



SUMMARY



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Arthroscopy of the ankle joint is well established technique for the evaluation of ankle pain or dysfunction, it has rapidly become an important diagnostic and therapeutic procedure.

In this essay the following chapters are discussed:

- 1- Arthroscopic anatomy of the ankle joint.
- 2- Indications and contraindications of ankle arthroscopy.
- 3- Approach and technique.
- 4- Arthroscopic findings and their management.
- 5- Complications of ankle arthroscopy.

It is important to discuss the extra articular anatomy of the ankle as there are many structures that are liable to injury during insertion of the arthroscopic instruments.

In arthroscopic anatomy there are anterior and posterior structures that are important to perform a thorough systematic reproducible arthroscopic examination of the ankle.

Ankle arthroscopy has a diagnostic and therapeutic indications, the most common diagnostic indications include pain-swelling-stiffness instability-haemarthrosis and locking.

Therapeutic indications include chondromalacia-osteophytes-impingement-arthrofibrosis-fractures and others.

Ankle arthroscopy is contraindicated if the patient general condition prevents general or spinal anaesthesia or if there is any localized infection in the extremities.

Knowledge of the surface and deep anatomy is imperative in selecting arthroscopic portals and creating access to the joint, the neurovascular and tendinous structures are those most at risk.

The anterior portals include anteromedial, anterolateral and antero-central portal. The posterior portals include posteromedial posterolateral and posterocentral portals.

The technique of ankle arthroscopy include instruments used- anaesthesia, position of the patient, distraction system, and the way of arthroscopic examination.

The most common arthroscopic findings are soft tissue lesions which may be synovitis or soft tissue impingement, it may be chondral or osteo-chondral lesions.

Ankle arthroscopy is used in debridement of osteoarthritic ankle, treatment of acute and chronic ankle fractures. Treatment of lateral ankle instability and also it is used in arthrodesis of the ankle.

Ankle arthroscopy has complications which range from relative surface injury to substantial and morbid injury.