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Technique and results of arthroscopic treatment of posterior ankle impingement

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Abstract

Background: The aim of this study was to investigate the outcome after arthroscopic procedures for treatment of posterior ankle impingement.

Methods: From June 2006 to April 2009 36 patients were treated by hindfoot arthroscopy. Indication was posterior ankle impingement due to symptomatic os trigonum or osteophytes. Pain on the VAS was evaluated pre- and postoperatively. Minimum follow-up was 6 months.

Results: 30 patients were available for follow-up. Follow-up averaged 9.7 months (range 6-14 months). Pain measured on the VAS improved significantly from 7.2 points to 1.3 points. One superficial (3.3%) and one deep wound infection (3.3%) occurred, 6.6% of our patients complained about impaired sensitivity of the sural nerve, and 6.6% required resurgery.

Conclusions: Hindfoot arthroscopy is an elegant surgical technique in treatment of posterior ankle impingement. The minimally invasive procedure allows for low complication rates.