

Ankle Pain Holding You Back?

What Is Total Ankle Replacement?

Total Ankle Replacement (TAR), also called ankle arthroplasty, involves replacing the damaged parts of the ankle joint with metal and plastic components that mimic natural motion.

The goal?

- Reduce pain
- Restore movement
- Help you return to the activities you love

Understanding Ankle Anatomy

The ankle is a complex, free-moving joint made up of three bones:

- **Tibia** (shinbone)
- **Fibula** (outer lower leg bone)
- **Talus** (ankle bone that connects to the foot)

These bones form the foundation of the ankle and are covered in cartilage, a smooth layer that allows for pain-free movement. Surrounding them are:

- **Ligaments**, which are strong bands of connective tissue that hold bones together and stabilize the joint
- **Tendons**, which connect muscles to bones and allow you to flex and move your foot
- **Muscles**, which generate movement and support balance
- **Synovial fluid**, which lubricates the joint to reduce friction
- **Nerves**, which send signals between your brain and foot to help with coordination and sensation

Full ankle function depends on the **smooth coordination of all these elements**. When one or more parts — especially cartilage or bone — are damaged by arthritis or injury, the result can be pain, stiffness, and instability.

This is when Total Ankle Replacement becomes a powerful option.

Tibia
Fibula
Talus



Kinos™ Total Ankle Portfolio

by restor3d

