E-Poster

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Contribution of Podiatry Assessment in the Management and Follow-up of Patients Undergoing Total Knee Arthroplasty: A Study of 15 Cases

Topic: Miscellaneous

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BACKGROUND

Total knee arthroplasty (TKA) has become increasingly common in recent years. Despite high success rates, continuous monitoring is essential due to prosthesis wear and tear caused by mechanical stress. The functional outcome of TKA is influenced by adjacent anatomical structures, particularly the feet. A podiatric assessment is therefore essential and can help identify biomechanical factors that may impact prosthesis function and patient recovery. This study aimed to evaluate the contribution of podiatric assessment in the postoperative management of TKA patients.

METHODS

This prospective study included 15 patients who underwent TKA at the Physical and Rehabilitation Medicine Department of CHU Ibn Rochd, Casablanca. Data were collected over one year (January 2024 – January 2025). Each patient underwent a comprehensive podiatric assessment using a Plexiglas podoscope with tangential lighting and the FOOTWORK PRO 5.1.11.1 baropodometric platform.

RESULTS

The study population was predominantly female (80%), with 66% over the age of 50. Only 20% had a normal body mass index (bmi), while 53.33% were classified as overweight. The indication for TKA was gonarthrosis in 73% of cases. Foot pain was reported by 53% of patients, and 73% exhibited foot deformities, including frontal and sagittal alignment defects (46.66%), hallux valgus (53%), and calcaneal valgus (40%). Podoscopic assessment revealed static disorders, with flat feet in 46% of cases and high arches in 20%. Notably, 60% of these conditions occurred on the same side as the prosthesis. The static baropodometric analysis identified hyper-pressures in all patients, with 53% showing an off-center gravity projection outside the support quadrilateral.

CONCLUSION

Postoperative podiatric assessment should be an integral component of the multidisciplinary management of TKA patients. Early detection of biomechanical anomalies can help prevent complications, optimize prosthesis function, and improve overall functional outcomes.

Statement of Disclosures

None

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