Antero-medial impingement of the ankle

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Our disclosure is in the Final AOFAS Mobile App. We have no potential conflicts with this presentation.
Introduction

• Arthroscopic debridement of osteophytes or arthrofibrosis is a valid surgical method for the ankle joint.
Objective

• Report the results of 25 patients who underwent arthroscopic resection for anteromedial ankle impingement
Material and Methods

• Between January 2009 and July 2013 25 patients with anteromedial ankle impingement were operated on.

• The average patient age was 36.5 years.

• Mean follow up was 34 months.
Oblique radiograph for the detection of bone spurs in anterior ankle impingement.
Preoperative x-rays
Postoperatives x-rays
Results

• All patients were satisfied with the procedure.

• The AOFAS score improved from 73 points preoperatively to 95 (p < .001)

• All patients returned, with relief of symptoms, to the usual sports practice.

• We found no complications.
Conclusion

• Arthroscopic removal of anteromedial ankle osteophytes provides excellent functional outcomes, is an effective and reproducible method, allowing patients a rapid recovery and return to the practice of sports.
References