

# REFERENCE TOE SYSTEM®

## 1<sup>ST</sup> MTP IMPLANT



### INTRODUCTION

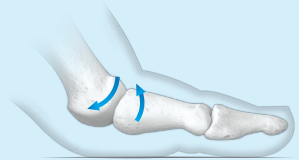
Your feet, especially your big toes, bear most of your weight when you are standing and walking. Degenerative arthritis, a condition that slowly wears away joints, located specifically at the base of your big toe is called hallux rigidus, and can be very painful. There are a few options to deal with this condition.



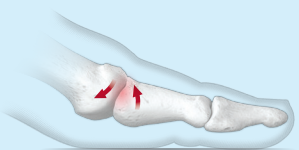
### SYMPTOMS

Signs of arthritis in your big toe include:

- Pain and stiffness in the big toe during use or aggravation by cold weather
- Excessive swelling around the joint
- Loss of motion at the joint between the big toe and the foot



Normal Function



Limited Function



Rigid Deformity



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The Reference Toe System® is  
manufactured and distributed by  
In2Bones, Memphis TN  
Info@i2b-USA.com

Please note: The information and images enclosed are provided for reference purposes only. This is not created or intended as self-diagnostic or self-treatment protocol. Review your conditions with your physician who will recommend the best treatment option[s] based on individual assessment. Each surgeon must evaluate the appropriateness of specific devices and/or techniques based on his or her own medical training, clinical judgment, surgical experience and specific patient indications. Proper surgical techniques and procedures are the responsibility of the medical professional. In2Bones cannot recommend a device or procedure that is suitable for all patients. Product specific indications, contraindications, warnings, and precautions are listed in the product package insert and should be reviewed by the physician and operating room personnel.

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# BIG TOE PAIN & STIFFNESS



## REFERENCE TOE SYSTEM®

### Arthritic Toe Joint Replacement



## DIAGNOSIS

To determine the best treatment for your condition, your doctor may examine you and perform X-rays to assess the frequency and intensity of your foot pain. He or she may ask you for information such as your age, level of physical activity and other pertinent details.

After the consultation, your physician will recommend the best remedy for your condition. You should thoroughly discuss all treatment options with your doctor.

## TREATMENT

Treatment options for big toe arthritis include physical therapy, anti-inflammatory medications, and injection therapy to provide temporary relief from symptoms caused by inflammation. However, in some cases, pain is reduced or eliminated only through surgery.

Arthritis in the foot may be treated through several types of surgical procedures.

Procedure	Description
<b>Cheilectomy</b>	Removal of bone spurs at the top of the joint, allowing the toe to bend better and reducing pain associated with movement.
<b>Arthroplasty</b>	Replacement of the joint with an artificial implant made from metal, plastic, or silicone or a combination of these.
<b>Arthrodesis</b>	Fusion of the big toe joint into a single bone to remove the damaged joint, minimizing pain and eliminating flexibility.
<b>Arthrodiastasis</b>	The use of an external fixator to maintain joint motion, correct joint alignment, and preserve toe length.

Consult your doctor to determine which treatment is right for you.

## JOINT REPLACEMENT (ARTHROPLASTY) PROCEDURE

A 1<sup>st</sup> MTP joint replacement is an implant arthroplasty of the big toe. The goal of this operation is to remove the painful arthritic joint and replace it with a prosthetic joint.



“...decrease in pain, with improved range of motion and overall joint function”

The surgical procedure for the 1<sup>st</sup> MTP implant is frequently performed in an out-patient setting. The operation will likely involve the removal of the joint surfaces of the big toe, along with a small amount of bone, followed by placement of the implant, and closure with sutures.

There may be a brief period where walking is limited and may require a surgical shoe or boot. The return to regular shoes and unrestricted walking will take several weeks following your surgery.

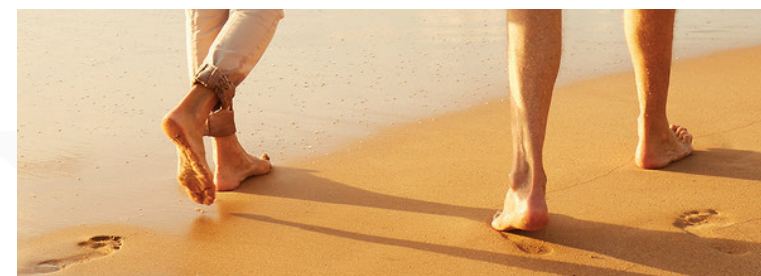
### THE REFERENCE TOE SYSTEM®

If an implant procedure is indicated, you and your surgeon will determine the most appropriate one for you. You may consider implantation using the Reference Toe System.

The Reference Toe System® incorporates modern joint replacement with state-of-the-art instrumentation.

Reference Toe System® Implants are composed of medical grade silicone with titanium grommets which ensure proper prosthetic fit. The implant marries the complexity of computer modeling and finite element design to produce repeatable results.

Reference Toe Implants are available in sizes to accommodate a wide range of patients. It is the first system with single-use instruments, for ease of use and reduced patient risk from cleaning and sterilization procedures.



### BENEFITS

There are many benefits of undergoing surgery on your big toe using implants such as the Reference Toe System®. These may include a decrease in pain with improved range of motion and overall joint function. You may be able to return to more normal activities for longer periods of time, and achieve better quality of life.

To be informed about the complications associated with your surgery, consult your doctor at your next appointment.

