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Adult and Paediatric Orthopaedic Surgeon
Specialising in the Foot and Ankle

Posterior Ankle Impingement

INTRODUCTION

Posterior ankle impingement is characterised by pain at the back of the ankle caused by pinching of a prominent piece of bone at the back of the ankle called the os trigonum. It is most commonly seen in dancers and soccer players. Dr. Ling prefers to remove this prominent bone via ankle arthroscopy.

THE PROCEDURE

There are a number of steps to Posterior Ankle Impingement/Arthroscopy Surgery:

1. General Anaesthetic
2. Administration of intravenous antibiotics
3. Arthroscopic portals made (2 x 1cm incisions either side of Achilles)
4. Ankle Arthroscopy performed to assess back of the ankle
5. Removal of bone and tissue causing impingement
6. Wound Closure with sutures
7. Bandage and Post-operative Shoe

RISKS & COMPLICATIONS

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

Anaesthetic complications

Drug reactions

Wound infection

Deep Vein Thrombosis (DVT)/Pulmonary embolism (PE)

Sensory nerve injury

Chronic Regional Pain Syndrome

Ongoing Pain

Stiffness

POST OPERATIVE PROTOCOL

This is a day surgery case and you are able to weightbear immediately

Keep foot elevated as much as possible, for the first 72 hrs

Dressings debulked after 72 hrs

Keep wounds dry for first week, then may get wet in shower

Pain killers required for up to 2 weeks

First post-op appointment roughly 2 weeks post surgery for wound check and commencement of physio

Return to sport by 3 - 4 months

Full recovery up to 6 months

PROBLEMS AND CONCERNS

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly