“CHRONIC LATERAL INSTABILITY OF THE ANKLE WITH ASSOCIATED OSTEOCHONDRALED LESIONS”-
SIMULTANEOUS ARTHROSCOPIC TREATMENT

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NO CONFLICT TO DISCLOSE

“Chronic lateral instability of the ankle with associated osteochondral lesions” - simultaneous arthroscopic treatment

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My disclosure is in the Final AOFAS Mobile App.

I have no potential conflicts with this presentation.
Chronic lateral ankle instability is a common complication of ankle sprains, occurring in about one third of these patients.

Osteochondral lesions of the ankle can also be caused by an inversion trauma to this joint.

Therefore, both lesions can coexist after this kind of trauma.
The diagnosis of an osteochondral lesion can be missed in the context of chronic ankle instability, so a high index of suspicion is necessary.

Initial treatment is often conservative, but in case of failure, surgery is the option.

These two types of lesions can be treated arthroscopically.
Eight patients with chronic lateral ankle instability associated with osteochondral lesions were operated in 2012 and 2013.

The patients related the onset of complaints with the traumatic event (inversion trauma) and the clinical diagnosis was confirmed by MRI.

6 patients were male and 2 female.

The mean age was 35 years.
Materials and Methods

- Patients were evaluated after a mean follow-up of 1 year using the AOFAS Ankle Hindfoot Scale.
- We compared the results of this series of studies published in the literature.
- We performed microfractures of the osteochondral lesions and arthroscopic repair of the lateral ligament complex.
Materials and Methods
Results

- All patients improved after surgery
- AOFAS
  - The mean preoperative score was 67
    Min: 50
    Max: 75
  - Average postoperative score of 93
    Min: 65
    Max: 100
- No complications were identified.
- 7 patients returned to the previous level of laboral activity.
The combination of instability and osteochondral lesions of the ankle can be found in some cases due to the common etiology.

There are no published studies analyzing the results of the simultaneous treatment of instability and osteochondral lesions.

This study reveals comparable results to those published for the arthroscopic treatment of either pathology, both on functional scores and complications.
References


