

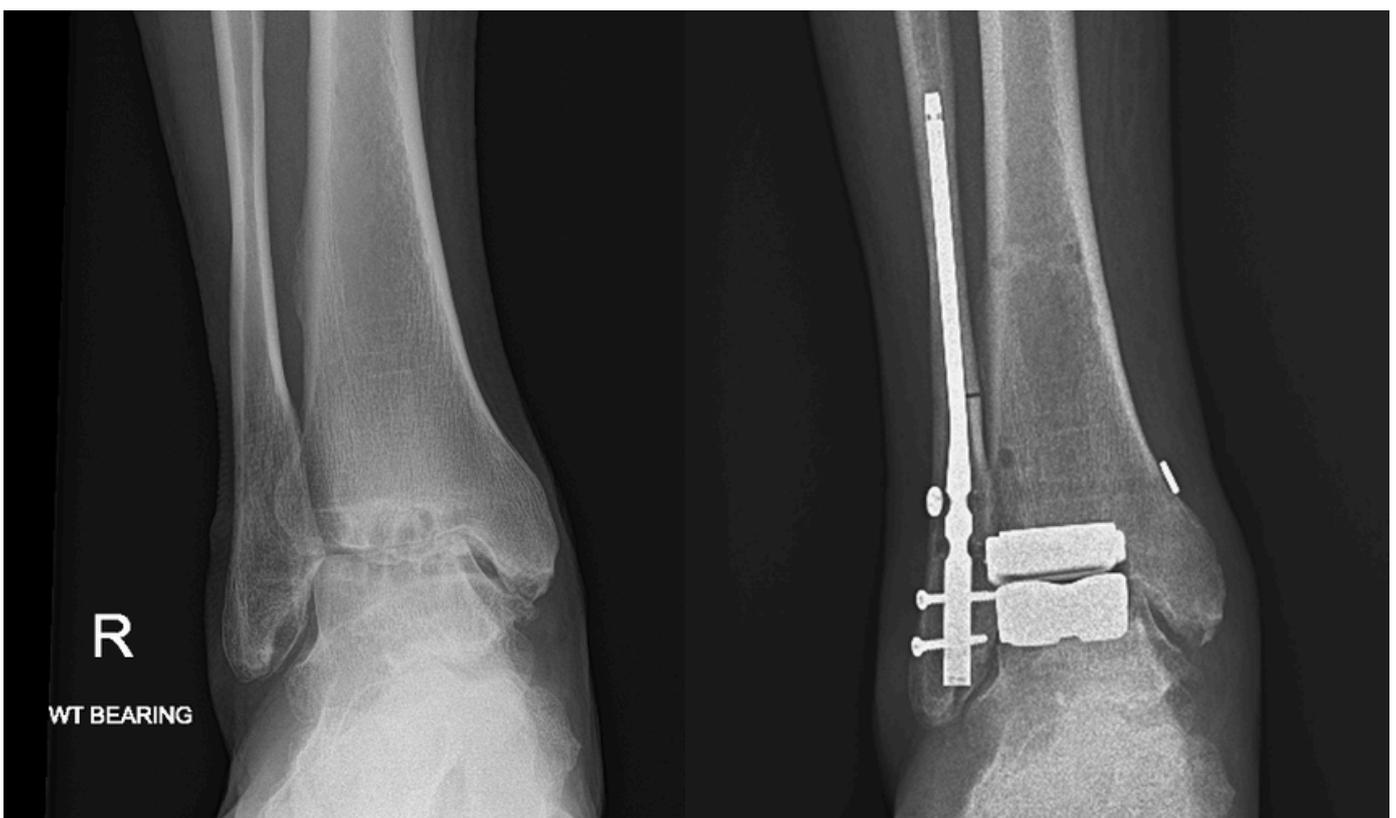
ANKLE REPLACEMENT VS ANKLE FUSION

GP INFORMATION SHEET

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KEY INFORMATION

- Both of these procedures are most commonly performed for **ankle osteoarthritis**.
- When the two treatments are compared, both have **SIMILAR** functional outcomes, pain relief, re-operation & complication rates.
- Newer **ankle replacement prostheses** have resulted in improved revision rates, resulting in a sudden increase in the number of ankle replacements performed in Australia. Traditionally ankle replacements performed poorly and **15-20%** of ankle replacements needed to be revised at 10 years post-surgery
- New ankle replacements currently only have **5 years of data** on the **Australian Joint Registry**. The prosthesis currently used by Dr Kent (**Zimmer™ Ankle Replacement**) has a **1.8% revision rate** at 5 years, however we do not have 10 years of data on any of the new prostheses



ANKLE REPLACEMENT VS ANKLE FUSION

ANKLE REPLACEMENT

- Preserves remaining ankle range of motion
- Gait pattern more closely approximates native gait
- Whilst functional outcomes are similar to ankle fusion, higher **functional quality of life scores** have been recorded compared to ankle fusion
- **15% risk of revision at 10 years post-operatively** (according to current evidence on Australian Joint Registry - including older poorly performing prostheses)

ANKLE FUSION

- Durable, no joint replacing implant
- Alters gait pattern
- Places increased stress on adjacent joints (risk of adjacent joint osteoarthritis needing fusion)
- Good for **higher demand** or **younger patients**

ANKLE REPLACEMENT RECOVERY

4 weeks **non-weight-bearing** in a moon boot

Followed by 2 week **weight-bearing as tolerated in a boot**

Patient transitions to normal shoes at **6 weeks** post-op

Start **physio** at **4 weeks** post-op

ANKLE FUSION RECOVERY

2 weeks **non-weight-bearing** in a backslab

Followed by 6 weeks **weight-bearing as tolerated in a walking plaster**

Followed by 2 week **weight-bearing as tolerated in a boot**

General Practitioner Cheat Sheets

Scan the **QR code** to access GP Information Sheets
on common foot & ankle presentations



Syndesmosis
(AITFL)
Injuries



Lisfranc
Injuries



Achilles
Tendon
Rupture



Low Ankle
Sprain (ATFL
Injury)



Anterior
Calcaneal
Process
Fracture



Ankle
Osteoarthritis

REFERENCES

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- Glazebrook M, Balasubramaniam U, Walls A, et al. Outcomes of Total Ankle Replacement Versus Ankle Arthrodesis for the Treatment of End-Stage Ankle Arthritis: A Concise Follow-up, at a Minimum of 10 Years, of a Previous Report. *J Bone Joint Surg Am*. 2025;107(6):552-557. doi:10.2106/JBJS.24.00361