



Loretta Chou, MD

Professor of Orthopaedic Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Foot and Ankle Services**

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

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Bio

CLINICAL FOCUS

- Foot/Ankle Trauma
- Foot and ankle ligament tears and sprains
- Foot and ankle surgical reconstruction
- Surgical treatment of foot and ankle deformities
- Surgical treatment of arthritis of the ankle joint
- Surgical treatment of foot arthritis
- Foot and Ankle Surgery

ACADEMIC APPOINTMENTS

- Professor - University Medical Line, Orthopaedic Surgery

ADMINISTRATIVE APPOINTMENTS

- Chief of Foot and Ankle Surgery, Stanford, (2005- present)
- Director Foot and Ankle Fellowship, Stanford, (2015- present)
- Editor, Orthopaedic Knowledge Update, Edition 5 and 6, (2014-2019)
- Deputy Editor of Foot and Ankle, JAAOS Journal of the American Academy of Orthopaedic Surgeons, (2018-2022)
- Stanford Medicine Leadership Academy, Stanford, (2016-2017)
- Stanford University Faculty Senate Member, Stanford, (2009-2013)
- Chair of the School of Medicine Assistant Professor Review Committee, Stanford, (2014-2016)
- Diversity Liaison Department of Orthopaedic Surgery, Stanford, (2015-2016)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, American Orthopaedic Association (2006 - present)

- Member, AOFAS American Orthopaedic Foot and Ankle Society (1995 - present)
- Fellow, AAOS American Academy of Orthopaedic Surgeons (1995 - present)

PROFESSIONAL EDUCATION

- Residency: Howard University Hospital Orthopaedic Surgery Program (1992) DC
- Internship: UC Irvine General Surgery Residency (1987) CA
- Medical Education: University of California Irvine Office of the Registrar (1986) CA
- Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (1995)
- Fellowship: Roger Mann Foot and Ankle Surgery (1993) CA
- Fellowship: Inselspital (1992) Switzerland

LINKS

- Get a Second Opinion: <https://stanfordhealthcare.org/second-opinion/overview.html>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

I am a Board Certified Orthopaedic Surgeon, subspecializing in Disorders of the Foot and Ankle. My clinic offers diagnosis and treatment of deformities and acute injuries of the foot and ankle.

My research interests include: rupture and tendinitis of the Achilles tendon, osteochondral defects of the talus, Total Ankle Arthroplasty, arthrodesis (fusion) of the foot and ankle, open fractures treated with operations, and anatomy of the foot and ankle.

Publications

PUBLICATIONS

- **Quality Measures in Foot and Ankle Care.** *The Journal of the American Academy of Orthopaedic Surgeons*
Xiong, G., Bennett, C. G., Chou, L., Kamal, R. N.
2018
- **Postoperative Pain After Surgical Treatment of Ankle Fractures: A Prospective Study.** *Journal of the American Academy of Orthopaedic Surgeons. Global research & reviews*
Chou, L. B., Niu, E. L., Williams, A. A., Duester, R., Anderson, S. E., Harris, A. H., Hunt, K. J.
2018; 2 (9): e021
- **Patient Perceptions Correlate Weakly With Observed Patient Involvement in Decision-making in Orthopaedic Surgery.** *Clinical orthopaedics and related research*
Mertz, K., Eppler, S., Yao, J., Amanatullah, D. F., Chou, L., Wood, K. B., Safran, M., Steffner, R., Gardner, M., Kamal, R.
2018
- **Ankle Joint Contact Loads and Displacement With Progressive Syndesmotic Injury** *FOOT & ANKLE INTERNATIONAL*
Hunt, K. J., Goeb, Y., Behn, A. W., Criswell, B., Chou, L.
2015; 36 (9): 1095-1103
- **Ankle Joint Contact Loads and Displacement With Progressive Syndesmotic Injury.** *Foot & ankle international*
Hunt, K. J., Goeb, Y., Behn, A. W., Criswell, B., Chou, L.
2015; 36 (9): 1095-1103
- **Cancer Prevalence among a Cross-sectional Survey of Female Orthopedic, Urology, and Plastic Surgeons in the United States.** *Women's health issues : official publication of the Jacobs Institute of Women's Health*

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- Chou, L. B., Lerner, L. B., Harris, A. H., Brandon, A. J., Girod, S., Butler, L. M.
2015; 25 (5): 476-481
- **Locked Versus Nonlocked Plate Fixation for First Metatarsophalangeal Arthrodesis: A Biomechanical Investigation** *FOOT & ANKLE INTERNATIONAL*
Hunt, K. J., Barr, C. R., Lindsey, D. P., Chou, L. B.
2012; 33 (11): 984-990
 - **The Benefits of Implant Removal from the Foot and Ankle** *JOURNAL OF BONE AND JOINT SURGERY-AMERICAN VOLUME*
Williams, A. A., Witten, D. M., Duester, R., Chou, L. B.
2012; 94A (14): 1316-1320
 - **Increased Breast Cancer Prevalence Among Female Orthopedic Surgeons** *JOURNAL OF WOMENS HEALTH*
Chou, L. B., Chandran, S., Harris, A. H., Tung, J., Butler, L. M.
2012; 21 (6): 683-689
 - **Foot and Ankle Questions on the Orthopaedic In-Training Examination: Analysis of Content, Reference, and Performance** *ORTHOPEDECS*
Barr, C. R., Cheng, I., Chou, L. B., Hunt, K. J.
2012; 35 (6): E880-E888
 - **Supercharged Free Fibula for Complex Ankle Arthrodesis A Case Report** *ANNALS OF PLASTIC SURGERY*
Fox, P. M., Chou, L., Lee, G. K.
2012; 68 (4): 342-345
 - **Osteochondral Lesions of the Talus Effect of Defect Size and Plantarflexion Angle on Ankle Joint Stresses** *AMERICAN JOURNAL OF SPORTS MEDICINE*
Hunt, K. J., Lee, A. T., Lindsey, D. P., Slikker, W., Chou, L. B.
2012; 40 (4): 895-901
 - **Current Concepts Review: Intra-Articular Fractures of the Calcaneus** *FOOT & ANKLE INTERNATIONAL*
Epstein, N., Chandran, S., Chou, L.
2012; 33 (1): 79-86
 - **Influence of Stretching and Warm-Up on Achilles Tendon Material Properties** *FOOT & ANKLE INTERNATIONAL*
Park, D. Y., Rubenson, J., Carr, A., Mattson, J., Besier, T., Chou, L. B.
2011; 32 (4): 407-413
 - **Biomechanical Comparison of Blade Plate and Intramedullary Nail Fixation for Tibiocalcaneal Arthrodesis** *FOOT & ANKLE INTERNATIONAL*
Lee, A. T., Sundberg, E. B., Lindsey, D. P., Harris, A. H., Chou, L. B.
2010; 31 (2): 164-171
 - **Prevalence of cancer in female orthopaedic surgeons in the United States.** *journal of bone and joint surgery. American volume*
Chou, L. B., Cox, C. A., Tung, J. J., Harris, A. H., Brooks-Terrell, D., Sieh, W.
2010; 92 (1): 240-244
 - **Tumors of the Foot and Ankle: Experience with 153 Cases** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Ho, Y. Y., Malawer, M. M.
2009; 30 (9): 836-841
 - **Current Concept Review: Perioperative Soft Tissue Management for Foot and Ankle Fractures** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Lee, D. C.
2009; 30 (1): 84-90
 - **Postoperative Pain Following Foot and Ankle Surgery: A Prospective Study** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Wagner, D., Witten, D. M., Martinez-Diaz, G. J., Brook, N. S., Toussaint, M., Carroll, I. R.
2008; 29 (11): 1063-1068
 - **Variation of nerve to flexor hallucis brevis** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Choi, L. E., Ramachandra, T., Ma, G.
2008; 29 (10): 1042-1044

- **Biomechanical comparison of the simple running and cross-stitch epitenon sutures in Achilles tendon repairs** *FOOT & ANKLE INTERNATIONAL*
Shepard, M. E., Lindsey, D. P., Chou, L. B.
2008; 29 (5): 513-517
- **Osteoarthritis of the ankle: The role of arthroplasty** *73rd Annual Meeting of the American-Academy-of-Orthopaedic-Surgeons*
Chou, L. B., Coughlin, M. T., Hansen, S., Haskell, A., Lundeen, G., Saltzman, C. L., Mann, R. A.
AMER ACAD ORTHOPAEDIC SURGEONS.2008: 249-59
- **Secretan's disease of the foot: A case report and review** *FOOT & ANKLE INTERNATIONAL*
Abnoui, F., Chou, L. B.
2008; 29 (2): 248-250
- **Current concepts review: Venous thromboembolic disease in foot and ankle surgery** *FOOT & ANKLE INTERNATIONAL*
Mayle, R. E., DiGiovanni, C. W., Lin, S. S., Tabrizi, P., Chou, L. B.
2007; 28 (11): 1207-1216
- **Biomechanical testing of epitenon suture strength in Achilles tendon repairs** *FOOT & ANKLE INTERNATIONAL*
Shepard, M. E., Lindsey, D. P., Chou, L. B.
2007; 28 (10): 1074-1077
- **Osteosarcoma of the calcaneus treated with prosthetic replacement with twelve years of followup: A case report** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Malawer, M. M.
2007; 28 (7): 841-844
- **Treatment of severe, painful pes planovalgus deformity with hindfoot arthrodesis and wedge-shaped tricortical allograft** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Halligan, B. W.
2007; 28 (5): 569-574
- **Stress fracture as a complication of autogenous bone graft harvest from the distal tibia** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Mann, R. A., Coughlin, M. J., McPeake, W. T., Mizel, M. S.
2007; 28 (2): 199-201
- **Surgical treatment of severe hallux valgus: The state of practice among academic foot and ankle surgeons** *FOOT & ANKLE INTERNATIONAL*
Pinney, S. J., Song, K. R., Chou, L. B.
2006; 27 (12): 1024-1029
- **Stretching for prevention of achilles tendon injuries: A review of the literature** *FOOT & ANKLE INTERNATIONAL*
Park, D. Y., Chou, L.
2006; 27 (12): 1086-1095
- **Surgical treatment of mild hallux valgus deformity: The state of practice among academic foot and ankle surgeons** *FOOT & ANKLE INTERNATIONAL*
Pinney, S., Song, K., Chou, L.
2006; 27 (11): 970-973
- **Surgical treatment of tarsal navicular stress fractures** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
Choi, L. E., Chou, L. B.
2006; 14 (4): 248-251
- **Current concepts review: Lisfranc injuries** *FOOT & ANKLE INTERNATIONAL*
Desmond, E. A., Chou, L. B.
2006; 27 (8): 653-660
- **Synovial sarcoma presenting as posterior tibial tendon dysfunction: A report of two cases and review of the literature** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Malawer, M. M.

2004; 25 (11): 810-814

- **Functional evaluation of the Scandinavian Total Ankle Replacement** *FOOT & ANKLE INTERNATIONAL*
Dyrby, C., Chou, L. B., Andriacchi, T. P., Mann, R. A.
2004; 25 (6): 377-381
- **Autologous osteochondral grafting for talar cartilage defects** *FOOT & ANKLE INTERNATIONAL*
Al-Shaikh, R. A., Chou, L. B., Mann, J. A., Dreeben, S. M., Prieskorn, D.
2002; 23 (5): 381-389
- **Pulmonary embolism following operative treatment of ankle fractures: A report of three cases and review of the literature** *FOOT & ANKLE INTERNATIONAL*
Wang, F., Wera, G., Knoblich, G. O., Chou, L. B.
2002; 23 (5): 406-410
- **Intramedullary screw fixation of proximal fifth metatarsal fractures: A biomechanical study** *FOOT & ANKLE INTERNATIONAL*
Shah, S. N., Knoblich, G. O., Lindsey, D. P., Kreshak, J., Yerby, S. A., Chou, L. B.
2001; 22 (7): 581-584
- **Lateral planter nerve entrapment in a competitive gymnast** *CLINICAL JOURNAL OF SPORT MEDICINE*
Fredericson, M., Standage, S., Chou, L., Matheson, G.
2001; 11 (2): 111-114
- **Malleolar fractures in athletes** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
Chou, L. B.
2001; 9 (1): 20-25
- **Tibiototalcalcaneal arthrodesis** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Mann, R. A., Yaszay, B., Graves, S. C., McPeake, W. T., Dreeben, S. M., Horton, G. A., Katcherian, D. A., Clanton, T. O., MILLER, R. A., Van Manen, J. W.
2000; 21 (10): 804-808
- **Disorders of the first metatarsophalangeal joint - Diagnosis of great-toe pain** *PHYSICIAN AND SPORTSMEDICINE*
Chou, L. B.
2000; 28 (7): 32-?
- **Biplanar chevron osteotomy** *FOOT & ANKLE INTERNATIONAL*
Chou, L. E., Mann, R. A., Casillas, M. M.
1998; 19 (9): 579-584
- **Prosthetic replacement for intramedullary calcaneal osteosarcoma: A case report** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Malawer, M. M., Kollender, Y., Wellborn, C. C.
1998; 19 (6): 411-415
- **Prosthetic survival and clinical results with use of large-segment replacements in the treatment of high-grade bone sarcomas.** *journal of bone and joint surgery. American volume*
Malawer, M. M., Chou, L. B.
1995; 77 (8): 1154-1165
- **SURVIVAL AND CLINICAL-RESULTS WITH USE OF LARGE-SEGMENT REPLACEMENTS IN THE TREATMENT OF HIGH-GRADE BONE SARCOMAS** *JOURNAL OF BONE AND JOINT SURGERY-AMERICAN VOLUME*
Malawer, M. M., Chou, L. B.
1995; 77A (8): 1154-1165
- **ANALYSIS OF SURGICAL-TREATMENT OF 33 FOOT AND ANKLE TUMORS** *FOOT & ANKLE INTERNATIONAL*
Chou, L. B., Malawer, M. M.
1994; 15 (4): 175-181