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Long-Term Follow-Up After Calcaneoplasty: Does It Really Work?

Matheus de Almeida Correa[1], Caio Augusto de Souza Nery[2], Daniel Soares Baumfeld[3], Gustavo Araújo Nunes[4], Tiago Soares Baumfeld[3]

1. Centro de Especialidade de Ortopedia e Traumatologia, Belo Horizonte, MG, Brazil
2. Hospital Israelita Albert Einstein, São Paulo, SP, Brazil
3. Hospital Felicio Rocho, Belo Horizonte, MG, Brazil
4. Clínica Cote, Brasilia, DF, Brazil

Correspondence: Matheus de Almeida Correa. **Email:** matheusmedbh@hotmail.com

Introduction: Posterior heel pain due to Haglund deformity is a common cause of functional limitation in active patients. While most cases respond to conservative treatment, some require surgery. Evidence on long-term outcomes after endoscopic calcaneoplasty remains limited. The objective os this study is to evaluate long-term clinical outcomes, complications, and return to activity after endoscopic calcaneoplasty, with a minimum five-year follow-up.

Methods: A retrospective analysis of consecutive patients undergoing endoscopic calcaneoplasty between 2016 and 2020 after failure of ≥ 6 months of nonoperative treatment was performed. VAS, AOFAS, and VISA-A scores were collected preoperatively, at one year, and at five years. Return to activity and complications were recorded.

Results: Twelve patients (14 feet) were included, with a mean follow-up of 60 months. Significant improvement was observed in all scores ($p < 0.001$). Mean VAS improved from 9.07 to 1.8; AOFAS from 38.7 to 94.6; and VISA-A from 37 to 85. Satisfaction rate was 91%. Most patients returned to their previous activity level. Complications were infrequent and mainly minor, with one reoperation.

Conclusion: Endoscopic calcaneoplasty provided significant and sustained pain relief and functional improvement at five years, with high satisfaction and low complication rate. Outcomes continued to improve beyond the first postoperative year, supporting the procedure as a reliable option for refractory Haglund deformity.

Keywords: Achilles Tendon; Surgical procedures; Calcaneus.

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