

ARTHROSCOPIC SURGERY FOR ANKLE INJURY OF FOOTBALLERS

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Introduction

Arthroscopy (also called arthroscopic surgery) is a minimally invasive surgical procedure in which an examination and sometimes treatment of damage of the interior of a joint is performed using an arthroscope. It is useful for return to sports activity

Methods

We treated 23 cases of ankle injury and disorder in 23 footballers arthroscopically, and examined the operating methods, findings, and postoperative physical therapy and overall results. The patients' average age was 21.4 years. The mean duration of postoperative followup was 22.8 months. We plane anterior impingement extostosis in 17 cases, revome free body/cartilage fragment (joint debridement) in 6 cases and remove Os Trigonum in 3 cases. No cast immobilization was applied postoperatively, and physical therapy including limited weight bearing and range-of-motion exercises commenced within 24 hours after surgery. The AOFAS ankle-hindfoot score, the postoperative range of motion of the ankle and the time to recover were determined.

Table 1. The list of ankle sope

sports	professional	competitive	recreation
soccer	1	8	1
american football		6	
rugby		5	
futsal	1	1	

Results & Discussion

The average postoperative AOFAS ankle-hindfoot score improved from 65.0 to 94.8 points. The mean preoperative range of motion of the ankle joint was improved from 55 degree to 66 degree. The average period to return to sports was 9 weeks.

Conclusion

Arthroscopic treatment for anterior/posterior ankle bony impingement and free body was minimally invasive and suitable for footballers who desire an early return to sports activity.

References

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