

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

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## 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(FADI) 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.



Dorsoflexie -> no impingement



Plantairflexie -> impingement