7:05 – 7:12 am

Surgical Treatment of Osteochondral Lesions of the Talus: A Prospective Series Using a New Surgical Algorithm

Presenting:

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Summary:
A prospective series of 42 patients with osteochondral lesions of the talus surgically treated using a new surgical algorithm.

Abstract

Introduction:
The treatment algorithm for osteochondral lesions of the talus (OLT) remains controversial. We present a prospective case series of 42 patients with OLTs surgically treated between 2000-2006 using a new algorithm based on the ICRS or international cartilage repair society classification of cartilage defects and the size of the defect.

Methods:
A total of 42 patients with an average age of 34.9 years (SD 12.1) who had failed previous non-operative or operative intervention were prospectively assigned into 3 groups (based on the size and the depth of the lesion) to receive either drilling (N=25; antegrade or retrograde), OATS (N=8; osteochondral autograft) or mosaicplasty/allograft reconstruction (N=9). Approximately 54.8% (23/42) were female, and 78% (22/42) reported antecedent trauma. Mean follow-up was 18 months and median duration of symptoms was 24 months.

Results:
There was a statistically significant improvement (p < 0.0001, Wilcoxon Signed Rank test) in American Orthopaedic Foot and Ankle Society scores (average 24.8 points), Visual Analog Scale (VAS) Function scores (average 3.51 points), and decrease in VAS Pain scores (average 4.49 points) after surgery regardless of the procedure. 78.9% reported satisfaction with their treatment. Age, BMI or body mass index,
duration of symptoms and length of follow-up did not appear to be related to the outcomes of post VAS Pain, VAS function, or AOFAS.

**Conclusion:**
Using a combination of drilling, autograft plugs and allograft is successful in treating talus osteochondral lesions. Our treatment algorithm based on the ICRS staging of cartilage defects produced results comparable to published data.