Minimally invasive approach for the peroneus brevis tendon transfer in the treatment of lateral ankle instability

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I have no potential conflicts with this presentation.
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Introduction

- The peroneus brevis is a favored option for ankle reconstruction in lateral instability.

- Large unsightly incisions are described for this procedure.

- Minimally invasive approach using small incisions is described here.
Methods

- This is a retrospective study.
- The minimally invasive approach was used in three patients (17, 19 and 27 years old) with symptomatic lateral ankle instability.
- Sittings: Hamad General Hospital, Qatar, and Hospital of Bourg Saint Maurice, France.
- A part of the peroneus brevis tendon (Hemi-Castaing) was used for the reconstruction.
- Three 1-3 cm incisions were used.
Methods
Results

- All wounds healed without complication.
- Good reconstruction and stability was achieved.
- Patients were satisfied with the cosmetic and functional outcome.
Conclusion

- The use of minimally invasive approach to transfer a part of peroneus brevis tendon in the treatment of lateral ankle instability is recommended.

- Peroneal tendon transfer was successful in our group of patients.
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