My Technique
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"Second metatarsophalangeal joint instability has been a frustrating diagnosis to make and treat for the last two decades. All methods, heretofore, have centered around indirect treatment of the deformity including: partial proximal phalangectomy, Flexor tendon transfers, soft tissue and bony arthroplasty, phalangeal osteotomies, and even metatarsal osteotomy. More recently, information about the type and magnitude of plantar plate pathology has led to a grading of the severity of the lesions; staging of clinical examination has led to more definitive diagnoses. This coupled with improved MRI imaging has enabled a preoperative plan to be developed. This coupled with small surgical instruments that allow access to the plantar plate from a dorsal approach (via a Weil osteotomy) has allowed direct repair of torn plantar plates. Early results are encouraging, and in this symposium the anatomy of plantar plate pathology will be discussed as well as methods of direct repair and preliminary surgical results of this new and exciting technique."