

BROADCAST-Total ankle replacement: The life-changing surgery you probably haven't heard of

ANCHOR LEAD-IN:

With baby boomers aging, more Americans are struggling with chronic joint pain — but while hip and knee replacements are common, there's another option many haven't heard of. Total ankle replacement is a lesser known but greatly improved surgery that can restore mobility and relieve severe arthritis pain.

Advances in technology and custom implants have made ankle replacement a game-changer for the right patients — especially older adults who've tried everything from therapy to injections. Foot and ankle surgeon Dr. Bryce Paschold of OSF HealthCare/OrthoMidwest says patients do feel immediate relief, even if full recovery takes a while.

“Right away, most people are happier just because they have less pain. But the people I’ve done this one on, once they get through everything, they’re really happy because they can function and they can walk and go to the grocery store, go shopping without the pain that kept them down before.” (:20)

TAG: Surgery requires a one or two night hospital stay. It can be six months before full recovery, but most people are walking and doing many activities before then.