**Outside**

**Front (right)**

My Painful Ankle

Solutions for Ankle Arthritis

Dr Anthony Cadden

Orthopaedic Foot and Ankle Surgeon

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Details for Seaview Clinic

Seaview clinic logo,

Image of outside of hospital

Contact details

Locations

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**Left page**

(Designed to highlight me, showing image, bio and procedures)

**Dr Anthony Cadden**

MBBS (UNSW), FRACS (Ortho), FA (Ortho)

Dr Anthony Cadden is an Australian trained Orthopaedic Surgeon who has a primary focus in the treatment of conditions of the foot and ankle. He has completed post fellowship training in Foot and Ankle surgery both locally and internationally, and continues to update himself in the latest techniques.

Conditions treated

Dr Cadden provides assessment and treatment of all foot

and ankle conditions. He has special interest in the following:

• Minimally invasive treatment for bunions and toe deformities.

• Joint sparing procedures for arthritis or deformity,

including the Cartiva implant.

• Joint fusion procedures for arthritis of the feet and ankle

• Sports injuries and tendinopathies.

• Total ankle replacement and deformity correction of the

foot and ankle.

Text Inside

**Left page**

Ankle arthritis is a painful condition where there is loss of cartilage from the ankle joint surface. Although not as common as knee or hip arthritis, pain can be debilitating affecting quality of life.

Arthritis of the joint can be caused by trauma joint such as fracture or recurrent instability or secondary from inflammatory conditions such as rheumatoid arthritis.

Pain from the joint will occur with activity causing a limp, limiting walking speed and distance. Often there is swelling of the joint with progressive loss of motion.

Diagnosis is made with examination of the ankle and weight bearing x-rays showing loss of joint space.

(image of ankle arthritis.tiff)

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When pain medication, activity modification and shoe ware modification is no longer effective to control the pain then then it is worthwhile discussing with your GP for referral to Dr Anthony Cadden for an opinion on further treatment. As an Orthopaedic Foot and Ankle surgeon, he will be able to assess your conditions and give advice on the best options for your treatment.

The decision on the best option is based on your age, activity level, existing medical problems, previous ankle treatment and your expected outcome from treatment. In the situation of end stage arthritis options consist of either Ankle fusion or Total Ankle replacement.

Ankle Fusion Surgery.

This operation aims to stiffen the ankle joint by fusing the tibia and talus together in the optimal position for function. The common thought is that there will be no movement of the foot, and the patient will walk with a limp. The fusion only occurs at the ankle joint, leaving motion available to the surrounding joints. Although there is decreased motion, you will walk more normally after a fusion without a limp as the pain to the joint is removed.

For more information on ankle fusion, risks and recovery visit our website : [www.seaviewclinic.com.au/Ankle-Fusion](http://www.seaviewclinic.com.au/Ankle-Fusion)

(image of ankle fusion.tiff)

Total Ankle Replacement Surgery

In suitable patients there may be the option to maintain joint motion and perform a Total Ankle Replacement. Like a hip or knee replacement operation, the arthritic joint is removed and replaced with an artificial joint. Like an ankle fusion there will alleviation of the pain and limp with maintenance of the ankle joint motion. Recovery to walking post-surgery is often much sooner than with ankle fusion. Dr Anthony Cadden if one of the few surgeons to have completed an international fellowship in ankle replacement surgery and has been performing the technique since 2008. He is currently performing the technique using the Infinity Total ankle with Prophecy guides.

For more information on ankle fusion, risks and recovery visit our website : [www.seaviewclinic.com.au/Ankle-Replacement](http://www.seaviewclinic.com.au/Ankle-Replacement)

(image of ankle replacement.tiff)

Results of surgery

Successful surgery in the suitable patient will help resolve the pain associated with the ankle arthritis. Ankle Fusion surgery is ideal for patients with heavy labour work, allowing them to return to previous activities. There may be the risk of arthritis to surrounding joints in the future, but often this occurs many years down the track. Results from Total Ankle replacement surgery have been improving over the years, but there is known risks of loosening, cyst formation or failure of the joint over time that can occur in some patients. It is important to have a opinion from an Orthopaedic Foot and Ankle Surgeon experienced in the these procedure to determine which procedure will provide the best long term solution for you.