to an injury. Previous studies have investigated MRI findings of ballet dancers’ ankles, but they lack information on foot and tendon pathologies other than flexor hallucis longus tendon. Therefore, the present study aims to fully identify asymptomatic radiological findings in the feet and ankles of ballet dancers. Methods: Thirty-one professional ballet dancers (15 men and 16 women; mean age: 26.5 ± 4.3 years) who were dancing in full capacity were included in this prospective study. Dancers who had foot or ankle pain requiring modification of dance activities which lasted for more than one week or had a history of surgery, fracture or bone stress reaction to the foot or ankle in the last six months were excluded. Orthogonal 3-plane STIR imaging of both feet and ankles was obtained using 3.0-T MRI and the images were reviewed using a standardised evaluation form by two musculoskeletal radiologists. Results: Fifty (80.6%) of the 62 feet and ankles had at least one bone marrow oedema. The common locations of bone marrow oedema were talus (n = 39, 62.9%), metatarsals (n = 17, 27.4%), and tarsal bones (n = 10, 16.1%). On trigonum and Stieda process were seen in 5 (8.1%) and 8 (12.9%) ankles respectively and among them, bone marrow oedema was seen in two os trigonum. In addition, posterior synovitis was seen in 11 ankles (17.7%). Ligament pathologies were found in the anterior talofibular ligament in 8 ankles (12.9%) and deltoid ligaments in 4 ankles (6.5%). Fluid around flexor hallucis longus, posterior tibialis and peroneal tendons were observed in 13 (21.0%), 8 (12.9%) and 6 (9.7%) ankles respectively. The increased signal intensity of tendons was seen in the Achilles tendon in 6 ankles (9.7%) and the peroneal tendon in one ankle (1.6%). Conclusion: This study showed the prevalence of foot and ankle MRI findings in asymptomatic professional ballet dancers. Those findings could may come from high loads to which dancers are exposed and may not be related to symptoms. The results of this study would help interpret the MRI findings in symptomatic ballet dancers. Further analysis investigating the relationship between the MRI findings and the past and future injuries is warranted.

Category: Ankle/Foot/Calf

Talar Osteoperoistic Grafting From The Iliac Crest (Topic): 2-Year Results Of A Novel Press-Fit Surgical Treatment For Large Talar Osteochondral Lesions

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Summary:
The Talar Osteoperoistic grafting from the iliac crest (TOPIC) procedure for large OLTs results in clinically effective outcomes with 100% ingrowth of all the grafts with no non-unions.

Data:
Purpose: The purpose of this study was to present the surgical technique and to evaluate the clinical and radiological outcomes of a new press-fit OATS technique for large primary and secondary talar osteochondral defects of the talus, Talar Osteoperoistic grafting from the iliac crest (TOPIC). Methods: 60 patients underwent a press-fit TOPIC procedure. Mean age was 38 years (SD 4.6). Pre- and postoperative clinical assessment at 12- and 24-months follow-up included the American Orthopaedic Foot and Ankle Society (AOFAS) score, the Short-Form 36 (SF-36) Mental Component Score (MCS) and Physical Component Scale (PCS), the Numeric Rating Scales (NRS) of pain at rest, during walking and stair-climbing, and the Foot and Ankle Outcome Score (FAOS). Return to work was assessed in time and rate. Remodeling of the contour of the talus, bone ingrowth and consolidation of the implanted graft were assessed on computed tomography (CT) one year post-operatively. Results: All patients were available for the two-year follow-up. The AOFAS improved from 48 to 90 (p < 0.05). All NRS scores improved: the NRS during rest from 3 to 0 (p < 0.05), the NRS during walking from 5 to 1 (p < 0.05), and the NRS during stair-climbing from 5 to 1 (p < 0.05). Both components of the SF-36 improved. The PCS improved from 34 to 47 (p < 0.05) and the MCS from 37 to 66 (p < 0.05). All FAOS subscales significantly improved. 72% returned to sport at pre-injury sports level and mean time to return to sports was 9 months (SD 2.4). All patients showed remodeling of the talus and all grafts showed consolidation as well as bone ingrowth on the CT scans. All patients returned to work, at a mean time of 4 months post-operatively (SD 4.4). One patient had a temporary loss of n. sapheous sensibility. Conclusions: The TOPIC procedure for large OLTs results in clinically effective outcomes with 100% ingrowth of all the grafts with no non-unions. There is a 100% return to work rate and a 72% return to pre-injury of sports rate. Long-term results are necessary to evaluate whether the TOPIC procedure stands the test of time and can be considered the treatment of choice for large OLTs at long-term follow-up.

Category: Ankle/Foot/Calf

Biomechanical Comparison Of Open Versus Percutaneous Techniques For Primary Mid-Substance Achilles Tendon Repair: A Systematic Review And Meta-Analysis

Abstract ID# 22944
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Summary:
Both open and percutaneous techniques are biomechanically viable approaches for primary mid-substance Achilles tendon repair. Methods: A systematic review of original research articles was performed using PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. To qualify for study inclusion, articles were required to be published in English, utilized a cadaveric laboratory design, and had to directly compare the biomechanical properties of open Achilles repair using a Krackow or Kessler technique versus percutaneous repair using either the PARS (Artrex) or Achillon (Integra) tendon repair systems. Evaluated outcomes included displacement (mm), load to failure (N), and stiffness (N/m). Results: Nine studies met inclusion criteria, including 190 cadaveric specimens (open: 83, PARS: 56; Achillon: 51) that underwent primary mid-substance Achilles tendon repair. Pooled analysis demonstrated no statistically significant difference in displacement (p = 0.418; Figure 1), load to failure (p = 0.923; Figure 2), or stiffness (p = 0.195; Figure 3) between the open and percutaneous techniques. Discussion/Conclusion: The results of this study suggest that both open and percutaneous techniques are biomechanically viable approaches for primary mid-substance Achilles tendon repair. These biomechanical findings must be interpreted in the context of clinical outcomes data as well as the differing complication profiles of the two techniques to best inform the surgical decision-making process for primary mid-substance Achilles tendon repair.

Category: Ankle/Foot/Calf

“Progressive Foot Peak Pressure Analysis after FHL Transfer for Chronic Retracted Tendo-achilles Tear” - A Pedobarographic Analysis of Normal Foot Versus Affected Foot

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Summary:
Loading foot pressures though altered initially are restored and comparable to normal foot at the end of 1 year follow-up after FHL transfer for chronic retracted tendo-achilles tear, thus reducing the forefoot morbidity. FHL hypertrophy is seen at the muscle and tendinous region of the transferred graft.

Data:
“Progressive Foot Peak Pressure Analysis after FHL Transfer for Chronic Retracted Tendo-achilles Tear” - A Pedobarographic Analysis of Normal Foot Versus Affected Foot. ABSTRACT Introduction Foot pressure changes and morbidity after FHL transfer in chronic retracted TA tears have not been documented. The primary aim of our study is to analyze the peak pressure changes in various zones of the foot at...