HEALTHY MARFAN LIMBS
FEET & SPINE

PAUL SPONSELLER MD
ADAM BITTERMAN DO
Patients with connective tissue disorders are living longer than ever!
…SO WHAT!?!?!?!

- High traffic’d area
- Many things active
- Lots of things can go wrong
FOOT & ANKLE

• Frequently flattened arches
• Pes planus
• Elongated digits
BITTERMAN SHOEWEAR PEARLS

- Shoes with low heels
- Well-cushioned soles
- Stiff soles
- Broad toe boxes
- Sponge wedges --> first web space
- Custom-molded orthotic appliances
  - Resist foot pronation
  - Control hindfoot
FOOT & ANKLE

• Scant research on reconstruction vs. fusion

• Augmentation
ANKLE

• “Loose ankles”
• Give out
• Primary tissue repair vs. reinforcement / cadaver
QUALITY OF LIFE

Endurance
Strength
Fatigue
GI
Oral Health
Athletic Restrictions
Cosmetic concerns
Psychiatric
Pregnancy
PAIN

• Many theories on the true cause

• Musculoskeletal
  • Scoliosis
  • TGF-β & cytokines
  • Dural ectasia

• Degenerative arthritis from deformity (foot/ankle)
QUALITY OF LIFE


• 230 patients
• Top concerns – cardiac, back pain, and fatigue
• Clinical manifestations differ amongst individuals → different symptoms
• Quality of life < US Norms
• Most severe pain – 25-45
FATIGUE

• Limits for social interactions
• Inability to function in workplace
• Compounds feelings of depression and anxiety
• Inability to cope with daily activities
• Modification of daily activities
ATHLETIC PARTICIPATION

• Interaction with others
• Mental well-being
• Approach with **CAUTION**
• No one size fits all
• Individual approach to all
ATHLETIC PARTICIPATION

• Monitor HR

• SBP

• No exertional activities

• Adjust

• No general consensus

• Contact sports
SUMMARY

1. We all must be on the lookout! Everyone!
2. All Specialties!
3. All shapes and sizes
4. Catastrophic consequences if unrecognized
5. Multi-disciplinary approach
6. Early recognition
7. Early treatment
8. Equivalent life span!
9. Improve quality of life
Thank You!

Abitterman@northwell.edu

155 East Main Street
Huntington, NY 11753