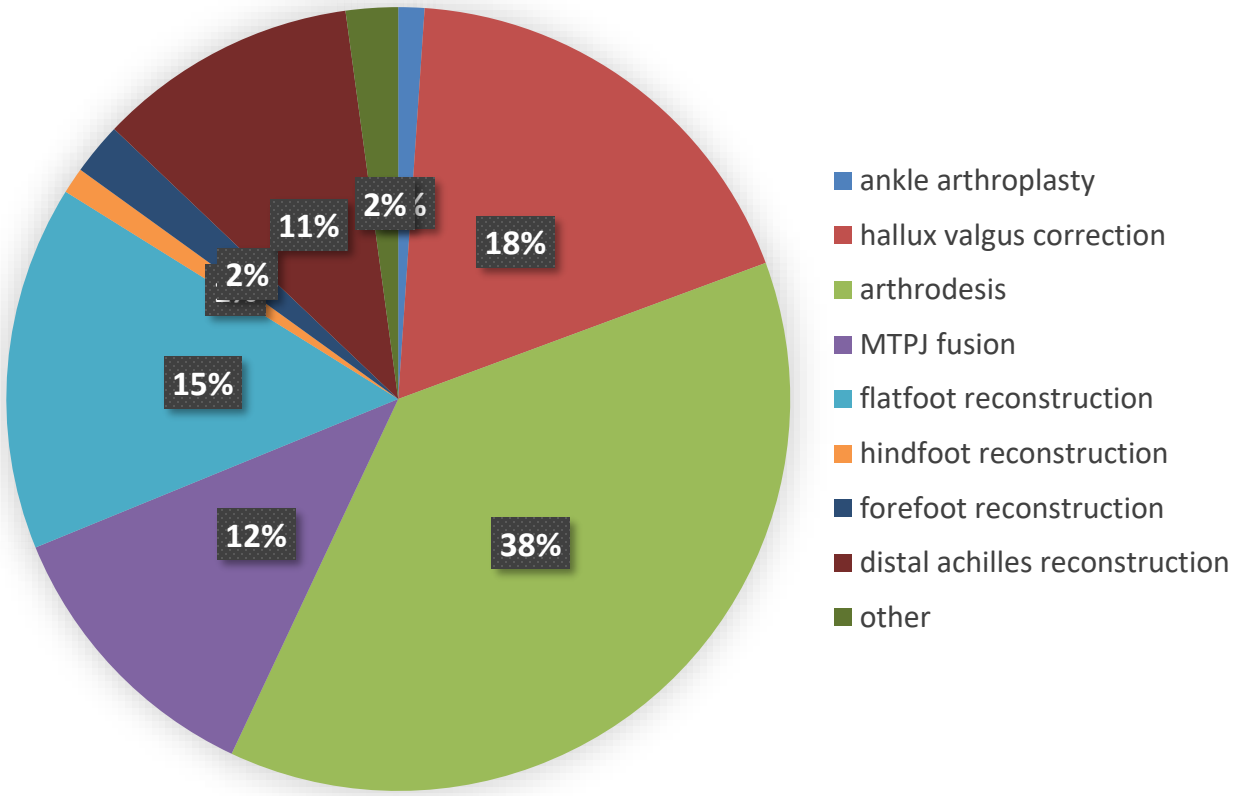
- This study sought to examine the prevalence of knee pain, and any post operative change in knee pain of subjects undergoing foot or ankle surgery

Study Group

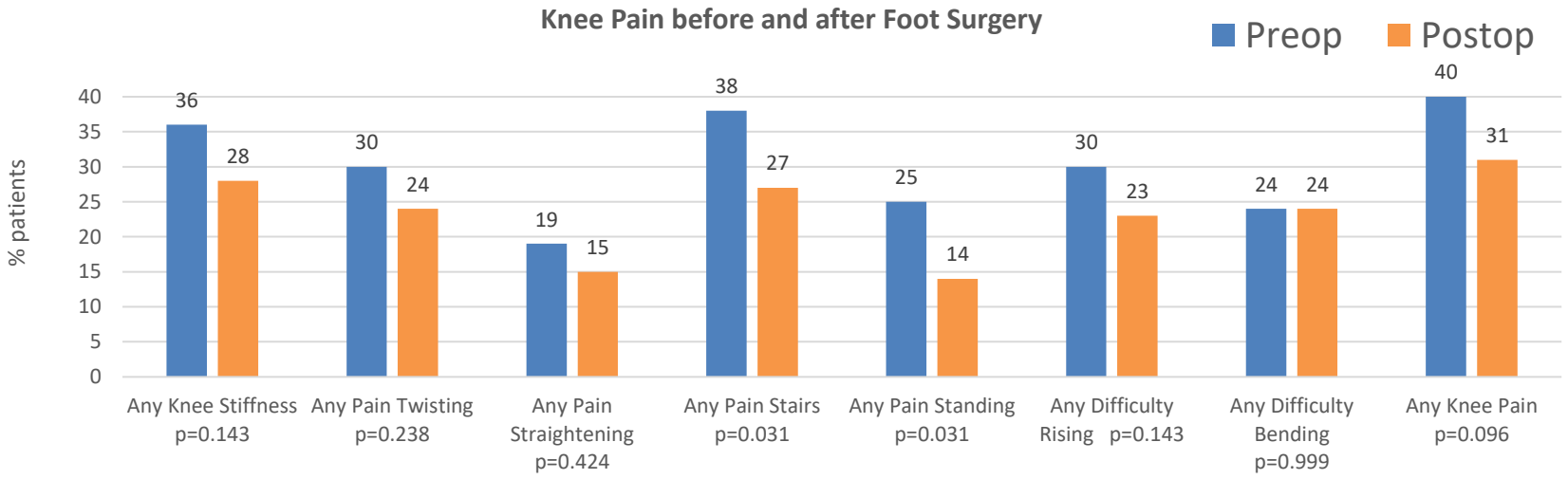
- Foot or ankle surgery for degenerative condition between 2020 and April 2024
- Consent to participate in a prospective research database
- Completion of baseline and 1 years PROMs
  - FAOS (foot specific survey)
  - KOOS JR (knee specific survey)
  - EQ5D (general health measure)
  - Satisfaction with surgery at 1 year postop

Baseline Characteristics	
Median age, yrs (IQR)	65 (17)
Women, n (%)	56 (60%)
Left side, n (%)	46 (50%)
Median baseline BMI, kg/m^2 (IQR)	27 (7)

Surgery Type

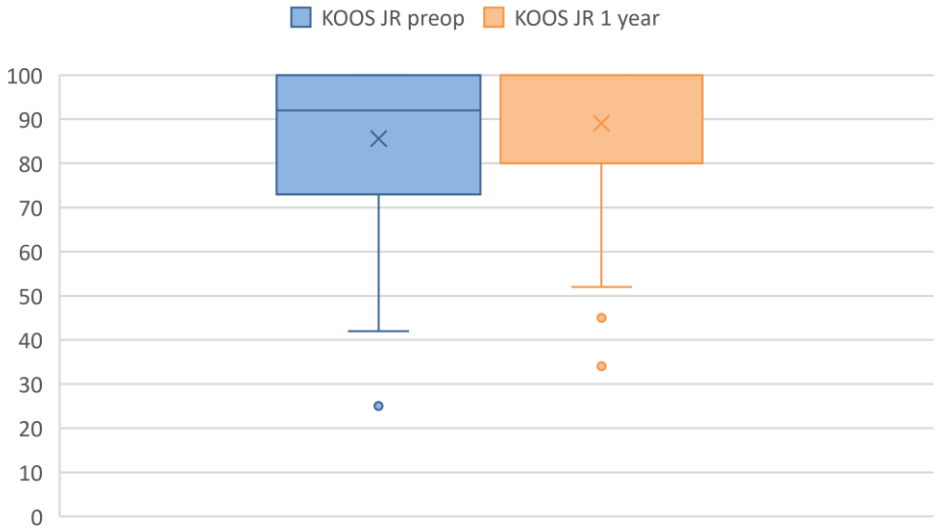


Baseline and 1 year Knee Pain



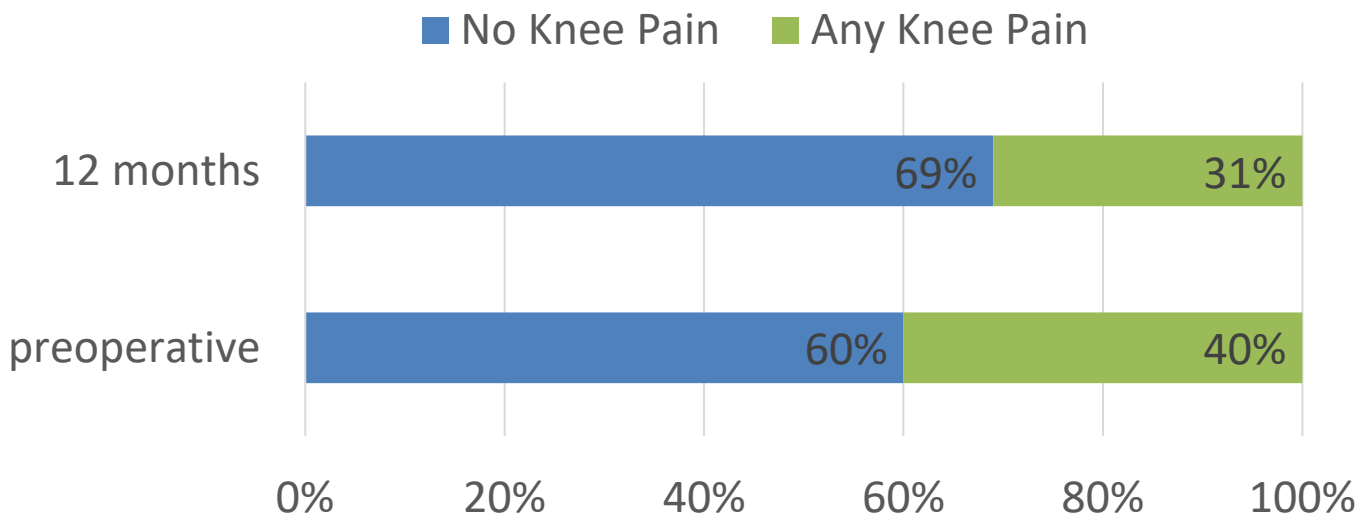
- Knee pain with standing and stairs significantly decreased from baseline to 1 year

Baseline and 1 year Knee Score



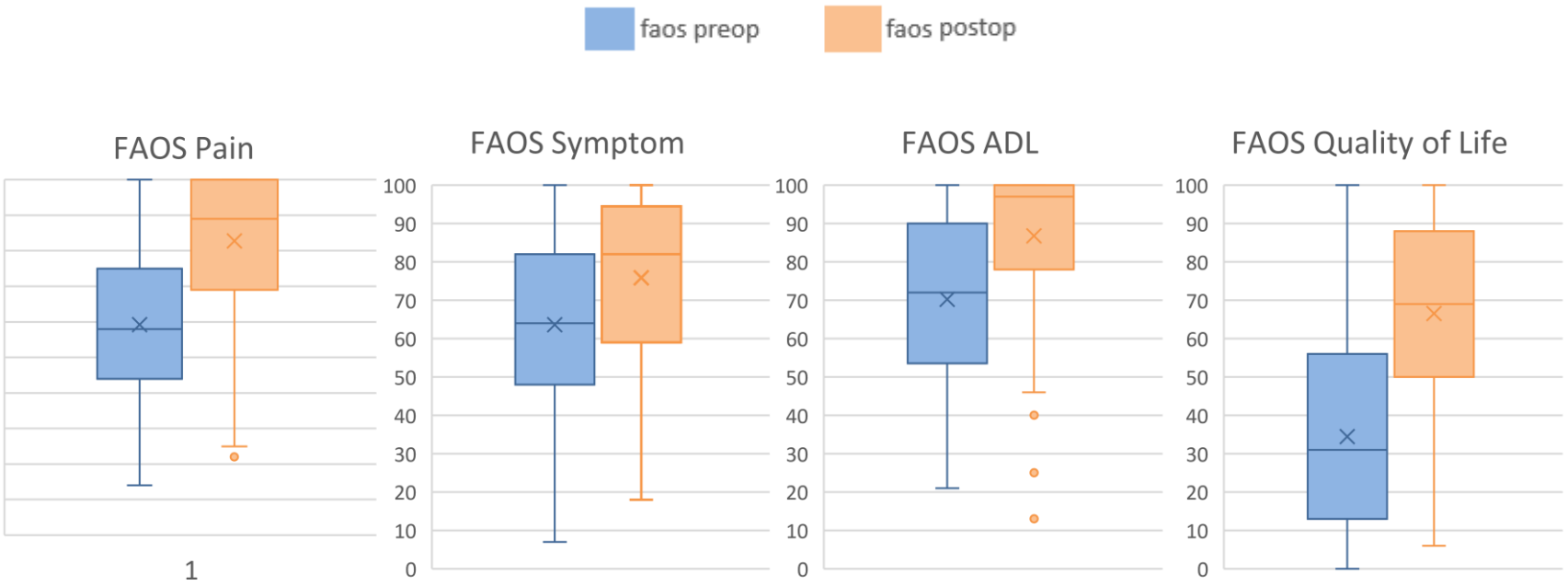
- A small magnitude but statistically significant increase in the median KOOS Knee Score from 92 before surgery to 100 after surgery (p=0.041) was observed.

Prevalence of Knee Pain



- Of those reporting any baseline knee pain, 65% reported no knee pain at 12 months after foot surgery.

Baseline and 1 year FAOS Scores



There was a significant improvement in all FAOS domains from preop to 1 year ($p<0.001$)

Satisfaction

	No Knee Pain n=56	Any Knee Pain n=37	P
Satisfied or Very Satisfied (%)	85%	77%	0.355
Same Surgery Again (%)	85%	80%	0.472

No difference in the % satisfied with surgery, would have the same surgery again between the knee pain and no knee pain group at 12 months.

Conclusion

- 40% of foot surgery patients reported baseline knee pain
- Knee pain improved for 65% after foot surgery
- Presence of baseline knee pain does not appear to negatively impact the outcome of foot surgery

References

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