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North City-Ridgecrest, Washington Jan 27, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Moharan is a foot and ankle surgeon who specializes in treating trauma, sports injuries, arthritis, diabetes, stroke, and other neuromuscular conditions.

Ankle reconstruction is a field of foot and ankle reconstructive surgery that focuses on repairing or

rebuilding the structures of the ankle joint, such as the bones, ligaments, tendons, and cartilage. This type of surgery is typically used to treat conditions such as ankle arthritis, ligament tears, and fractures of the ankle. Ankle reconstruction procedures can include joint replacement, ligament reconstruction, and osteotomies (surgical cuts in the bone to realign the joint). The specific procedure or combination of procedures used will depend on the individual patient's condition and needs. Recovery time and physical therapy may be needed after the surgery.

Ankle reconstruction is typically needed for individuals who have experienced severe trauma, such as a severe sprain or fracture, or for those with conditions such as arthritis that have caused damage to the ankle joint. The procedure can help to alleviate pain, improve function, and prevent further damage to the joint.

[Ankle reconstruction](#) is a surgical procedure that involves repairing or replacing damaged or diseased structures in the ankle joint. The specific procedure will depend on the condition being treated, but it may include one or more of the following steps:

Anesthesia: The patient will be given either general anesthesia (to put them to sleep) or regional anesthesia (to numb the affected area) before the procedure begins.

Incision: The surgeon will make an incision over the ankle joint to access the damaged or diseased structures.

Repair or replacement: Depending on the condition being treated, the surgeon may need to repair or replace one or more structures in the ankle joint. This could include the bones, ligaments, tendons, or cartilage.

Closure: Once the repair or replacement is complete, the surgeon will close the incision with sutures, staples, or skin glue.

Rehabilitation: After the procedure, the patient will typically need to go through a period of rehabilitation to regain strength and mobility in the ankle. This may include physical therapy, exercises, and the use of crutches or other assistive devices.

Pros:

- 1) Improved stability and function of the ankle joint
- 2) Relief of pain and discomfort
- 3) Increased mobility and range of motion
- 4) Restoration of normal walking pattern
- 5) Improved ability to participate in physical activities
- 6) Enhanced appearance of the ankle
- 7) Reduced risk of future ankle injuries
- 8) Improved quality of life
- 9) Minimal scarring and recovery time
- 10) Customizable options for reconstruction based on individual needs and goals

Cons:

- 1) Risk of complications such as infection, bleeding, or nerve damage
- 2) Long recovery time and rehabilitation process

- 3) Potential for ongoing pain or discomfort
- 4) Risk of failure or re-injury
- 5) Expensive procedure with the potential for high medical costs
- 6) Risk of revision surgery if initial reconstruction is not successful
- 7) Potential for scarring or cosmetic changes to the ankle
- 8) Risk of additional surgeries if complications arise
- 9) Potential for chronic pain or disability if surgery is not successful
- 10) Limited options for reconstruction for severe or complex ankle injuries.

It's important to note that the specific procedure may vary depending on the type of ankle reconstruction and the condition being treated.

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