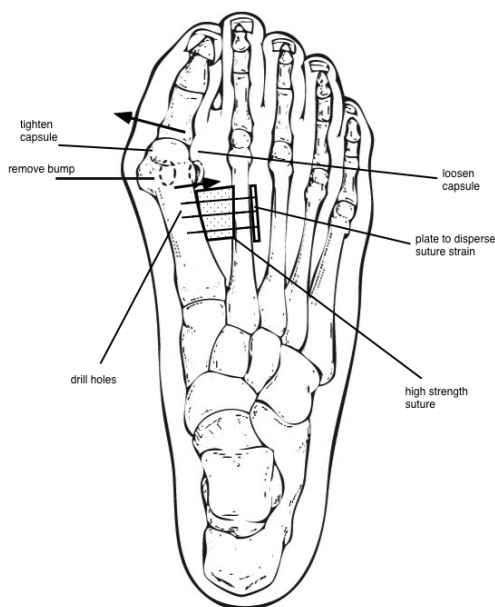


The syndesmosis bunionectomy



The 'syndesmosis bunionectomy' is a unique surgical procedure for the correction of bunion deformities. It was pioneered by **Daniel Wu, MD from Hong Kong**, and **does not require cutting or breaking the metatarsal bone** as almost all other bunionectomy procedures do. The metatarsal deformity is manually realigned and held in place with ultra-high strength suture while the formation of a **'new' ligament** between the metatarsals is facilitated with special 'fishscaling' techniques of the adjacent metatarsals and application of **platelet rich fibrin**. This is a concentrated plasma that is taken from your own blood and contains growth factors for ligament formation. While **walking is permitted from day one**, there are a maximum # of steps per day that are allowed and a reduced rate of walking which are crucial for healing. It is 4-6 months before running or brisk walking for fitness can be done.

This bunionectomy technique not only corrects the deformity with less surgical trauma, but returns the foot back to its **'anatomically normal'** form in ways no other procedure involving bone cuts or fusions can.

Significantly less dissection is required and foot swelling is much less than with traditional surgery. Pain after surgery is therefore significantly less than with other bone procedures.

While the syndesmosis bunionectomy procedure allows for immediate walking, certain restrictions will be placed on the patient's walking for 6 months.

How much walking after your syndesmosis bunionectomy?

Below are recommend maximum steps per day that you will be allowed to take. Taking less steps than this 'maximum' is fine and your foot will say 'thank you'...

The first three days: Bedrest, with trips to the bathroom only. To the bathroom, you can put full weight on your foot, but keep it flatfooted.

The rest of the first week: A maximum 500 steps per day (this includes steps with the other foot)

The second week: A maximum of 1000 steps per day

The third and fourth week: 2000

The second month: 3000 gradually going up to 4000

The third month: 4000 gradually going up to 5000

After the third month: A maximum of 5000 steps per day.

The next week you can do a maximum of 6000 steps per day.

The next week you can do a maximum of 7000 steps per day.

The next week you can do a maximum of 8000 steps per day and so on.....

After four months, you can think about running...

To learn more about this procedure, please go to the webpage:

Bellevuefoot.com/the-syndesmosis-bunionectomy or scan the code

