



# Advancements in Foot and Ankle Surgery: Enhancing Mobility and Quality of Life

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Patient; Ankle replacement; Arthroscopy; Hammertoe; Surgical

shorter recovery times, decreased complications, and improved joint function compared to traditional open surgery.

## Introduction

## Bunion and hammertoe corrections

Foot and ankle surgery has evolved significantly over the years, offering new possibilities for patients suffering from a wide range of conditions. With the foot and ankle being essential for mobility and daily activities, surgical interventions have become a vital component in the management of debilitating injuries, deformities, and chronic disorders. In this article, we will explore the advancements in foot and ankle surgery, the techniques employed, and their impact on improving patients' mobility and overall quality of life [1].

## Precise diagnostics and preoperative planning

Advancements in imaging technology, such as magnetic resonance imaging (MRI), computed tomography (CT), and ultrasound, have revolutionized the diagnostic process for foot and ankle conditions.

These tools provide detailed visualization of the affected structures, aiding surgeons in accurately assessing the extent of the problem and planning the surgical approach [2-4]. Preoperative planning has become more precise, allowing for personalized treatment strategies tailored to the individual patient's needs.

## Minimally invasive techniques

One of the most significant advancements in foot and ankle surgery is the adoption of minimally invasive techniques. These procedures involve smaller incisions, reduced tissue disruption, and decreased post-operative pain and scarring. Minimally invasive techniques offer several benefits, including faster recovery times, reduced hospital stays, and improved patient satisfaction [5-7]. Common examples of minimally invasive foot and ankle surgeries include arthroscopy, endoscopy, and percutaneous procedures.

## Ankle arthroscopy

Arthroscopy has revolutionized the treatment of ankle conditions by providing direct visualization and access to the joint. Surgeons can diagnose and treat various ankle pathologies, such as loose bodies, synovitis, ligament tears, and cartilage damage, using specialized instruments inserted through small incisions [8]. This technique offers

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