

# Foten

Lars Weidenhielm  
Ortopedkliniken  
KS

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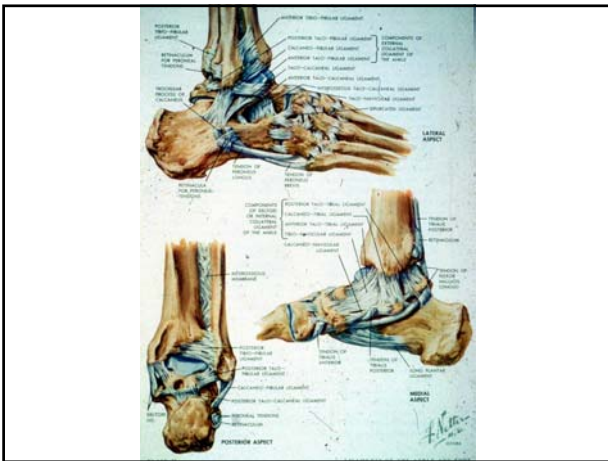
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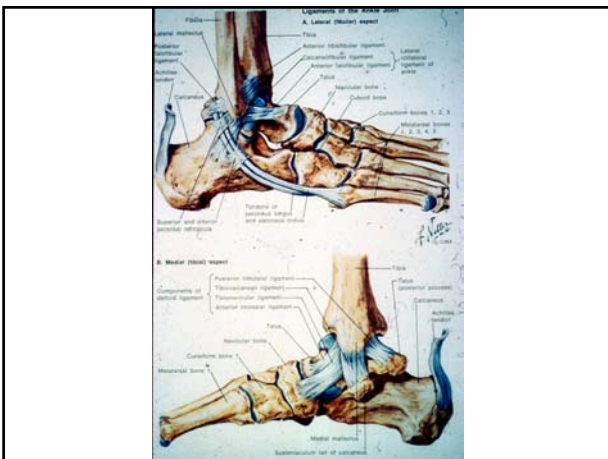
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**Klumpfot – pes equinovarus**

- 1/1000
- Pojkar/flickor – 2/1
- Redression + gips



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Plattfothet - Pes planovalgus

Pes adductus - metatarsus varus

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## Vuxna

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## Hallux valgus

- Vanligaste fotdeformiteten
- Kvinnor > män
- Breddökad framfot
- Skopproblem
- Behandling



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## Hallux rigidus

- Stel stortå pga artros i stortån grundled
- Behandling – rullsula, op

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## Hammartå



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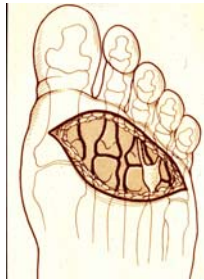
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## Mortons meralgi

- Digitalnerv kläms mellan metatarsalhuvudena
- Smärta i framfot -> tår
- Behandling – avlastning, op



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- Hälsporre – calcaneodyni
- Tarsaltunnelsyndrom – n. tib. post. kläms bakom med. malleolen – dekompression
- Osteonekros i talus – mediala hörnet

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## Diabetes mellitus

- Neuropatisår
- Gangrän
- Infektioner
- Osteopathi - Charcotfot

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## Reumatoid artrit

- Brosket i lederna förstörs
- Smärta och deformitet
- Stelop – subtalusartroses, talocruralledsartroses

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## Stressfraktur

- Överbelastning
- Belastningssmärta
- Röntgen
- Avlastning



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## Achillessenetendinit

- Kilklack
- Antiflogistica
- Stretching



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## Achillesseneruptur

- Badminton
- Kan ej stå på tå
- Tomsons tecken
- Gips eller op

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## Vrickning - fotledsdistorsion

- Trampat snett
- FTA lig. vanligast
- Kronisk instabilitet
- Balansplatta, op



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