

Total Ankle Replacement

What is it?

Total ankle replacement (ankle arthroplasty) is surgery to replace a severely arthritic ankle joint with a metal and plastic implant. It reduces pain and preserves motion.

Who is it for?

People with severe ankle arthritis who want to stay active and avoid ankle fusion.

Benefits

- Less pain
- Better joint movement
- Improved walking ability

What to Expect

Recovery includes physical therapy and gradual return to activity. Most people are walking comfortably by 3–6 months.

When to Seek Help

If you have constant ankle pain that hasn't improved with other treatments, ankle replacement might be an option.