

Medial Swivel Dislocation of the Talonavicular Joint : An Uncommon Presentation

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INTRODUCTION:

Medial swivel dislocation of Talonavicular joint(TNJ) is a rare injury,especially when occurring due to low-energy trauma¹. Due to strong ligamentous network it is rare to have pure dislocation without fracture². Medial more common and easier to reduce².

We present a successful case of low-energy trauma medial swivel dislocation treated with closed method and immobilization.

REPORT:

A 16 year old boy sustained pain and swelling over left foot following a fall during a jump shot while playing badminton.His foot landed in inverted and flexed position. Immediate swelling and unable to bear weight.

Deformity and tenderness over the left mid-foot.Soft compartment with intact neurovascular and no open wound.

Routine radiograph performed showed medial dislocation of TNJ without any associated fracture.

Closed reduction attempted under sedation and leg was immobilized with below knee slab.

Successful reduction confirm by clinically corrected deformity and imaging post procedure.

Patient was discharge with follow up at 2 weeks interval with radiograph images together with period of immobilization and non weight bearing.

Every follow up no evidence of joint dislocation. At 6 weeks backs-lab was removed and joint assessment was stable.He was allowed partial weight bearing and physiotherapy initiated.

DISCUSSION:

TNJ is one of the mid tarsal joint.Isolated dislocation is very rare.Multiple option of treatment available. A good closed reduction technique and stable anatomical reduction with immobilization is sufficient to achieved successful outcome in pure dislocation¹.

Proper diagnosis and intervention is crucial to avoid complication in this type of injury which may divided into early(skin necrosis,compartment syndrome,neurovascular compromise) and late(avn,arthritis).



Figure 1: Plain radiograph

CONCLUSION:

Isolated TNJ dislocation caused by low-energy is a rare injury.Commonly reported due to high-energy trauma.Vigilant assessment and proper method of reduction yield excellent outcomes and prevent morbidity to the patient.

REFERENCES:

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2. A.Pillai et al.,Lateral swivel dislocation of the talonavicular joint;Foot and Ankle Surgery, Volume 12,Issue 1,2006,Pages 39-41