

Breakout Session- Foot and Ankle

Title: Deltoid Ligament Injury: Pathologic or not?

Needs Assessment

Deltoid ligament injury treatment options have been a controversial topic for years. There has been recent increase interest to explore best protocols to manage these injuries and address medial ankle instability. A recent literature review will help us determine if evaluation and management protocols need to be changed.

Objectives

- Historical and recent perspective on deltoid injuries
- Update review on anatomy of deltoid complex
- Review evaluation and presentation of injury
- Discuss controversy on treatment of injury
- Review recent literature
- Determine if there is need to change treatment protocol
- Case presentations
- Discuss potential need for further research

Articles to be reviewed:

*Van den Bekerom MPJ, Mutsaerts E, van Dijk CN. Evaluation of the integrity of the deltoid ligament in supination external rotation ankle fractures: a systemic review of literature. Arch Orthop Trauma Surg 129:227-235, 2009.*

*Stufkens SAS, Knupp M, Lampert, et al. Long-term outcome after supination-external rotation type-4 fracture of ankle. J Bone Joint Surg Br. 91-B(12):1607-1611, 2009.*

*Tejwani NC, McLaurin TM, Walsh M, et al. Are outcomes of bimalleolar fractures poorer than those of lateral malleolar fractures with medial ligamentous injury? J Bone Joint Surg Am 89(7):1438-41, 2007.*

*Hintermann B, Knupp M, Pagenstert G. Deltoid ligament injuries: diagnosis and management. Foot Ankle Clin N Am 11:625-637, 2006.*

*Hintermann B, Valderrabano V, Boss A, et al. Medial ankle instability. An exploratory prospective study of fifty two cases. Am J Sports Med 32:183-190, 2004.*