

Arthroscopic and mini-invasive surgery to the ankle Sport traumatology

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Arthroscopic and mini-invasive surgery

Arthroscopic surgery has represented a new frontier in surgery for sport traumatology owing to the advantages it offers in terms of reduced invasiveness and surgical complications, and consequently improved post-operation recovery times. The common denominator for all endoscopic techniques is the visualisation of articular structures by means of a system of fibre optics connected to a video. The development of the instruments used in this type of surgery has allowed for a gradual expansion of applications together with reduced operating times and post-op recovery times. The most common types of pathology to be treated by arthroscopic and mini-invasive ankle surgery are:

The most common relate to cartilage and soft tissues.

Cartilage lesions treated by arthroscopy have symptoms which include pain under strain and recurrent effusion. Clinical testing must be integrated with a specific instrumental examination (TC or MNR), to determine the exact location and depth of the lesion.

Soft tissue e impingement-related pathologies.

These pathologies are frequently linked to the outcomes of articular trauma or capsuloligamentosis, and are associated with a variable symptomatology that may include reduced joint mobility with pain, effusions and limited functionality.

Within the limitations of the technique and given correct indications, arthroscopy can offer significant benefits for reduced intervention morbidity and greater possibility of immediate post-op mobilisation