A Clinically Proven Joint Replacement For Patients Suffering From Great Toe Arthritis

Dr. Angela M. Barnes and Dr. James J. DiResta, board certified podiatric surgeons in Newburyport, MA, discuss the benefits of the BioPro Great Toe Implant for patients suffering from arthritis.

NEWBURYPORT, Mass. (PRWEB) March 11, 2019 -- While patients suffering from arthritis in their hip or knee often seek joint replacement, many patients are still unaware that similar joint replacements are available in other areas of the body and that these joint replacements are not new technology. Since 1952, surgeons have been using metal resurfacing implants in the great toe joint (first mtp joint) to help patients suffering from arthritis.

Now with over 65 years of clinical use, a cobalt chrome implant manufactured by BioPro, a Michigan-based medical device company, is standing the test of time. Designed to resurface one side of the joint, the implant offers patients a long-term solution to improve range of motion and help reduce pain.

Dr. Angela M. Barnes and Dr. James J. DiResta, board certified podiatric surgeons in Newburyport, MA, have successfully been treating their patients with the implant for 10 years. When asked how many patients are aware of this treatment option, they agree that “not many patients are aware of joint replacement as a treatment option for arthritis of the great toe joint”.

While Dr. Barnes and Dr. DiResta offer this option to their patients, not all surgeons do. When reviewing the clinical literature, the best way to treat this condition is still largely debated. “The classic gold standard over the years has been fusion, however, this is not effective for patients that would like to continue activities,” says Dr. Barnes. During a fusion procedure, the cartilage surfaces of the joint are removed and a device such as a screw or a plate is utilized to prevent motion. The bones eventually grow together which prevents pain; however, a loss of function occurs as the joint will no longer bend. This may be a major concern for active patients, as “motion of the great toe is required for activities such as kneeling, squatting, riding a bike, doing yoga with plank type exercises.” - Dr. Barnes

They are not the only surgeons who see the benefit of this joint sparing procedure. A recent study in the Journal of Foot & Ankle Surgery “Long-Term Results of Hemiarthroplasty Compared with Arthrodesis for Osteoarthritis of the First Metatarsophalangeal Joint” concluded that the implant offered many benefits over fusion. When analyzing their patients, the authors found that patients treated with the implant reported higher satisfaction, less pain, and faster recoveries than those undergoing fusion.

BioPro reports a common misconception is that the implant will only last a few years, then it must be revised to a fusion. While it’s true that the implant can typically be easily revised into a fusion if necessary, clinical data shows that the implant can last well over a decade. In fact, a study published in Foot & Ankle International revealed a 95% success rate of the 279 patients treated with the implant, 85 of which were in excess of 10 years.

The implant also offers a “short-term recovery” says Dr. Barnes. After the procedure, a patient will wear a surgical shoe that allows movement of the toe for three to four weeks. At two weeks post-op the sutures will be
removed, and a typical patient will return to a soft shoe in about four weeks; although, physical therapy may be recommended to build strength.
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