

# Lapiplasty® : A Modern Approach to Correcting Bunion Deformities



## Karen Fischborn, DPM

Dr. Karen Fischborn, DPM, is a skilled podiatrist originally from Bogotá, Colombia, who now calls Florida home. She earned her bachelor's degree in Biological Sciences from Florida Atlantic University and her Doctorate in Podiatric Medicine from Barry University in 2019, where she conducted extensive research on wound care. Dr. Fischborn completed her surgical training at Palmetto General Hospital, specializing in foot and ankle trauma as well as elective procedures.

Following her residency, she served as an attending physician in South Florida, where she trained podiatry residents and provided educational lectures on podiatric conditions and treatments.

In 2023, Dr. Fischborn joined **The Orthopedic Center** in Brevard. Fluent in Spanish, Dr. Fischborn is dedicated to community outreach and patient education. Her areas of expertise include bunionectomy, hammertoe correction, diabetic foot care, wound care, and various foot and ankle treatments, making her a comprehensive specialist in podiatric medicine.

Bunions, or hallux valgus, are a common foot deformity that can cause significant pain and impact mobility. Traditional bunion surgeries primarily focus on addressing the visible bump on the side of the foot, but they often fail to correct the root cause of the deformity—misalignment of the first metatarsal bone in multiple planes.

Lapiplasty® is an innovative surgical procedure designed to correct bunions by addressing their underlying three-dimensional misalignment, leading to improved long-term outcomes.

### Understanding Lapiplasty®

Lapiplasty® is a surgical technique developed to correct bunions by realigning the first metatarsal bone in three planes: rotational, sagittal (vertical), and transverse (side-to-side). Unlike traditional bunion surgeries that mainly shave off the protruding bone, Lapiplasty® restores the natural alignment of the foot, helping to prevent recurrence and improve function.

Dr. Karen Fischborn, DPM, a trained podiatrist at The Orthopedic Center, is experienced in performing Lapiplasty® for patients suffering from moderate to severe bunion deformities. This procedure offers a more comprehensive solution by stabilizing the joint at the base of the first metatarsal, reducing the likelihood of the bunion returning.

### Who Can Benefit from Lapiplasty®?

Lapiplasty® is particularly beneficial for patients who experience:

1. **Symptomatic Hallux Valgus:** Individuals with significant pain and difficulty walking due to bunion deformity.
2. **Recurrent Bunions:** Those who have undergone traditional bunion surgery but have experienced a return of the deformity.
3. **Severe Deformity:** Patients with a high intermetatarsal angle or significant rotational misalignment of the first metatarsal.

For those who suffer from persistent pain or difficulty with footwear due to bunions, Lapiplasty® provides an option for long-term correction and improved foot function.

### What Does the Research Say?

A study by Nelson et al. highlights the growing adoption of the triplanar Lapidus corrective surgery, especially within the U.S. military

population. Between 2017 and 2021, an increase in Lapidus procedures was observed, coinciding with the rise of the triplanar approach. Further research is needed to establish a direct correlation between this increase and patient outcomes, however, preliminary findings suggest that Lapiplasty® may offer better long-term results compared to traditional bunion procedures.

For military personnel and other individuals who rely on high levels of foot function, the ability of Lapiplasty® to provide anatomical and functional correction makes it an attractive option.

### Looking Ahead

Lapiplasty® is a promising advancement in bunion correction surgery, offering improved alignment, stability, and long-term success rates. While early data supports its effectiveness, continued research is necessary to confirm its benefits across broader patient populations.

If you are struggling with bunion pain and considering surgical intervention, consulting with a specialist like Dr. Karen Fischborn at The Orthopedic Center can help determine whether Lapiplasty® is the right solution for you.

### Selected References

Lewis TL, Barakat A, Mangwani J, Ramasamy A, Ray R... Current Concepts of Fourth-Generation Minimally Invasive and Open Hallux Valgus Surgery. *The Bone & Joint Journal*. 2025;107-B(1):10-18.

Nelson DA, Huh J, Clifton DR, et al. Rates of Lapidus Procedures in the US Military Before and After the Advent of and Advocacy for Tri-Plane Lapidus Corrective Surgery. *The Journal of Foot and Ankle Surgery : Official Publication of the American College of Foot and Ankle Surgeons*. 2023 Mar-Apr;62(2):327-332

