



ANTERIOR BONY ANKLE IMPINGEMENT



Anterior bony ankle impingement is a condition in which a prominence of bone arising from the tibia impinges on the corresponding area on the neck of the talus. This definition is commonly associated with "athlete's ankle". The pain is usually associated with extreme plantar flexion (toes pointing downward) as in sprinting or long-distance football kicking. Ballet dancers are also among the athletes that complain of such pain.

Diagnosis is made with physical examination, weight bearing X-rays and MRI scan

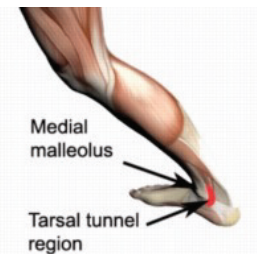
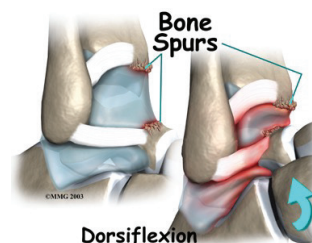
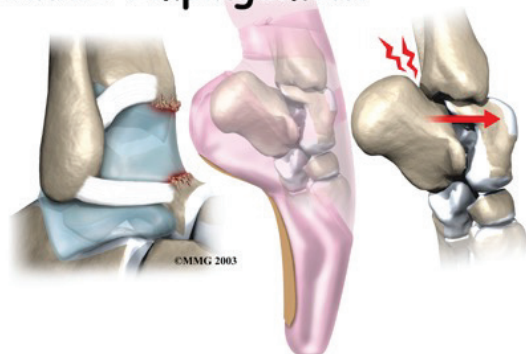
Symptoms

Symptoms include pain at the front of the ankle made worse with walking up stairs or hills, squatting or running. Pain usually ceases with activity cessation. Generally, night time pain is not associated. A loss of range of motion with dorsiflexion (pointing toes upward) is common. Complaints of a stiff spongy feeling and inability to land from a jump are other common symptoms.

Treatment

Conservative measures including rest, exercises and non-prescription anti-inflammatories are attempted for the first 12 weeks. If treatment fails, surgical intervention is advised.

Ankle Impingement



Arthroscopic resection of the Anterior Bony Impingement is achieved by resection of the spur and cleaning the ankle joint. This is the procedure for other conditions treated with ankle arthroscopy although it is more time consuming with a strict rehabilitation protocol.

Complications include infection, nerve damage, tendon injuries, post operative effusion, osteophyte (spur) recurrence and vascular injury.