

Acquired Hallux Varus Secondary To Childhood Burn Injury: A Mid-Term Clinical Outcomes.

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INTRODUCTION:

Hallux varus is a relatively rare clinical condition characterized by medial deviation of the great toe at the metatarsophalangeal (MTP) joint. It is a complex deformity that can significantly impact the functionality and appearance of the foot. We present the outcome of a two-stage procedure for treating acquired hallux varus.

REPORT:

A 40-year-old woman, who suffered a second-degree burn on her left foot at four years old, sought assistance for discomfort and dissatisfaction arising from a left great toe deformity. This deformity posed challenges in finding well-fitting shoes. Clinical examination revealed a pronounced varus deformity of the left great toe, accompanied by a skin contracture scar on the midfoot medial side extending to the ankle. The patient underwent two separate surgeries, spaced two weeks apart. The initial procedure included skin contracture release and arthrodesis of the first metatarsophalangeal joint, while the second addressed wound coverage using a split skin graft. At the nine-month follow-up, the patient expressed high satisfaction with the improved appearance, enabling her to wear normal footwear once again.



Figure 1: Preoperative clinical photo and plain radiograph.



Figure 2: Post-operative clinical photo and plain radiograph.

CONCLUSION:

Hallux varus, falls into iatrogenic, traumatic, and post-burn subtypes. Here, it resulted from a burn injury, leading to soft tissue contractures, foot muscle imbalance, and altered metatarsophalangeal joint anatomy. A two-stage surgery approach was deemed safe, considering the chronicity of the condition to prevent wound complications. The initial surgery involved acute correction of the first metatarsophalangeal joint, releasing skin contracture and abductor muscle without tensioning the medial dorsal digital artery. Arthrodesis was performed using a dorsal locking plate and a neutralization screw, resulting in significant stiffness, high union rates, and satisfied patients.

REFERENCES:

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