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What's new in Hallux Valgus treatment?

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Introduction: Hallux valgus is a prevalent condition and affects a reported 30% of adults aged more than 40 years. There are several methods of conservative and surgical procedure (150 procedures) for treatment of that. The aim of this review is evaluation of advantages and disadvantages of these procedures.

Materials and Method: We recognize the studies utilizing data base of PubMed and Google scholar, with the keywords hallux valgus, osteotomy, minimally invasive, percutaneous, Conservative treatment, pain, quality of life and surgery.

Results: Percutaneous as a minimally invasive surgery is one of the major progresses in the operating field of orthopedic. Twenty-four studies compared the effectiveness of various kinds of surgeries. The results showed there is no difference in rate of pain between chevron-type osteotomy and other

surgical procedures. One study revealed that chevron osteotomy is more beneficial than Lindgren osteotomy in terms of walking speed. A medium quality study evaluated the efficient of hallux valgus surgery compared to conservative or no treatment. This study revealed that surgery, specifically chevron osteotomy, is a more effective procedure for pain compared to conservative treatment and also no treatment in the first year.

Conclusion: This review showed that differences between various types of surgical procedures are minimal; however there is evidence that surgery methods, are a more effective procedure than conservative or no treatment in decreasing pain in the first year following surgery. However, this review has showed that there is a loss of high-quality studies comparing equivalent types of Hallux valgus treatments that evaluate the same outcomes.

Biography

Morteza Rajai graduated from the Shahid Beheshti University of Medical Science, at a general orthopedic surgeon in 2011 and received his MD degree from Tehran University of Medical Science in 1995. He also completed a fellowship with doctor Kerkhoffs in ankle arthroscopy and sports traumatology at the Academic Medical Centre Amsterdam, University of Amsterdam in 2017. In addition, Since 2011, he has been a member of the Iran Society of Orthopedic Surgery. Moreover, He is head of the researchers at Borna Research Center (BRC). At present, he serves as Orthopaedic Surgeon for Iran University of Medical Sciences in Shohadaye Yaftabad Hospital. Besides, he works at Moheb-Mehr hospital, Trita hospital, and Gandhi hotel hospital.

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