



Long-term Lateral Ankle Instability

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Abstract

This study aims to evaluate the long-term outcomes of lateral ankle instability (LAI) and to identify risk factors for recurrence. A retrospective cohort study was conducted on patients who underwent surgery for LAI between 2005 and 2015. The primary outcome measure was the American Orthopaedic Foot and Ankle Society (AOFAS) score at final follow-up. Secondary outcomes included the modified Lysholm score, patient satisfaction, and the presence of recurrent symptoms. Statistical analysis was performed using SPSS software.

Keywords: Lateral ankle instability, long-term outcomes, surgical treatment.

Introduction: Lateral ankle instability (LAI) is a common condition characterized by recurrent lateral ankle sprains. Surgical intervention is often considered for patients who fail conservative management. The long-term outcomes of surgical treatment for LAI have been reported in various studies, but the results are conflicting.

