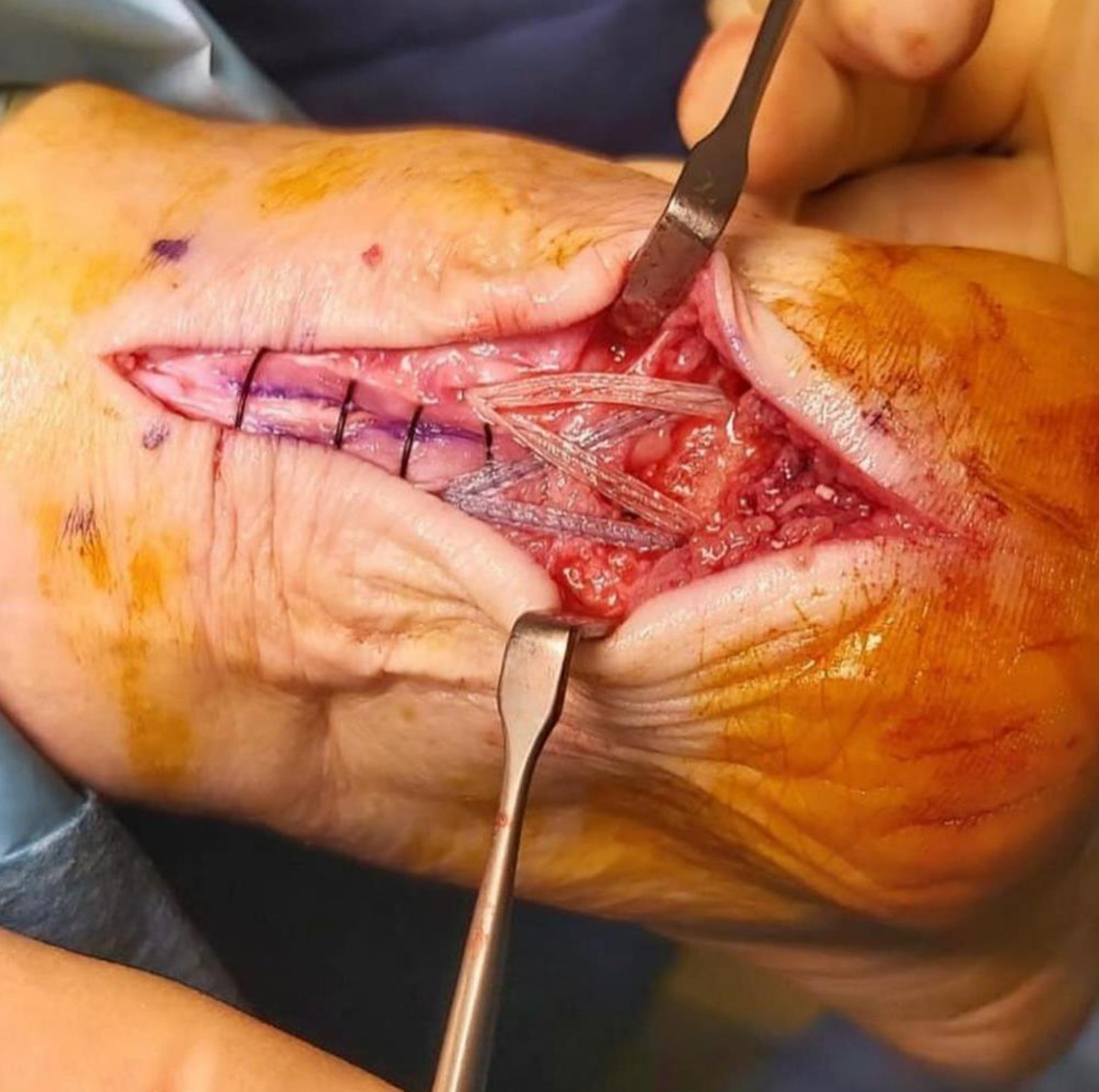


Evaluating the Achilles Speedbridge Procedure for the Management of Retrocalcaneal Exostosis.

Harrison Travis
Trainee in Podiatric Surgery

- Haglund's deformity is a common cause of posterior heel pain.
- Literature greatly varies on prevalence
- Surgical intervention becomes warranted failing conservative management
- Surgical modalities typically entail resecting the calcaneal prominence and debriding the pathologic Achilles tendon.





- This study presents a retrospective study of 5 patients.
- All individuals failed conservative approaches and presented radiographic evidence confirming the presence of retrocalcaneal exostosis.

Patient demographics

- 4 female & 1 male
- All ASA 2
- Mean BMI: 34.8 (Range: 31.6 - 39.5)
- Mean Age: 58.5 years 46-70
- Duration of Symptoms: Average 18 months (Range: 10-31)
- All patients presented with symptomatic Haglund's deformity. Three exhibited insertional Achilles tendinopathy.

The Procedure:

- The procedure was carried out in day stay theatre under regional anaesthesia.
- Prophylactic antibiotics were prescribed.
- Enoxaparin was prescribed for 2 weeks.
- All patients received back slab casting for 2 weeks, then transitioned into a walker boot.

Healing times.

- Four of the five patients achieved full healing in an average of 9.2 weeks. (Range: 6-11)
- One patient experienced complications leading to delayed healing.

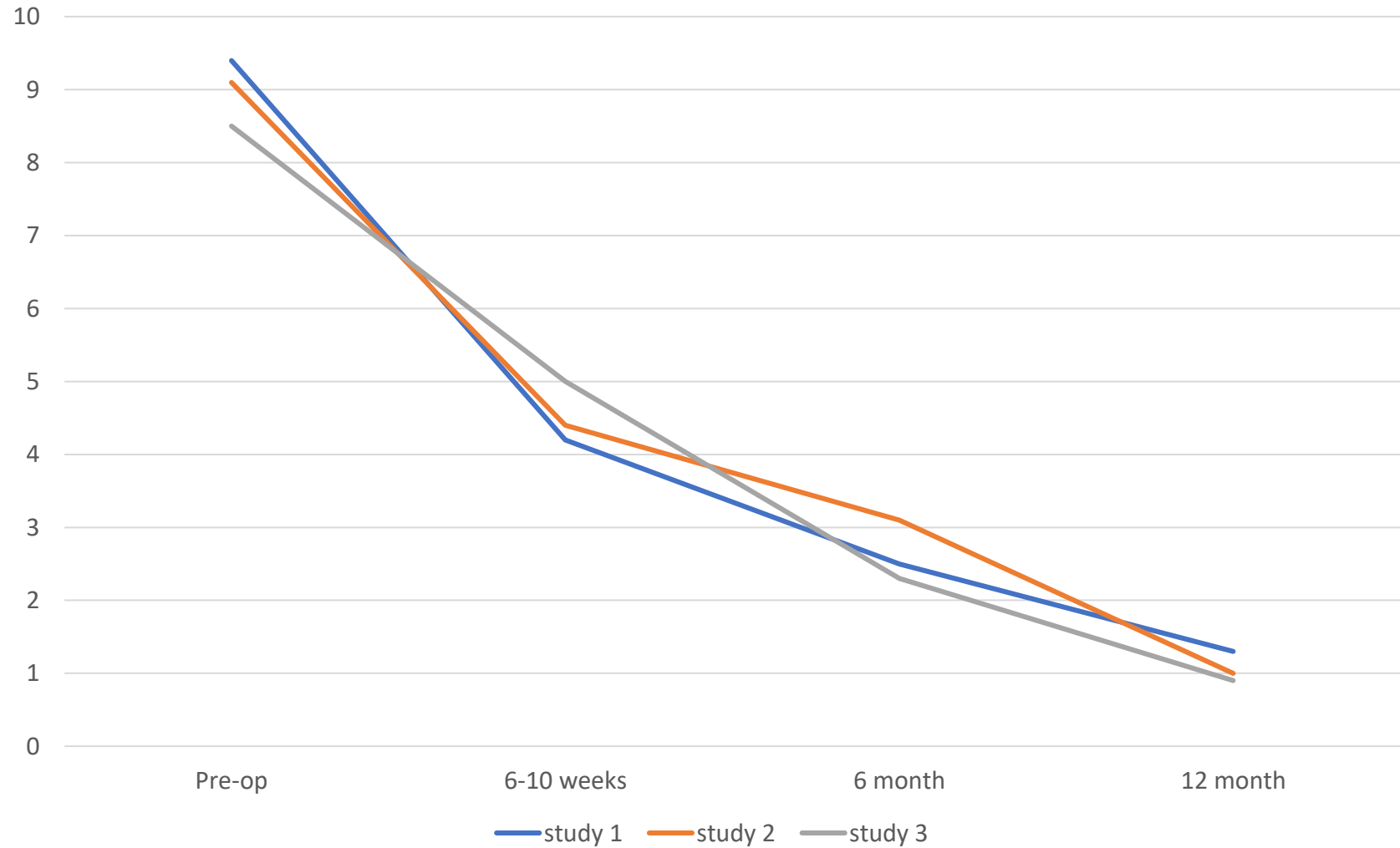


Outcomes

- MOXFQ

	Pre-op	6 months	12 months
Walking & Standing	78.2	14	8
Pain	75	20	12
Social interaction	66	8.4	7.2

Comparable Studies



- Yuen, W.L.P., Tan, P.T., Kon, K.K.C. and Kon, C., 2022. Surgical treatment of Haglund's deformity: a systematic review and meta-analysis. *Cureus*, 14(7).

Complications.

- One patient experienced a surgical site infection at 8 weeks
- Plain radiography showed no abnormality





EE COMMUNITY HOSPITAL

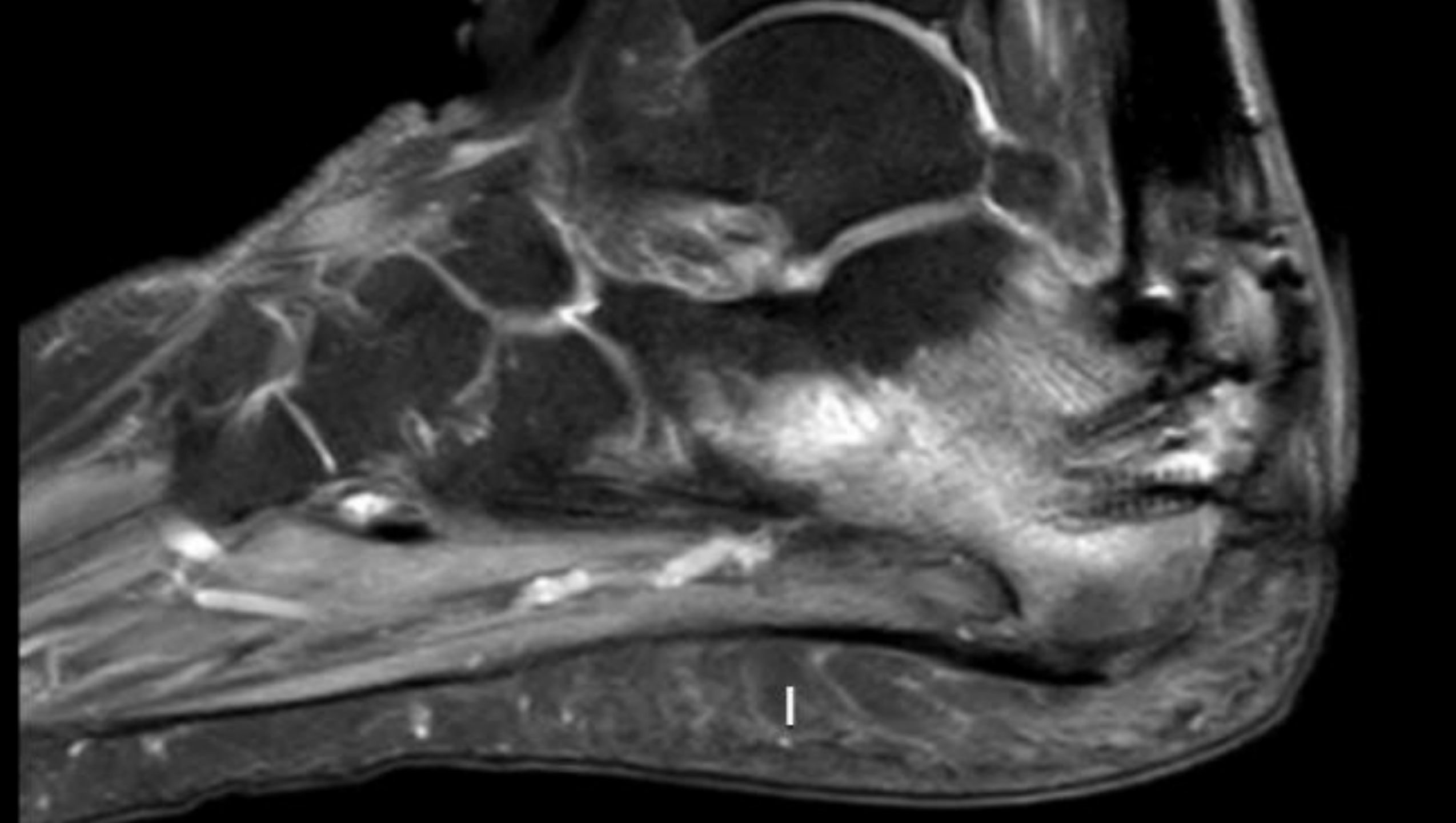
LATERAL
XR Foot Rt

Recurrent breakdown
& granuloma
formation.

12 weeks







6 weeks post-op fixation
removal



Findings

- Alleviate pain and discomfort.
- Enhance functional outcomes.
- Facilitate a return to regular activities.

- The Speedbridge procedure demonstrates promise as a viable surgical approach when unresponsive to conservative management.



- Thank-you
- Any questions?