

CONSERVATIVE TREATMENT OF ISOLATED MEDIAL SUBTALAR DISLOCATION

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INTRODUCTION:

Isolated subtalar dislocation is an unusual injuries due to the presence of strong ligaments around the talus with strong biochemical properties of the ankle. It accounts for approximately 1% of all dislocations. Dislocation was reported in various direction but the medial form was most commonly reported. In literature, associated bone injuries have been reported as high as 80%. We report a rare case of closed medial subtalar dislocation of right ankle without bony injury.

REPORT

A 33 years old healthy gentleman was brought into the emergency department with the complaint of right ankle pain and unable to ambulate for after fall from a tree. Upon examination, the ankle was found in a medial plantarflexion position with diffuse swelling. Otherwise, the patient was haemodynamically stable without any other injuries. His plain radiographs showed displacement of the midfoot in relation to the talus with no associated fracture appreciated. A closed reduction was performed under sedation and the leg was immobilized in a short-leg cast for 6 weeks. Subsequently, a computed tomography [CT] scan with 3D reconstruction have confirmed the isolated dislocation of talonavicular joint with no associated fractures noted. Thereby, patient was treated conservatively with cast for 6 weeks. At 7th week of post trauma, he underwent aggressive rehabilitation and full weight bearing. There was no sign of early post-traumatic osteoarthritis in subsequent 3 months' clinic follow up.



Figure 1: Pre and post reduction of right ankle - AP [A]; lateral [B]



Figure 2 : CT scan of right ankle

CONCLUSION:

In conclusion, isolated subtalar dislocation has an extremely low rate of incidence. Conservative management is proved beneficial in cases with successful early closed reduction for close medial subtalar dislocation without bony fracture

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