

Open Treatment of Anterior Impingement Syndrome of the Ankle in Elite Level Soccer Players

Kyung Tai Lee, M.D., Ki Won Young, M.D., J-Young Kim, M.D.,
Eung Soo Kim, M.D., Seung Do Cha, M.D., Woo Young Lee, M.D.

Department Orthopedic Surgery, Eulji General hospital, Eulji university

Introduction

We assessed the results of open treatment of anterior impingement syndrome of the ankle in elite level soccer players and concomitant injuries were identified.

Material and Methods

We retrospectively reviewed twenty one elite level soccer players diagnosed with anterior impingement syndrome who underwent open debridement between January 1997 and January 2002. All were men and the mean age at the operation was 21 years (range 16 to 27). The mean follow-up duration was 31 months (13 to 71). Concomitant abnormalities were identified through physical examination, bone scan and MRI. On a preoperative lateral radiograph, patients were classified according to McDermott's stage. Anteromedial or anterolateral approach was used at the operation and osteophyte was removed with osteotome and rongeur.

When chronic ankle instability was accompanying, we performed Modified Brostrom-Gould procedure and for osteochondral lesion, multiple drilling was applied.

The Ogilvie-Harris scoring system was used as a clinical scale to evaluate pain, swelling, stiffness and limitation of activity. The results were scored as excellent (15 to 16 points), good (13 to 14) and otherwise unsatisfactory. The time to return to full activity including sports activity was determined.

Result

Eighteen of twenty one patients had an excellent outcome. Three patients were graded unsatisfactory and two of them abandoned their career due to the persistence of residual pain. Concomitant abnormalities were found including twelve cases of chronic ankle instability, three cases of osteochondral lesion and two cases of flexor hallucis longus tendinitis.

Conclusion

Open debridement was successfully applied to the elite level soccer player with anterior impingement syndrome of the ankle. Considerable coexistence of other abnormalities such as chronic ankle instability may encourage us to consider additional operative procedure.

Key word: Ankle, Anterior impingement, Open debridement, Soccer player

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