

A New Operation Procedure for the Recurrent Peroneal Tendons Dislocation for Athlete

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Summary:

The purpose of this study is to introduce the new operative procedure for recurrent peroneal tendons dislocation for athletes, what we developed, which is simple, anatomical, and offers early rehabilitation and excellent results.

Abstract:

BACKGROUND

The available surgical options for recurrent peroneal tendons dislocation are numerous. These have disadvantages, such as non-anatomical operation, long immobilization period, and delayed rehabilitation schedule. We developed a new operative procedure for recurrent peroneal tendons dislocation for athletes, which is simple, anatomical and offers early rehabilitation.

PURPOSE

The purpose of this study is to introduce this new operative procedure and to report the clinical results.

PATIENTS & METHODS

This procedure reconstructs peroneal tendon sheath anatomically by peeling a false pouch on the fibula surface with superior peroneal retinaculum and sandwiching it into the fibula. After operation, ankle immobilization is not necessary.

Eleven ankles in 10 athletes were treated using this new procedure. The preoperative and postoperative AOFAS ankle-hindfoot scales were used for functional results assessment.

RESULTS

All patients returned to their working activities within 4 weeks, and returned to sports at average 10 weeks. There were no complications and no re-dislocation. The mean AOFAS ankle-hindfoot scale improved significantly, from 80 to 100 at minimum 2 years. The clinical assessments were all excellent.

CONCLUSION

This new operative procedure offers excellent results with high patient satisfaction levels. This simple and anatomical operative procedure is reliable due to no immobilization and earlier return to sports without complications.