

Arthroscopic Treatment of Ankle Impingement syndrome.

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Abstract

Background: The purpose of the study was to evaluate the functional outcome of arthroscopic treatment of ankle impingement syndromes which is defined as a painful mechanical impairment of full ankle range of movement secondary to an osseous or soft tissue abnormality.

Patients and methods: In this prospective study, 15 patients of ankle impingement syndrome after detailed history taking, clinical examination, and radiological evaluation to address associated pathology. All cases underwent arthroscopic debridement of the causes of impingement and management of any other lesions (eg. drilling in cases with osteochondritis dissecans of the talus). All the patients were evaluated pre-operatively and at the interval visit of 3 and 6 months postoperatively according to Meisilin's criteria and ankle society (AOFAS) hind-foot scale.

Results: Four different types of impingement lesions were found intraoperatively, Synovial hypertrophy was found in 8 cases (53.3%), fibro-fatty scarred tissue was found in 4 patients (26.7%), an anterior tibial spur was found in 2 cases and the meniscoid lesion was found in one case (6.7%). The mean AOFAS score increased from 56.93 ± 9.60 (range, 42 - 77) before surgery, to 86.73 ± 6.32 (range, 73 - 97), and to 90.60 ± 7.48 (range, 73 - 98) at 3 and 6 months follow-up respectively ($p < .003$).

Conclusion: Arthroscopic treatment of ankle impingement syndrome is recommended as the treatment of choice.

Keywords: chronic ankle pain, ankle arthroscopy, impingement syndrome.

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