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Arthroscopic approach to the spring (calcaneonavicular) ligament

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Highlights

- An accessory medial portal allows arthroscopic access of the spring ligament.
- Arthroscopic approach and repair of the spring ligament can injure the medial plantar nerve.
- Ligament repair using the outside in technique may be less risky to the medial plantar nerve than the inside out technique

Abstract

Purpose: This research studied the safety and efficacy of a new portal to the spring ligament. This portal is located just plantar to the insertion of the posterior tibial tendon and above the fibrous septum between the posterior tibial and the flexor digitorum longus tendons.

Methods: Twelve fresh frozen foot and ankle specimens were used. The distance between the accessory medial portal and the medial plantar nerve was measured. The relation between the