

Toe Tenotomies, A Cure For Most Toe Ulcers

Purpose: Foot ulcers are a common cause of hospital admission for infection and amputation in patients with neuropathy. This study evaluates the results of treating plantar neuropathic toe ulcer with toe flexor tenotomy.

Methods: Between 1996 and 2003, 24 toe ulcers in 14 patients with neuropathy were treated with percutaneous tenotomy of toe flexors.

Results: Ten of 14 patients had diabetes mellitus. No patients were lost to follow up. Average follow-up for the 24 ulcers was 32 months. All ulcers healed. None of the 11 lesser toe ulcers recurred. Three of the 13 first toe ulcers recurred (3/24, 13%) but all recurrences healed after repeat tenotomy and did not recur. There were no amputations, infections or other complications after surgery. To the authors knowledge, long term follow up of tenotomy for toe ulcers has not been previously reported.

Conclusion: Toe flexor tenotomies appear to be an effective treatment for neuropathic toe ulcers.