8. Bölüm

SİNDESMOZ YARALANMALARI

Atakan TELATAR[1]

GİRİŞ

Sindesmoz yaralanmaları ayak bileğinin hemen üzerinde distal tibia ile fibulayı birbirine bağlayan ligamentöz yapıların yaralanmasını ifade eder. Bu yaralanmalara deltoid ligaman yaralanmaları eşlik edebilir. Bu yaralanmalar yüksek enerjili ayak bileği yaralanmalarında, temas sporları sırasında veya kırıklara eşlik eden yaralanmalar olarak görülebilir. Ayak bileğinin ligamentöz yaralanmaları içerisinde %1 ile %18 arasındaki oranlarda görülebildiği bildirilmiştir (1, 2). Sindesmoz yaralanmaları tanı konulamaması durumunda ayak bileğinde kronik instabiliteye ve bunun sonucunda dejeneratif artritik değişikliklerin gelişmesine neden olabilir. Diğer yandan bu yaralanmaların gelişme mekanizması, tanı konulması ve uygun tedavi yönteminin seçilebilmesi konularında tartışmalar devam etmektedir.

ANATOMİ

Sindesmoz eklem anterior inferior tibiofibuler ligaman (AITFL), posterior inferior tibiofibuler ligaman (PITFL), interosseöz ligaman (IOL) ve inferior transvers tibiofibuler ligaman (ITFL) tarafından çevrelenen fibröz yapıda, hiyalin kıkırdak içeren bir eklemdir (3). ITFL bazı yazarlar tarafından PITFL'nin bir parçası olarak kabul edilir (4). Eklem içerisinde fibula konveks, tibia ise konkav yapıdadır. Tibial incisuranın anterior tüberkülü posterior tüberkülüne kıyasla daha geniştir. Bu sayede fibulanın anteriora translasyonu kısıtlanır (5).

AITFL fibulanın aşırı eksternal rotasyonunu kısıtlar. AITFL genellikle IOL

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