

SPORTS & ORTHOPAEDIC SPECIALISTS

Total Ankle Replacement



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For those suffering from moderate to severe ankle arthritis, total ankle replacement may be an option for relieving pain, optimizing movement and improving overall quality of life.

Treatments for ankle pain range from conservative options to surgery. Physical therapy may be beneficial for some patients. Other patients may be ideal candidates for an ankle fusion surgery. When conservative treatments and other surgical options have been tried, ruled out or are not effective, total ankle replacement may be the best option.

In a total ankle replacement, the ankle joint is replaced with a prosthetic device designed to decrease pain, improve functionality and offer patients a better quality of life.



About total ankle replacement

In a total ankle replacement the entire ankle joint is replaced with an implant. Lisa Wasserman, MD, of Sports & Orthopaedic Specialists, is specially trained in total ankle replacement—and is one of a small number of surgeons across the country performing the surgery.

A new generation of artificial joints has made this surgery an option for some patients with advanced arthritis or severe trauma to the ankle. By mimicking the ankle's natural motions, total ankle replacement may be recommended to replace the painful arthritic ankle joint while allowing for natural ankle movement.

The typical recovery period from a total ankle is approximately 12 weeks. For the first six weeks, no weight bearing is allowed on the ankle, but patients may use crutches or a walker to assist with mobility and ensure proper healing. For the second six weeks, the patient wears and walks in a removable cast boot. Following the initial 12 weeks, patients will be advised and counseled on slowly returning to daily activities and routines. After recovery, most patients are able to resume as much walking, swimming, biking and other non-impact athletics, including golf, as they like.

Getting started

To make an appointment with Lisa Wasserman, MD, call Sports & Orthopaedic Specialists at 952-946-9777 or ask your primary care physician for a referral.

For the convenience of our patients, we offer four locations in the metro area and a fifth location in St. Cloud. See the back of this brochure for a listing of our clinic locations.

About Abbott Northwestern Hospital

If a surgery is required, our patients go to Abbott Northwestern Hospital in Minneapolis. Abbott Northwestern is consistently ranked a Top Hospital in the specialty of orthopedics by *U.S. News & World Report*. This distinction is earned based on excellence in treating serious illnesses using complex procedures and the latest technology. Visit abbottnorthwestern.com to learn more.



ABOUT LISA WASSERMAN, MD, FRCS (C)

Lisa Wasserman, MD, FRCS (C) is an orthopedic surgeon who specializes in disorders of the foot and ankle, as well as lower extremity alignment surgery. She completed the renowned University of Iowa Foot and Ankle/Sports Medicine Fellowship followed by a second fellowship in Limb Deformity Correction. Wasserman is board-certified in orthopedic surgery by the Royal College of Surgeons of Canada. She completed her residency at the University of Calgary and studied at the University of Saskatchewan, where she earned her medical degree with honors.

Wasserman's highly regarded research has focused on ankle arthroscopy in sports trauma, minimally invasive ankle reconstruction, ankle ligament injuries and tibial realignment osteotomies.

She is the co-founder of the Women's Orthopaedic Center—the first program in Minnesota designed to address the unique needs of women in preventing, evaluating and managing musculoskeletal injuries in women.

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