

족부 질환의 진단과 치료

Management of Foot and Ankle Disorders

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Abstract

Recently, So - called 'Hidden Joint' became emerging entities in orthopedic field due to improvement of public and medical awareness, and increasing socio - economic conditions. Anatomy of the Foot & Ankle consisted with 33 joints from 26 bones. Dilemma between static and dynamic functions of the foot and ankle resolved by complexities of biomechanics. Therefore, most important thing in diagnostic process is understanding of anatomy and biomechanics. Identification of pin - point tenderness, block test to each joints, provocation test in tendinopathies are effective tools in physical examination. And the 'concept of closed chain' in spine and lower extremities help physician to decide preferences. In this paper, some difficulties to descript every details about foot and ankle problems lead author to enumerate clinical tips in diagnosis and management about a few diseases confront frequently in practice in order to anatomical regions.

Keywords : Foot; Ankle; Disorders; Deformity; Ankle sprain; Diabetic foot

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가 가

가

가

가
가

(Lisfranc) , (Chopart) , 1~2

4. (Metatarsalgia)

1. (Onychocryptosis) 가 가
(Paronychia) steroid
가 2
가
Winograd sky line view 가
가

2. (Onychomycosis) 가
가
1 13mm
가 'Pulse' 가

3. (Subungal Hematoma & Nail Detachment) 6. (Hallux Valgus)

(vector)

1. (Accessory Navicular Syndrome with or without Posterior Tibial Tendon Insufficiency)

, 40

(bunion pain)

2 (overrid-

ing Toe) 2 , 10~14%

stress test . 3~4

(Chevron Metatarsal (Rotational Osteotomy) 가 . 3

7. (Hypercallosity, Corn) 가 .

가

4 6 8

2. 4, 5 (4, 5th Lisfranc Pain)

가 3

4, 5 1~3

Corn core가

가

가

70% 가

5. (Pes Planus)

가

가

30%

가

가

10 . 4 90%
 4%
 0.4%

50%

10

, 16

, 16

가

가

가

6.

(Social Awareness of Ankle Sprain)

5~10

30%

7.

(Chronic Ankle Sprain)

가

가

90%

가

가

가

가

. 가

9. (Impingement Syndrome)

가

가

6

6

(Stabilized Brace)

85%

가 가

1

75%

2

가

가

43%

Brostrom

Chrisman - Snook

6 가

6

가

가

가

8. (Subtalar Arthritis)

가 85%

10. (Osteochondral Lesion of Talus, OLT)

OCD(Osteochondritis dissecans)

OLT

가

가

가

가

(AOTS)

가

13. (Achilles Tendinopathy & Paratendinitis)
(tendinitis)

11. (Syndesmotic Injury)

가

가

가

가

가 6

3~5

가

가

2~6cm

90

가

(Torque)

가

Paratenon

12.

(Haglund Disease & Retrocalcaneal Bursitis)

가

가

가

가

가

가

가

14. (Bursitis of Lateral Malleoli)

. 1 , 2~5

. 3

가
가

가

2. (DM Foot)

가

(interdisciplinary

가

approach)

(life

가

가

threatening)

(limb threatening)

MRI

가

가

가

가

(vasculopathic dominant)

15. (Flexor Hallucis Longus Tendinitis)

(neropathic dominant)

가

가

(focal vasculopathy)가

가

가

Thomasen test가

(Charcot joint)

가

. Thiocitic acid Methicobalamic acid

1. (RA Forefoot Deformity)

Gabapentin

가

가

가

가 , Allopurinol 가 steroid
 가 1 steroid
 가
 가
 MRSA, VRE
 (1 /1~2)

3. (Gouty Arthritis)

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 가
 가
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 2. : , 2000
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