



PrePodiatryStudy Case Studies



PrePodiatryStudy

Hallux Valgus

Case

HPI:

A 41-year-old Female, presents complaining of right bunion pain for the past 6 years. She has tried many previous conservative methods including physical therapy, shoe gear modification, and custom orthotics. Seeking surgical consult.

What do you want to know next?

Past Medical History

PMH:

- Illnesses: Healthy
- Meds: No Medications
- Allergies: None
- FH: Non-contributory
- SH: Non-smoker

What do you want to know next?

Physical Exam

- Neurologic
 - (-) Tinel/Valleix Sign
- Vascular
 - DP/PT palpable pulses
- Dermatologic
 - Medial pinch callus
- Musculoskeletal
 - 1st MTPJ ROM 25° dorsiflexion
 - (+) Crepitus
 - (+) Tracking
 - (+) Valgus angulation
 - (+) 1st ray hypermobility

What is the difference between Roots vs. Dynamic Hicks test?

What is normal 1st Ray excursion?

Physical Exam

Weight Bearing Exam:

- (+) Functional Hallux Limitus
- RCSP
- NCSP
- (+) Abducted (too many toes)
- (+) Medial column collapse
- (+) Equinus (early heel off)

What do you want to know next?



Read Me
This Image



Imaging

Read the image.

Imaging

- Anterior-Posterior View (AP View)
 - IMA?
 - HAA?
 - HIPA?
 - PASA/DASA?
 - Metatarsus Adductus angle?
 - Sesamoid location?
 - Met protrusion distance?

What are the above Normal Values?



What's your surgical
plan, Doctor?

Plan

- Incision placement?
- Osteotomy? **Austin? Kalish?**
- Screw size? **2.7, 3.5, 4.0mm?**
- Cannulated or not?
- Cortical or cancellous?
- Partially threaded or Fully threaded?
- Orientation of screw?

Plan

- Pain Meds?
- Post-Op protocol?
- Return to clinic in how many days?
- When to take sutures out? 7 days? 14 days? 20 days?
- When to take X-rays?
- When do you start weightbearing? Why?
- When to return to regular running shoe?



Rapid Fire Questions

Rapid Fire Questions

- What's the true IM angle?
- What procedures correct PASA?
- What procedures correct DASA?
- Soft tissue procedures for HAV?
- Steps of a lateral release?
- Risks of bunionectomies?

Rapid Fire Questions

- What causes Hallux Varus?
- Steps of lag technique?
- Overdrill and Underdrill for 2.7 mm screw?
- Overdrill and Underdrill for 3.5 mm screw?
- Why do we countersink?
- Why do we tap?



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Thank You