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**Foot, Ankle and Trauma Surgery**

**TIBIALIS ANTERIOR TENDON REPAIR**

**INTRODUCTION**

The tibialis anterior tendon attaches the muscle along the front of the lower leg that pulls the ankle upwards. The tibialis anterior tendon can tear partially or rupture fully as the result of trauma or degenerative changes. Repair of the tendon aims to restore the normal walking pattern, to correct foot deformity and reduce pain.

**THE SURGERY**

Tibialis anterior tendon reconstruction surgery has a number of steps. These include:

- i. general anaesthetic, intravenous antibiotics.
- ii. incision over the top of the foot.
- iii. exposure of the tendon.
- iv. tendon repair/ transfer using sutures and/or screws.
- v. closure of tendon sheath.
- vi. closure of wound with stitches/sutures
- vii. infiltration of local anaesthetic.
- viii. application of plaster back slab.

**RISKS OF SURGERY**

All surgical procedures carry some risk. The risks of complications with tibialis anterior tendon surgery are low. Some of the risks include:

- Infection
- Problems with wound healing
- Nerve injury causing numbness, tingling and/or pins and needles.
- Deep venous thrombosis/pulmonary embolism. (The risk of DVT increases with smoking, the oral contraceptive pill and hormone replacement therapy, immobility and obesity).
- Anaesthetic complications
- Drug allergy
- Ongoing pain

**GUIDELINES FOR EXPECTED POST OPERATIVE RECOVERY**

Keep dressings dry and intact until post operative appointment. Keep foot elevated as much as possible, especially for initial 72 hours.

Removal of stitches/sutures at the first post operative appointment, usually: 10-14 days.

Pain killers may be required for up to 6 weeks. Antibiotics for up to 2 weeks. Clexane injections (to reduce the risk of deep venous thrombosis): 10-14 days.

**Weight bearing:**

Crutches will be required post operatively.

- 10-14 days in back slab touch weight bearing
- 4 weeks in Aircast walking boot partial weight bearing ( up to 30 kgs)
- A plaster or boot needs to be worn in bed for the first 6 weeks.

Commence physiotherapy: 6 weeks. Return to most activities: 6-9 months. Full recovery up to 12 months.

Every patient's recovery is individual and depends on the severity of the injury and the complexity of the surgery.

**ANY PROBLEMS**

During office hours contact Dr Wines' office on (02) 9409 0500.

After hours please contact the hospital where your surgery was performed.