ISAKOS CONGRESS 2025 | MUNICH GERMANY June 8–11

All-Inside and All-Knotless Repair with Soft Tissue Anchors: A Retrospective Study of a New Surgical Technique for Chronic Ankle Instability

Vítor Macedo-Campos, MD; Luís Fabião, MD, Rita Ferreira Castro, MD; Luís M. Martins, MD, Nuno Esteves, MD; Filipe Sá Malheiro, MD; Bruno S. Pereira, MD, PhD

Faculty Disclosure Information

Disclosures are:

- Bruno S. Pereira, MD, PhD

  Speaker for Arthrex, Inc
  All relevant financial disclosures have been mitigated.

- Other authors

  No Financial Conflicts to Disclose

Chronic lateral ankle instability (CLAI) is prevalent in sports, traditionally treated with open surgery – modified Broström Gould.
Recently, arthroscopic treatment has gained interest, though studies are limited.

OBJECTIVES

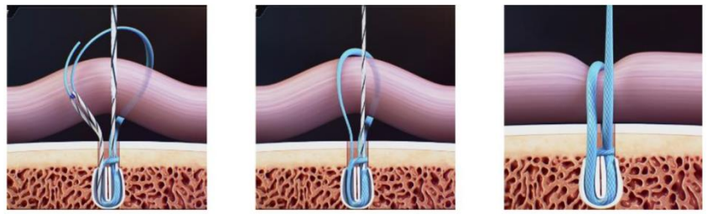
- introduce a **new arthroscopic CLAI repair technique using knotless anchor;**
- evaluate postop clinical and functional scores and compare to existing literature.

RETROSPECTIVE COHORT STUDY

36 patients

23 (64%) **13** (36%)

Mean age **27,5 years**



	Pre-Op	6 months	12 months
AOFAS (median)	61.0	96.0	96.0
Karlsson-Peterson (median)	45.0	95.0	95.0

(p < 0.001)

No significant impact of age or gender on outcomes was found.

91.7% very satisfied

only 2 minor complications

The new **arthroscopic technique with knotless anchors** demonstrated **excellent short-term postoperative recovery**.

Focus research on comparing this technique with open Broström-Gould surgery and arthroscopic methods using knot systems.

ISAKOS CONGRESS 2025 | MUNICH GERMANY June 8–11

References

- Mayet Z, Ferrao PNF, Saragas NP, et al. Chronic lateral ankle instability: A current concepts review. South African Orthop J 2021; 20: 106–113.
- Ajis A, Maffulli N. Conservative Management of Chronic Ankle Instability. Foot Ankle Clin 2006; 11: 531–537.
- Thompson JY, Byrne C, Williams MA, et al. Prognostic factors for recovery following acute lateral ankle ligament sprain: A systematic review. BMC Musculoskelet Disord 2017; 18: 1–14.
- Michels F, Pereira H, Calder J, et al. Searching for consensus in the approach to patients with chronic lateral ankle instability: ask the expert. Knee Surgery, Sport Traumatol Arthrosc 2018; 26: 2095–2102.
- Camacho LD, Roward ZT, Deng Y, et al. Surgical management of lateral ankle instability in athletes. J Athl Train 2019; 54: 639–649.
- Dias S, Lewis TL, Alkhalfan Y, et al. Current concepts in the surgical management of chronic ankle lateral ligament instability. J Orthop 2022; 33: 87–94.
- Noailles T, Lopes R, Padiolleau G, et al. Non-anatomical or direct anatomical repair of chronic lateral instability of the ankle: A systematic review of the literature after at least 10 years of follow-up. Foot Ankle Surg 2018; 24: 80–85.
- Zhi X, Zhang Y, Li W, et al. Absorbable suture anchor and knotless anchor techniques produced similar outcomes in arthroscopic anterior talofibular ligament repair. Knee Surgery, Sport Traumatol Arthrosc 2022; 30: 2158–2165.
- Rigby RB, Cottom JM. A comparison of the “All-Inside” arthroscopic Broström procedure with the traditional open modified Broström-Gould technique: A review of 62 patients. Foot Ankle Surg 2019; 25: 31–36.
- Li H, Zhao Y, Hua Y, et al. Knotless anchor repair produced similarly favourable outcomes as knot anchor repair for anterior talofibular ligament repair. Knee Surgery, Sport Traumatol Arthrosc 2020; 28: 3987–3993.
- Attia AK, Taha T, Mahmoud K, et al. Outcomes of Open Versus Arthroscopic Broström Surgery for Chronic Lateral Ankle Instability: A Systematic Review and Meta-analysis of Comparative Studies. Orthop J Sport Med 2021; 9: 1–12.
- Cottom JM, Baker J, Plemmons BS. Analysis of Two Different Arthroscopic Broström Repair Constructs for Treatment of Chronic Lateral Ankle Instability in 110 Patients: A Retrospective Cohort Study. J Foot Ankle Surg 2018; 57: 31–37.
- Zhi X, Lv Z, Zhang C, et al. Does arthroscopic repair show superiority over open repair of lateral ankle ligament for chronic lateral ankle instability: A systematic review and meta-analysis. J Orthop Surg Res 2020; 15: 1–12.
- Matsui K, Burgesson B, Takao M, et al. Minimally invasive surgical treatment for chronic ankle instability: a systematic review. Knee Surgery, Sport Traumatol Arthrosc 2016; 24: 1040–1048.
- Guelfi M, Nunes GA, Malagelada F, et al. Arthroscopic-Assisted Versus All-Arthroscopic Ankle Stabilization Technique. Foot Ankle Int 2020; 41: 1360–1367