

Accepted Manuscript

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PII: S1268-7731(17)30056-5
DOI: <http://dx.doi.org/doi:10.1016/j.fas.2017.03.002>
Reference: FAS 1022

To appear in: *Foot and Ankle Surgery*

Received date: 8-12-2016
Revised date: 20-1-2017
Accepted date: 14-3-2017

Please cite this article as: Nery Caio, Fonseca Lucas, Raduan Fernando, Moreno Marcus, Baumfeld Daniel. Prospective Study of the “Inside-Out” Arthroscopic Ankle Ligament Technique: Preliminary Result. *Foot and Ankle Surgery* <http://dx.doi.org/10.1016/j.fas.2017.03.002>

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Prospective Study of the "Inside-Out" Arthroscopic Ankle Ligament Technique: Preliminary Result

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Caio Nery is Consultant of Arthrex, Inc (USA) / All the other authors have no conflicts to declare.

The author(s) received no financial support for the research, authorship, and/or publication of this article.

ABSTRACT

Background: Lateral ankle ligament injury is among the most common orthopedic injuries. The objective of this study is to present the preliminary prospective results of treatment using the "Inside-Out" variant of the fully arthroscopic Broström-Gould technique.

Methods: Twenty six patients were included: 20 male and 6 female, aged 19-60 years, mean 41 years. All patients had positive "anterior drawer" and "talar tilt" tests. When necessary, cartilage injuries were treated with microfracture and arthroscopic resection for anterior impingement; three patients had hindfoot varus, on whom Dwyer osteotomy was performed; one patient had peroneal tendinopathy and was treated with tendoscopic debridement and another one had partial injury of the deltoid ligament, which was treated by direct repair.

Two arthroscopic surgery portals were used; the anteromedial and anterolateral. After careful inspection of the joint, the anterior surface of the fibula was cleaned to resect the remains of the anterior talo-fibular ligament. An anchor with two sutures was placed on the anterior aspect of the fibula, 1 cm from the distal apex of the malleolus. The sutures were passed through the remnant of the anterior talo-fibular ligament as well as the extensor retinaculum using special curved needles. Duncan knots were used to tie the ligament and the inferior extensor retinaculum while the ankle was kept in a neutral position. Patients were kept immobilized non-weight bearing for 2 weeks and were then allowed

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