

## Centre for Ankle Arthritis

The Center for Ankle Arthritis at the Calgary Orthopaedic Foot & Ankle Clinic is committed to providing a full range of treatment options for patients with ankle arthritis. Often times, patients can be treated without surgery by modalities such as physical therapy, bracing, orthotics or injections. The Centre is a resource for the treatment of ankle arthritis and is partially supported by funding from the Alberta Bone & Joint Institute and participates in the research outcomes in the treatment of ankle arthritis.

When conservative measures do not provide appropriate relief, our orthopaedic foot and ankle surgeons offer cutting edge reconstructive procedures. A minimally invasive arthroscopic debridement or “clean out” may be an option in patients with mild or moderate degenerative changes. For patients with moderate arthritis, distraction arthroplasty with external fixation may be indicated.



Advanced ankle arthritis may require an ankle fusion which provides excellent pain relief, but does not allow motion. Total Ankle Arthroplasty or ankle replacement is a viable option in some patients with advanced arthritis. Ankle replacement may provide both pain relief and preserve motion.

### Our Ankle Specialists

- Hugh R. Dougall, MD, FRCS(C)
- Ian L.D. Le, MD, FRCS(C)
- Iain S. Russell, MD, FRCS(C)