Ankle Distraction: patient education

S. Robert Rozbruch, MD
Ankle Distraction

Mechanical unloading of the joint

- Cartilage reparative process

Intermittent flow of joint fluid and changes in hydrostatic pressure

- Weight bearing and ankle movement in frame
Mechanism

- Ilizarov external fixation for Distraction
- Combined w/ resection of anterior osteophyte & chondral stimulation
Before

2 years
Before

2 years later
Talar osteonecrosis