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New ankle system helps Osakis woman get back in gear

Everything she did was painful, especially walking. Osakis resident Lindsay Niehoff dealt with ankle pain for five years after she broke and dislocated her left ankle in December of 2004. The initial surgery left her with pins and a plate in her joint. But still, all activities hurt, she said.

By: **Amy Chaffins**, The Osakis Review

Everything she did was painful, especially walking.

Osakis resident Lindsay Niehoff dealt with ankle pain for five years after she broke and dislocated her left ankle in December of 2004.

The initial surgery left her with pins and a plate in her joint.

But still, all activities hurt, she said.

"It became very sore after sitting or sleeping. Walking down stairs was very difficult because I didn't have much range of motion. I couldn't move my ankle up and down," Niehoff explained.

Then, in 2009, no more pain.

Niehoff was an ideal candidate for the new surgical implant, INBONE Total Ankle System.

It's a three-component ankle implant used to replace the worn-out cartilage in the ankle joint.

Heartland Orthopedic Specialists' foot and ankle surgeon, Dr. Russell Sticha, did Niehoff's ankle replacement surgery.

"In general, this ankle implant offers more patients an alternative solution to relieve pain, improve range of motion and maintain an active lifestyle," Sticha explained.

Niehoff, 33, said her recovery went really well and now, about two years post-surgery she's able to do more exercises on land that she couldn't do before.

"I can jog, jump and hop on the injured foot. Those are all things that I was unable to do since the injury," she said. "While golfing, I am able to walk up and down hills and on uneven ground. I waitress at night, and I am able to leave my shift and not be in any pain. I love it!"

"The biggest advantage this ankle replacement offers is the ability for the surgeon to select younger

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Ankle x-ray



This X-ray image shows a lateral view of an implanted INBONE Total Ankle prosthesis. The titanium and cobalt chrome components are separated by a space, which is actually a plastic spacer. (Contributed)

Dr. Russell Sticha, Surgeon

Lindsay Niehoff, Patient

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more active patients for this surgical procedure," Sticha said. "Traditional ankle replacements were limited to older more sedentary patients and required fusing the two bones above the implant to gain stability for the implant, a technique we refer to as horizontal fixation. The INBONE Total Ankle System allows the surgeon to maintain the integrity of the surrounding anatomy of the ankle."

Approximately 30 Heartland Orthopedic Specialists patients have now undergone successful total ankle replacements with the INBONE Total Ankle System.

Niehoff said, "I do wish I would have taken care of it sooner. I am glad that I did this and would do it again in a heartbeat. However, I don't plan to break the other ankle."

Tags: local news, news, ankle, surgery

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