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Endoscopic Calcaneal Speedbridge Technique: Decreased Postoperative Complication Rate in Insertional Achilles Tendinopathy

Ronny Lopes, MD

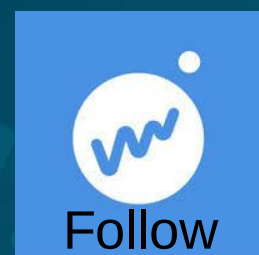
Centre Orthopédique Santy, Lyon, France

Juliette Fradet

Polyclinique de Poitiers, France

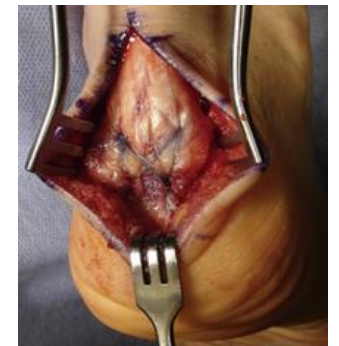
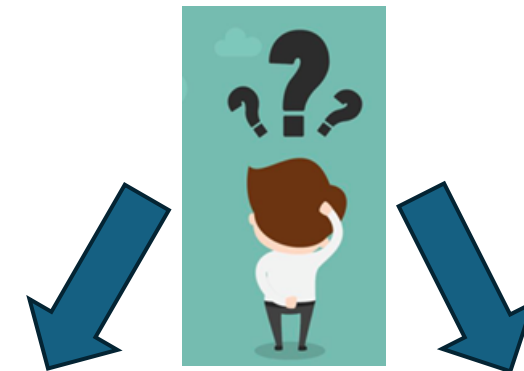
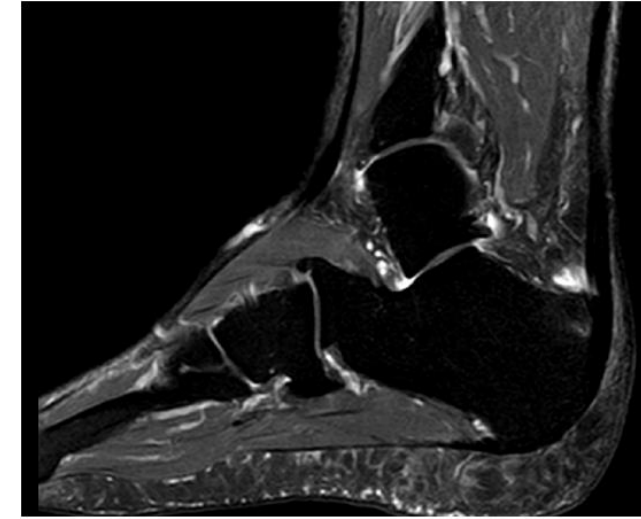


Disclosure Information



Background:

- Insertional Achilles tendinopathy affects ~2% of population
- Surgery is indicated if symptoms persist >6 months
- **Open surgery:** effective, but complications in up to 40%
- **Hypothesis:** Endoscopic double-row SpeedBridge = fewer complications + good outcomes



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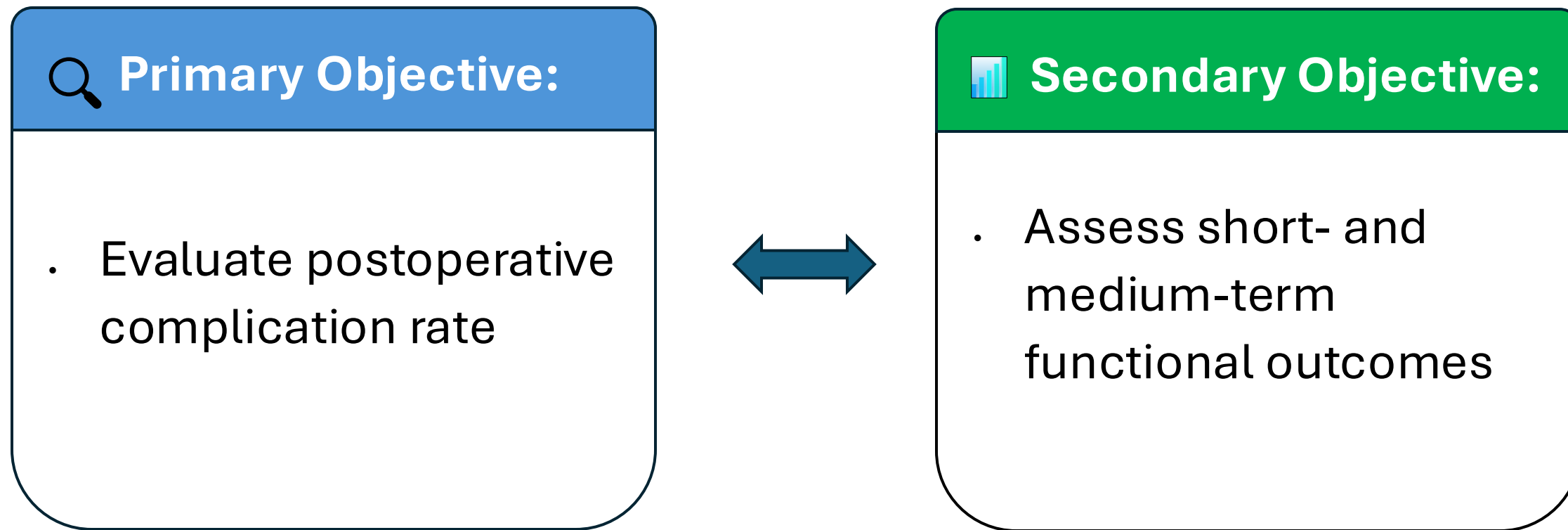
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Study Objectives



Study Design

- Retrospective cohort study
- N = 9 patients
- Follow-up: ≥ 24 months
- Data:
 - Complications
 - EFAS
 - VISA-A
 - VAS pain & satisfaction
 - return to work/sport

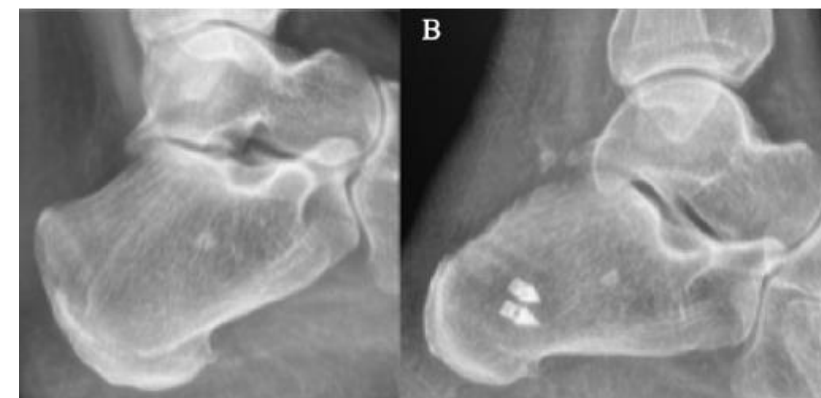
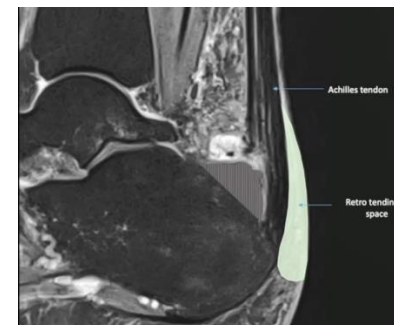
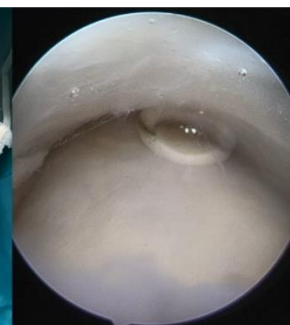
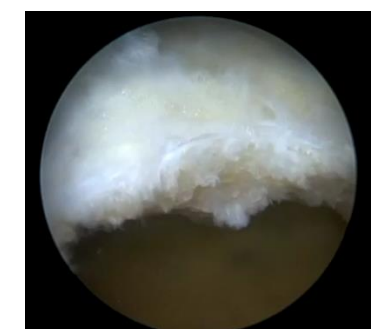
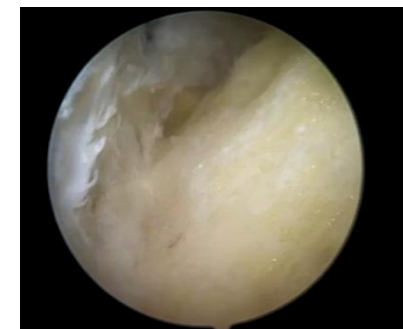
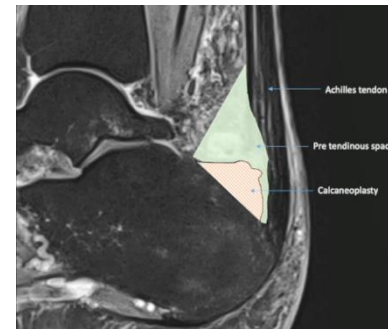
Table 1
Main baseline features of the 9 study patients.

	Sex	BMI	Follow-up (months)	Occupation	Sports involvement	Type of sport (pivoting/straight-ahead/non-weight-bearing)
65	F	22	17	Sedentary	Recreational, regular	Straight-ahead
63	M	29	12	None	None	None
74	F	30	13	None	None	None
48	F	22	14	Physical	Competitive	Straight-ahead
69	F	28	13	None	Recreational, regular	Straight-ahead
43	M	24	14	Sedentary	Recreational, regular	Pivoting + straight-ahead
56	F	24	12	Sedentary	Recreational, occasional	Pivoting + straight-ahead
29	F	22	7	Sedentary	Competitive	Pivoting + straight-ahead
42	M	21	14	Physical	Competitive	Pivoting + straight-ahead

BMI: body mass index.

Endoscopic SpeedBridge Technique

1. Portal creation
2. Calcaneoplasty
3. Tendon disinsertion
4. First anchor row
5. Bursectomy
6. Second anchor row
7. SpeedBridge creation



Postoperative Protocol

Rehabilitation:

- Immediate full weight bearing (walking boot)
- Anticoagulation: 1 month
- Rehabilitation started day 15
- Progressive return to activities

Results - Complications

Complication rate

!!!0%!!!

! No infections ! No DVT ! No delayed wound healing ! No shoeing difficulties !

≠ up to 40% complication rate in open surgery

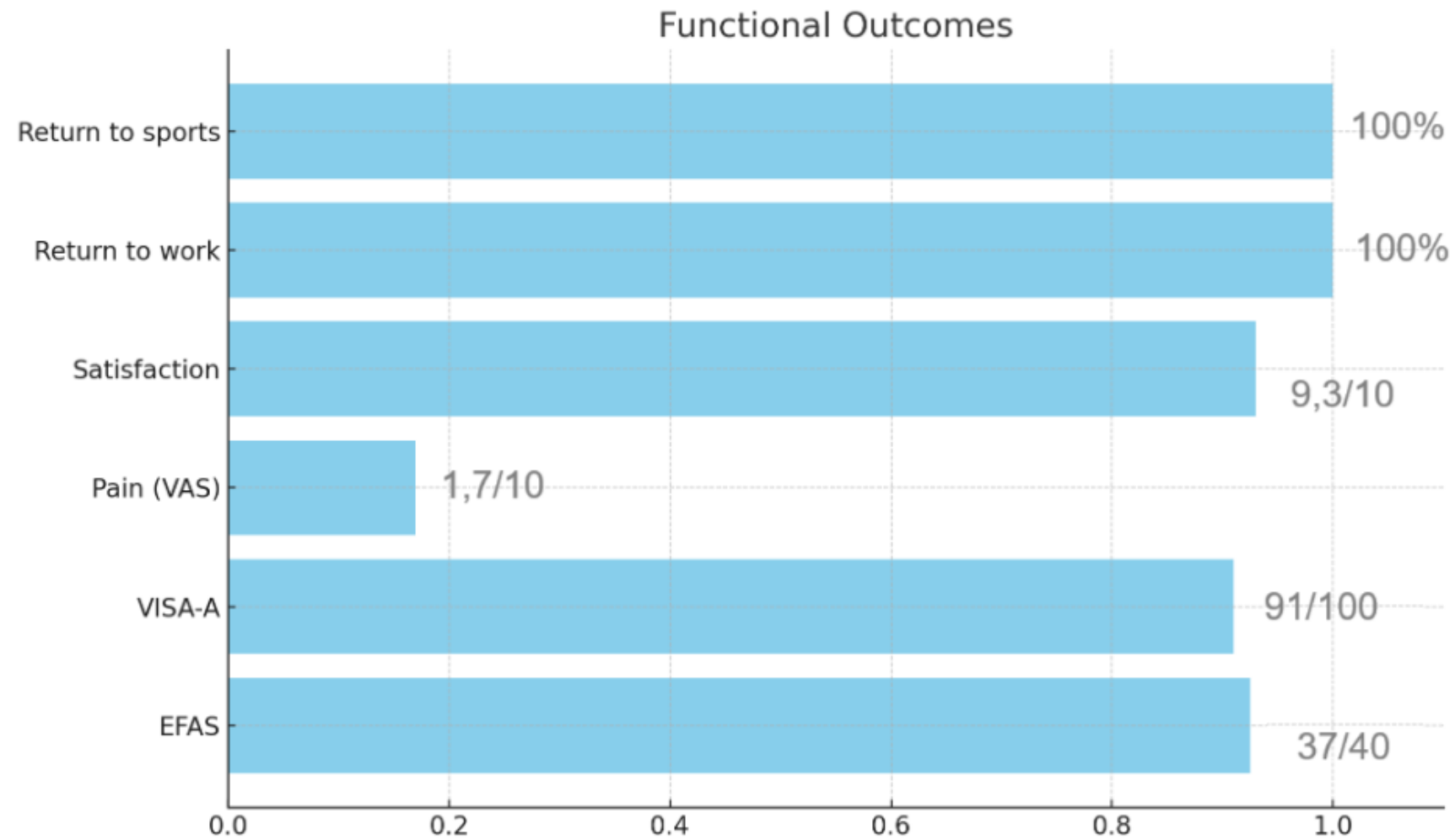


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Results - Function



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Conclusions

- ✓ Endoscopic SpeedBridge = safe & effective
- ✓ No complications, high satisfaction
- ✓ Quick return to activity
- Endoscopic approach may become **new gold standard**
- Needs validation in **larger cohorts**

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