

**TITLE** - 'Orthopaedic management of the Diabetic Charcot's foot and ankle.'

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**DEPARTMENT:** Orthopaedics

**OBJECTIVE:** To illustrate various soft tissue and bony procedures to aid in stabilization of the Diabetic Charcot's foot and ankle.

**DESIGN/METHODS:** Six patients all of whom were diabetics presented with a Charcot's foot and in some cases an infected ulcer. A thorough vascular assessment was conducted in each patient before surgery was performed. We demonstrate various soft tissue and bony procedures which aid in stabilization of the foot and ankle. The treatment was individualized to each patient and follow up was maintained to monitor for complications.

**RESULTS:** Of the six patients all healed without any evidence of infection in the acute post operative period. One of the patient was lost to follow up after 2 years. A post operative hematoma at the incision site occurred in two patients but resolved after 2 weeks. Ulcers healed in the five patients who presented with it. Increased stability and better gait function was demonstrated in five patients. One patient is still in the acute post operative period and continues to non weight bear.

**CONCLUSION:** Stabilization of the Diabetic Charcot's foot and ankle must be considered as an adjunct to revascularization in order to prevent the sequelae of ulceration and inevitable amputation. Various orthopaedic procedures, both conservative and surgical can be utilized to achieve a stable plantigrade foot. This case series serves to illustrate some of the procedures which were done in a Trinidad based population.