Chronic isolated syndesmosis injury
A Case Report

Dr. Jassim Al Saee
Dr. Mohammed Maged
My disclosure is in the Final AOFAS Mobile App.
I have no potential conflicts with this presentation.
• Isolated injury of the syndesmosis often runs under-recognised

• Incidence in acute ankle sprains: %1-%16

• Incidence in chronic ankle disability after a sprain: % 23.2
A 21-year old gentleman presented to orthopedic clinic with right ankle pain for the last 4 years.

A history of Right ankle twisting injury while playing football, managed conservatively with immobilization and physiotherapy.

His current pain is localized at the anterior right ankle, appears on running
• Clinical examination revealed right ankle mild swelling
• Tenderness anteriorly
• painful external rotation stress test
• 2 routine portal anterior Ankle arthroscopy revealed a complete injury to the syndesmosis ligaments and widening of the tibiofibular joint.
• Treatment included arthroscopic-assisted surgical fixation of the syndesmosis with anchor sutures, which was insufficient..
• Augmentation with syndesmotic screw was done
Post operative rehabilitation

- Non weight bearing ambulation on air-cast boot for 3 months
- Range of motion exercises started 6 weeks after surgery
- Screw was removed 3 months after surgery and patient is doing well.
- Am J sport med. 2007 Jul
  Syndesmotic ankle sprains in athletes.
  Williams GN et. Al.

- Orthopedics 2012 Dec
  Isolated syndesmosis ankle injury.
  Valkering KP et. al.