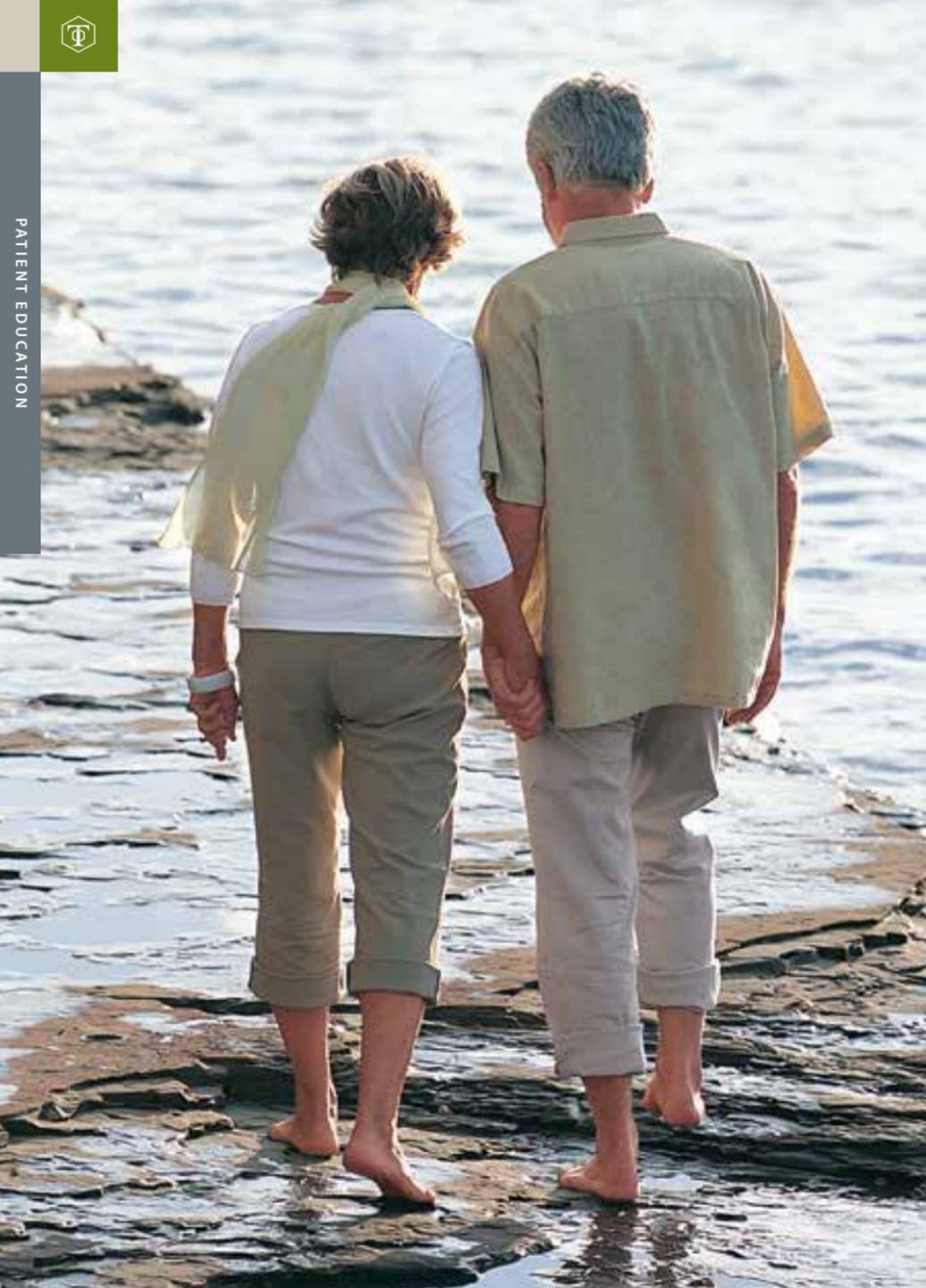


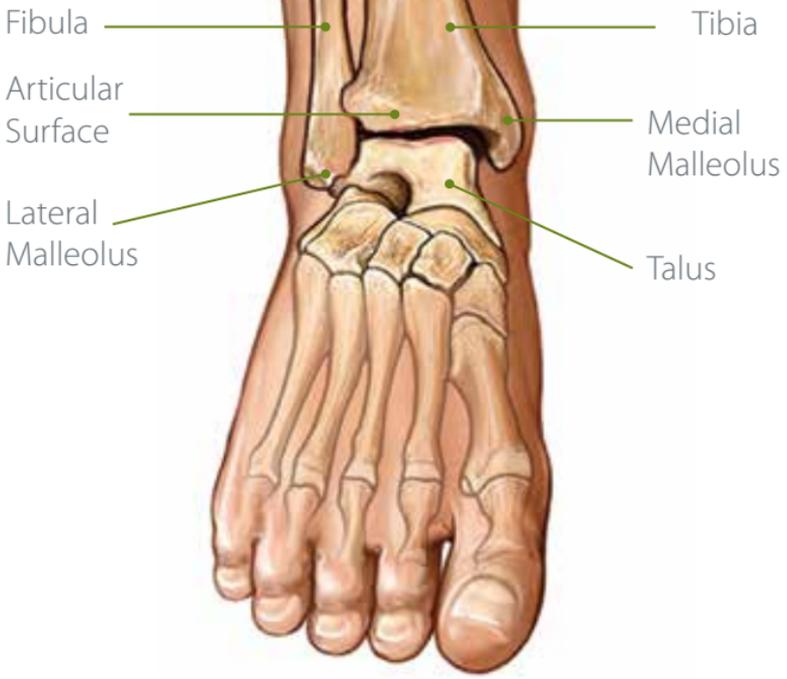


PATIENT EDUCATION

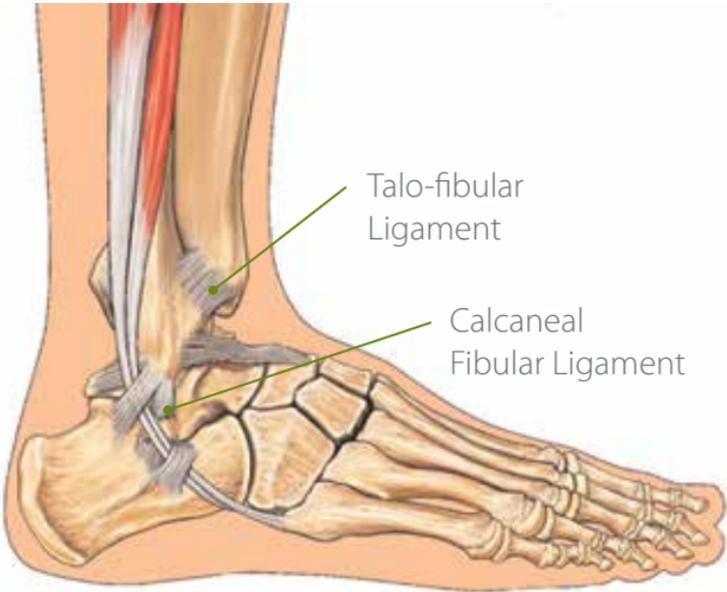


Salto Talaris™

TOTAL ANKLE PROSTHESIS



ANTERIOR VIEW of the right ankle region



LATERAL (SIDE) VIEW of the right lower leg

Ankle Overview

The ankle joint is located at the junction of the leg and the foot. It is made up of three bones: the tibia, the fibula and the talus. The ankle joint allows the foot to dorsiflex (point the foot up) and plantarflex (point the foot down).

Ligaments (strong fibrous bands of tissue that connect two bones) are located on each side of the ankle joint to create stability in the joint. Tendons (strong fibrous structures that connect muscle to bone) are located throughout the foot to allow for motion in the other parts of the foot such as the movement of the toes.

Cartilage is the specialized joint tissue that covers bones and allows the bones to move in relationship to each other with minimal friction. Loss of the cartilage can decrease joint function and produce pain, stiffness, swelling and warmth.

Why Live with Chronic Ankle Arthritis Pain?

Ankle replacement (also called ankle arthroplasty) can offer new hope for patients suffering from chronic ankle pain. Ankle replacement is a fast growing type of joint replacement.

Arthritis is a joint condition of damaged cartilage and/or bone which causes the bones to grind on each other with movement, thus causing pain and inflammation. Ankle arthritis is the progressive loss of the smooth gliding surface that lines the ends of the bones that form the ankle. This produces pain, stiffness, swelling and warmth at the joint. These detrimental effects lead to reduced comfort and endurance for standing and walking activities.



COMMON TYPES OF ARTHRITIS

The most common types of arthritis affecting the ankle joint are osteoarthritis (degenerative), rheumatoid arthritis (inflammatory), and post traumatic arthritis.

The most common is **osteoarthritis**, which is a degenerative joint disease. With osteoarthritis, the cartilage that covers the ends of the bones in the joint deteriorates. Cartilage becomes thin and eventually wears out, causing bones in the ankle joint to rub together. This results in pain and the loss of movement in the joint. When pain and lack of mobility reaches an advanced stage, ankle replacement may be recommended.

Rheumatoid arthritis, an autoimmune disease in which the joint lining becomes inflamed as part of the body's immune system activity. Rheumatoid arthritis is one of the most serious and disabling types, affecting mostly women.

Another type of arthritis is **post traumatic** arthritis, often related to sport, car accident or recurring injuries.

Treatment Options

One solution for ankle arthritis may be an Ankle Replacement. The Salto Talaris™ Total Ankle Prosthesis is modeled after the human anatomy and provides the ability to reproduce the natural movement of the ankle with a design that replicates the natural ankle.

Compared to other ankle replacement implants available in the US, the Salto Talaris Total Ankle Prosthesis most closely respects the natural anatomy of the ankle and will avoid oversteering the ankle ligaments.





WHAT DOES IT INVOLVE?

Ankle replacement surgery is done through a succession of carefully coordinated steps:

- The surgeon makes an incision through the skin on the front of the ankle and top of the ankle.
- Next, the surgeon will make resurfacing bone cuts on the tibia and talus to remove the remaining worn off cartilage and make room for the implant.
- Once the tibia and talus are prepared, the final implants are placed in the joint and the ankle replacement is complete.
- Additional procedures may be performed at the same time as necessary. The doctor then closes the incision and places the foot in a splint.

Have Questions?

Your physician will be able to answer questions specific to your situation. The following information is for reference only and is not meant to provide a diagnosis of your condition.

What is Ankle Arthritis?

Ankle arthritis is the progressive loss of the smooth gliding surface that lines the ends of the bones that form the ankle. This produces pain, stiffness, swelling and warmth at the joint. These detrimental effects lead to reduced comfort and endurance for standing and walking activities.

What is Ankle Replacement?

Ankle replacement is the surgical procedure used to expose the ankle joint, remove the diseased cartilage and bone and insert a metal and plastic bearing that reduces pain while maintaining ankle motion.





Am I a Candidate for Ankle Replacement?

Only your surgeon can determine this. In general, healthy, non-diabetic patients with painful and disabling ankle arthritis that has failed to improve with non-surgical treatment are candidates for ankle replacement. Patients must have adequate skin coverage over the ankle, be infection-free both at the ankle and elsewhere, have normal sensation and muscle control of the foot and ankle. The ideal candidates are also older, have same side foot arthritis or opposite side ankle arthritis. A surgeon specialized in foot and ankle surgery can best evaluate your condition and determine if an ankle replacement is right for you.

Will Insurance Cover It?

Ankle replacement surgery is covered by Medicare and Medicaid as well as most private insurance companies. Your surgeon's office will contact your insurance provider to determine coverage under your specific plan.

Questions (continued)

What is the Ankle Device Made Of?

There are several components that make up the ankle replacement device. All of the parts are made from highly biocompatible materials, including titanium and cobalt chrome metals on the tibial and talus sides of the joint. Between those two components, a third component made of a biocompatible plastic called polyethylene is attached to the tibial component to help the components glide against each other. These are identical materials to those used in hip and knee replacements. All of the materials have a long and successful track record for use in human joint replacements.

How Soon Can I Return to Normal Activities After Surgery and Will I Have Any Restrictions?

Most people are able to return to normal everyday activities such as dressing themselves and grooming within the first 2 weeks after successful ankle replacement surgery. Your ambulation will be restricted for 6-8 weeks until you start your rehabilitation therapy. Your doctor will advise you on specific limitations, including the amount of walking you can do on the ankle that was operated on. Many surgeons restrict their patient's ambulation for a period of time. Your doctor will also let you know when you can begin ambulating more freely, and when you can return to other activities. Contact sports may be restricted in the long term.



How Long Until I Can Drive?

You must be off all pain medication before you consider returning to driving. Patients with minimal discomfort and access to a vehicle with an automatic transmission can usually return to driving about two months following surgery.

When Can I Return to Work?

The decision to return to work is individualized and is influenced by your job, your employer and your post-operative course. In most circumstances, patients can return to office work in 2 to 3 weeks if accommodations are made for transportation, parking, office access, rest and foot elevation. Patients that perform physical work may return to work once they recover endurance for standing and walking, this is at least three to four months after surgery.

How Long Until I Regain Full Use of My Ankle?

The recovery of full ankle function may take up to 6 months, provided you followed the recommended physical therapy regimen. Most improvements are maximized by six months after surgery and residual swelling persists for 6 to 12 months.

Before and After Surgery

Ankle replacement can help reduce or chronic ankle pain and can allow you to regain range of motion. It may help you return to normal daily activities.



WHAT TO EXPECT

Ankle replacement surgery is performed in the hospital by an experienced, specialized surgical team. The procedure generally takes 2-3 hours, and a hospital stay of 1-3 days can be expected.

Most people are able to return to normal everyday activities such as dressing themselves and grooming within the first two weeks after successful ankle replacement surgery. Your physician will let you know when it is safe to drive and perform other tasks.

The recovery of full ankle function may take up to 6 months, and physical therapy is required to gain range of motion with the new joint.

As with any surgery, success will depend on your age, activity level and other factors. Your doctor will determine if you are a good candidate for ankle replacement surgery, and can help you understand what to expect from the procedure and your recovery.

WHAT YOU NEED TO KNOW

Before Surgery:

If you are considering ankle replacement surgery, you probably have many questions about preparing for surgery, the surgical procedure, the recovery, and your long-term outcome. You should consult with your foot and ankle specialist about what to expect before and after surgery based on your specific condition.

After Surgery:

The hospital stay is generally 1-3 days and you will go home with the leg in a splint. A physical therapist will guide you through the exercises you can do at home.



Activity At Home

Everyone's progress is different after this surgery. Follow all specific instructions from your surgeon, nurse and physical therapist. The following guidelines may be of benefit.

- Use crutches, wheel chair, scooter, etc. as directed. It will avoid bearing any weight on your implant and allow the soft tissues to heal and regain normal strength.
- No standing on your leg until given permission by the surgeon. This is important to maximize the healing process of your ankle.
- Increase your activity only as your surgeon has directed.

Follow-up Appointments

- Your surgeon will have you return for a follow-up examination to be sure your ankle is healing properly. This is usually within two weeks of your surgery. An appointment can be set for you at the time of your preoperative visit.
- At the time of the appointment, x-rays may be obtained.
- Following the initial appointment, you may need to be seen approximately 6 weeks postoperatively, then at 12 weeks postoperatively. If everything is going well at that point, then you may be asked to follow-up at 6 months and then on a yearly basis to obtain an x-ray and make sure all of the components are working properly.

Alert Future Physicians and Dentists

- You must always protect this new part of your body from infection. Expect to take an antibiotic before and after any invasive procedure to help protect the new joint from the possibility of infection.
- Always notify your physicians and dentists that you have an ankle replacement.

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