Medial sliding calcaneal osteotomy with flexor hallucis longus transfer for the treatment of posterior tibial tendon insufficiency

Abstract: Medial sliding calcaneal osteotomy is a simple bone procedure to augment tendon transfer in treatment of stage 2 posterior tibial tendon dysfunction. This osteotomy moves the valgus heel under the weight-bearing axis of the leg, shifts the Achilles' insertion medially, and decreases strain on the spring ligament and deltoid ligaments. The osteotomy heals within 6 weeks. Consistently reproducible good-to-excellent results have been achieved using medial sliding calcaneal osteotomy in conjunction with FHL transfer.