

Spot Light Country Japan-Functional anatomy of foot and ankle ligaments

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Title: Functional anatomy of the lateral ligaments of the ankle

Injuries to the lateral ligaments of the ankle joint are commonly encountered ankle disorders, particularly in athletes. Nonsurgical treatment is often successful in the majority of cases; however, nearly 20% of patients with recurrent lateral ankle sprains develop chronic ankle instability. In the literature, chronic ankle instability can be broadly categorized into two, mechanical instability or functional instability. The treatment goal of chronic ankle instability is to provide a pain-free ankle with adequate stabilization; however, the underlying anatomy and function of the lateral ligament have been not fully understood yet. To date, there are a variety of nonoperative strategies to address chronic ankle instability, which include rehabilitation and bracing to prevent future sprains. When symptoms persist despite an adequate trial of nonsurgical management, surgical treatment aimed at restoring ankle stability is typically indicated. Despite the favorable reported outcomes following operative treatment, however, the inevitable deterioration of the regenerated or grafted cartilage has been documented in the literature. This observed decline has been proposed to understand the anatomy and function of the lateral ligament further. The purpose of the current presentation is, therefore, to outline the functional anatomy of the lateral ligaments of the ankle based on current evidence.