

# THE CHALLENGES OF KEEPING (YOUR FOOT AND ANKLE) FIT AND HEALTHY IN A COVID ERA

**MATTHEW WELCK**

CONSULTANT ORTHOPAEDIC SURGEON  
FOOT AND ANKLE SPECIALIST



☎ 020 3811 7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare uk

# WHO AM I?

**MATTHEW WELCK**  
**CONSULTANT ORTHOPAEDIC FOOT AND ANKLE SURGEON**



The Wellington Hospital  
part of HCA Healthcare UK



**[www.matthewwelck.com](http://www.matthewwelck.com)**

[www.matthewwelck.com](http://www.matthewwelck.com)

☎ 020 3811 7574



**LONDON ANKLE  
& arthritis centre**  
HCA Healthcare UK

# WORLD'S BEST SPECIALIZED HOSPITALS 2021

World's Best Specialized Hospitals 2021



Newsweek

LOGIN

SUBSCRIBE >

Rank ▲	Hospital	Department	City	Country
1	Hospital For Special Surgery	Orthopedic Care	New York, NY	United States
2	Mayo Clinic - Rochester	Department of Orthopedic Surgery	Rochester, MN	United States
3	Charité - Universitätsmedizin Berlin	Centrum für Muskuloskeletale Chirurgie	Berlin	Germany
4	Helios ENDO-Klinik Hamburg	Orthopädie	Hamburg	Germany
5	Severance Hospital - Yonsei University	Department of Orthopedic Surgery	Seoul	South Korea
6	Schulthess Klinik	Orthopädie	Zürich	Switzerland
7	The Johns Hopkins Hospital	Department of Orthopaedic Surgery	Baltimore, MD	United States
8	Massachusetts General Hospital	Department of Orthopaedic Surgery	Boston, MA	United States
9	The Royal National Orthopaedic Hospital - Stanmore	Orthopedic Care	Stanmore	United Kingdom
10	Hospital Universitario La Paz	Traumatología y Cirugía Ortopédica	Madrid	Spain
11	Istituto Ortopedico Rizzoli	Ortopedico	Bologna	Italy
12	Asan Medical Center	Department of Orthopedic Surgery	Seoul	South Korea
13	KyungHee University Medical Center	Department of Orthopedic Surgery	Seoul	South Korea
14	Northwestern Memorial Hospital	Center for Comprehensive Orthopaedic and Spine Care	Chicago, IL	United States
15	Brigham And Women's Hospital	Department of Orthopaedic Surgery	Boston, MA	United States



Stanmore  
Foot and  
Ankle  
Specialists

7574



LONDON ANKLE  
& arthritis centre

HCA Healthcare UK

Looking after you.

# THE CHALLENGES OF KEEPING (YOUR FOOT AND ANKLE) FIT AND HEALTHY IN A COVID ERA



**FOOT AND ANKLE  
CONDITIONS YOU MUSTN'T  
IGNORE**



**COMMON LOCKDOWN FOOT  
AND ANKLE PROBLEMS TO  
BE AWARE OF**



**HOW WE ARE KEEPING YOU  
SAFE.**



# FOOT AND ANKLE CONDITIONS YOU MUSTN'T IGNORE



☎ 020 3811 7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare UK

# COVID neglect

# 5 conditions

**MATTHEW WELCK**

CONSULTANT ORTHOPAEDIC SURGEON  
FOOT AND ANKLE SPECIALIST



☎ 020 3811 7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare uk

# SEPTIC ARTHRITIS

**Immuno compromise. DM, Alcoholism, Recent Injection, IVDU**

Sudden onset, red, hot, painful joint.

Difficulty WB +

Systemic flu like symptoms.

joint is very irritable to small movement.

**Needs urgent washout.**



# FRACTURES AND DISLOCATIONS

HOW DO I KNOW IF IT IS  
BROKEN OR SPRAINED?

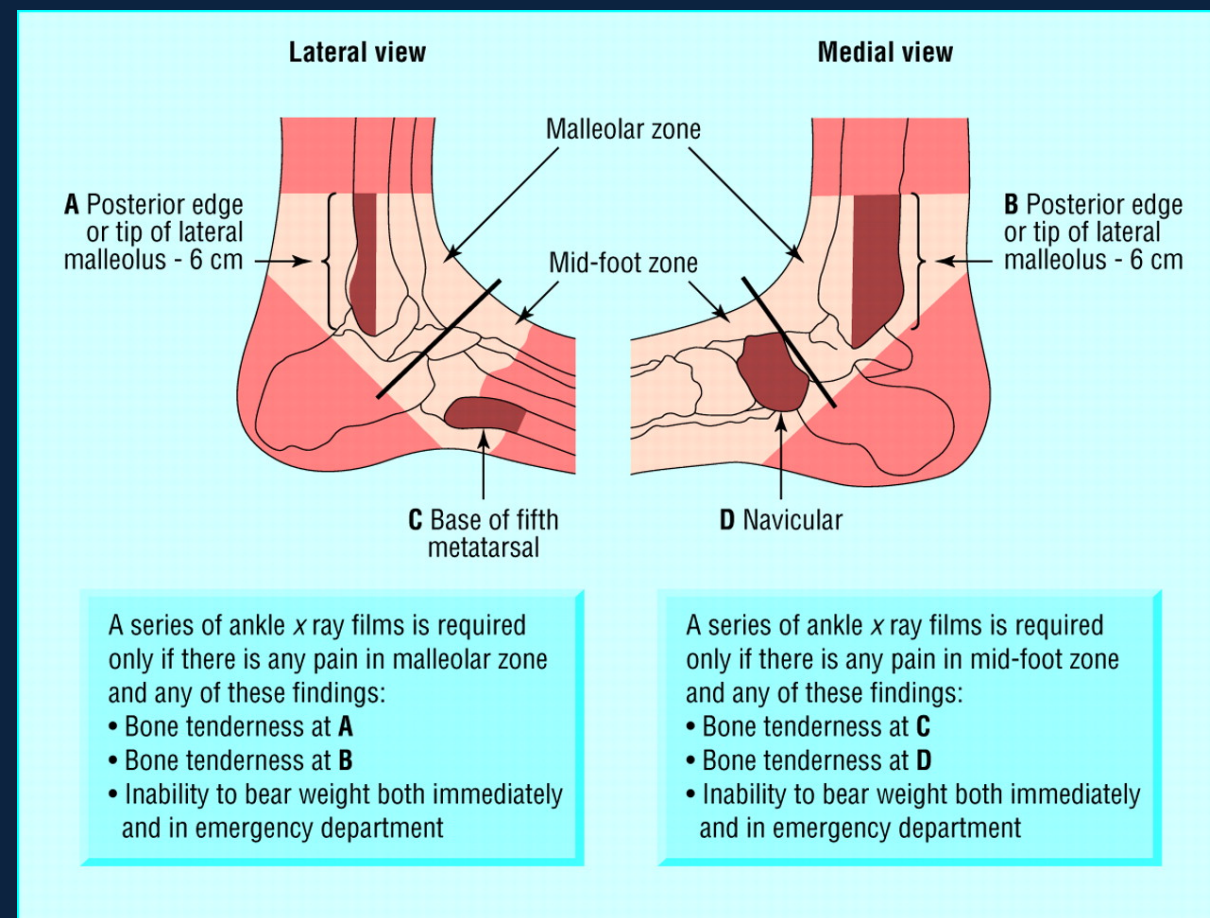
SEEN APPROX 10 NEGLECTED  
FRACTURES

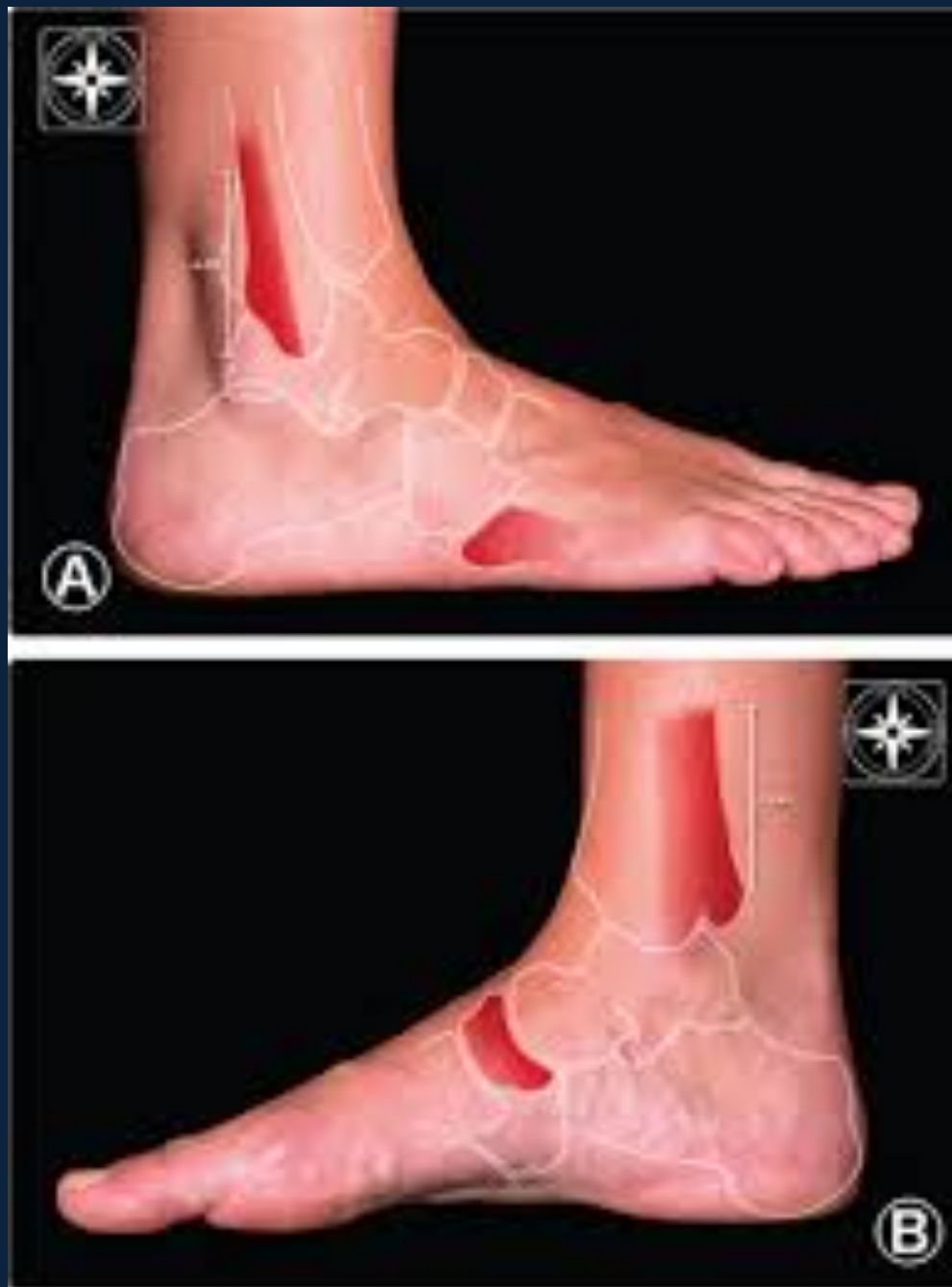
ANKLE

FOOT

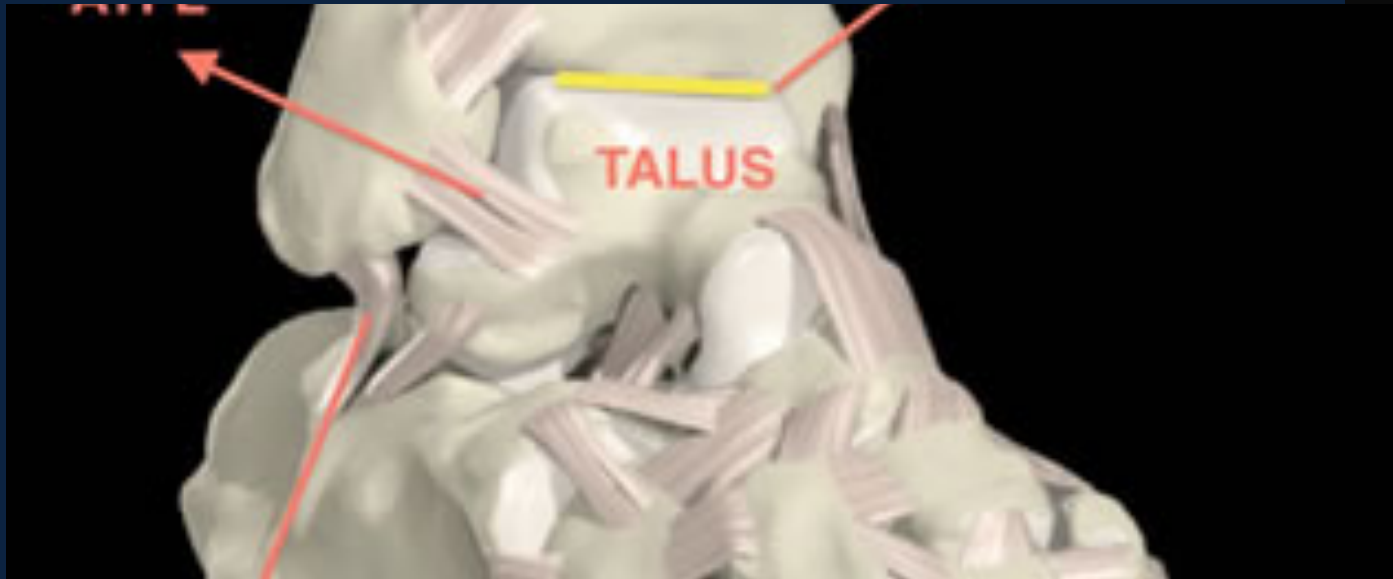
**MATTHEW WELCK**

CONSULTANT ORTHOPAEDIC SURGEON  
FOOT AND ANKLE SPECIALIST





# Ligament Injuries that needs to be seen



© D. Moon/CU Ortho

## Evaluation: Physical Exam

Palpation

- Direct syndesmosis tenderness

Special Tests

- External Rotation Test
- Squeeze Test

Three diagrams illustrating physical exam techniques for ankle ligament injuries. The first diagram shows the External Rotation Test, where the foot is rotated externally while the knee is flexed. The second diagram shows the Squeeze Test, where the distal tibia and fibula are squeezed together. The third diagram shows the site of pain localization, with a red star indicating the area of tenderness at the syndesmosis.

Site of pain localization

Image Source: M. Morrey MD

# LUMPS ON THE FOOT/ANKLE ??

**Ganglion: by far most common.  
Soft. Compressible. Flutuate.  
Smooth. No deep pain.**

**Solid**

**Weight loss**

**Night pain**

**Deep intense pain**

**Lymphadenopathy.**





# ACHILLES RUPTURE

Real  
Problem if  
leave

# TA RUPTURE

**Hx: audible snap, 'been kicked'. May settle.**

**unable to SLHR**

**Delay in Rx can cause significant complications, inability to return to sport...**

## Sensitivity of tests for acute achilles tendon rupture

Gap	0.73
Ankle of declination	0.88
Calf squeeze	0.96

Simmonds' triad of tests 100% sensitive



# CHARCOT FOOT

**DM, reduced sensation**

**May be a history of innocuous or unnoticed trauma.**

**Deformity**

**Swelling**

**Increased heat**

**No skin break or lesion**

**Redness resolves with elevation.**

**Can lead to severe deformity, ulceration, OM, ultimately amputation.**



# FREQUENT LOCKDOWN CONDITIONS TO BE AWARE OF

☎ 020 3811 7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare uk

# COVID-19 Lockdown

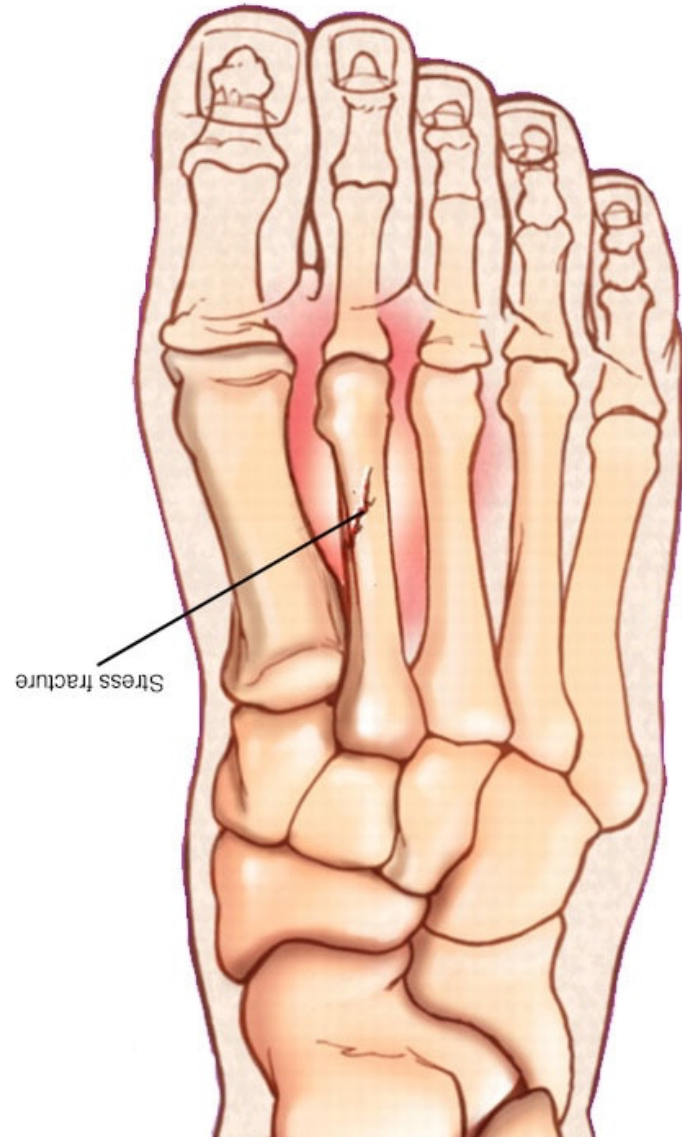
- **More sedentary people are walking every day**
- **More active are outdoor running every day**



7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare UK



# Metatarsal Stress Fractures

# Why they happen...

**Bone damage  
with not enough  
time to heal**

Normal bone with  
excess demand

Normal demand on  
weakened bone

- **High impact athletes**  
runners. Jumpers, dancers

- **Unaccustomed exercise**  
increase in frequency/distance , old/changed  
footwear (barefoot).

**Low bone density**

- **Female Athletic triad**

- Hormonal imbalance, nutritional imbalance (eg Vit D), low bone density.

☎ 020 3811 7574



**LONDON ANKLE  
& arthritis centre**  
HCAHealthcare uk

# Presentation

**Pain at top or bottom  
of foot on WB**

**Painful to press**

**Swelling**



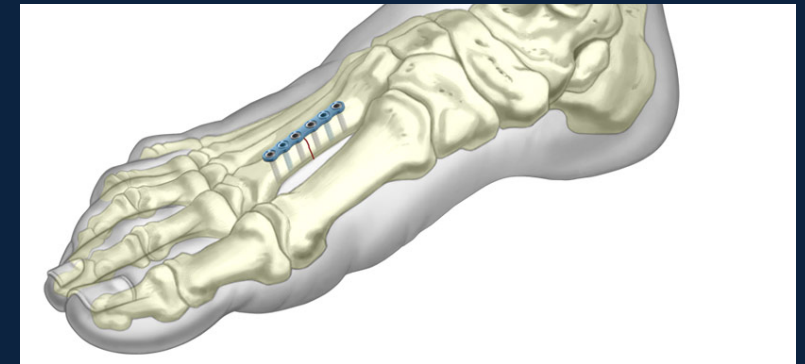
# Investigation

- XR often normal for first few weeks
- CT – can still be negative
- MRI
- Bone scan



# Treatment

- Reduce WB. Initial NWB
- Rigid shoe/Boot WBAT upto 6 weeks
- Surgery
  - For resistant fractures
  - Drilling, bone graft, plates/screws.



# Other Frequent Conditions

Sprains

Achilles Tendinopathy

- Insertional and Non insertional

Achilles Ruptures

Ankle, Hindfoot, Midfoot, Forefoot OA

- Increased walking, less physiotherapy,

# Achilles Tendonitis



# Rx – Non insertional



Rest/Activity  
Modification.

Analgesia: NSAID, cold  
compress

Self Physio: 12 weeks

Orthotics – change  
trainers

**Primary care**

**refer**

Formal Physio –

**Shock wave**

Injections

Night splints?

Gastroc  
release

Tendon  
Debridement  
+/- FHL  
transfer



# Rx – Insertional.

Rest/Activity  
Modification.  
BOOT 6  
weeks.

Analgesia:  
NSAID, cold  
compress

Self Physio:  
Eccentric.  
LESS  
EFFECTIVE  
(90 vs 30%)



Formal Physio  
Shock wave –  
LESS but still  
EFFECTIVE  
Injections?

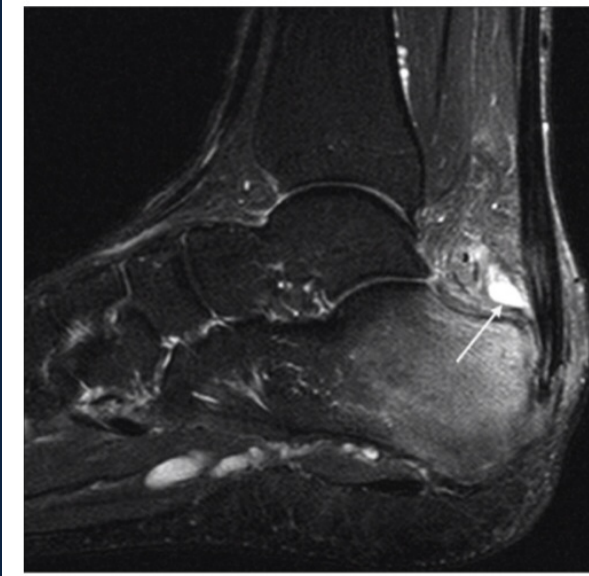


Gastroc release  
  
Open/Arth  
haglunds  
debridement.



DEBRIDEMENT  
WITH  
SPEEDBRIDGE  
REINSERTION.

ZADEK



# Steroid injections

**Suppression of adrenal axis, which last varying times depending on steroid**

**Increased risk appears to be 1:1000**

**“Only consider a steroid injection if a patient has:**

**High levels of pain and disability,**

**Failed first-line measures.**

**Persistent symptoms will have a significant negative effect on their health and wellbeing.**

**After obtaining informed consent.”**



# HOW WE ARE KEEPING YOU SAFE

☎ 020 3811 7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare uk

# URGENCY OF OP

<u>Category - Royal College of Surgeons Guidance</u>	<u>Priority Status</u>	<u>Priority Option on ICE request form</u>
Category 2	High Priority (surgery within 4 weeks)	Urgent (ideally surgery within 4 weeks)
Category 3	Medium Priority (surgery within 3 months)	Soonest (ideally surgery within 3 months)
Category 4	Low Priority (surgery can be delayed for more than 3 months) <i>*if unable to date earlier*</i>	Routine (surgery can be delayed for more than 3 months) <i>*if unable to date earlier*</i>

# RISK ASSESSMENT

## Patient risk factors

**Consultants should clearly document the patient risk factor/s (low/moderate/high) and the rationale for this risk rating on the booking form and in the OPD patients notes.**

**Any patients with one or more high risk indicators or two or more moderate risk indicators are managed as high risk. Patients with one moderate risk indicator are managed as moderate risk.**

Moderate indicators of risk	High indicators of risk
<p>People at moderate risk include people who:</p> <ul style="list-style-type: none"><li>• are 70 or older</li><li>• have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)</li><li>• have heart disease (such as heart failure)</li><li>• have diabetes</li><li>• have chronic kidney disease</li><li>• have liver disease (such as hepatitis)</li><li>• have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)</li><li>• have a condition that means they have a high risk of getting infections</li><li>• are taking medicine that can affect the immune system (such as low doses of steroids)</li><li>• are very obese (a BMI of 40 or above)</li><li>• are pregnant – see <a href="#">advice about pregnancy and coronavirus</a></li></ul>	<p>People at high risk include people who:</p> <ul style="list-style-type: none"><li>• have had an organ transplant</li><li>• are having chemotherapy or antibody treatment for cancer, including immunotherapy</li><li>• having an intense course of radiotherapy (radical radiotherapy) for lung cancer</li><li>• are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)</li><li>• have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)</li><li>• have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine</li><li>• have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)</li><li>• have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)</li><li>• are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)</li><li>• have a serious heart condition and are pregnant</li></ul>

# Protecting Patients

---

Green COVID-19 free pathways

---

Swabbing All staff and all inpatients

---

Isolation period before admission – 3,14 days. ?minimum 7.

---

Limit Visitors

---

OPA – staff and patient Temp checks, symptom checks, compulsory masks and hand gel all OPA  
redesigned routes through hospital, social distancing reception, waiting areas.

---

Information Sheets

---

Reduced flow in scanning



# VISITOR NOTICE: COVID-19 GUIDANCE AND RESTRICTIONS

We fully understand that not being able to visit your loved ones in hospital may be upsetting and apologise in advance for this.

The restrictions we have put in place are to help keep all patients, staff and visitors as safe as possible by minimising the risk of spreading COVID-19.

WE ARE THEREFORE NOT ALLOWING ANY VISITORS EXCEPT IN THE FOLLOWING EXTENUATING CIRCUMSTANCES:

- Parents or guardians visiting children
- Patients receiving end of life care

In an exceptional circumstance the facility Chief Nursing Officer may approve a short visit to a patient.

Any permitted visitors will be screened on arrival for symptoms of coronavirus, such as:

- A new continuous cough
- High temperature
- Loss/change of sense of smell or taste

If showing symptoms, visitors will not be allowed into the facility.

PLEASE NOTE: anyone experiencing symptoms of coronavirus should not visit, even if these symptoms are mild or intermittent, due to the risk they pose to others.

Permitted visitors will be required to wash/sanitise their hands upon entry to the hospital, ward and to a patient's room, and wear a face mask for the duration of their visit.

Under 14's are currently not permitted into the hospital.

Thank you for your understanding.

YOUR  
SAFETY  
COMES  
FIRST

HCAHealthcare uk

7574



**LONDON ANKLE**  
& arthritis centre  
HCAHealthcare uk

# THE CHALLENGES OF KEEPING (YOUR FOOT AND ANKLE) FIT AND HEALTHY IN A COVID ERA



## FOOT AND ANKLE CONDITIONS YOU MUSTN'T IGNORE

Septic Arthritis, Achilles Rupture,  
Broken Bone, Charcot Foot,  
Lumps



## COMMON LOCKDOWN FOOT AND ANKLE PROBLEMS TO BE AWARE

OF

Stress Fractures, Achilles, Arthritis.



## HOW WE ARE KEEPING YOU SAFE.



# Contact Details ::

**MATTHEW WELCK**

CONSULTANT ORTHOPAEDIC SURGEON  
FOOT AND ANKLE SPECIALIST



Thankyou



[www.matthewwelck.com](http://www.matthewwelck.com)



[secretary@matthewwelck.com](mailto:secretary@matthewwelck.com)



HCA The Wellington, Spire Bushey, RNOH Stanmore,, Princess Grace.