

POSTERIOR ANKLE IMPINGEMENT SYNDROME: EFFECT OF CONSERVATIVE MANAGEMENT

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Background and Aims

Posterior ankle impingement syndrome (PAIS) is characterized by chronic or recurrent posterior ankle pain during forced or repetitive plantarflexion. PAIS is common in the athletic population. The objective of our study is to show the effect of the management of this syndrome using Nonsurgical treatment such as activity modification and physical therapy.

Methods

It's a retrospective study including 10 patients suffering from posterior ankle pain and who were recruited during podiatry consultation in the department of Physical Medicine and Rehabilitation in university hospital of Ibn Rochd. All patients had physical examination, foot examination using optical podoscope and foot pressure assessment system, and radiography.

Results

The mean age was 36 +/- 4 years, with a female predominance. None of them were athletes or had any frequent sport activities. However a microtrauma context was identified in 40%. Physical examination revealed pain at passive forced plantar flexion for all patients. X-ray showed a long tail on the talus in 20 % and a trigone bone in 40 %. Podiatric examination found increased foot pressure in metatarsals in 60%. All patients had physical therapy and prescription of foot orthosis. 40% had ultrasound-guided steroid injections. Following this non surgical treatment, pain visual analogue scale went from a mean of 6.2 to 3.6

Conclusion

PAIS can be diagnosed by clinical history and physical examination. Radiography and magnetic resonance imaging show the cause of this syndrome. Symptoms improve with non surgical treatment but surgery may be required following failure of conservative management.

Keywords: Foot, and, ankle, Posterior, impingement