



Calcaneal Sliding Osteotomy (with Lateral Plate Fixation)



Calcaneus



Flatfoot

High arch



Overview

This procedure changes the alignment of the calcaneus, commonly called the "heel bone." The surgeon will cut this bone, adjust its position and stabilize it with an implant. This technique can be used to correct problems such as a flat foot or an abnormally high arch.

Preparation

In preparation for the procedure, you are given general anesthesia. An incision is made in the skin on the outer side of your heel. This exposes the calcaneus.

Modifying the Bone

The surgeon carefully cuts the calcaneus into two pieces. The rear portion of this bone is then shifted. It can be moved toward the inner side of your foot to create more of an arch. This is called a "medial" sliding osteotomy. Or, it can be moved toward the outer side of your foot to reduce the arch. This is called a "lateral" sliding osteotomy.

Inserting the Implant

The surgeon taps a metal plate into the end of the bone. Screws are placed through the implant. These screws secure the two halves of the calcaneus. Over time, the two halves of the bone will heal in the corrected position.

End of Procedure and Aftercare

When the procedure is complete, the incision is closed. Your foot is bandaged, and placed in either a splint or a cast. You will be monitored for a brief time before you are allowed to go home. Your doctor will give you specific instructions to aid your recovery.