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Arthroscopic treatment of ankle impingement syndrome

Ahmed Ramadan Saber

Fayoum University Hospital, Egypt

Ankle impingement 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 to evaluate the functional outcome of arthroscopic treatment of ankle impingement syndromes. In this case series study, 15 patients of ankle impingement syndrome underwent arthroscopic debridement and drilling if there was osteochondritis dissecans of the talus. Four different types of impingement 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%). All the patients were evaluated preoperatively and at the interval visit of 3 and 6 months postoperatively according to Meislin's criteria and ankle society (AOFAS) hind foot scale. 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 ($p < 0.003$). Arthroscopic treatment of ankle impingement syndrome is recommended as the treatment of choice.

ara11@fayoum.edu.eg