

Hausärztliche Vorfussprobleme ,Top 10‘



Belastung Fuss

- pro Tag 8000-10000 Schritte/Tag, ca. 8km
- pro Leben durchschnittlich 128'747 km/Leben
 - entsprechend 3'000 Marathons
 - entsprechend 3 Weltumwanderungen
- pro Jahr Frau Shopping 214 km/Jahr
- verbringen zw. 25 und 57% unseres Lebens auf Füßen



Bestandesaufnahme



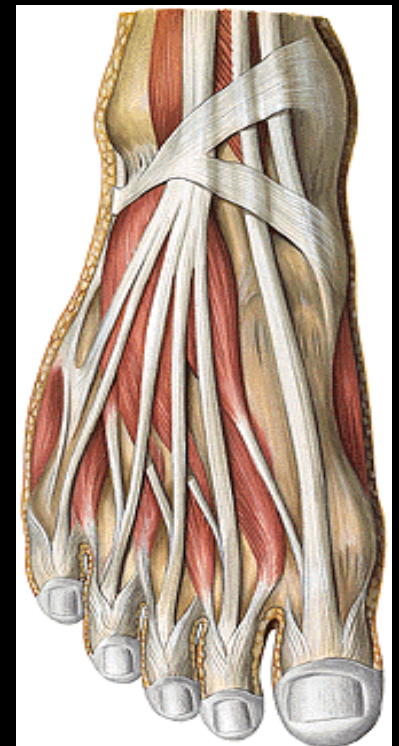
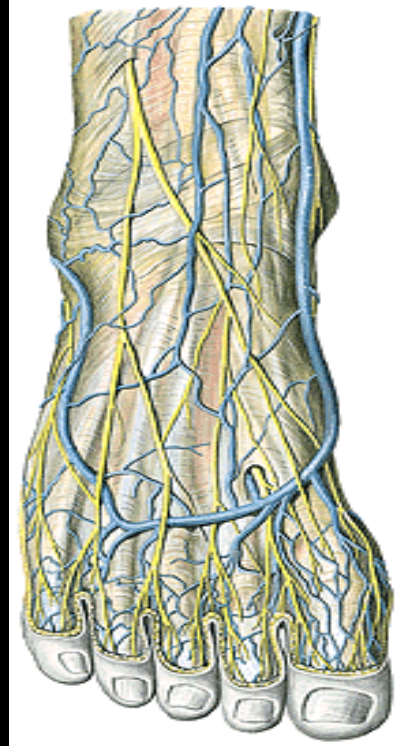
wo?
wann?
wie?

Vor-/Mittel-/Rückfuss
Belastungs-/Ruheschmerz
Rötung, Schwellung

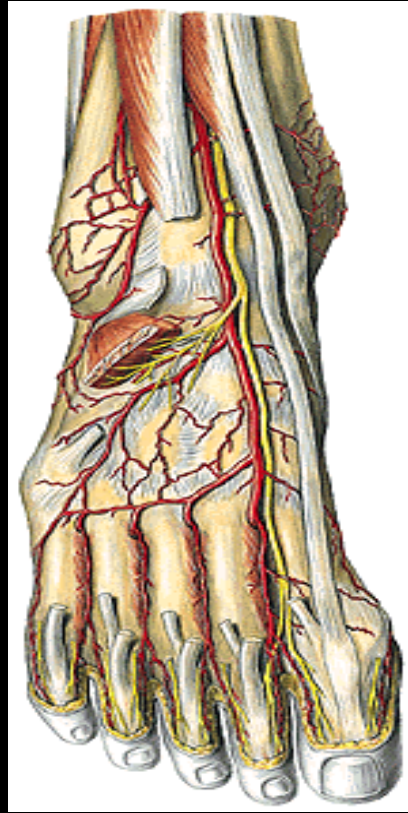
Druckstellen



Anatomie Fuss



Anatomie Fuss



Vorfussprobleme-Schuhe anpassen



Anpassung an Funktion/Ansprüche



Hausärztliche Vorfussprobleme ‚Top 10‘

Grosszehe

- Hallux valgus
- Hallux rigidus
- Weichteilveränderungen

Kleinzehen

- Deformitäten (Hammerzehe)
- Instabilitäten (plantare Platte)
- Digitus quintus varus

Metatarsalgien

- funktionell (Gastrocnemius)

‚Vorfussdekompensation‘

- Stressfraktur
- neurogen (Morton)
- dermatogen (Verruca)

Hallux valgus ?



Hallux valgus ?

Hallux rigidus



Bursitis bei
Arthrose



Hallux valgus

Ganglion

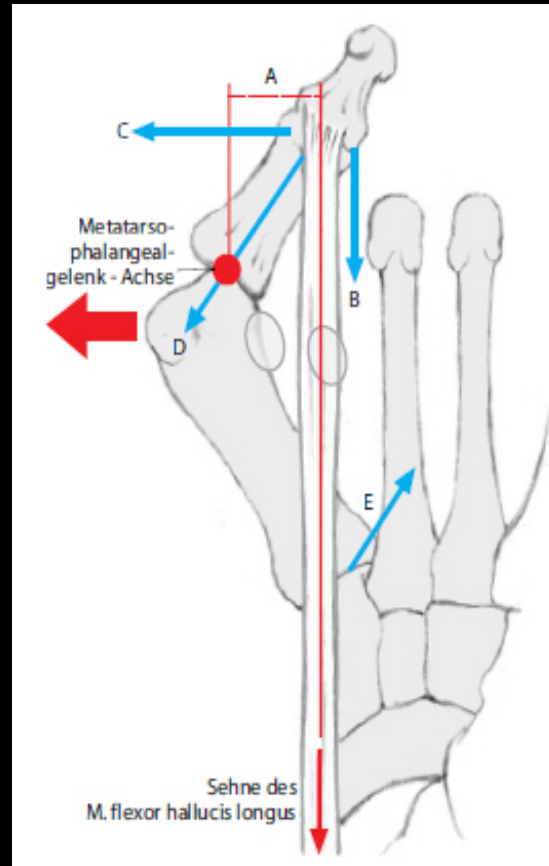


Ganglion



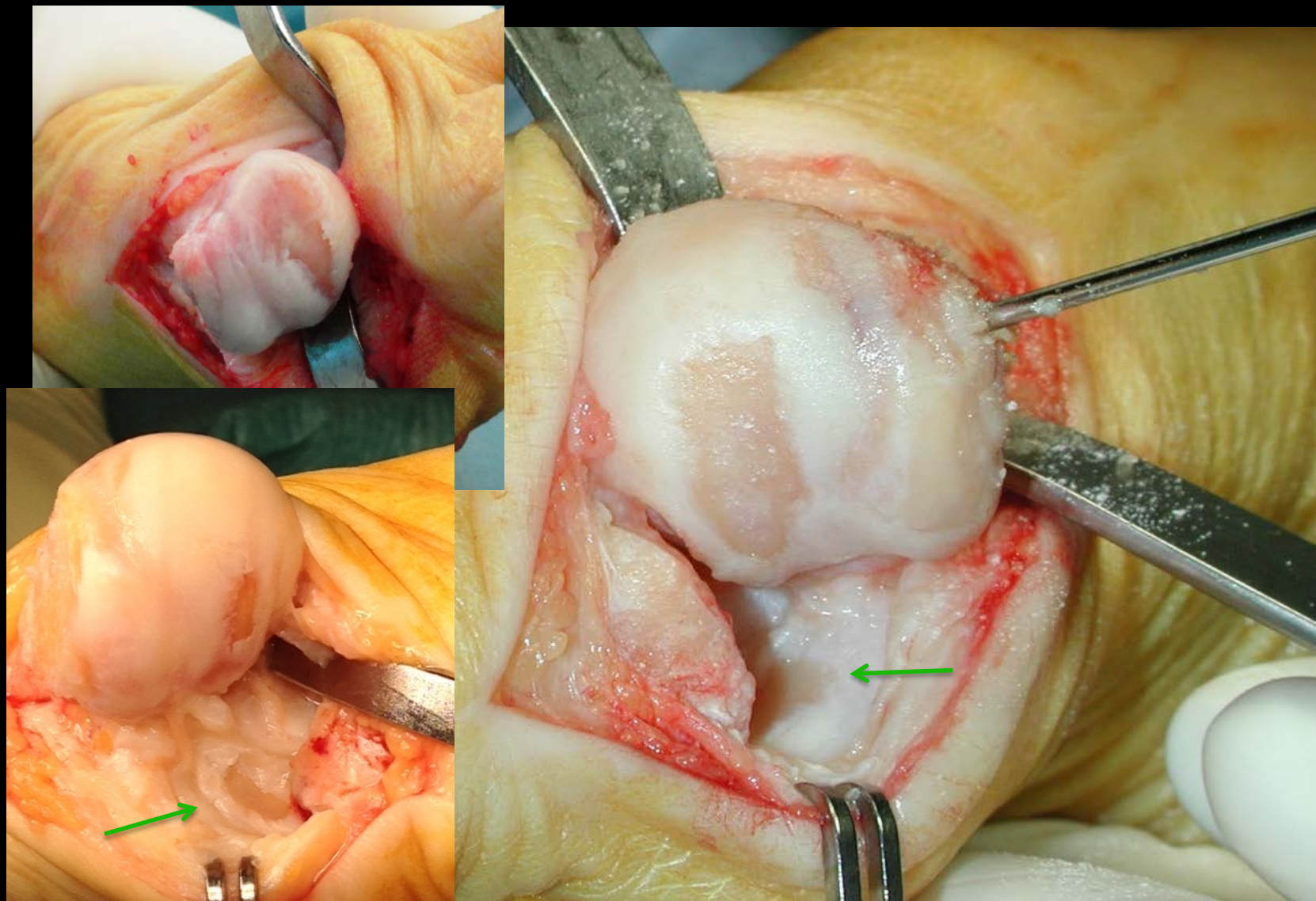
diagnostische und gel.
Therapeutische Punktion

Hallux valgus Störung Biomechanik



Sehnenzentrierung/Subluxation

Hallux valgus Arthrose sesamoidales Gleitlager



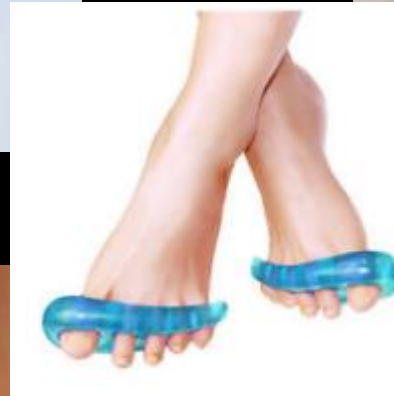
Hallux valgus



keine Schmerzen
> keine operative Therapie

Schmerzen im Alltag trotz
'Modifikationen'
> Empfehlung für Operation

Hallux valgus konservative Therapie ?



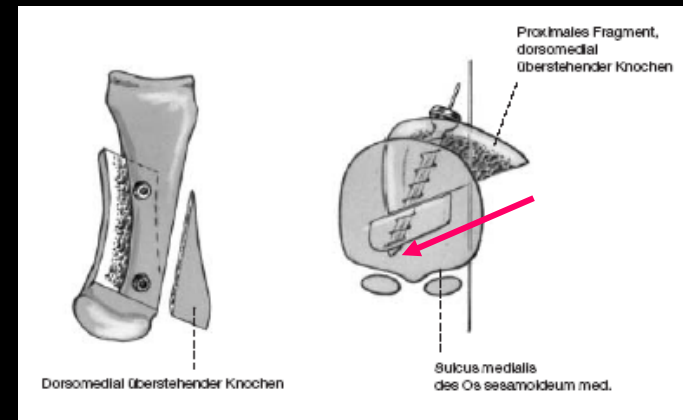
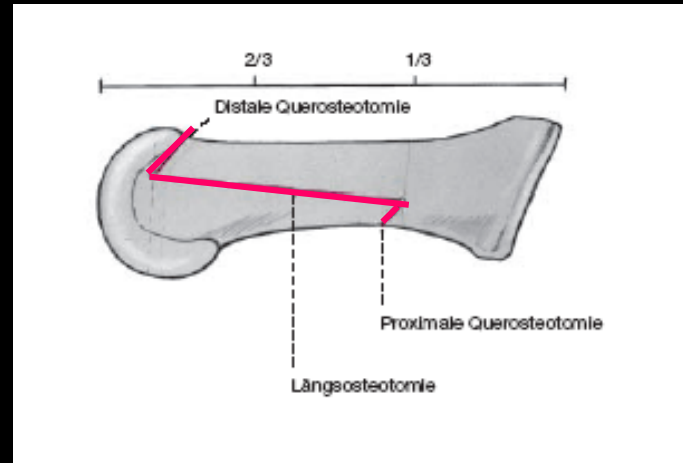
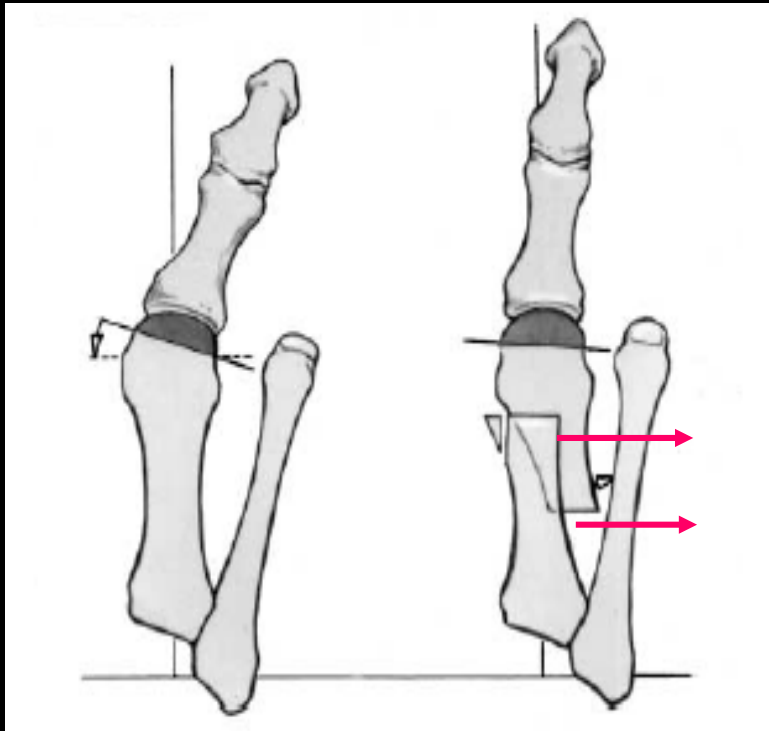
Hallux valgus konservative Therapie ?



Spiraldynamik?



Hallux valgus Osteotomie (zBsp. Scarf)



Hallux valgus



Hallux valgus Scarf- und Akinosteotomie



präop



5 Wo postop



Hallux rigidus

Arthrose Grosszehengrundgelenk

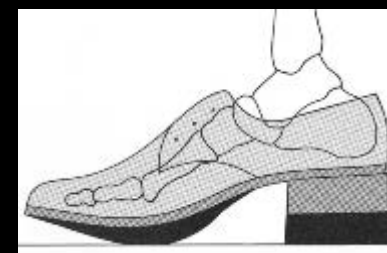


Hallux rigidus



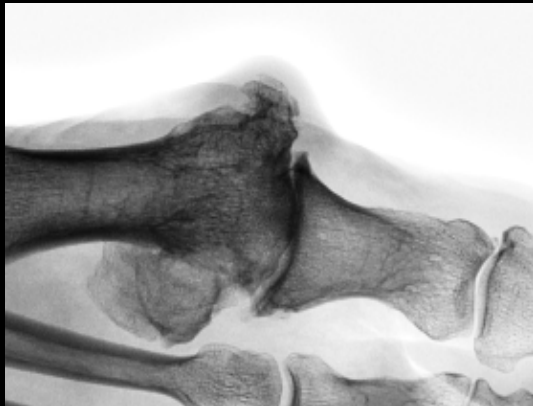
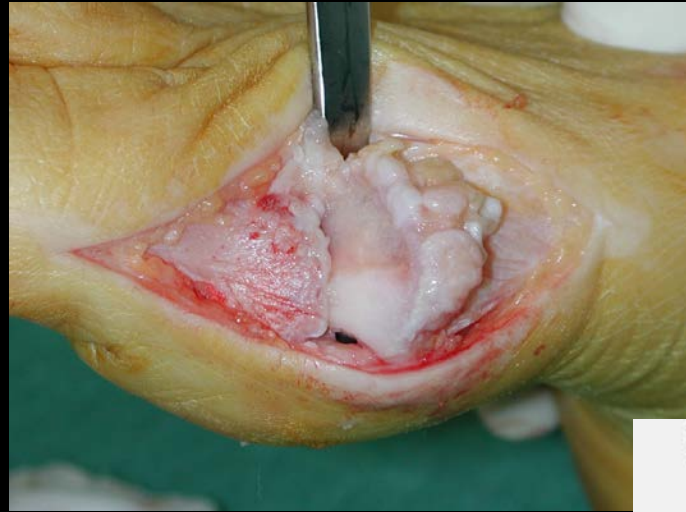
- dp-Beweglichkeit reduziert
- dorsaler Kapseldehnungsschmerz
- Krepitation

MTP-1 Arthrose



Carbonsohle, Sohlenversteifung/Abrollhilfe

Druckstellen Hallux rigidus



- Cheilektomie
- Osteotomie verkürzend
- Arthrodese
(-Endoprothese)

MTP-1 Arthrodesese



Röntgen



Therapie ?

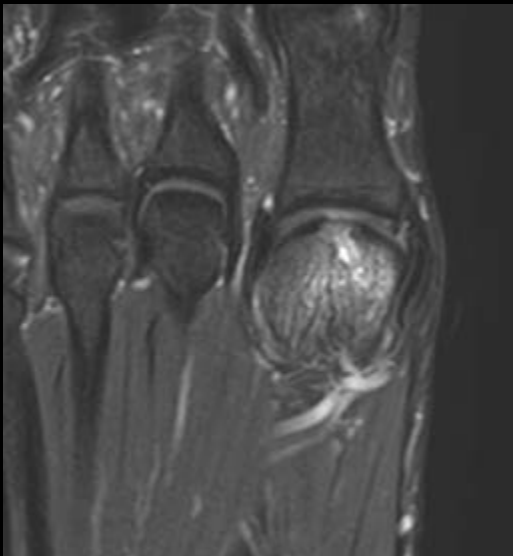
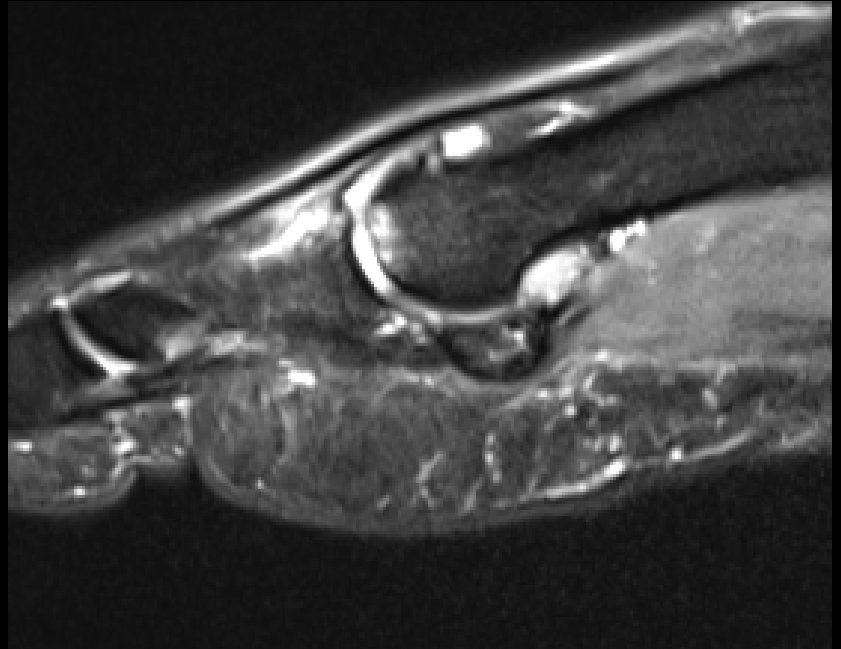
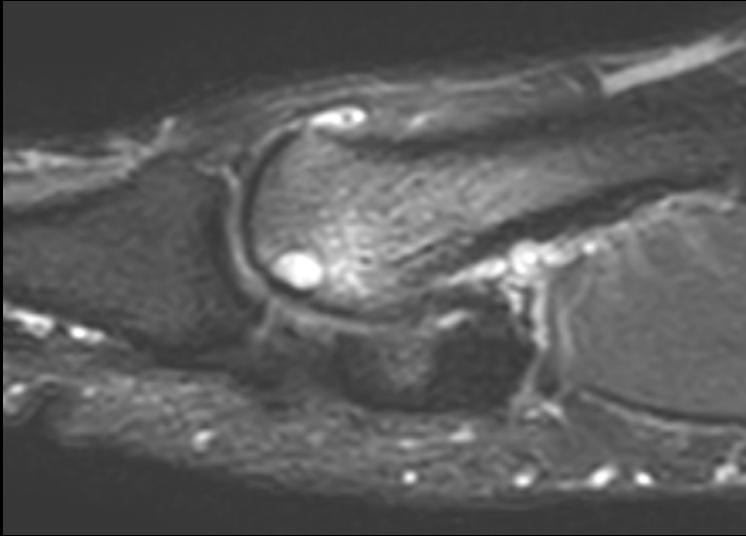


MTP-1 Arthrodesese



Cheilektomie
Verkürzende Osteotomie
AMIC-Arthroplastik

MRI Knorpelschaden MTP 1



MRI-Diagnostik
> therapeutische Konsequenz?



Ganglion bei MTP-1 Arthrose



Druckstellen plantar



mechanisch



Verruca



mechanisch



Druckstellen plantar



Verruca plantaris



Kombination



Verruca plantaris DD



topische Keratolyse
Kryotherapie
Chemotherapeutika (Fluorouracil,
Bleomycin ua.)
CO2 ua.
Dermatologie
(chirurgische Exzision)

Druckstellen/Metatarsalgie



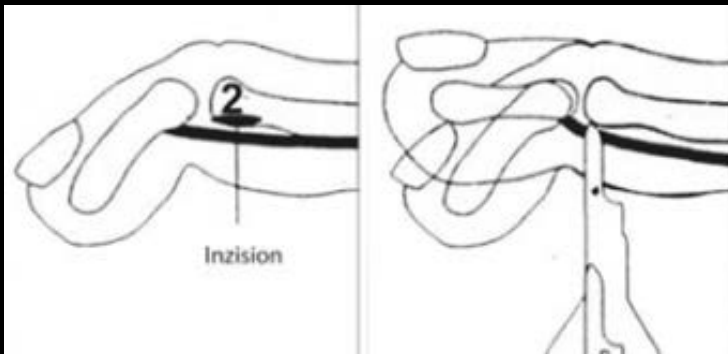
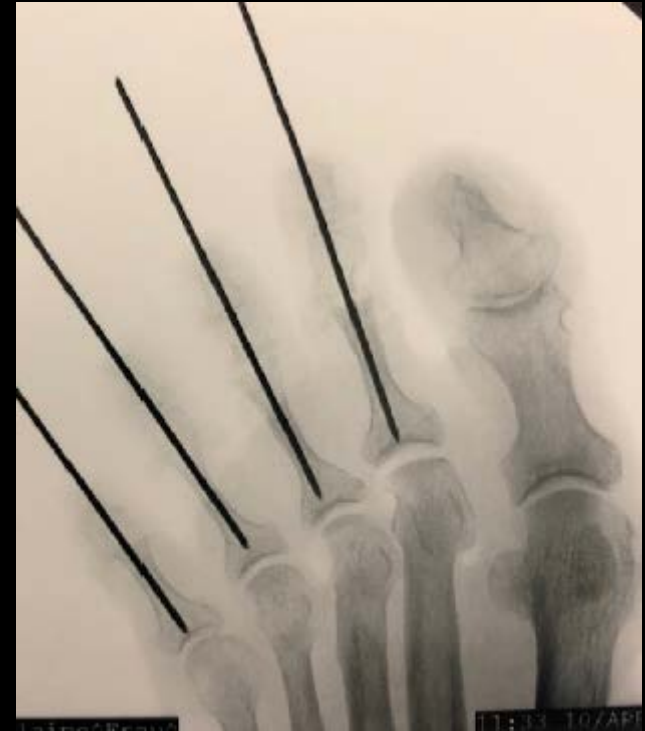
retrocapitale Abstützung
Gastrognemiusdehnung
DMMO, HV-Korrektur

Gastrocnemiusverkürzung



Silverskioldt Test

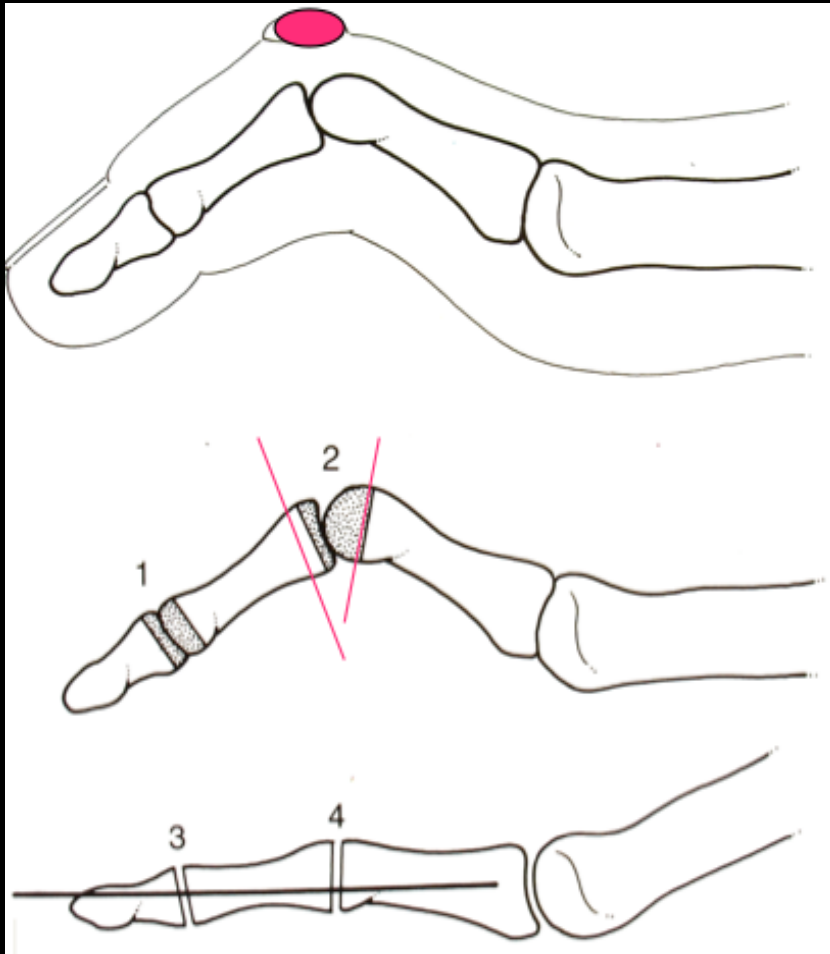
Hammerzehen



flexibel:
rigide:

FDL-Tenotomie
PIP-Arthrodese

PIP-Arthrodesis



Interdigitale Druckstellen Zehen



Zehenredression



cave:
-Diabetes mellitus, PAVK
-Superinfekt Endoprothesen

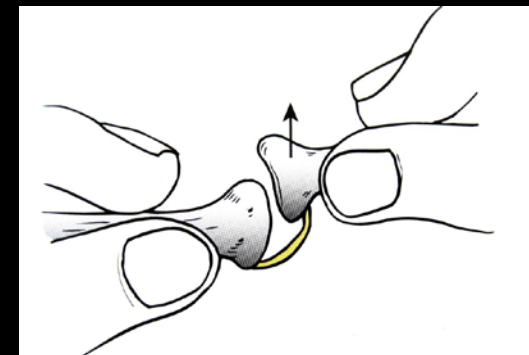
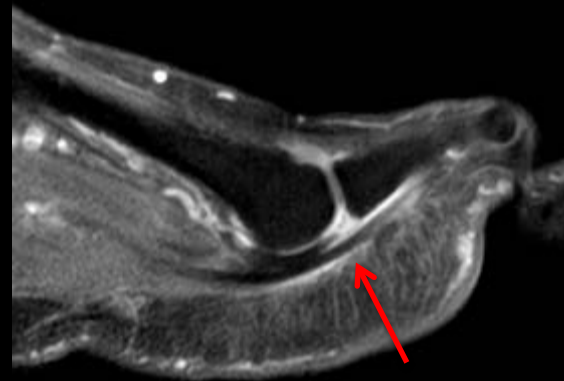
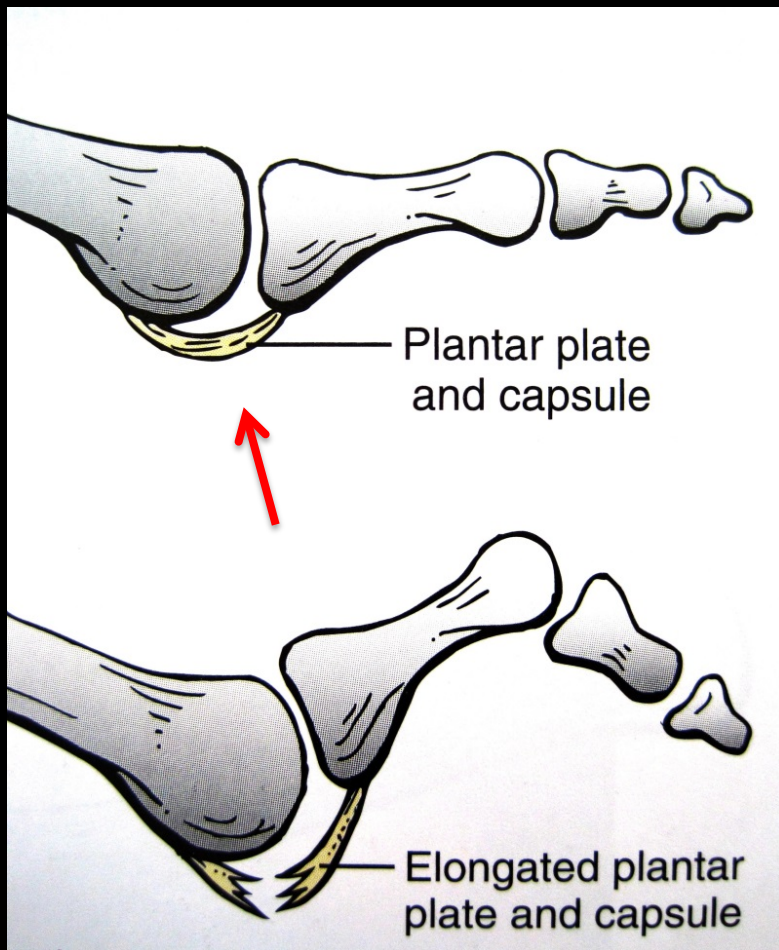
Kleinzehedehformität



Vorfußdekompensation



MTP-Instabilität-Läsion plantare Platte



Lachmann Test
Druckdolenz



MTP-Instabilität/Subluxation nach dorsal



Instabile Hammerzehe- Taping



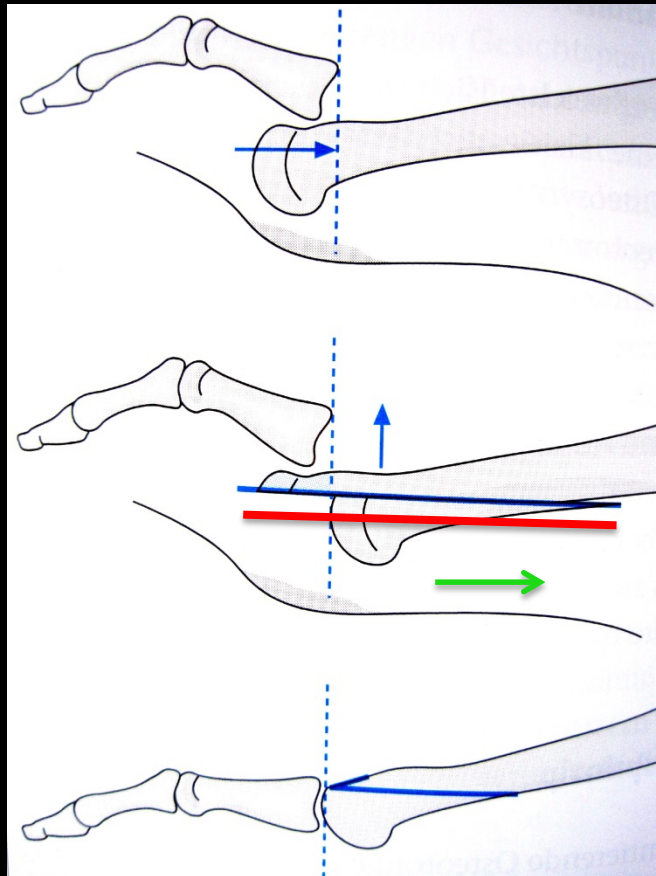
Redressierende Bandagen



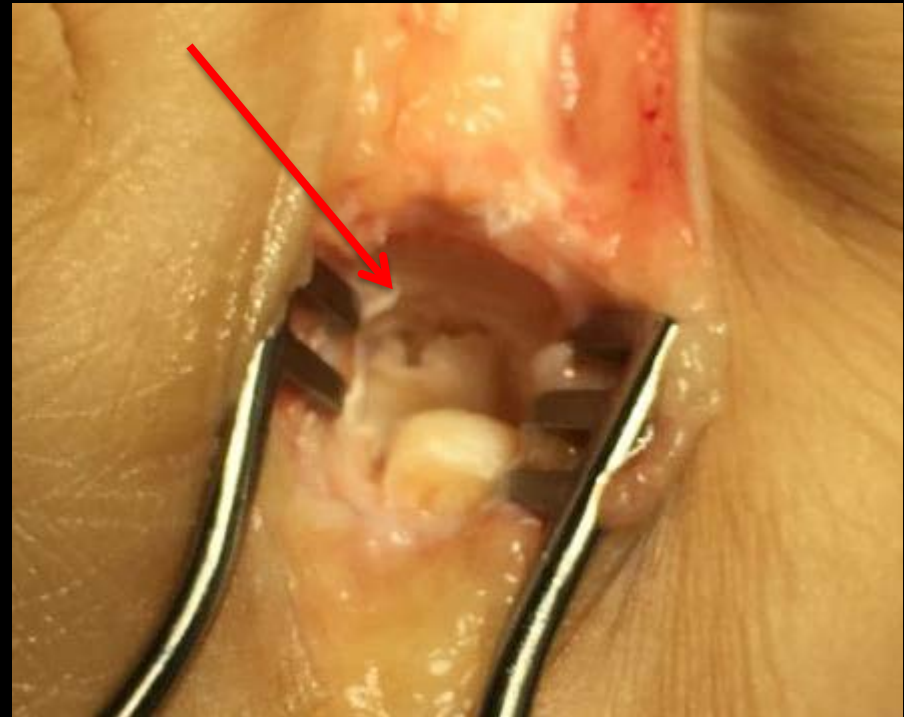
Instabile Hammerzehe- Taping



Hammerzehe subluxiert Weil-Osteotomie



MTP-II Instabilität Ruptur plantare Platte



DD: MTP-Instabilität/Morton Neuralgie

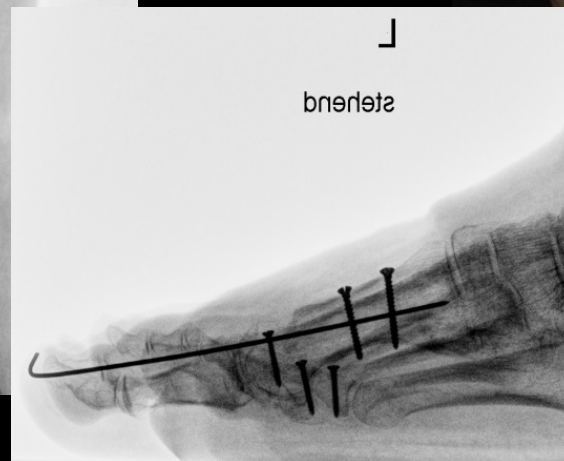


cave Steriodifiltration

Vorfussdekompensation



Vorfussdekompensation



Vorfussdekompression



Vorfußdekompensation



Vorfußdekompensation



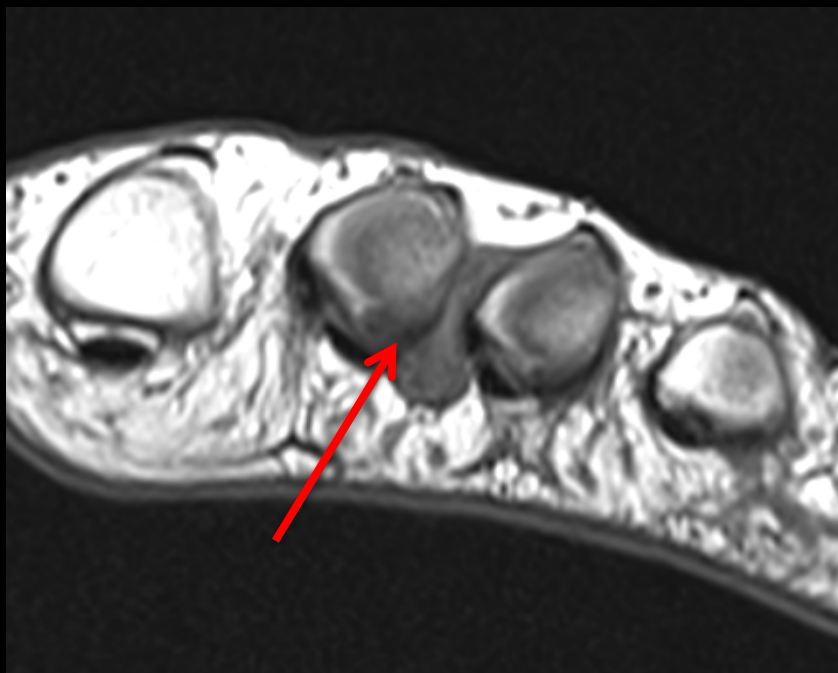
Vorfußdekompression-OP



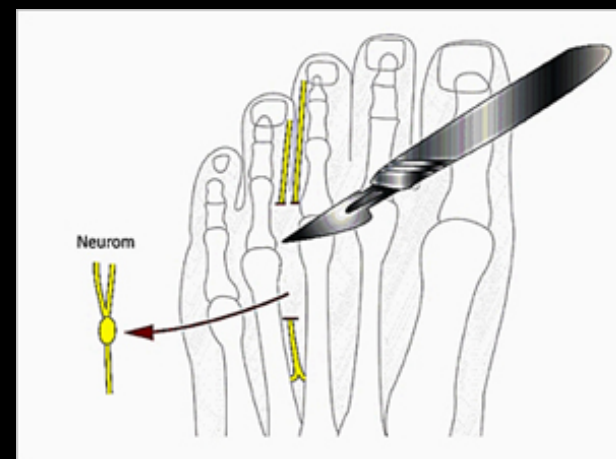
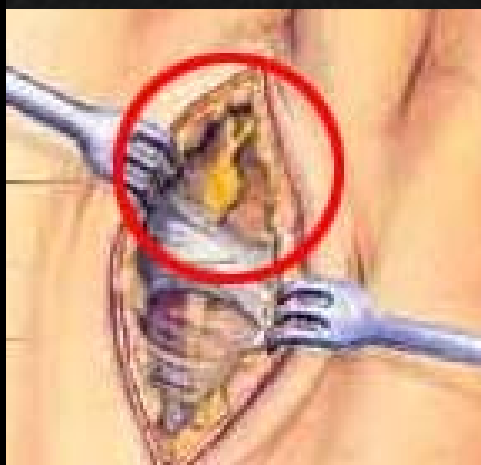
Druckstelle Dig II



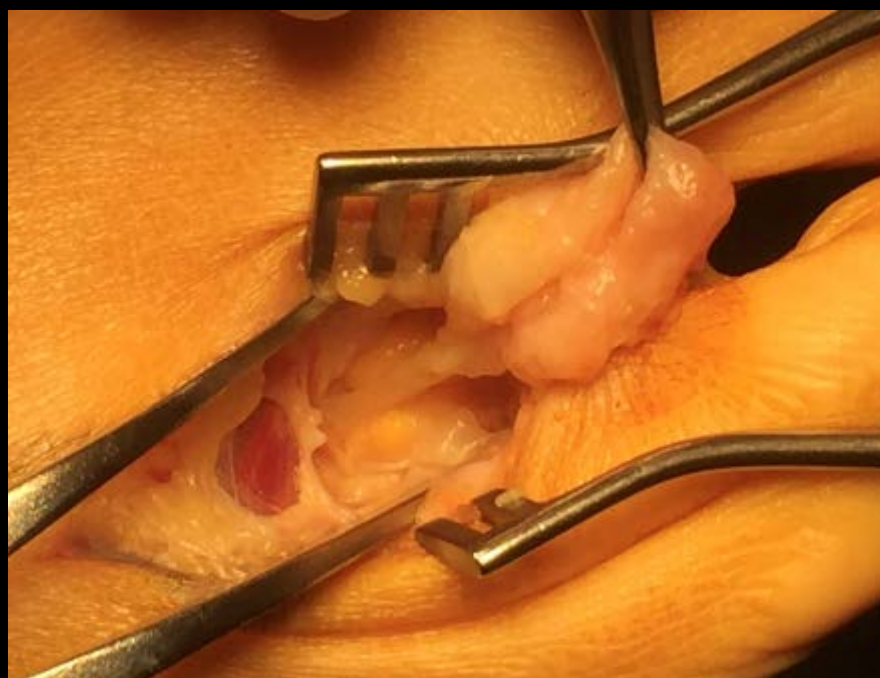
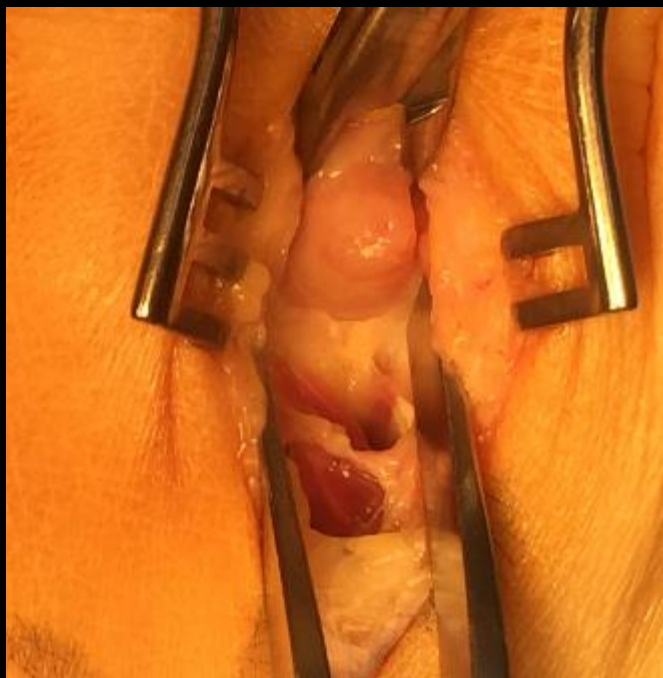
Morton Neurom



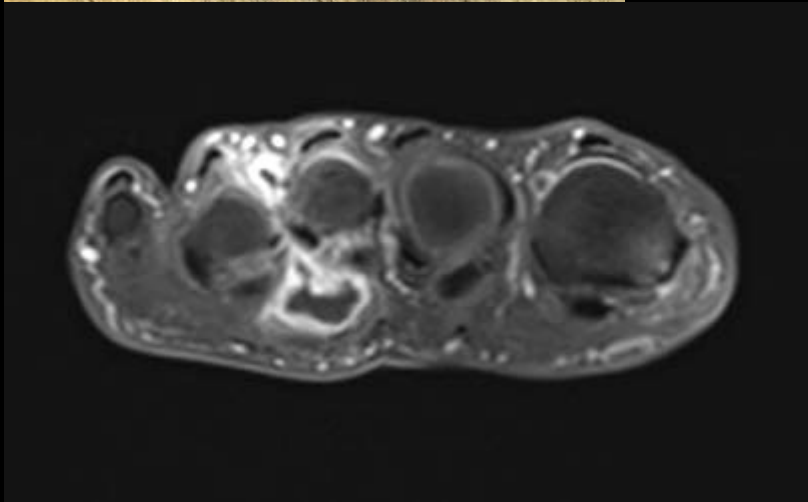
- Schuhe adaptieren
- Carbonsohle
- Steroidinfiltrationen
- HIFU (high frequency ultrasound)
- operative Resektion



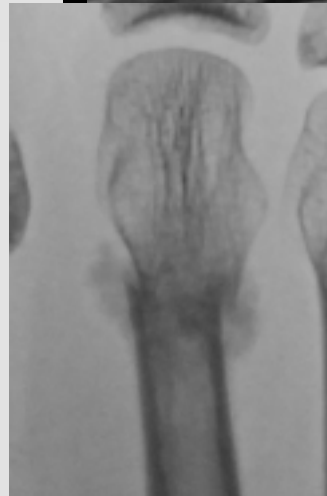
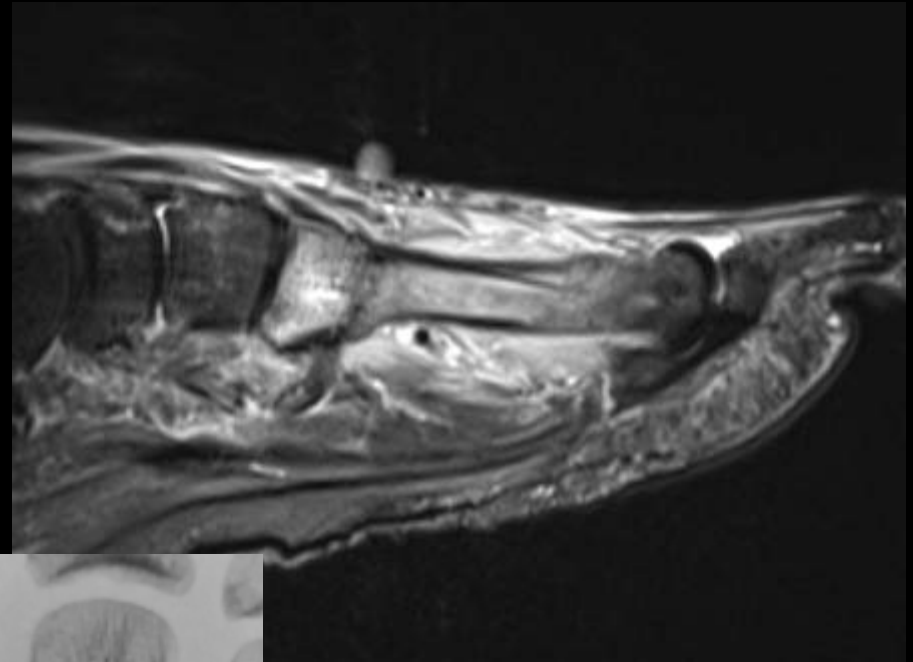
Morton Neurom



Morton Neurom Komplikation



DD Stressfraktur

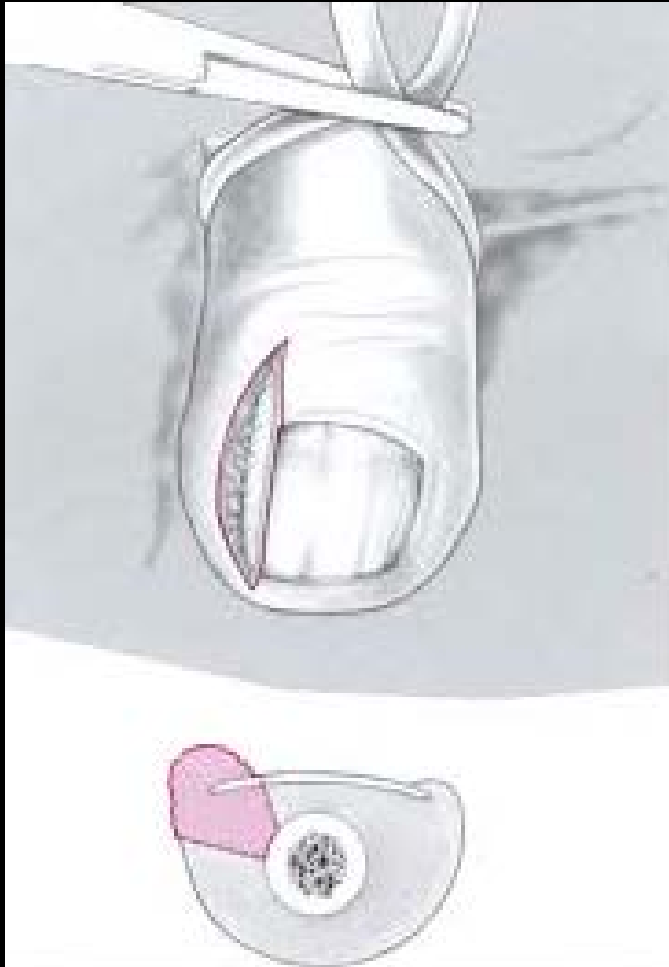


Carbonsohle

Unguis incarnatus



Unguis incarnatus



Antibiotika akut
Nagelspange chronisch

Nagelwachstumstörung DD



Besten Dank für Ihre Aufmerksamkeit



Fragen ?

Druckstellen/Metatarsalgie



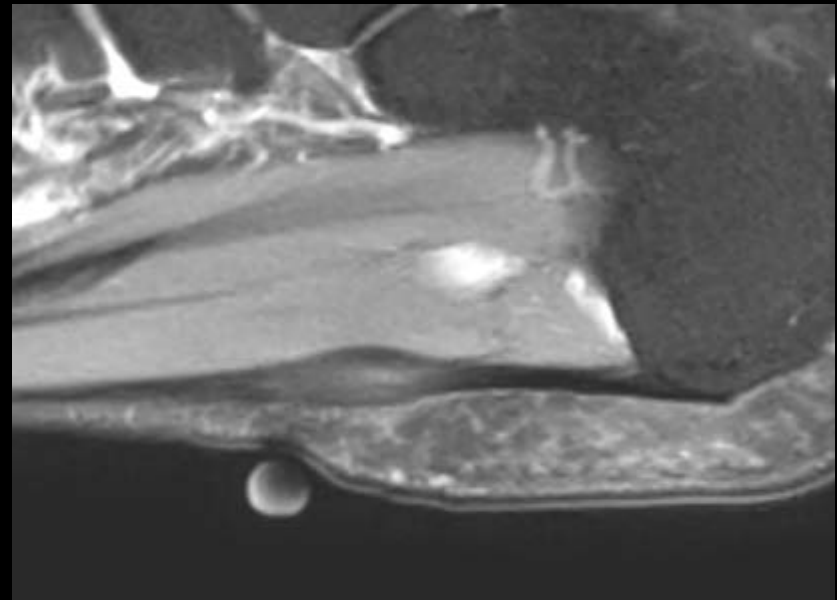
präoperativ



postoperativ 6 Wo



Fibromatosis plantaris M. Ledderhose



Osteonekrose Freiberg-Köhler



dorsalextendierende Osteotomie



Druckstellen Kleinzehe



Hallux valgus konservative Therapie ?



Spiraldynamik ?





MTP-Schuhe



MTP-1 Arthrose





Pseudoarthrose? Rezidiv?



Syndactylie



Interdigitale Druckstelle posttraumatisch





Druckstellen plantar



Hallux rigidus Arthrodesese



Hallux valgus ?





Druckstellen



Druckstellen



Orthopädische Schuhzurichtung

Abrollhilfen



- * **Ballenrollen**
- * **Mittelfussrollen**
- * **Schmetterlingsrollen**
- * **Abroll- oder Pufferabsatz**

Vorfußdekompression-OP



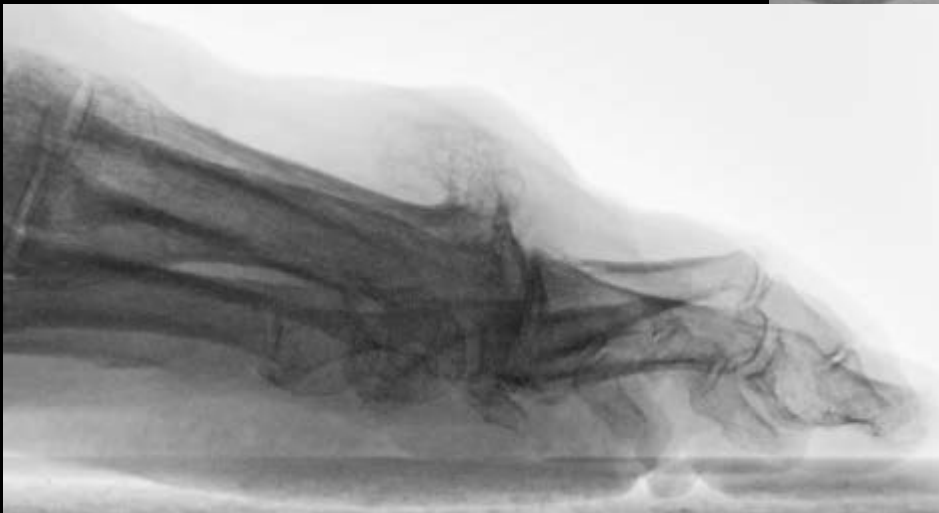
MTP-Instabilität



MTP-Instabilität



Hallux rigidus Cheilektomie







Feet Friends

Relax your feet!

AFTER SPORTS
AFTER A LONG DAY AT WORK
AFTER PARTYING AND WEARING HIGH HEELS
ON THE FLIGHT

3 EASY STEPS TO MAXIMIZE THE BENEFITS





- 1 Start with the dividers at the top of your toes. (Wear for approximately 15-20 minutes per day).
- 2 After a few days of wearing your socks, slide the dividers 1/2 way down between your toes. (Wear for approximately 1 to 2 hours per day).
- 3 Within a couple of weeks you should be able to slide the dividers all the way down between your toes providing maximum benefit and comfort to your feet. (You could now wear the socks overnight while sleeping).



Non-surgical way to rejuvenate your feet



Machine washable