

ANKLE INSTABILITY AND ARTHRITIS

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Background

- ▣ Ankle sprains very common (40% athletic injuries)
- ▣ 70 / 100,000 per year
- ▣ Re-injury rates 0-29%
- ▣ Chronic instability in up to 10%

Acute Management

- ▣ Functional early immobilisation better than cast (except possibly Grade III)
- ▣ 1 week RICE with isometric exercises
- ▣ Commence ROM, isokinetic and proprioceptive exercises
- ▣ Progress to muscle strength and endurance exercises (can be week 5 in grade III)

- ▣ @10% can develop chronic instability
- ▣ May respond to further functional therapy
- ▣ If not do we reconstruct to prevent OA?

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Clinical Assessment

- ▣ Frequency of instability / pain / level of activity?
- ▣ Axis deviations
- ▣ Anterior draw test / amount of inversion?
- ▣ Tenderness / effusion / range of motion
- ▣ Syndesmosis
- ▣ Collagen / neurological disorder
- ▣ Peroneal pathology / proprioception

Radiological

- ▣ WB XRs
- ▣ Saltzmann view
- ▣ Stress radiographs
- ▣ MRI +/- CT

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Scoring

Table 1 Outcome scores.

Generic health scores	Disease specific scores
SF12 [38]	Karlsson 1988 [44]
EuroQol -EQ5D [39]	Kaikkonen 1994 [45]
	Ankle joint functional assessment tool (AJFAT) 1999 [46]
Generic foot and ankle scores	Functional Ankle Disability Index (FADI)
	Functional Ankle Disability Sport (FADI-Sport) 1999 [47]
American orthopaedic foot and ankle score (AOFAS) [40]	Sports ankle rating system (SARS) 2003 [48]
Foot and ankle outcome score (FAOS) 2001 [41]	Foot and ankle assessment measure (FAAM) 2005 [49]
	Ankle instability index (All) 2006 [50]
Activity assessment scales	Cumberland Ankle Instability Tool (CAIT) 2006 [51]
Tegner 1985 [42]	Foot and ankle instability questionnaire (FAIQ) 2007 [52]
Halasi 2004 [43]	Chronic ankle instability scale (CAIS) 2008 [53]
	Identification of foot and ankle instability (IdFAI) 2011 [54]

Consensus

- ▣ NONE
- ▣ FAOS easy and validated
- ▣ EQ5D
- ▣ ? Halasi if high level sport

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Arthroscopy?

- ▣ Up to 97% intra-articular pathology with most prevalent (82%) being soft tissue impingement
 - Choi et al Am J Sports Med 2008
- ▣ 13-35% recurrent pain after reconstruction
- ▣ My series soft tissue impingement in all plus OA, OCD and bony impingement
- ▣ Assess syndesmosis
- ▣ ? Quality of ligament remnant
 - Yasui et al AAOS 2013