

## Sweet and Simple Corrective Surgery for Hallux Valgus – Distal Linear Metatarsal Osteotomy

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### INTRODUCTION:

Hallux valgus is a common deformity of the forefoot the is commonly seen but not treated adequately. Surgical correction is often indicated to allow proper shoe wear. There have been at least 12 surgical techniques<sup>(1)</sup> described in the literature. This case report aims to describe the easiest and simplest method to correct the deformity which is distal linear metatarsal osteotomy(DLMO)

### REPORT:

A 47-year-old female presented with painful bunions on both feet, enduring discomfort despite prior treatments. X-rays showed severe Hallux Valgus angle (HVA) of 42°, intermetatarsal angle (IMA) of 22.5°, and over 75% sesamoid subluxation, categorized as severe. Under spinal anesthesia, she underwent the closed McBride procedure. Adductor hallucis tendon was avulsed, confirmed by sensation. An inch incision was made, and a size 2.0 K-wire was inserted along the medial edge of metatarsal, directed distally. DLMO which is an osteotomy perpendicular to the first metatarsal bone's axis was performed, and the wire was driven in intramedullary, verified under an image intensifier. The procedure lasted 15 minutes, with minimal instrumentation. The K-wire remained for 3 weeks for fibrous union formation.



**Figure 1:** Pre operative xray of patient right foot AP view



**Figure 2:** Post operative xray of patient right foot AP view

### CONCLUSION:

DLMO surgical approach showed great promise in streamlining operating procedures, minimizing surgical dissection<sup>(2)</sup>, and optimizing resource utilization. This advancement holds the potential to expedite surgical interventions, thereby reducing wait times for patients experiencing similar issues.

### REFERENCES:

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