

## البحث الخامس

### **Outcome of Endoscopic Decompression of Insertional Achilles Tendinopathy**

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#### **Abstract**

**Background:** Endoscopic surgery has been one of the fastest growing surgical treatment in orthopedics for the last decade. Endoscopic treatment of insertional Achilles tendinopathy is gaining popularity among surgeons to avoid hazards of open procedures.

**Aim of Study:** to assess the outcome endoscopic decompression of insertional Achilles tendinopathy.

**Patients and Methods:** prospective study was designed. In this study 15 patients with failed conservative treatment for 6 weeks were included; 12 males and 3 females. Patients were treated by endoscopic bursectomy and excision of Haglund deformity. All patients were assessed using VAS pain score and AOFAS score, pre-operative and post-operative, to evaluate results.

**Results:** Our results were good and comparable to other studies. Twelve patients were excellent and 3 were good according to accredited AOFAS ankle hindfoot score. The mean duration to return to work was (41.4±8.5) days ranged from (30 to 60) days. Pre-operative pain improved markedly and VAS score decreased from 6.4 in average to 0.6 at the final follow-up. Functional assessment was performed using AOFAS hindfoot scoring system preoperative and at 1,3 and 6 months post-operative. At the last assessment follow-up the mean AOFAS score of patients was 91.3.

**Conclusion:** Endoscopic technique has been an effective technique in surgical management of selected cases with insertional Achilles tendinopathy as a minimally invasive procedure with less postoperative complications.