

FLEXION CHECKREIN DEFORMITY OF RIGHT FOOT POST TIBIAL AND FIBULAR FRACTURE

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INTRODUCTION:

Checkrein deformity is a dynamic flexion deformity at the interphalangeal joint with extension contracture of the metatarsophalangeal joint of hallux [1]. This deformity occurs because of flexor hallucis longus (FHL) entrapped in the scar tissue or callus at the fracture site. [1,2] The FHL is more commonly involved than the FDL because the FHL has a bigger muscle belly and the deformity is more prominent during dorsiflexion of ankle [2].

REPORT:

A 26-year-old Indian gentleman with history of motor-vehicle accident in year 2020, sustained closed fracture left tibia and fibula, underwent intramedullary nailing of left tibia. Post op 2 years, patient presented with the flexion of left big toe.

On examination of left foot, the big toe hyper flexed at interphalangeal joint upon dorsiflexion of left ankle. The big toe flexion deformity reduced upon plantar flexion of the ankle with no extension deformity.

Previous fracture site of left tibia has no tenderness, no ankle joint stiffness and no limb length discrepancy.

He was diagnosed with checkrein deformity of left big toe and underwent left FHL tendon lengthening.

Upon his follow up, his left big toe has come to a complete resolution of the deformity. He is able to walk and wear shoes normally.



CONCLUSION:

The midfoot approach for FHL tendon lengthening demonstrated positive outcomes, achieving complete resolution of the deformity. Various other approaches are still being developed to optimise outcomes.

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