

Appendix

Postoperative Protocol for Both Open Arthrodesis and PASTA Groups

Patients wore a postoperative splint with the hindfoot in neutral alignment for 2 weeks followed by a short leg cast. The patients remained non-weight-bearing for 6 weeks. Radiographs were made at 6 and 10 weeks. If radiographic findings were satisfactory without any concerns, weight-bearing as tolerated was initiated in a CAM (controlled ankle movement) boot for 4 more weeks. At 10 weeks, if the patient was asymptomatic and radiographic findings were satisfactory, walking as tolerated in shoes was initiated. If the patient was symptomatic, immobilization in a boot was continued until he or she was asymptomatic.

Details of Return to Sports Activities in Both Open Arthrodesis and PASTA Groups

In the PASTA group, 13 (32.5%) of 40 patients performed at the same level of activities; 5 of the 13 patients could not participate in sports activities and 8 could perform sports at same level as before surgery, but all of them reported improvement with respect to pain. However, 27 patients (67.5%) had improved by at least 1 level with respect to sports activities. In the open group, 24 (53.3%) of 45 patients were at the same level of activities; 10 of the 24 patients could not perform the sports activities and 14 could perform sports at the same level as before surgery, but all of them reported improvement with respect to pain. The remaining 21 patients (46.7%) had improved by at least 1 level with respect to sports activities. ■