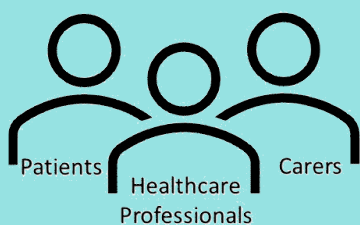


# 'TOP 10' RESEARCH PRIORITIES IN FOOT AND ANKLE SURGERY

The James Lind Alliance and the British Orthopaedic Foot and Ankle Society have worked together to identify 'Top Ten' unanswered research themes in foot and ankle surgery by involving patients, carers, and clinicians.

## ASK

Questions to research on foot and ankle surgery?



## ANALYSE



## PRIORITISE



**1** What are the best outcome measures (ways of assessing the effect of the treatment) after foot and ankle surgery?



**2** What treatment is best for Achilles tendon pain?

**3** What is the best treatment (including surgery) for tibialis posterior (tendon on the inner side of the ankle) dysfunction leading to a successful long-term outcome?



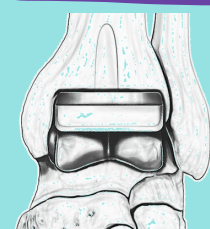
**4** Should physiotherapy be provided following foot and ankle surgery and is there an optimal amount needed to restore function after foot and ankle surgery?

**5** At what stage should a patient with ankle instability (ie an ankle that keeps giving way) be considered for surgical treatment?



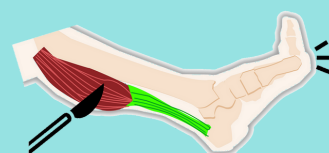
**6** How effective are steroid injections in improving pain from arthritis in the foot and ankle?

**7** What is the best surgery for bone and cartilage defects in the talus?



**8** What is better, ankle fusion or ankle replacements?

**9** What is the success of surgical lengthening of the calf muscle in improving forefoot pain?



**10** When is the best time to start weight bearing after ankle fusion/replacement surgery?