

Dynamic ultrasound is an important diagnostic tool in the surgical treatment of posterior ankle impingement



Harmen de Vries, Mariëlle van den Berg, Stephan Konijnenberg, Tiburtius Klos ICONE, orthopedics and sport traumatology, P.O.Box 41, 5480AA Schijndel, The Netherlands info@icone.nl / www.icone.nl

Background and purpose

Posterior ankle impingement is often managed by arthroscopy. The aim of our study was to examine the role of dynamic-ultrasound, with or without an infiltration, in confirmation of the clinical diagnosis of posterior ankle impingement, in relation to patients history, physical examination and plain radiography of the ankle.



Patients and methods

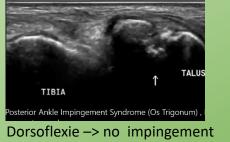
27 patients(19-57years of age) active sporting, were treated arthroscopically with the diagnosis posterior impingement of the ankle. 13 Patients that asked for a second opinion in our institution, had multiple examinations performed, not leading to the conclusive diagnosis. Pre- and postoperative scores with the Foot and Ankle Disability Index(FAD) were registered. All patients had a dynamic ultrasound examination. In 13 cases the ultrasound was combined with an ultrasound guided infiltration with a local anesthetic or with local anesthetic in combination with corticosteroids.

Results

The pre-operative FADI score improved from a mean of 67.1 to a mean of 83.3 postoperative. No statistical difference in outcome was noted between the group of second opinions or the primary opinions.

Interpretation

In our setting we could confirm the diagnosis of posterior impingement by means of dynamic-ultrasound. Additional examinations did not contribute to the diagnosis or the strategy on surgical treatment.





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