

Ankle Arthroscopy: Indications, Patterns of Admissions, Surgical Outcomes, and Associated Complications Among Saudi Patients at King Abdul-Aziz Medical City in Riyadh

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Abstract : Background: Despite the frequent usage of ankle arthroscopy, there is limited medical literature regarding its indications, patterns of admissions, surgical outcomes, and associated complications at Saudi Arabia. Hence, this study would highlight the surgical outcomes of such surgical approach that will assist orthopedic surgeons to detect which surgical procedure needs to be done as well as to help them regarding their diagnostic workups. Methods: At the Orthopedic Division of King Abdul-Aziz Medical City in Riyadh and through a cross-sectional design and convenient sampling techniques, the present study had recruited 20 subjects who fulfill the inclusion and exclusion criteria between 2016 and 2018. Data collection was carried out by a questionnaire designed and revised by an expert panel of health professionals. Results: Twenty patients were reviewed (11M and 9F) with an average age of 40.1 ± 12.2 . Only 30% of the patients (5M, 1F) have no comorbidity, but 70% of patients (7M, 8F) were having at least one comorbidity. The most common indications were osteochondritis dissecans ($n = 7$, 35%), ankle fracture without dislocation ($n = 4$, 20%), and tibiotalar impingement ($n = 3$, 15%). Patients recorded pain in all cases (100%). The top four symptoms after pain were instability (30%, $n = 6$), muscle weakness (15%, $n = 3$), swelling (15%, $n = 3$), and stiffness (5%, $n = 1$). Two-third of cases reached to their full healthy status and toe-touch weight-bearing was seen in two patients (10%). Conclusion: Ankle arthroscopy improved the rehabilitation rates in our tertiary care center. In addition, the surgical outcomes are favorable in our hospital since it has a very short length of stay, unexpended surgery, and fewest physiotherapy sessions.

Keywords : ankle, arthroscopy, indications, patterns

Conference Title : ICOSM 2023 : International Conference on Orthopaedics and Sports Medicine

Conference Location : Venice, Italy

Conference Dates : August 10-11, 2023