



SPORT  
MEDISCH  
NETWERK.NL



Vereniging voor Sportgeneeskunde

# Diepe enkelpijn na een distorsie

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**MOURINHO EN EL DESCANSO: "¿QUÉ ESTÁIS HACIENDO? NO NOS PUEDEN DOMINAR ASÍ"**

**CANALES ESTARÁ DE BAJA TRES SEMANAS CON UN ESGUINCE DE TOBILLO**

LUNES  
28 de SEPTIEMBRE  
de 2008  
1 euro

EXCLUSIVA  
MARC

9.95  
HOY

HOY

# MARC

**MESSI TOMA EL CALDERÓN CON UN GOLAZO PERO SALE EN CAMILLA TRAS UN ENTRADÓN DE UJFALUSI**

Se temió que tuviera roto el tobillo aunque todo apunta a que sólo sufre un esguince que le tendrá 15 días de baja  
• De Gea evita una goleada del Barça con seis paradas antológicas



**1-2**

**DE GEA, MESSI Y VEINTE MÁS**



**FOTO M**

**CLASIFICACIÓN**

|                |   |
|----------------|---|
| 1. Valencia    | 9 |
| 2. Sevilla     | 7 |
| 3. Real Madrid | 7 |
| 4. Atlético    | 6 |
| 5. Villarreal  | 6 |
| 6. Barcelona   | 6 |

# ESCALOFRIANTE



Tendon pathology

(Stress) fractures

Anterior/posterior  
impingement



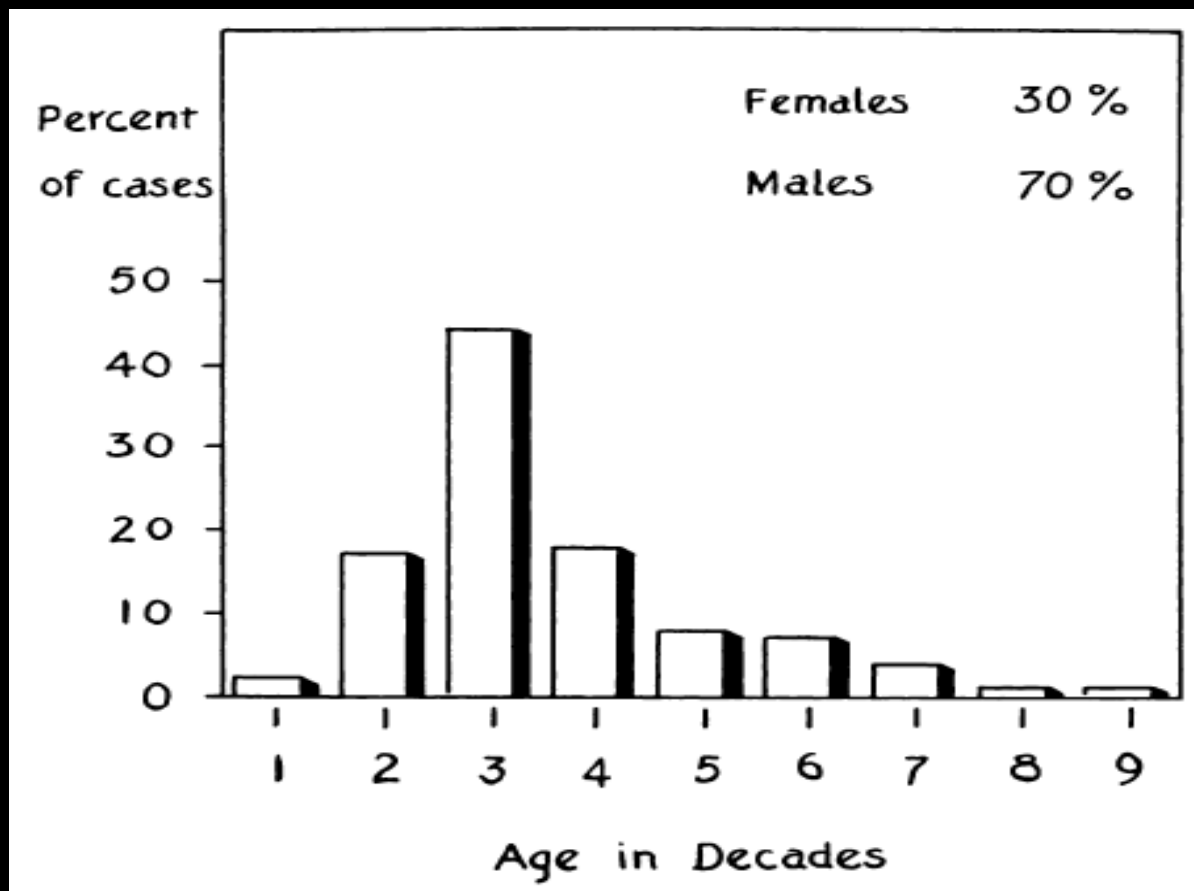
Chronic  
syndesmotic pain

Acute ligament  
injury

Chronic ligament  
instability

**Osteochondral  
defects (OCD)**

# Prevalence

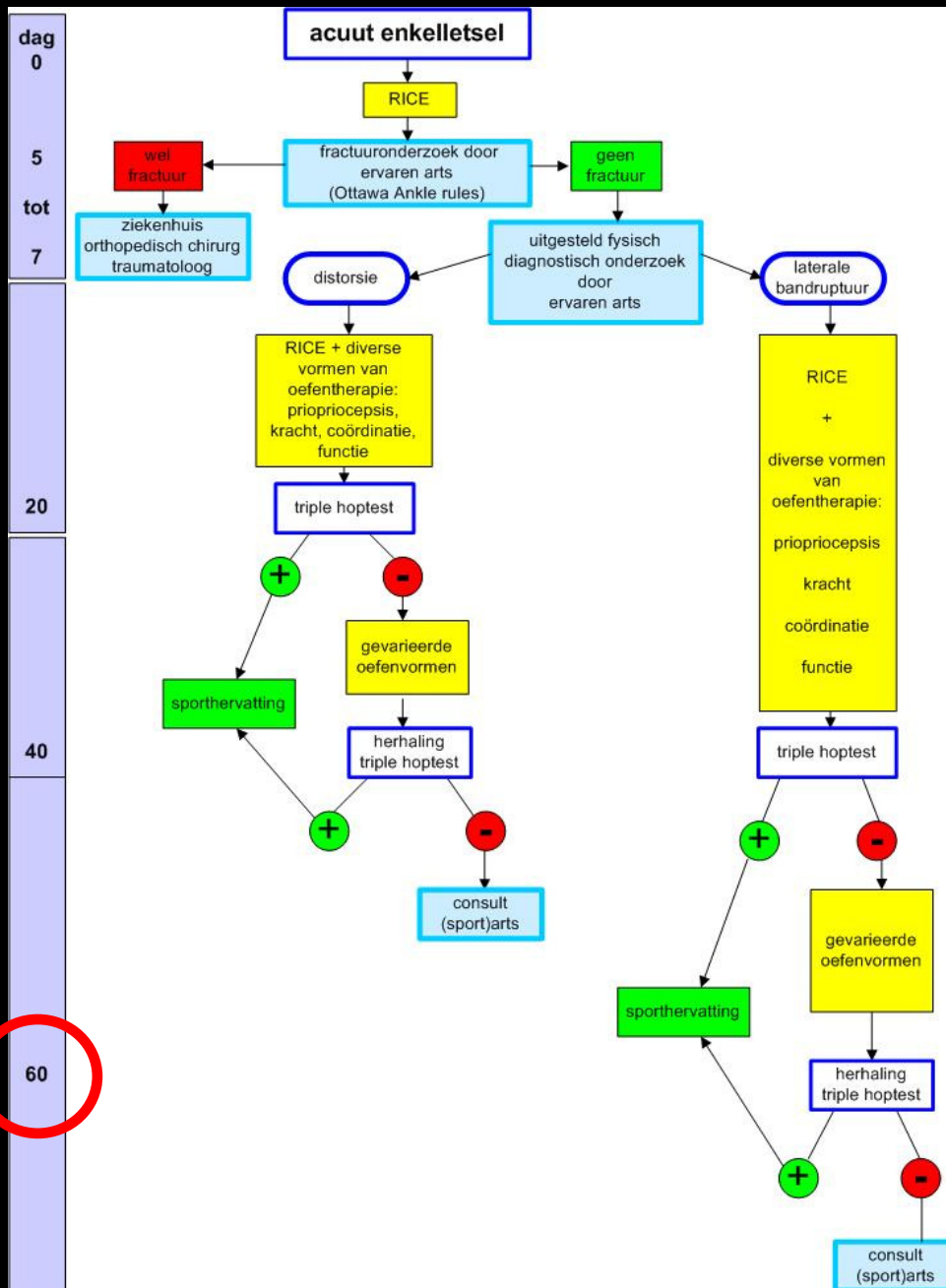


Doctors delay



**DELAY**

= 1 year



# Presentation

Limited function

Swelling

Catching

Stiffness

Locking



**Deep ankle pain**

# Physical examination

Propriocepsis

Inspection for swelling

Range of motion

Strenght

Stability

Palpation

Provocation tests



Location:

- Anterolateral (40%)
- Posteromedial (60%)

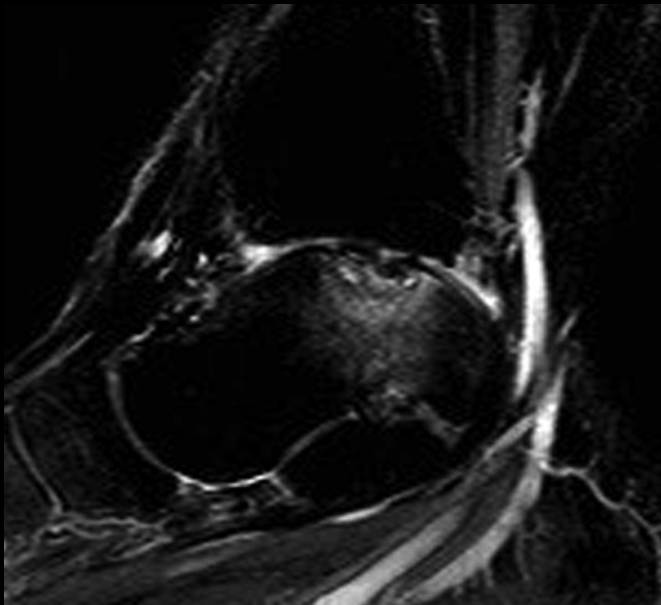
# Imaging



30-50% OCDs are missed

# Imaging

## MRI



## VS

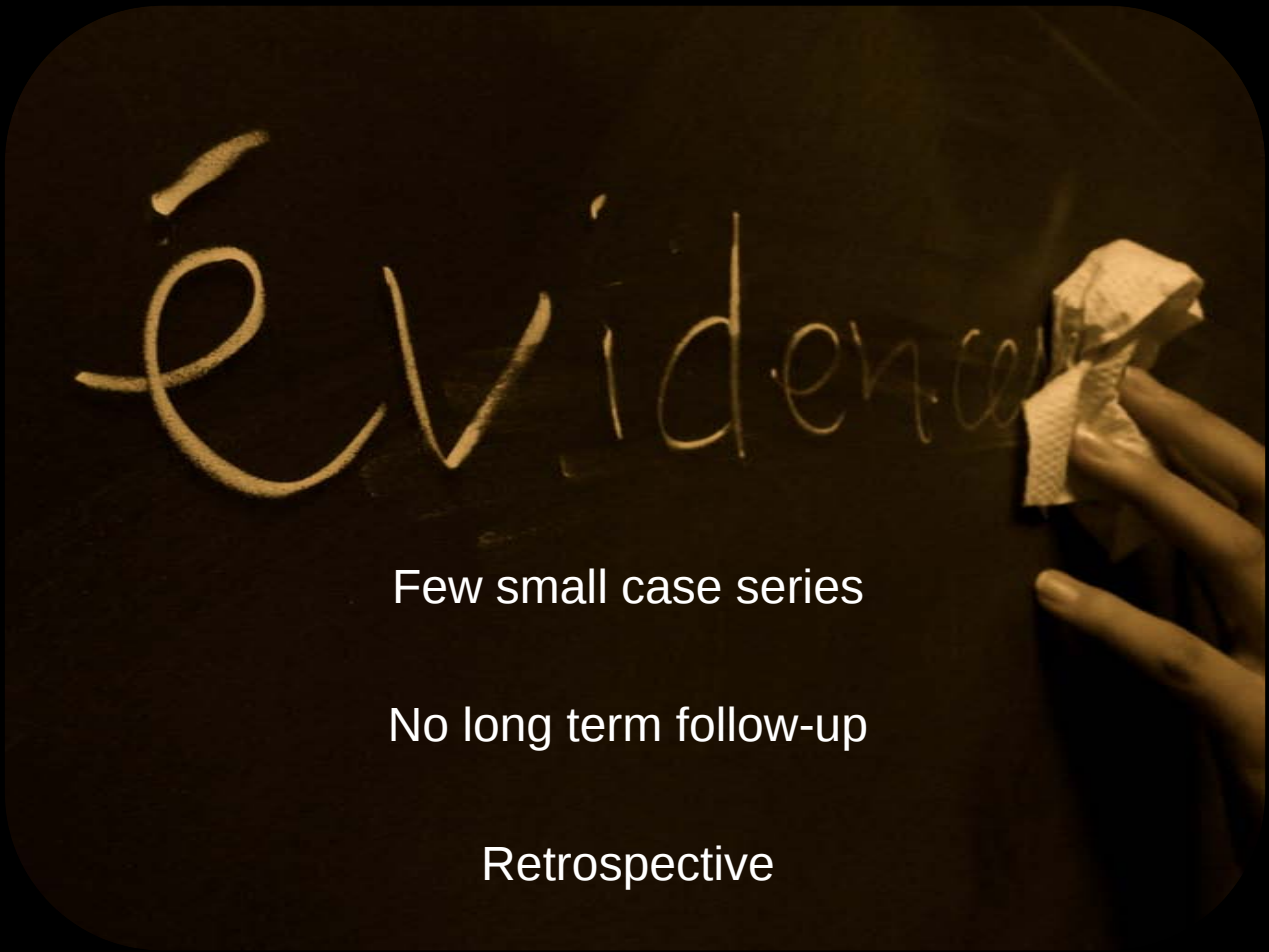
## CT



- + Visualization of cartilage
- Overestimation bony lesion

- + Visualization of bony lesion
- Poor detection cartilage

# Conservative treatment

A hand holding a crumpled piece of paper next to the word "Evidence" written in chalk on a blackboard.

Evidence

Few small case series

No long term follow-up

Retrospective

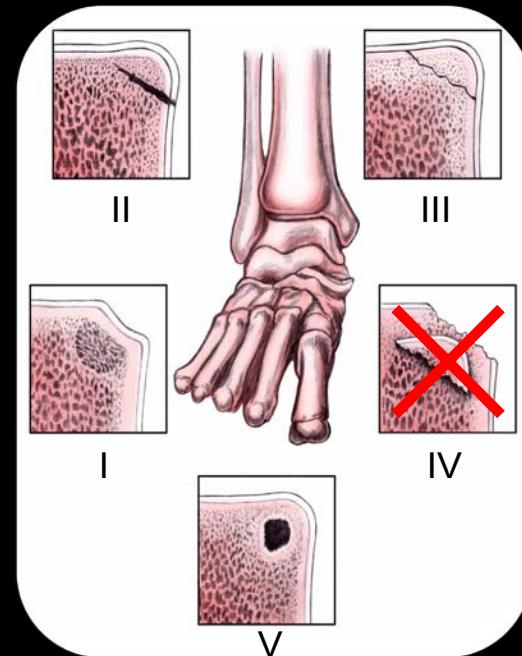
# Conservative treatment

NSAID's

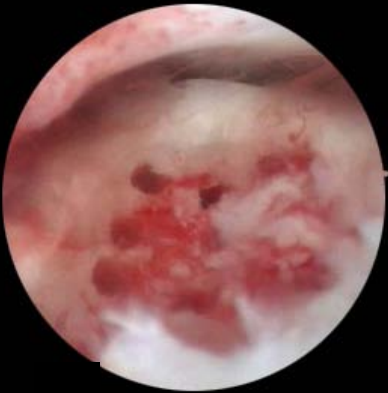
Rest and/or restriction of (sporting) activities

Cast immobilization (3 weeks – 4 months)

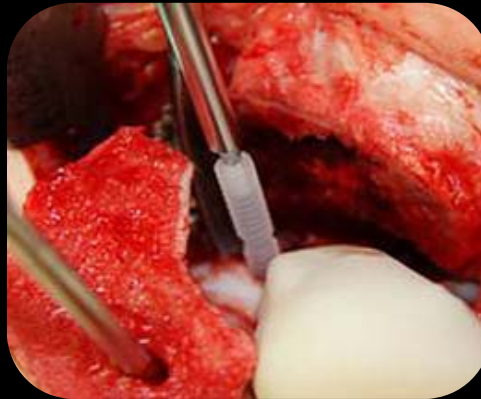
**± 50%** succes



# Surgical treatment



Debridement  
& BMS



Fixation



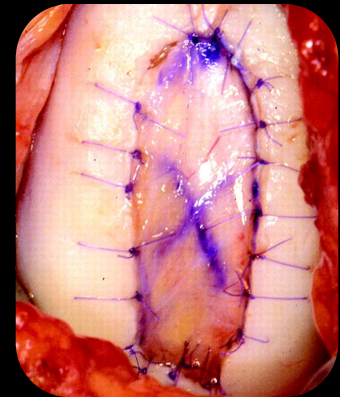
Retrograde drilling



Chondrogenesis inducing  
techniques (CIT)



Osteochondral autograft  
Transfer System (OATS)



Autologous chondrocyte  
implantation (ACI)

## Debridement & BMS

Primary treatment

OCD < 15 mm

# Debridement & BMS



# Debridement & BMS

## Rehabilitation:

- Partial weightbearing for 6 weeks
- Sagittal range of motion exercises



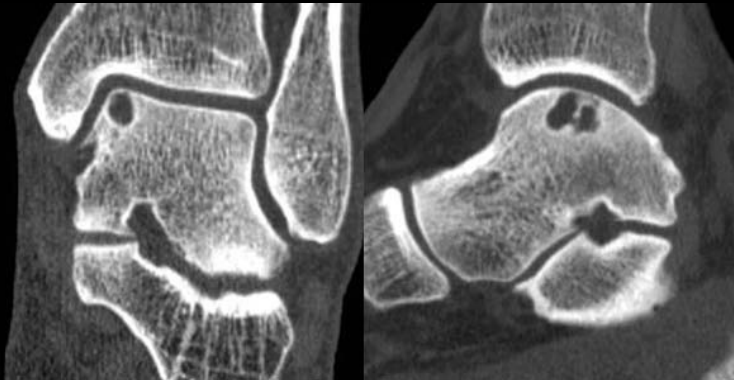
- 16 weeks postoperatively
- 80% within one year

## Debridement & BMS

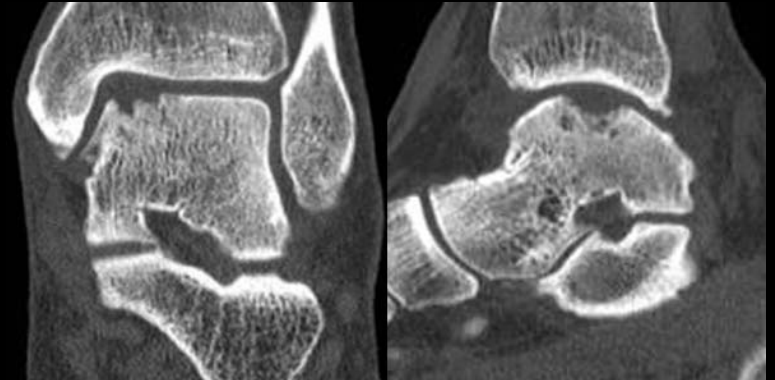
75% incomplete filling at one year follow-up

33% progression of osteoarthritis at long term follow-up

preoperative



1 year postoperative



## Fixation (LDFF)

Preserve hyaline cartilage

Restore natural congruency

Treat larger defects

Debridement and BMS is still possible  
after failed fixation

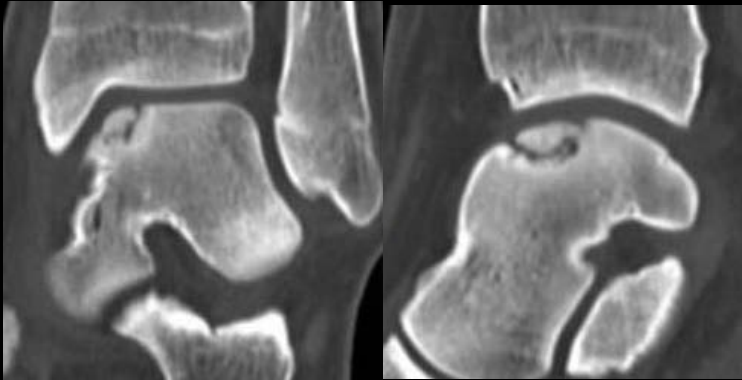
## Fixation (LDFF)



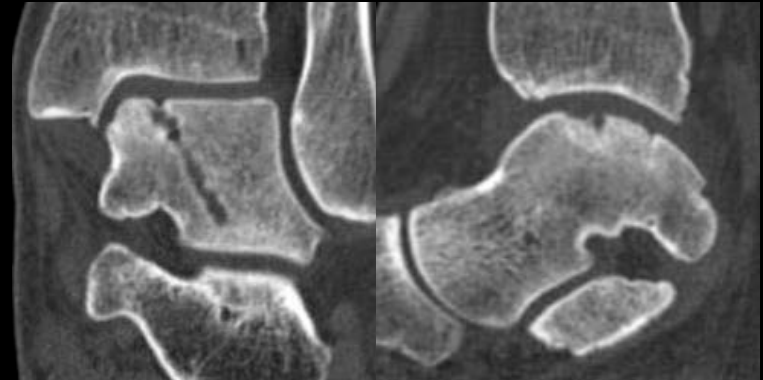
## Fixation (LDFF)

Promising short term clinical and radiological results

preoperative



1 year postoperative



## Take home messages

Doctors delay

Deep ankle pain

30-50% are missed on standard radiographs

50% success in conservative treatment

Acute surgical treatment in type IV OCDs

Fix the defect

