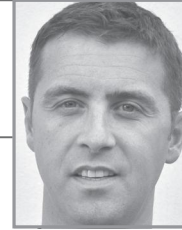


## ANTERIOR ANKLE IMPINGEMENT IN FOOTBALLERS



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The anterior ankle impingement syndrome is the most common cause of chronic ankle pain in football players. It is characterized by anterior ankle pain on forced dorsiflexion movements. Clinical investigation reveals pain on palpation along the anterolateral and/or antero-medial ankle joint line.

There is recognizable pain on forced dorsiflexion which is limited as compared to the contralateral side.

In patients with antero-medial impingement the plain X-rays are often negative and are therefore insufficient. An additional oblique view is required for visualisation of the antero-medial osteophytes.

The effectiveness of conservative treatment has not yet been well documented.

After conservative treatment fails, an arthroscopic intervention is the treatment of choice for professional football players.

Arthroscopic excision of soft-tissue and or the bony impediment is known to be successful in the players without signs of joint space narrowing.

The majority of professional football players will return to their former level within 2 months after surgery.