Arthroscopic Treatment of Ankle Impingement syndrome

BY

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Abstract

Ankle impingment is defined as a painful mechanical limitation of full ankle range of motion secondary to an osseous or soft tissue abnormality.

The purpose of the study was toevaluate the functional outcome of arthroscopic treatment of ankle impingement syndromes.

In this case series study, 15 patient of ankleimpingement syndrome underwent arthroscopic debridement, and drilling if there was oteochondritisdissicans of the talus.

Four different types of impingment lesions were found intraoperatively, Synovial hypertrophy was found in 8 cases (53.3%), fibrofatty scarred tissue was found in 4 patients (26.7%), anterior tibial spur was found in 2 cases and meniscoid lesion was found in one case (6.7%).

Simple radiography and magnetic resonance imaging were applied for all the patients.

All the patients were evaluated preoperatively and at the interval visit of 3 and 6 months postoperatively according to Meislin's criteriaand ankle society (AOFAS) hind foot scale .

The mean AOFAS score increased from 56.93 ± 9.60 (range, 42 - 77) before surgery, to86.73 ± 6.32 (range,73 - 97), and to 90.60 ± 7.48 (range, 73 - 98) at 3 and6 months follow-up respectively ($p < .003$).

Arthroscopic treatment of ankle impingnent syndrome is recommended as the treatment of choice .

Keywards: chronic ankle pain, ankle arthroscopy ,impingment syndrome.