

Specialist expertise ensures that treatment is most appropriate for each individual patient.



Simon Palmer

Mr Simon Palmer is an Orthopaedic consultant, with British & Specialist Australian expertise in surgery of the lower limb including foot and ankle surgery and knee surgery. He also has world wide recognised experience in trauma and sports injuries. He now works and lives in West Sussex.

His initial surgical training included St Mary's Hospital and The Hammersmith Hospital London. After demonstrating anatomy in London he was made a fellow of The Royal College of Surgeons of England in 1994 before accepting a Research Fellowship in Orthopaedics and Trauma/ Honorary lecturer post at Bath University. He completed a six year specialist registrar training in orthopaedics and trauma in Oxford, working at the John Radcliffe Hospital Trauma Unit and at the Nuffield Orthopaedic Centre, thence obtaining the intercollegiate speciality examination in Orthopaedics and Trauma.

Prior to his current post as a Sussex Consultant Orthopaedic Surgeon in Worthing, Shoreham, Chichester and Goring Hall hospitals and a part time contract at the Sussex Orthopaedic Treatment Centre in Haywards Heath Mr. Palmer worked as a Consultant in orthopaedic surgery at the Nuffield Orthopaedic Centre in Oxford. Mr Palmer also teaches at Brighton and Sussex Medical school where he is a Clinical Lecturer and trains surgeons and surgical podiatrists in foot and ankle surgery.

Mr. Palmer developed his speciality in surgery of the foot, ankle and knee as a Fellow of the North Sydney Orthopaedic and Sports Medicine Clinic Australia. At this time he also developed his interests in sports medicine and sporting injury. He has an MSc in Sports Medicine from the University of Bath and is on the Faculty of Sports Medicine of the Royal College of Surgeons. Mr Palmer has a keen research interest and has published and presented papers worldwide.



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minimally invasive forefoot surgery

Mr Simon Palmer regularly treats many elite sports people, as well as undertaking the full range of foot and ankle surgery. He specialises in treating patients with complex foot and ankle problems and finding effective solutions for people whose previous treatment has failed.

Minimally invasive forefoot surgery, based on established & proven surgical techniques and philosophies, is now available at the Western Sussex Hospital NHS Trust. This leaflet is designed to give you further information about this type of 'keyhole' surgery of the foot.

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Introduction

Mr Palmer's practice has been established to deliver multidisciplinary management of all foot and ankle problems and offers minimally invasive forefoot surgery.

Recently it has become evident in orthopaedic surgery that preserving the soft tissue attachments to bones increases their rate of healing and decreases the discomfort experienced post operatively.

The minimally invasive methods allows the surgeon to perform bony surgery in a closed manner.

This procedure reduces soft tissue injury and scarring and allows correction of the deformity with minimal surgical intervention.

Why change from traditional 'open' forefoot surgery?

Traditionally forefoot surgery requires a 4-8 cm incision over the inner part of the foot with a small 1 cm incision between the first and second toe. Soft tissues were lifted from the bones the bones then cut and the deformity corrected.

Foot surgeons are constantly striving to improve our methods and recent technological advances have allowed us to develop a new minimally invasive technique.

The minimally invasive methods allows one to perform the bony division in a closed manner preserving the soft tissue attachments and containing the chemicals released by the bones after the surgical injury which promote healing.

This technique has been developed by a small number of foot and ankle surgeons who have a large experience with open forefoot surgery.

This new technique has allowed them to perform traditional operations but in a less invasive manner, which means that patients can have the predictable recovery that is associated with open forefoot surgery but with much less damage to the skin & soft tissues.

How is minimally invasive forefoot surgery performed?

Mr Simon Palmer offers the most advanced techniques to achieve successful treatment & optimal recovery.

The surgeon makes several 3 mm incisions through which to perform the correction using a 2 mm diameter cutting device to shave or cut the bone in a controlled manner under x-ray guidance.

Where shaving excess bone from the foot the surgeon then carefully removes this unwanted bone. If a correction is needed the correct position is attained and a screw is placed in the bone to maintain this position until the bone heals. These screws are small and designed to sit inside the bone reducing their need for removal.

It is important that minimally invasive forefoot surgery is carried out by a specialist foot and ankle surgeon with extensive experience of open forefoot surgery, which forms the fundamentals of this technique.

Suitability for minimally invasive forefoot surgery

Specialist expertise ensures that treatment is most appropriate for each individual patient.

After having a specialist consultation & assessment we can advise whether minimally invasive forefoot surgery is appropriate for you. Typically, patients with mild to moderate deformities are suitable for this type of 'keyhole' surgery.

Mr Simon Palmer provides expert advice on all aspects of foot & ankle surgery. His aim is to ensure that the treatment he provides at his centre leads to the best possible outcome for our patients.

