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Fractures of the talus: Current concepts and new developments

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Highlights:

- Fractures of the talus are challenging to manage with a high rate of complications
- Advanced imaging with CT scan is recommended in all talar neck fractures
- The Hawkins's classification system predicts the rate of osteonecrosis
- Dual anteromedial and anterolateral surgical approaches may be beneficial
- Plate fixation often allows for precise reduction with decreased malalignment

ABSTRACT

Fractures of the talus are challenging to manage, with historically poor outcomes and a high rate of complications. The rare nature of this injury limits the number of studies available to guide treatment. Fortunately, a number of advancements have been made in the last decade. There is increased recognition regarding the importance of anatomic reconstruction of the osseous injury. Advanced imaging is used to assess the subtalar joint, where even slight displacement may predispose to arthritis. Increasing use of dual anteromedial and anterolateral approaches, along with plate fixation, has improved our ability to accurately restore the anatomy of the talus. Modification of the original Hawkins classification can both guide treatment and allow us to better predict which patients will develop avascular necrosis. Lastly, improved reconstructive techniques help address the most common complications after talus fracture, including arthritis, avascular necrosis, and malunion.

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