

Clinical Journal of Sport Medicine

Prospective study of ankle injury in high level athlete to detect the lesion of the distal tibio-fibular syndesmosis (DTFS)in the French National Sport Institute in Paris.

--Manuscript Draft--

Manuscript Number:	CJSM-17-100
Full Title:	Prospective study of ankle injury in high level athlete to detect the lesion of the distal tibio-fibular syndesmosis (DTFS)in the French National Sport Institute in Paris.
Article Type:	CASEM Annual Symposium Abstract
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Abstract:	<p>Purpose of the study:The lesion of DFTS are often unknow during ankle trauma. We wanted to see the incidence of this lesion, to validate the specific clinical signs and the treatment.</p> <p>Materiel and method:Between March, 2015 and December, 2016, we included any ankle trauma of our high-level sportsmen. They all benefited from an initial clinical examination diligently of the Ottawaankle rules and a ultrasound realized in 3 days. If there was a rupture of the AITFL in ultrasound, a MRI were realized. A protocol of treatment was proposed: functional treatment if distension of AITFL, hiking boots if isolated rupture of AITFL, plaster if rupture of AITFL and lesion of inter osseous membrane without diasthesis, surgery if diasthesis. All were seen again to day 8 with reeducation, day 30 and between 4 and 6 months after their trauma.</p> <p>Results:189 ankle sprains were analyzed (109 M, 80 F) with 40 lesion of DFTS (21.2 %). On day 8, the sensibility and the specificity of the main clinical signs are respectively: AITFL palpation (0.94/0.86), lateral rotation test (0.85/0.97), dorsal flexion compression test (0.80/0.97), squeeze test (0.35/0.97). In ultrasound as in MRI, besides the AITFL, are observed 21 inter-osseous membranes lesions, 2 PITFL lesions, 1 anterior MCL lesion and 16 TFA lesion. 17 functional treatment, 11 hiking boots and 12 plaster. The return to sport at the same level was made between 3 and 12 weeks according to the gravity.</p> <p>Conclusion:This ligamentary lesion is frequent and affects several sports. The clinical examination repeated to day 8, coupled with ultrasound, seems to be the best compromise to adapt the management.</p>

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Biography

FREY Alain, MD, 53 years old, is an emergency and sport medicine doctor. Since 2012, he's the chief of the Department Medical of the French National Sport Institute (INSEP) in Paris. Before he was the chief of the emergency department in Poissy, hospital near Paris. He works also in the french federation of Judo and modern Pentathlon and he's member of the french medical committee of the national olympic committee. He's participated in a lot of congress in Emergency and Sport medicine.