Results of Non-Surgical Treatment of Osteochondral Talar Lesions: A 2 to 10 Year Follow-up

Presenting:
Gerardo Juan Maquieira, MD
Zurich, Switzerland

Additional Authors:
Silke Spahn
Vanessa Vigfusson
Norman Espinosa, MD

Summary:
The present study deals with the natural history of osteochondral lesions of the talus.

Abstract

BACKGROUND
Only a paucity of reports exists regarding the spontaneous evolution of non-operated os-teochondral lesions of the talus (OLT). The current study focuses on the natural history and evolution of conservatively treated OLT.

MATERIALS AND METHODS
All patients in whom an osteochondral lesion of the talus was detected on previous MRI were included into the study. Each patient had no previous surgery neither at the ankle nor at the subtalar joint and had to present with a minimal follow-up of at least 2 years. All patients were clinically and radiographically (ankle ap/lateral and hindfoot MRI at time of follow-up) reviewed including a specific questionnaire and the evaluation of the visual ana-logue scale (VAS).

RESULTS
Forty-eight patients and 51 OLT’s, respectively, were included into the study. The average age was 43 years (range 10 to 73) and the mean follow-up time was 51 months (range 24 to 120). Thirty-four patients of the population (65%) had no pain (VAS 0, n = 12) or minor pain (VAS 1-3, n = 22) at time of final review. None of the patients suffered from severe pain (VAS 10). Significant limitations of daily living were reported by 14 patients (29%), recreational limitations by 25 patients (52%) and worker’s compensation by 2 patients (4%). None of the ankle joints showed progression to severe osteoarthritis according to vanDijk et al. Five patients progressed from Grade O to Grade 1 at follow up. There was no significant progress in lesion size on MRI. No correlation was found between pain and size of OLT.

CONCLUSION
The natural history of OLT can yield excellent mid to long-term outcomes independent of lesion size.