


Orthopaedic and Sports Injuries Services "OASIS"

Munawar Shah FRCS, FRCS Tr & Orth

Consultant Trauma & Orthopaedic Surgeon

Little Aston Spire Hospital
 Little Aston Hall Dr
 Sutton Coldfield, B74 3UP
 01215807406
 01922656972
 la.oasis@live.co.uk
<http://littleastonoasis.com>



Ankle Instability

Ankle instability almost always results from an injury, unless it is part of generalised ligamentous laxity. It is characterised by recurrent giving way of the ankle. It is most noticeable in sport or when walking on uneven ground. Instability may be as a result of one major injury to the ankle or as a result of several lesser injuries. It does not necessarily mean the ankle is always painful, but does feel unreliable.

Diagnosis

Ankle Instability is diagnosed by a careful history and examination by a doctor or physiotherapist. They will try to see if there is anything, which makes the patient more liable to ankle instability than average. They will look for any sign that there is some other problem around the ankle, such as damage to the joint surface. Specific tests can be performed.



Examination technique:
Chronic lateral ankle instability



Injured ankle with laxity of ligaments

Tests such as X-rays, ultrasound or MRI scans are sometimes needed to aid the diagnosis.

Treatment

As most people with ankle instability have deficient proprioception and tendons, which are not working properly, the first treatment is a physiotherapy programme to re-train the peroneal muscles and tendons. Despite instability sometimes some parts of the ankle or Achilles tendon is stiff, and there is the need for exercises to stretch these, and increase the strength of the muscles around the ankle by exercises. If their foot shape is high arched it makes the patient prone to extra stress on the ankle ligaments, a moulded insole may be advised for the shoe to reduce these stresses.

When do you need me?

Most people with ankle instability will not need an operation. Even if the ankle still feels unstable after physiotherapy, you could try a brace rather than having an operation to tighten up or replace the ligaments. However, if no other treatment makes the ankle comfortable and tests show that the ligaments are weak, you may need the help of an orthopaedic surgeon.

Some of the procedures we carry out for ankle instability are:

- Ankle Arthroscopy
- Repair of damaged ligaments
- Tendon transfer to supplement damaged ligaments

I can carry out these procedures at our practice.

Orthopaedic and Sports Injuries Services "OASIS"

Munawar Shah FRCS, FRCS Tr & Orth

Consultant Trauma & Orthopaedic Surgeon

Little Aston Spire Hospital
Little Aston Hall Dr
Sutton Coldfield, B74 3UP
01215807406
01922656972
la.oasis@live.co.uk
<http://littleastonoasis.com>

