

## Ankle Arthroscopy

### What is an ankle arthroscopy?

It is the minimally invasive ankle surgery of ankle. Ankle arthroscopy involves using very small incisions to gain access into the ankle joint. Each incision is less than 1cm and usually two incisions are required. The ankle joint is relatively small and to allow good surgical access to the joint, its dimensions need temporarily to be increased.

This is done using a combination of distraction across the joint together with having a stream of pressurized fluid circulating through the joint which distends it. The inside of the ankle joint can be inspected using a small camera with operations carried out on the joint using small, specially designed instruments.



### What are the indications of ankle arthroscopy?

- Footballer's ankle (Anterior Ankle Impingement)
- Chronic pain ankle after inversion injury (Anterolateral Ankle Impingement)
- Pain at the back of ankle (Posterior Impingement)
- Ankle arthritis
- Loose bodies within the ankle
- Osteochondral defects of the talus
- Undiagnosed ankle pain & ankle instability
- Arthroscopic ankle fusion (Please see the information on ankle fusion)

## **Why ankle arthroscopy?**

The alternative to ankle arthroscopy is open ankle surgery. The very small incisions used result in minimal soft tissue disruption and trauma. This in turn results in:

- Significantly lower pain levels than an open approach
- The ankle is comfortable to weight bear through on the day of surgery
- Most cases can be performed as day cases
- Lower infection rates than open surgery
- Earlier return to work/function/sports
- Little scarring
- Minimal effect if further surgery to the ankle is required

## **What are the complications?**

Ankle arthroscopy is a safe surgery with quick recovery. However, as with any operation there are risks:

- Wound problems and infection
- Nerve or vessel damage
- Swelling
- Pain
- Stiffness
- Recurrence of symptoms