



Surgery for ankle instability

What does the surgery involve?

- Ankle arthroscopy to assess the cartilage surfaces of the joint, to remove any scar or bony spurs that may be present. This is done through 2 small incisions at the front of the ankle.
- Ligament reconstruction to repair and tighten the ligaments using sutures. This involves an incision on the outside of the ankle.
- Ligament augmentation with a synthetic suture in some situations.

What does the rehabilitation involve?

- 1 night in hospital
- Phase 1- Recovery 0-6 weeks
 - 2 weeks elevation of the foot in a cast non weightbearing
 - At 2 weeks transition into an ankle brace and begin full weightbearing.
 - Begin physiotherapy
 - Brace to be worn full time for 6 weeks
- Phase 2 -Strength and balance training
 - Weaning off brace except when at risk – uneven ground and sport
 - Improve strength and balance
- Phase 3 - Return to sport- brace to be worn for 6 months
- Phase 4 - Prevention of recurrence

Recovery is patient specific and the rate at which you will progress through stages 2-4 will vary.

The brace should be worn for 6 months during sporting activities.

When can I return to sport?

You can return to sport from 3- 6 months after surgery dependent on the level and what sport.

How long will I be off work?

This is dependent upon your occupation

- Seated job 2-3 weeks
- Standing job 6-8 weeks
- Heavy lifting job 8-12 weeks

When can I drive?

- Manual car –no driving for 6 weeks
- Automatic car
 - Left foot no driving for 2 weeks
 - Right foot no driving 6 weeks

What are the risks of the procedure?

General risks

- Infection and wound problems
- Nerve injury and scar sensitivity
- Blood clots to the leg
- Anaesthetic problems

Specific to lateral ligament reconstruction

- Risk of ankle stiffness (uncommon)
- Recurrent instability can occur in of 5% of patients and usually occurs after another injury.

This information is an overview only and is not all inclusive. If you have any questions regarding this please contact Mr. Curry's rooms **(03) 99286560**