Os Trigonum Impingement Syndrome: Resection Utilizing Posterior Ankle Arthroscopy
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Summary:
A review of the effectiveness and outcomes of posterior ankle arthroscopy for os trigonum impingement syndrome.

Abstract:
Introduction:
Posterior ankle impingement can be a disabling condition that commonly affects active people. Often the source of posterior ankle pain can be related to an os trigonum in the posterior aspect of the ankle with impingement of the flexor hallucis longus (FHL) tendon. A review of the outcomes and complications associated with this procedure are discussed.

Methods:
A retrospective chart and radiographic review of 14 patients undergoing posterior ankle arthroscopy was completed. A single surgeon (GCB) performed all procedures. In 13 of the 14 patients an impinging os trigonum was identified and resected. In one patient a posterior osteochondral lesion was identified and treated from the posterior arthroscopic approach. The postoperative rehabilitative protocol was identical for each patient. Mean follow-up was 12 months.

Results:
Average time to protected weight bearing was 11 days. Average time to return to full activity was 86 days. The outcomes show a trend toward reduced post-operative recovery and higher patient satisfaction scores when compared to data from open procedures. Two (2) patients had complications related to tibial nerve neuritis. One (1) patient required an open tarsal tunnel release. There were no wound complications seen.

Conclusion:
Utilizing an arthroscopic technique to assist in the resection of an impinging os trigonum helps to reduce post-operative recovery and increase patient satisfaction. A complete tenolysis of the FHL is possible as well as excellent visualization of the posterior ankle and subtalar joints. All patients in this study were able to return to their pre-operative level of activity. Overall patient satisfaction was very high. There were no wound complications noted. The two complications related to tibial nerve neuritis were limited in duration and resolved at final follow-up.