ABSTRACT

AIM: To analyze the radiological and functional outcome of distal tibiofibular syndesmotic injuries associated with ankle injuries treated by open reduction and internal fixation and syndesmotic screws.

Materials and Methods: This retrospective and prospective study was done at Rajiv Gandhi Government General Hospital, Chennai. In our study, 22 cases of bimalleolar ankle fractures were analyzed. Classification used was Lauge-Hansen and Denis Weber classification. Self fall and twisting injury are the most common mode of injury followed by road traffic accident. Average injury surgery interval was 7 days. Malleolar screw for medial malleolus and plate (one third tubular plate / reconstruction plate ) for fibula and trans syndesmotic screws were common mode of fixation.

Results: Results were analyzed using AOFAS (American Orthopaedic Foot And Ankle Scoring). The scoring was excellent and good in 90% of cases and poor in 10% of cases.

Conclusion: Accurate anatomical reduction and fixation of syndesmotic disruption associated with ankle fractures results in good functional outcome.

Key Words: Bimalleolar ankle fractures, Syndesmotic injuries. Lauge – Hansen, Denis Weber, American Orthopaedic Foot And Ankle scoring.