

AYAK BİLEĞİ İNSTABİLİTELERİ VE SIKIŞMA (İMPİNGEMENT) SENDROMLARI

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AYAK BİLEĞİ İNSTABİLİTELERİ

Ayak bileği burkulmaları, birinci basamak başvurularında en sık karşılaşılan kas-iskelet sistemi yaralanmalarındandır. Genç popülasyonda tüm yaralanmaların yaklaşık %30'unu ayak bileği burkulmaları oluşturur (1,2). Eklemi oluşturan kemiklere ait konfigürasyon ve ligamanlar tarafından sağlanan stabiliteye rağmen oluşan bu travmaların, yaklaşık %85'i ayak bileğinin laterali ile ilişkilidir(3).

Ayak bileği burkulması sonucu bir veya birden fazla bağın yaralanması olarak tanımlanabilecek olan 'sprain', uygun tedavi edilmediği takdirde, %60'lara varan oranlarda, kronik ayak bileği instabilitesine dönüşme potansiyeline sahiptir(4). Bu bölüm içerisinde, ayak bileği instabiliteyi, literatürde genellikle yer bulan lateral instabiliteye ek olarak, medial instabiliteyle birlikte, akut ve kronik fazları da göz önünde bulundurularak incelenecektir.

Lateral İnstabilite

Ayak bileği eklemi; sahip olduğu kemik konfigürasyonu, medialde delto-id ligaman kompleks ve lateral ligamantöz kompleks tarafından desteklenen bir stabiliteye sahip, tibiotalar, fibulotalar ve tibiofibular eklemlerden oluşan, ginglymus tipi bir eklemdir. Anterior talofibular ligaman (ATFL), kalkaneo-fibular ligaman (CFL) ve posterior talofibular ligaman (PTFL) lateral kısmın bileşenleridir. ATFL kapsülün ön kısmı ile birlikte, fibulanın antero-inferior sınırından talusun boynuna kadar uzanır. İntrakapsüler olarak tanımlanır. Hastaların üçte birinde, iki band halinde bir yapı sergiler. CFL ekstrakapsülerdir

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(% 8) örter(84). Hastalar tipik olarak posteromedial aktivite ile ilgili ayak bileği ağrısından şikayet ederler (84). Konservatif tedavi, aktivite kısıtlaması, immobilizasyon, nonsteroid antiinflatuar ilaçlar, kortizon enjeksiyonu ve fizik tedaviyi içerir. Cerrahi, inatçı ağrılarda geçerlidir. Posterior tibialis tendon kılıfında rezidüel fibrotik kalınlaşma cerrahinin potansiyel bir komplikasyonudur (85). Ayrıca instabilite oluşturabilmesi bakımından, ayak bileğinin diğer ligaman ve tendon patolojileri de mutlaka not edilmelidir.

Ayak bileği sıkışma sendromları kronik ayak bileği patolojileri ile ilişkili geniş bir yelpazeyi kapsar. Farklı patogenezi vardır ve lokal ve etiyolojik faktörlere bağlı olarak, farklı tedavi tercihleri doğururlar.

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