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A Prospective Evaluation of First MTPJ Fusion Using the Stryker Variax 2 CP System 1 year results

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Numerous techniques have been described for first metatarsophalangeal joint (MTPJ) fusion. The aim of this study was to prospectively evaluate a novel plating system which uses a cross plate compression screw. Thirty patients undergoing first MTPJ fusion using the Stryker Variax 2 CP plating system were evaluated. All procedures were performed by a single fellowship trained consultant foot and ankle surgeon. Patient function was evaluated pre-operatively and at 12 months using the Manchester-Oxford Foot Questionnaire (MOXFQ). A paired t-test was used to assess changes in function. Union rates and complications were also recorded. Post-operative MOXFQ scores significantly improved in all domains, with mean improvements of 35, 27 and 17 points for pain, walking/standing and social interactions respectively, $p < 0.001$. All but one patient had satisfactory radiological evidence of union at six weeks post-operatively, and all had clinical evidence of union. Superficial infection occurred in one patient. One patient required plate removal due to soft tissue irritation. There were no plate failures. This evaluation study demonstrates that this novel cross plate compression plating system is safe, and provides high patient satisfaction, reliable union with low complication rates. Prospective comparative research is now required to determine the optimal technique for first MTPJ fusion.

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