

---

The  
Journal  
of **Foot &  
Ankle  
Surgery**<sup>®</sup>

---

VOLUME 56, NUMBER 5

SEPTEMBER/OCTOBER 2017

## Contents

### SPECIAL SECTION ON SPORTS MEDICINE, PART ONE

#### Editorials

- Sports Medicine and the Foot and Ankle Surgeon** ..... 915  
D. Scot Malay, DPM, MSCE, FACFAS
- Should Sports Injuries and Surgeries Be "POLICED"?** ..... 916  
Amol Saxena, DPM, FACFAS

#### Original Research

- Forefoot Adduction Is a Risk Factor for Jones Fracture** ..... 917  
Adam E. Fleischer, DPM, MPH, FACFAS; Rebecca Stack, DPM; Erin E. Klein, DPM, MS, FACFAS;  
Jeffrey R. Baker, DPM, FACFAS; Lowell Weil Jr., DPM, MBA, FACFAS;  
Lowell Scott Weil Sr., DPM, FACFAS
- Peritenolysis and Debridement for Main Body (Mid-Portion) Achilles Tendinopathy in Athletic Patients: Results of 107 Procedures** ..... 922  
Amol Saxena, DPM, FACFAS; Brian K. Hong, DPM; Deann Hofer, DPM, AACFAS
- Commentary: Surgery for Tendinopathy of the Main Body of the Achilles Tendon: No Need to Look for New Solutions When the "Old Ones" Work, if Performed Well** ..... 929  
Nicola Maffulli, MD, PhD
- Functional Medium-Term Results After Autologous Matrix-Induced Chondrogenesis for Osteochondral Lesions of the Talus: A 5-Year Prospective Cohort Study** ..... 930  
Oliver Gottschalk, MD; Sebastian Altenberger, MD; Sebastian Baumbach, MD;  
Stefanie Kriegelstein, MD; Florian Dreyer, MD; Alexander Mehlhorn, MD; Hubert Hörterer, MD;  
Andreas Töpfer, MD; Anke Röser, MD; Markus Walther, MD
- Commentary: Functional Medium-Term Results After Autologous Matrix-Induced Chondrogenesis for Osteochondral Lesions of the Talus: A Five-Year Prospective Cohort Study: Gottschalk et al** ..... 937  
Amol Saxena, DPM, FACFAS
- Minimally Invasive Achilles Tendon Stripping for the Management of Tendinopathy of the Main Body of the Achilles Tendon** ..... 938  
Nicola Maffulli, MD, PhD, FRCP, FRCS; Francesco Oliva, MD, PhD; Gayle D. Maffulli, MD, PhD;  
Alessio Giai Via, MD; Nikolaos Gougoulias, MD

<b>Navicular Stress Fracture Outcomes in Athletes: Analysis of 62 Injuries</b> .....	943
Amol Saxena, DPM, FACFAS; Shontal A. Behan, BS; Dallas L. Valerio, BA; Dominick L. Frosch, PhD	
<b>Commentary: Commentary on Navicular Stress Fracture Outcomes in Athletes: Analysis of 62 Injuries</b> .....	949
Robert B. Anderson, MD	
<b>Treatment of Plantar Fasciitis With Radial Soundwave "Early" Is Better Than After 6 Months: A Pilot Study</b> .....	950
Amol Saxena, DPM, FACFAS; Brian K. Hong, DPM; Andrew S. Yun, DPM, AACFAS; Nicola Maffulli, MD, PhD; Ludger Gerdesmeyer, MD, PhD	
<b>Assessment of the Resistance of Several Suture Techniques in Human Cadaver Achilles Tendons</b> .....	954
Andrea Manent, MD; Laia Lopez, MD; Joan Vilanova, MD; Tiago Mota, MD; Jordi Alvarez, PhD; Alejandro Santamaría, MD; Xavier Martí Oliva, PhD	
<b>Early Protected Weightbearing for Acute Ruptures of the Achilles Tendon: Do Commonly Used Orthoses Produce the Required Equinus?</b> .....	960
Philip Ellison, MCSP, MSc; Andrew Molloy, MBChB, MRCS (Ed), FRCS (Tr&Orth); Lyndon William Mason, MBBCh, MRCS (Eng), FRCS (Tr&Orth)	
<b>Electromagnetic Transduction Therapy for Achilles Tendinopathy: A Preliminary Report on a New Technology</b> .....	964
Ludger Gerdesmeyer, MD, PhD; Amol Saxena, DPM, FACFAS; Tim Klueter, MD; Norbert Harrasser, MD, PhD; Brian Fullem, DPM; Andre Krath, MD, PhD	
<b>Review Article</b>	
<b>Exercise and Diabetes: A Narrative Review</b> .....	968
David W. Jenkins, DPM, FACFAS, FAAPSM; Alexander Jenks, DPM	
<b>Case Reports and Series</b>	
<b>Plate Fixation With Autogenous Calcaneal Dowel Grafting Proximal Fourth and Fifth Metatarsal Fractures: Technique and Case Series</b> .....	975
Chad L. Seidenstricker, DPM; Edward G. Blahous, DPM, FACFAS; Richard T. Bouché, DPM, FACFAS; Amol Saxena, DPM, FACFAS	
<b>Percutaneous Ultrasonic Tenotomy for Achilles Tendinopathy Is a Surgical Procedure With Similar Complications</b> .....	982
Patrick J. Sanchez, DPM; John F. Grady, DPM; Amol Saxena, DPM, FACFAS	
<b>Treatment of Medial Tibial Stress Syndrome With Radial Soundwave Therapy in Elite Athletes: Current Evidence, Report on Two Cases, and Proposed Treatment Regimen</b> .....	985
Amol Saxena, DPM, FACFAS; Brian Fullem, DPM; Ludger Gerdesmeyer, MD, PhD	
<b>OTHER CONTENT</b>	
<b>Original Research</b>	
<b>Cotton Osteotomy in Flatfoot Reconstruction: A Review of Consecutive Cases</b> .....	990
Troy J. Boffeli, DPM, FACFAS; Katherine R. Schnell, DPM	

<b>Perioperative Complications and Initial Alignment of Lateral Approach Total Ankle Arthroplasty</b> .....	996
J. George DeVries, DPM, FACFAS; Todd A. Derksen, DPM, FACFAS; Brandon M. Scharer, DPM, FACFAS; Robert Limoni, MD	
<b>Endoscopic Plantar Fasciotomy; Deep Fascial Versus Superficial Fascial Approach: A Prospective Randomized Study</b> .....	1001
Bilgehan Çatal, MD; Mert Keskinbora, MD; Mehmet Ali Uysal, MD; Mustafa Şahin, MD; Deniz Gulabi, MD; Bahtiyar Demiralp, MD	
<b>What Is the Current Role and Factors for Success of the Journal Club in Podiatric Foot and Ankle Surgery Residency Training Programs?</b> .....	1009
Eric So, DPM; Christopher F. Hyer, DPM, MS, FACFAS; Marcus P. Richardson, DPM; Randall C. Thomas, DPM, FACFAS	
<b>Comparison of Time to Operation and Efficacies of Ultrasound-Guided Nerve Block and General Anesthesia in Emergency External Fixation of Lower Leg Fractures (AO 42, 43, 44)</b> .....	1019
Chan Kang, MD; Sang-Bum Kim, MD; Youn-Moo Heo, MD; You-Gun Won, MD; Byung-Hak Oh, MD; June-Bum Jun, MD; Gi-Soo Lee, MD	
<b>Management of Intra-Articular Calcaneal Fractures: Clinical Results of Reduction Technique Using a Bone Spreader</b> .....	1025
Naohide Takeuchi, MD, PhD; Takao Mae, MD; Jun-ichi Fukushi, MD, PhD; Nobuaki Tsukamoto, MD, PhD; Hideki Mizu-uchi, MD, PhD; Kenta Momii, MD; Yasuharu Nakashima, MD, PhD	
<b>Comparison of Completion Rates for SF-36 Compared With SF-12 Quality of Life Surveys at a Tertiary Urban Wound Center</b> .....	1031
Paul J. Kim, DPM, MS; Anagha Kumar, MA, MS; Tammer Elmarsafi, DPM; Hannah Lehrenbaum, MPH; Ersilia Anghel, MD; John S. Steinberg, DPM, FACFAS; Karen K. Evans, MD; Christopher E. Attinger, MD	
<b>Experimental Comparison of the Clinical Measurement of Ankle Joint Dorsiflexion and Radiographic Tibiotalar Position</b> .....	1036
Paul Dayton, DPM, MS, FACFAS; Mindi Feilmeier, DPM, FACFAS; Kalani Parker, DPM; Riane Otti, BS; Rachel Reimer, PhD; Merrell Kauwe, DPM; Jake Eisenschink, BS; Joshua Wolfe, BS	
<b>Comparison of Tibial Sesamoid Position on Anteroposterior and Axial Radiographs Before and After Triplane Tarsal Metatarsal Joint Arthrodesis</b> .....	1041
Paul Dayton, DPM, MS, FACFAS; Mindi Feilmeier, DPM, FACFAS	
<b>Treatment of End-Stage Hallux Rigidus Using Total Joint Arthroplasty: A Short-Term Clinical Study</b> .....	1047
Turan Cihan Dülgeroğlu, MD; Hasan Metineren, MD	
<b>Ten-Year Follow-Up of Metatarsal Head Resurfacing Implants for Treatment of Hallux Rigidus</b> .....	1052
Henry Hilario, DPM, AACFAS; Alan Garrett, DPM, FACFAS; Travis Motley, DPM, MS, FACFAS; Sumihiro Suzuki, PhD; Brian Carpenter, DPM, FACFAS	
<b>Comparison of Extraosseous Talotarsal Stabilization Implants in a Stage II Adult-Acquired Flatfoot Model: A Finite Element Analysis</b> .....	1058
Jian Xu, PhD, MD; Xin Ma, PhD, MD; Daping Wang, PhD, MD; Wei Lu, PhD, MD; Weimin Zhu, PhD, MD; Kan Ouyang, MM; Haifeng Liu, MM; Hao Li, MM; Luoyong Jiang, MM	

## Review Articles

- Iselin's Disease: A Systematic Review** ..... 1065  
Richard A. Forrester, MBChB Hons, BSc Hons, MRCS; Alistair I. Eyre-Brook, BM, BMedSci, MRCS;  
Ken Mannan, MBBS, FRCS
- Mobility of the First Ray in Patients With or Without Hallux Valgus Deformity: Systematic Review and Meta-Analysis** ..... 1070  
Naohiro Shibuya, DPM, MS, FACFAS; Thomas S. Roukis, DPM, PhD, FACFAS; Daniel C. Jupiter, PhD
- Intermediate- to Long-Term Longevity and Incidence of Revision of the Modified Broström-Gould Procedure for Lateral Ankle Ligament Repair: A Systematic Review** ..... 1076  
Eric So, DPM; Nathaniel Preston, DPM; Timothy Holmes, DPM, FACFAS
- Percutaneous Intramedullary Screw Fixation of Distal Fibula Fractures: A Case Series and Systematic Review** ..... 1081  
Vladimir V. Loukachov, MSc; Merel F.N. Birnie, MD; Siem A. Dingemans, MD;  
Vincent M. de Jong, MD; Tim Schepers, MD, PhD
- Tips, Quips, and Pearls**
- An Alternative Strategy for Treatment of Distal Tibiofibular Syndesmotic Disruption: A Technical Note** ..... 1087  
Jin-tao Qu, MD; Guo-hua Shi, MD; Yang-cai Wang, MD; Jian Li, MD; Ji-wu Dong, MD;  
Yue Hu, MD
- Intraoperative Three-Dimensional Navigation for Talocalcaneal Coalition Resection** ..... 1091  
William R. Aibinder, MD; Ernest Y. Young, MD; Todd A. Milbrandt, MD
- Case Reports and Series**
- Onychomatricoma: A Rare and Potentially Underreported Tumor of the Nail Matrix** ..... 1095  
Calvin J. Rushing, DPM; Roman Ivankiv, DPM; Neal M. Bullock, DPM;  
Diana E. Rogers, DPM, MS, FACFAS; Steven M. Spinner, DPM, FACFAS
- Staged Treatment of Infected Tibiotalar Fusion Using a Combination Antibiotic Spacer and Antibiotic-Coated Intramedullary Nail** ..... 1099  
Justin Miller, DO; Victor Hoang, BS; Richard S. Yoon, MD; Frank A. Liporace, MD
- Case Study: Rare Case of Mantle Cell Lymphoma With Extranodal Involvement in the Foot** ..... 1104  
Pauline Fu, DPM, FACFAS; Danielle Mercado, DPM; Vera Malezhik, DPM;  
Abul Ala Syed Rifat Mannan, MD
- Open Ankle Dislocation Without Fractures With Tibialis Posterior Tendon Interposition Through the Interosseous Space** ..... 1109  
Bryan J.Y. Bae, MBChB; Joseph F. Baker, MCh, FRCSI; Robert J. Orec, MBChB, FRACS Orth;  
Alastair T. Hadlow, MBChB, FRACS Orth
- Functional Outcomes After Heel Pad Reconstruction: A Review of 7 Cases** ..... 1114  
Koh Khai Luen, MRCS; Wan Azman Wan Sulaiman, MD
- Amniotic Band Syndrome With Pseudoarthrosis of Tibia and Fibula: A Case Report** ..... 1121  
Anitha Ananthan, MD; Gayatri Athalye Jape, FRACP; Jean Du Plessis, FRACP;  
Peter Annear, FRACS; Rohan Page, FRACS; Shripada Rao, FRACP

<b>Supramalleolar Osteotomy With Distraction Arthroplasty in Treatment of Varus Ankle Osteoarthritis With Large Talar Tilt Angle: A Case Report and Literature Review</b> .....	1125
Hong-Mou Zhao, MD, PhD; Xiao-Jun Liang, MD; Yi Li, MD, PhD; Ning Ning, MD; Jun Lu, MD	
<b>Letter to the Editor</b>	
<b>Syndesmotic Injuries: Where Are We Now? Where Do We Need To Go?</b> .....	1129
Mohamed Mediouni, PhD; Daniel R. Schlatterer, DO, MS; Michael Gardner, MD	

**JOURNAL CLUB VIDEOS**

View the latest Journal Club video online at <http://www.jfas.org>. The aim of these videos is to allow readers to view a journal club session, to consider the content and to learn from the discussion, and to stimulate readers to conduct their own journal clubs at their own institutions.