

## **Flexor Tenotomy For The Treatment Of Hallux Ulcers**

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*Format: Scientific Study*

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The central purpose of this research is to demonstrate the impact and effectiveness of flexor tenotomies on the time course for healing hallux ulcers. Appropriate understanding and employment of flexor tenotomy in a clinical setting is essential in order to encourage awareness of the benefits, practicality and simplicity of this inexpensive and minimally invasive procedure.

### **ABSTRACT**

Aims: To assess and evaluate the relationship between flexor tenotomies in a clinical setting and the time course for healing neuropathic, diabetic and structural deformity hallux ulcers.

Methods: This retrospective study analyzes the medical files of 1,471 patients treated for digital foot ulcers by flexor tenotomies between September 2011 and January 2019. For the intent of this particular research, focus was preserved towards the effect of flexor tenotomy on healing time to address hallux ulcers. A total of 97 patients between the ages of 41 and 86 years old underwent flexor tenotomy for the treatment of hallux ulcers with a follow up period of 7 months.

Results: The 97 patients in this study were categorized into diabetic neuropathic ulcers, structural deformity ulcers, and non-diabetic neuropathic ulcers. The total number of females is 46 (48%) and total number of males is 51 (52%). The mean age is 65 years old. Of the total number of ulcers; the non-diabetic neuropathic group comprised 8%, the structural deformity group comprised 17%, and the diabetic neuropathic group comprised 75%. The mean healing time

represented 28 days. The shortest healing time was 5 days. And the longest healing time was 105 days.

Conclusions: In many respects, the results of our study provides evidence of improvement in healing time, suggesting flexor tenotomy as an advantageous and effective method for the treatment of hallux ulcers.

Level of Evidence: Level IV, case series.

*Keywords:* Flexor tenotomy, healing time, diabetic ulcers, neuropathic ulcers, digital deformity

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