

Hindfoot Fusion Procedure Protocol

Mr McKinley, Consultant Orthopaedic Surgeon, recommends the use of the geko™ device following Hindfoot Fusion to prevent oedema and promote functional activity

Clinical Presentation

When patients present with degenerative changes in the hindfoot or a fixed deformity, and where daily activity aggravates severe pain, a hindfoot fusion is generally indicated as the surgical procedure of choice. I use the geko™ device routinely post-operatively in these patients. In my experience this reduces the post-operative swelling significantly. This results in improved wound healing, reduced wound infection and in many cases reduced post-operative pain. It also has the additional benefit of protecting against Deep Vein Thrombosis.

Fusion Procedure

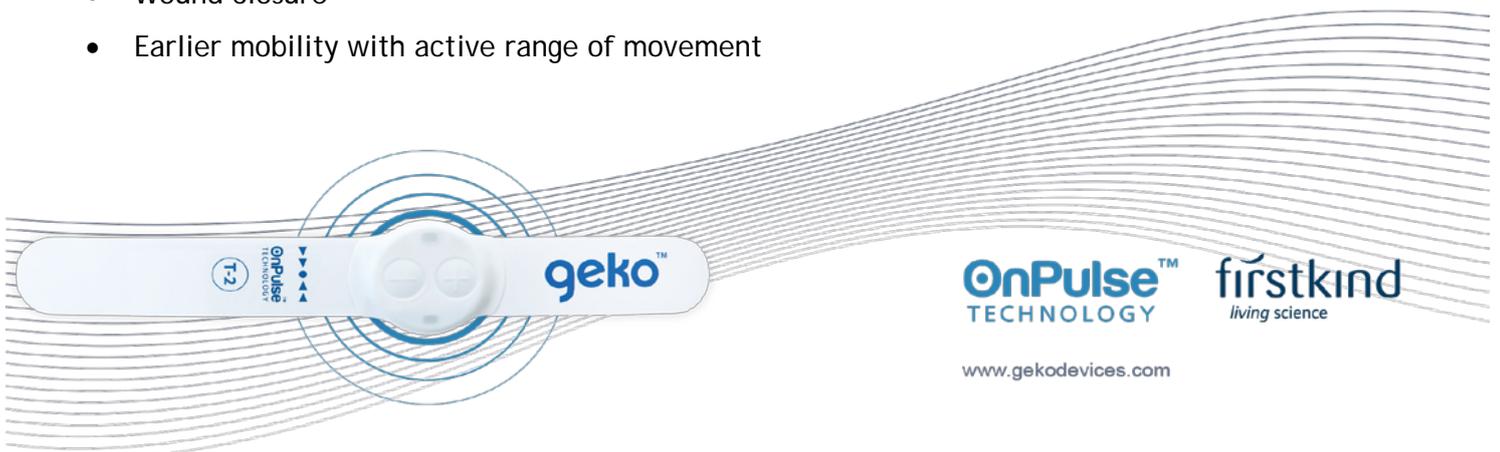
Immediately post-surgery, whilst the patient is in the recovery room, I routinely apply the geko™ device to the operated leg. Following the manufacturers IFU, I look for a minor visible movement of the muscles in the lower leg, moving the foot slightly outwards and upwards. The Ward staff monitor the devices every 2 hours and change the geko™ devices every 24 hours until discharge.

When the patient is ready to go home, they are trained to self-apply the geko™ and are provided with sufficient devices for up to 5 days stimulation, and a protocol reducing wear time to just 12 hours per day. In my experience the patients have been happy to self-apply in the home environment and have reported positive feedback during its use.

Clinical Outcomes

Patient observations since using the geko™ device:

- Prevention in oedema formulation
- No pain reported during use
- Wound closure
- Earlier mobility with active range of movement



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Images from the patient case study¹

Clinical Endorsement

Due to the patient's other medical complications, the risk of developing DVT after surgery was quite high. The geko™ device is a simple and easy to use, non-invasive adhesive strap. I use the device to offer my patients the latest innovation for the prevention of oedema formation following hindfoot fusion, to enhance wound healing and ensure overall compliance and enhanced patient recovery.

Case study references

1. McKinley J, Walker S, Wainwright T, using the geko™ device to prevent oedema and promote functional activity following hindfoot fusion, case study on file, Firstkind Limited, 2013.

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